



Caring & Sharing

The Healthy Families Newsletter

A cooperative venture of the Oneida County Health Department and the Family Nurturing Center of Central New York, Inc.

A Message from the Program Manager by Annette Phillips

Everywhere we turn lately there is talk of diets and weight issues. It is a sad fact that 1 of every 5 children in the USA is overweight. And this number is growing rapidly like an epidemic; unless we as parents take control. The good news is that we can start early to make a difference and avoid having our precious ones become part of this dangerous problem. Recent studies are showing poor eating habits that are a big part of this problem may be starting in the crib. One study shows babies 9-11 months old eating meals with candy, pizza, french fries, sweetened drinks, and ba-

con, sausage, or hot dogs. These are loaded with fat, sugar, and very little nutrition. You can train your children to eat healthy and help stop them from becoming overweight. When your children are young they depend on you for guidance in all things, including food. Here are some of the things you can start to do now. Breastfeed entirely for the first 6 months; these babies tend to have fewer weight problems. If you use formula, follow the recommended guidelines for starting new foods in small amounts. Babies' tummies are tiny, about the size of their palm. Many new par-

ents feel their baby may not be getting enough to eat, want to calm a fussy baby, or get them to sleep through the night. Even if it seems to work, their bodies may not be able to use this food yet and it only adds calories and a taste for the salts and sugars in some foods. Never put cereal in a bottle. And only offer water, formula, or the breast for thirst. Sweet drinks and colas have no place in baby's life. Take time with feedings and let baby set the pace. For more information talk to your Family Support Worker, WIC, and your Doctor.

Games Babies Love! by Edina Mistic, FSW

Sing, sing, sing... Babies enjoy music and, even if you can't carry a tune the best music is sung in your own voice. Try a lullaby. Sing softly and slowly. Choose songs that you like. Sing them often throughout the day.



While singing clap your baby's hands. Lay your baby safely on her back. Tap the bottom of your baby's feet gently in time to a song that

you are singing. Do it often. Babies love repetition.

Playing simple, physical music games with your baby can be great fun for both of you and can help the development of musical skills and understanding speech patterns. It can also introduce movement skills so dance with your baby!

Don't worry if you think you can't sing. Your baby won't judge you by the caliber of your voice. Your voice can be better than you think it is, and your

baby is likely to think it is the best voice in the world. Make music a part of your child's routine!

Hold the baby so you can look into its eyes, smile at your baby and your baby will soon learn to smile back. Say the baby's name. Copy your baby and then make funny faces. Just enjoy being together. When your baby makes a sound, make the same sound back to your baby. Let your baby know that she is listened to and is important.

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Meet a Family by Jasmina Hodzic

Julia and Lee have been a part of the Healthy Families Program for about 7-8 months. Their Family Support Worker began home visits prenatally and after 6 months R.J. was born. When asked how they feel about being parents, they said...

"It's not hard like we thought it was going to be. He's perfect and we are happy to have him. We

are looking forward to raising him and spending time with him. This will show that we are a happy, healthy family."

They always look forward to the curricula the Family Support Worker brings. Accomplishments include moving into their own apartment and Julia is looking forward to someday working at Head Start.



Healthy Families Event Highlights Video, Video, Video!

by Susan Kimball

It's been a video winter!

Healthy Families Oneida County was chosen to be part of a Healthy Families promotional video that will be used to "get the word out" about our great program. So some of our families and staff are now "movie stars". We all, staff and families, can be proud of our program. Together, we built it and enjoy it.

The staff also recently had the first of a three part training

on "Using Video in Home Visiting". Why use video? Because it's fun and we can see things in a new way. Lots of us have video footage of special occasions, holidays, birthdays.... We have found that it is just as much fun to watch videos of normal life. We can record the "everyday miracles" that parents share with children. They usually happen so quickly that we don't have an opportunity to savor them. We hope that everyone will join us in this

video project because it wasn't just a few chosen families who are special. You are all "stars" and we would like to make these videos for you.

Welcome, Sandi Brant! Sandi is our new Supervisor at the FNC. She comes to us with lots of work experience, is a proud mother and grandmother, is grounded by her spiritual beliefs, and has a great sense of humor. We are very lucky to have her join us.

Breastfeeding & Childhood Obesity

by Rayza DeLaCruz-Stitt, BSN, RN, MSN

Did you know that breastfeeding may help in preventing childhood obesity?

Consider the following:

- Studies show a correlation between infant breastfeeding and decreased incidence of obesity in later childhood.
- The longer children breastfeed, the lower the incidence of later obesity.
- Breastfed babies are better able to regulate their appetites and so are less likely to overeat later in life.
- Formula-fed babies have a greater incidence of obesity than their breastfed counterparts.
- Breastfeeding is a low cost, highly nutritious feeding choice. This feeding modality provides many health benefits, and could be a low-risk method of decreasing future

childhood obesity.

Rayza DeLaCruz-Stitt is a Nurse Educator for Best Beginnings and a Senior FSW Trainer for Prevent Child Abuse New York

From: *The Link*, Winter 2004

Be sure to check with your Family Support Worker for more information on breastfeeding.

Kiddie Parade



In honor of April being “Prevent Child Abuse Month,” Healthy Families and Early Head Start came together to march for the prevention of child abuse. The march began at the Stanley Theater and ended at St. Francis DeSales School with healthy snacks. We hung a clothes line of children’s shirts to symbolize the children who live in fear, neglect, and danger every day. Each day 3 children in the United States die as a result of abuse. Each shirt represents one of these children who will die in the month of April. The shirts will be up for the month of April. Please stop by to see them. Thank you to our families and community members who assisted us in this event.

Have Fun Cooking With Your Children

By Robin Potenski, FAW

So what do you do on one of those rainy days of spring? The kids are restless and hungry. Winter is over, and summer is right around the corner. Think pizza, fruity style. This is a great recipe that the kids can participate with and create. Have fun and enjoy!



FRESH FRUIT PIZZA

Ingredients

1 (17-ounce) package sugar cookie dough

1 (8-ounce) package cream cheese, softened
½ teaspoon almond, lemon, or orange extract
3 cups fruit (fresh bananas, pineapple chunks, maraschino cherries, fresh oranges cut into rounds and peeled, blueberries, strawberries and peaches)
½ cup orange marmalade

Instructions

Preheat oven to 350 degrees

Roll out cookie dough large enough to cover a round pizza pan. Bake 8 to 15 minutes or until firm. Cool com-

pletely. Mix together cream cheese and extract. Spread cream cheese mixture over cooled cookie dough crust. Arrange fruit in circles (like a bulls eye pattern). Slightly warm marmalade and brush over fruit. Serve immediately.



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Healthy Families

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Mohawk Valley Network/St. Luke's
OB Care Center

Cornell Cooperative Extension

MAMI of Central New York

Resource Center for Independent
Living

United Cerebral Palsy

Oneida County Department of Social
Services

Insight House

House of Good Shepherd

Mohawk Valley Perinatal Network

Rome Memorial Hospital/Prime Care

Cornell Cooperative Extension of Oneida County Eat Smart New York by Deilee Calvert-Minor

What is Eat Smart New York?

It is a **FREE**, confidential program designed to help you manage your food resources better.

Who?

Anyone who is applying for or receiving Food Stamps.

Where?

These lessons can take place in your home, community center or at your work site.

When?

Lessons usually last about one hour and can be scheduled weekly or every other week, based on your schedule. Appointments can also be made during your lunch break at your worksite.

What will we do?

Together, you and a nutrition educator will plan practical, hands-on activities based on your needs and interests that will help you and your family.



For more information contact Cornell Cooperative Extension of Oneida County, Family Living Program, 315-736-3394 or 315-337-2531 or www.cce.cornell.edu/oneida.

Fun in Oneida County by Charity Leslie & Theresa Parkany

Now that the weather is getting more pleasant, mix up the things your family does with both indoor and outdoor activities. Here are some ideas for the spring months:

General Spring Activities:

- Visit the Utica Zoo: Open 10 to 5 daily, Adults, \$4.50; Children (4-12), \$2.75; Seniors (over 60), \$4.00; Children under 4, free; members, free.
- Go roller-skating at Skate-a-Rama in Whitesboro or Skate-a-While in Rome.
- Visit Fort Stanwix in Rome.
- Hike through Utica Marsh.
- Visit the Children's Museum: Open M/Tu/Th/F 10 to 3:30, Saturday 10:15 to 3:45; admission \$4.00 per person.
- Take a walk at Delta Lake State Park.
- Visit the Munson Williams Proctor Art Institute Children's Room: Open Tuesday to Friday 11 to 2, Saturday, 12 to 4.
- Every Tuesday, Spring Storytime, Utica Public Library, 10:30.

April Activities:

- Prenatal classes, Mondays 1-3, The Family Place, Utica
- 1st, 8th & 29th: *Behind the Scenes*,

Utica Public Library, 3:45.

- 2nd, 9th, 16th & 30th: *Read to Me*, Utica Public Library, 11:00.
- 2nd & 9th: *Tempo Tots*, Utica Public Library, 10:00.
- 3rd—May 29th: *A Soldier's Day*, Fort Stanwix, Rome, ages 6-12, become a soldier.
- 7th: *Teddy Bear and Me* Story Time, Dunham Public Library, Whitesboro, ages 2 and older, bring teddy bears, 6:30-7:00.
- 10th: *Easter Extravaganza*, 11-3, Utica Zoo.
- 10th: *Easter Bunny Egg Hunt and Tea Party*, Children's Museum.
- 10th: *Easter Train to the Bunny Hutch*, Erie Canal Village, Rome.
- 10th: *Egg Coloring*, Rogers Environmental Center, Sherburne, all ages, 11:00.
- 12th & 26th: *I Spy*, Utica Public Library, 4:00.
- 14th: *Zoomobile*, Utica Public Library, 10:30.
- 15th: *Safari Bingo*, Utica Public Library, 2:00.
- 20th & 21st: *Slugs, Bugs, and other Ughs*, Utica Zoo, 10-11:30.

- 24th: Earth Day, Utica Zoo.

May Activities:

- Prenatal classes, Mondays 1-3, The Family Place, Utica
- Mother's Day Celebration, The Family Place, Utica (Date to be announced).
- 1st: *Pocahontas*, Stanley Performing Arts Center, Mohawk Valley Ballet, Adults—\$12-\$31, seniors and students—\$9-\$28, 7:30.
- 5th: *Teddy Bear and Me* Story Time, Dunham Public Library, Whitesboro, ages 2 and older, bring teddy bears, 6:30-7:00
- 12th: *Little Red Riding Hood*, Children's Opera, Chenango Community Cultural Center, Norwich, 10 am and 12:30 pm, \$4.
- 8th: *Teddy Bear Day*, Utica Zoo.
- 18th & 19th: *May Flowers*, Utica Zoo, 10-11:30.

June Activities:

- 4th: *Thomas the Train*, Children's Museum.
- 12th & 13th: *It's a Zoo Family Festival*, Utica Zoo.
- 15th & 16th: *Toads, Frogs, and Polliwogs*, Utica Zoo.