



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

It's officially summer, and families everywhere will want to enjoy the water. The first thing that comes to mind is a trip to the Adirondacks, a local lake or the beach. But, even if you have something more simple in mind, like a backyard run under the hose or dip in the wading pool, children will need a lot of supervision to keep a fun day from turning into a nightmare. Children and water are a wonderful, but dangerous, mix. Little ones can drown in a puddle when they can't control their head and neck, or have an accident. Older children can easily get overtired and push be-

yond their limits when enjoying the water. Even when a lifeguard is present, nothing substitutes for the watchful eye of a parent. A little planning can go a long way to making it enjoyable for all. Have your partner or a friend go along and share the responsibility of watching children, so you can take a dip too. Make it a practice to count heads every 10 minutes and bring the children out to rest every hour or more frequently. Disguise the rest as a snack break for the nutritious juice, fruit, or cheese and crackers you brought along. Then maybe some quiet sand or beach

play. That time out should include putting on more sunscreen. Be sure and offer water to drink but not for infants. Human milk or formula give enough water for babies under 6 months. Using water, either from the tap or bottled, in place of milk feedings over time can cause serious and life threatening problems. If the weather is very hot give an extra feeding. Have fun with water, take some pictures, and think how well everyone will sleep!



Games for Baby by Lillie Savage, FSW/FAW

Let's play! Let's play! Let's play! Have fun with your babies. You can play all kinds of games with the little ones.

For example, Peek-a-boo, which is good and it stimulates the brain cells. Encourage your baby to look for their favorite toy under a pillow or behind your back. Play "How are you going to get it?," by having baby reach for their favorite toy or stuffed animal, then slowly move it out of their reach to encour-

age crawling, persistence and problem solving. Draw faces on your finger and sing "Five little monkeys, jumping on the bed."

Play "This Little Piggy" with their toes. This encourages bonding and body awareness. Touch your baby's fingers and toes and count as you go.

For older babies, try "Jello in the Bowl" to introduce textures, language, and rhymes:

Jello in the bowl
Jello in the bowl
Wibble, wobble,

wibble wobble
Jello in the bowl.

Put jello on the baby's high chair tray in a bowl and let baby play with it; pat it, pinch it, squeeze it. Parents describe the jello, how it might feel to baby; cold, warm, bouncy, its color, shape, etc.

As you play games, laugh and make it funny. It is said, "A merry heart is like a medicine, but a broken spirit dries the bone". So let's play with baby and have fun.

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Our Babies—Favorite Water Games

When I hold him above the water so he can touch it with his toes—S.I.

Splashing his father—T.M.

Blowing into the water—A.M.

Being in her baby pool with boats and balls—B.Y.

Being in the bathtub with her rubber ducky—M.C.

Splashing—K.D.

“Swims” and plays with bath toys: cups, spoons, Blues Clues—J.C.

Splashing, squeaky toys—J.J.

Hand play. They play a lot with their own hands—M.Y.R.

Splashing while bathing—K.D.

Eating the bubbles—M.B.



Healthy Families Event Highlights

by Charity Leslie, Supervisor

In May, we had the pleasure of being able to send three of our staff members to the Prevent Child Abuse America Conference in Orlando, Florida. During this conference, not only did Edina, Sandi, and Charity have a time to visit a different state, but they also brought back a lot of valuable information about better ways for us to do our jobs so we can support you, our

families, even better.

The entire staff is continuing to practice with videotaping and we would like to continue to thank you, our families, in sharing this opportunity with you.

SAVE THE DATE: We would like to invite all of our families for our 3rd Annual Healthy Families Event. This year we are very ex-

cited about receiving a grant from the Women's Fund to help us cover some of the cost. The Picnic will be held on Friday, September 10 at the Utica Zoo. The admission cost for our families is FREE. We plan to have an animal show while at the zoo, which is a special treat. Ask your Family Support Worker for more information as the time draws near.

Trees in a Broccoli Forest by Susanne Walker, FSW

Ingredients:

- 2 carrots, peeled
- 3 cups broccoli florets
- 4 cherry tomatoes
- 3 tablespoons parsley leaves

Dipping Sauce:

- 1/4 cup plain nonfat yogurt
- 1/4 cup light sour cream
- 2 teaspoons honey
- 2 teaspoons spicy brown mustard

Instructions:

1. Combine yogurt, sour cream, honey and mustard in a small bowl. Set aside and refrigerate.
2. Trim off ends of carrots.
3. Cut carrots crosswise, then lengthwise to make four pieces.
4. Put two carrot pieces side-by-side in the center of a plate.
5. Arrange broccoli around the

carrots forming a cluster.

6. Arrange the tomatoes at the top of the plate.

7. Spoon dip around the base of the carrots and sprinkle with parsley.



Books for Sharing by Sandi Brant, Supervisor



Mama, Do You Love Me?

Written by Barbara M Joose
Illustrated by Barbara Lavallee

This book is a wonderful new classic, and should be part of every home library!

A good family book, “Mama, Do You Love Me?” is simple and colorful enough to keep a young child’s attention, but offers something for older kids as they grow. In simple language, “Dear

One” – the child – asks her “Mama” how much, how long, in what circumstances she will love her. The “Mama” shows healthy unconditional love and acceptance and the bond she has with her child is respectful, honest and reassuring. The book has an Arctic setting and shows appreciation for both the differences of culture and the universality of mother’s love. The colors are vivid, the range of emotions is broad, the language is rhythmic and fun and the message is honest. When “Dear One” asks ‘What if I put salmon in your parka, ermines in your mittens and lemmings in your mukluks?’ her mother answers: “Then I would be angry...but still I would love you.” The child’s what-ifs get more and more outlandish, but

the mother replies always with patient gentleness and love, along with honest emotions like “I’d be sad” or “I’d be angry” or “I’d be surprised”.

This book is cute enough that you don’t mind reading it again and again, and it’s full of Inuit culture. A favorite in our family, we enjoy changing “Mama” to “Grandmom”, “Daddy”, “Auntie”, or whoever is reading the book at the time. Even the older children substitute their own names, and declare their unconditional love toward the younger children.

At the end, there is a simple list of Inuit words and animals used in the book.

The love and humor in “Mama, Do You Love Me?” will make it a favorite for children of all ages for many years!

You Can Work and Breastfeed!

by Heather Kowell, Certified Lactation Counselor



Many new mothers wonder if they will be able to continue to breastfeed after they return to work. It can be done. Here are some tips to continue providing your baby’s intended food even while you work:

1. Discuss with your supervisor that you want to pump your milk at work. It will take approximately 2-15 minute breaks out of your day.
2. Inform your supervisor about

the benefits to the company when a child is provided breast milk, such as; reduced staff turnover after the birth of a baby; reduced leave time for parents of breastfeed infants since the infants are more resistant to illness; higher job productivity; employee satisfaction and morale; added recruitment incentives for women; and positive image in the community.

3. Find a day care provider who is supportive of you providing breast milk for your baby while you are away.
4. Establish a pumping schedule that is similar to the times your baby would normally nurse during the day.
5. Start to use your breast pump before you return to work. A good electric breast pump with

double attachments is recommended. (Talk to your FSW about borrowing one of the Healthy Families breast pumps we have for women returning to work or school) Normally, women do not pump a lot of milk at first. Just keep trying and store any amount that you get for your first day back.

6. Try to return to work in the middle of the week to allow you and your baby more of an adjustment period. You and your baby are sure to miss one another.

Talk further with your FSW on ways to continue breastfeeding while working. Remember any breast milk you provide your baby helps them to fulfill their developmental potential.

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*St. Elizabeth's Family Practice/
Women's and Children's Health Cen-
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*Mohawk Valley Network/St. Luke's
OB Care Center*

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Insight House

House of Good Shepherd

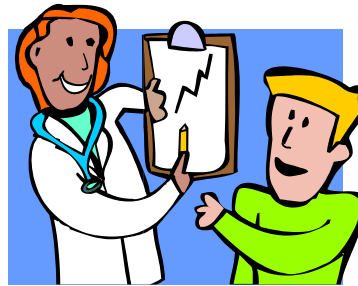
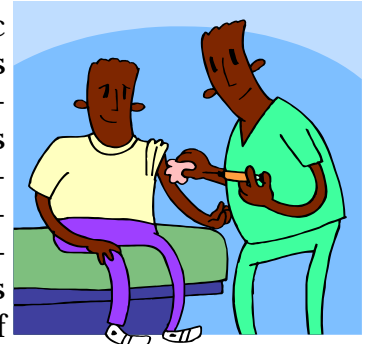
Mohawk Valley Perinatal Network

Rome Memorial Hospital/Prime Care

Oneida County Health Department Diagnostic and Treatment Clinic

by Patrice Bogan

The Diagnostic and Treatment Clinic at 406 Elizabeth St., Utica performs health screening and health promotion activities, along with diagnosis and treatment or referral for treatment. In addition, education is provided to schools and colleges, health-care providers, public safety workers and the general public. Bilingual staff members are available for non-



English speaking Bosnian, Russian, and German speaking clients. Scheduled walk-in clinics are available for immunizations, STD screening, HIV counseling and testing and pregnancy testing and counseling. Pap testing, breast exams and well-child exams are available by appointment. Insurance may be billed and a low fee, sliding fee payment is available.

Fun in Oneida County by Margaret Torres, FSW

Here are some ideas for the summer months:

General Summer 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.
- Hike through Utica Marsh.
- Go to the beach at Delta Lake State Park. (Park Admission fee).

July Activities:

- 1st, 8th, 15th, 29th: Bingo, 2pm, Utica Public Library.
- 3rd, 10th, 17th, 24th, & 31st: Saturday Family Fun at the Fort!, 12-2, Fort Stanwix, Rome, music, crafts, history, free.
- 4th: Independence Day Celebration, 11-2, Fort Stanwix, Rome, free.
- 6th: Dinosaur Country, 3pm, Utica Public Library. Learn about the dinosaurs that lived in New York State. Make your own fossil. Registration required.
- 7th, 14th, 21st, 28th: Drop-in Craft, 11-3, Utica Public Library.
- 7th & 21st & August 4th: Me, Me, Me All About Me, Autobiography Workshop,

2 pm, Utica Public Library. Create your own mini-autobiography. Ages 8-14. Registration required.

- 12th, 19th & 26th: Pearl in the Egg Storytellers, 7 pm, Utica Public Library.
- 13th: Cupcake Day, 10-12, Utica Public Library, decorate and eat your own cupcake. All ages.
- 14th: Grandparents Raising Grandchildren Resource & Support Group, 10-12, Family Place.
- 17th: Kids Safety Day, Utica Zoo, food, prizes, fingerprinting, visit from Fire Dept. Admission fee.
- 20th: Read, White & Glue, 2 pm & 6:30 pm, Utica Public Library, New York in 3-D: a creative workshop. 2pm-ages 10-13, 6:30 pm- ages 5-9.
- 22nd: Jeopardy, 2 pm, Utica Public Library.
- 27th: Going Wild, 1 pm, Utica Public Library. Meet and learn about a variety of wild creatures, ages 7 and up.
- 28th: I Scream, You Scream, We All Scream for Ice Cream, 10:30 & 6:30, Utica Public Library, share ice cream stories and fun, ages 5-8, registration required.

August Activities:

- 2nd, 9th, 16th, 23rd, 30th: Pearl in the Egg Storytellers, 7 pm, Utica Public Library.

- 3rd: Ice Cream Sundae Tuesday, 6:30-7:30, Utica Public Library. Make and eat an ice cream sundae.
- 4th, 11th, 18th: Drop-in Craft, 11-3, Utica Public Library.
- 5th: Tiny Treasures, 11 am, Utica Public Library, make miniatures for your doll, ages 7-10, registration required.
- 5th & 12th: Bingo, 2pm, Utica Public Library.
- 10th: Poppin Popcorn, 10:30 am & 6:30 pm, Utica Public Library, popcorn stories, crafts, treats, ages 5-8, registration required.
- 11th: Grandparents Raising Grandchildren Resource & Support Group, 10-12, Family Place.
- 17th: Sidewalk Celebration, 1-3, Utica Public Library, games, face painting.
- 21st: Dinosaur Day, Utica Zoo, crafts, games and other activities. Admission fee.
- 24th: Back to School, 10:30, Utica Public Library, stories, crafts, ages 5-6, registration required.

September Activities:

- 10th: Healthy Families Picnic, Utica Zoo.
- 17th-24th: Constitution Week, Sign your name to the Constitution, Fort Stanwix, free.