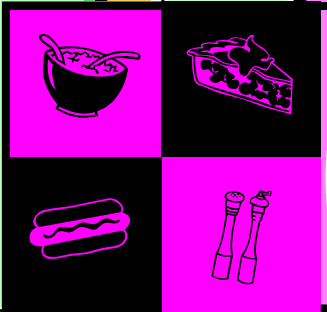


Caring & Sharing

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

Parents always seem to want the best for their children. TV as well as every magazine and store seem to know that and use it to their advantage. The cutest little Halloween costume, most popular toy for Christmas, newest sneakers, most detailed developmental infant gym, or latest baby care item. Not that these things are bad, it is just that parents often feel they must have them to show the world, and maybe themselves, they are a good parent. I admit that we fell into this trap when our kids were growing up. And it gets worse as they grow along with the pressure, cost, and number

of "things they need." Often it seems easier than to look at what is really best for a child of any age. It would be silly to say money doesn't help, but to ensure a happy, healthy child does it really take a lot? Time, love, and security are really where it's at. Maybe you've seen a baby who is more interested in the box than the toy, the toddler who passes the expensive



gym for simple wooden spoon and Tupperware, or the child who will follow a parent room to room to spend time with

them and look at a book together. What can parents do now to make certain their child has the best, and maybe make life easier later? Of course there are basics of food, clothing and shelter but beyond that your child wants you. What a wonderful thing! There are many more simple things like talking to and holding your infant, getting needed immunizations on time, right foods and activities for their age, and setting routines and guidelines to start. Explore other things with your Family Support Worker, who is happy to guide you with the latest information to help you make choices so your baby has the best.

Play With Your Babies! by Bushra Hendi, FSW

There are a lot of activities that you can do with your infant and toddler. Your infant needs stimulation of his senses through pictures, sounds, smells and touch. Play, listen, and talk to him throughout the day. Take your time while bathing, feeding and diapering your baby. Sing songs, smile and coo back at the baby's smiles and coos, so he will learn that what he says is important.

Sing the same song over and over again and he will love it even more. Make it part of your bed time or diaper change routine. Change the words of the song to include your baby's name. Use a song like bingo to teach your baby to spell his name like this: There was a mommy who had a daughter and Sarah was her name OO s-a-r-a-h, s-a-r-a-h, s-a-r-a-h—Sarah was her name OO.

Reading to your baby—Your baby will love to sit on your lap, hear your voice and have this special time with just you. Choose a book with simple large pictures or designs set against a solid background and look for soft cloth or vinyl books that can be washed.

Arrange large photographs of mommy, daddy or other relatives around his crib and point to them and say their names.

Place one or two laundry baskets on the floor filled with the baby's toys. Let him take a toy out of the basket and then put it back. Name each toy.

Boxes— Have you ever given a child a present and within minutes the child left the toy to play with the box? For him it's an adventure. Your toddler will not think twice about what to do with that box. Use appliance boxes, supermarket boxes

or smaller boxes like tissue or food boxes that are right in your home. He can paint, cut, glue, build, fill and empty it, push and pull it, fit himself inside it, cut a window and make it his TV. Cut two holes, pass a cord through and let your child push and pull the box. The possibilities are endless. The best of all is when your child is done you can put the box out for recycling.

•What's in the drawer? - In a small, easily opened drawer in the kitchen, place many different objects that are safe and have no sharp edges, such as, plastic containers, pans, wooden spoons. Leave the drawer open while you are in the kitchen and you will have a happy, curious companion bent on exploring his drawer. Change the contents of the drawer from time to time.

Inside this issue:

Healthy Families	2
Event Highlights	
Poetry Selections	2
Boot Camp for Dads	3
What Should I Know About Feeding My Child?	3
Smart Start	4
Fun in Oneida County	4

Healthy Families Staff:

- ◆ Annette Phillips-Program Manager, OCHD
- ◆ Jane Morris-Data Manager, OCHD
- ◆ Susan Kimball-Supervisor, OCHD
- ◆ Charity Leslie-Supervisor, OCHD
- ◆ Heather Kowell-FSW, FNC
- ◆ Vicki Petrillo-FSW, FNC
- ◆ Becky Henkle-FSW, FNC
- ◆ Annette Green-FSW, FNC
- ◆ Renita Zayas-FSW, FNC
- ◆ Kristie Westerman-FSW, FNC
- ◆ Lillie Savage-FSW/FAW, OCHD
- ◆ Edina Mistic-FSW/FAW, OCHD
- ◆ Margaret Torres-FSW, OCHD
- ◆ Joan Gebo-FSW, OCHD
- ◆ Bushra Hendi-FSW, OCHD
- ◆ Susanne Walker-FSW, OCHD

Our Babies—Why I Like My Sling

By Jessica Rivera



I like my sling because my baby is close to me and it keeps her warm and she could listen to my heartbeat.



Healthy Families Event Highlights Breastfeeding Families Network Rang in the New Year!

by Heather Kowell

The Breastfeeding Families Network hosted a New Year's Eve party at the Family Place. The Family Place was transformed into party central with mini disco balls, homemade paper chains and other colorful decorations. We had quite a large turn out, forty adults and children. We had moms, dads, grandparents and everyone in between. We had a smorgasbord of fun foods and everyone had their fill.



Moms were showing each other their big, beautiful breastfed babies; while



those still waiting for their new arrival had the opportunity to see and ask what breastfeeding is really like. Dads seemed to have been bitten by the social bug and were often seen talking and joking with each other. The children's ac-



tivity table was bustling with little hands making wonderfully creative resolution books for the New Year. We even had a chance to have a small group in the play room to discuss breastfeeding basics. All seemed to have a great time.



Poetry Selections from Letecia Pounds

Worlds Apart

Worlds apart...
Yet we are so close...
Underneath the same stars, we pray...
Together we think of one another...
But we are unable to touch...
It is cold and lonely...
Yet your love has kept me warm...

Worlds apart...

Yet we are so close...
Tonight I pray...
I pray that once again...
I will see that warm smile...
That turns my world around...
That smile that can turn a frown around...

I pray...
That once again I can feel that warm embrace.

Raven Wolf

Behide close doors...
Outside in the dark...
Beneath the stars...
Or even everywhere at anytime...

You the

We what



will find person within...

hide we want

Boot Camp for New Dads

Mohawk Valley Perinatal Network

By Ellen Perrone

Boot Camp for New Dads was formed in 1990 by fathers, to provide support for new fathers and their families. Boot Camp utilizes a man-to-man approach in which veteran fathers help to orient and prepare expectant, or rookie fathers, by sharing their babies and their fatherhood experiences.

Boot Camp prepares fathers for all of the aspects of caring for a new baby and a new mom. Fathers learn how to handle, hold, burp and change their infants. In addition they deal with issues such as bonding, work hours, preventing child abuse, creating a parenting team, safety and breastfeeding. The program is supported by both hospitals and health plans because it helps to prepare families for the challenges of new parenthood.

Social deterioration can be attrib-



hood.

Children who have active involved fathers do better socially and intellectually. Ninety percent of fathers are present at the birth of their child. Boot Camp is a way for men to become active early in their children's lives. Active fathers improve not only the child's chances but their community as well.

uted, in part, to the break-up of the American family. Over half of our nation's children will live in a fatherless household for some period of time during their child-

The Boot Camp for New Dads program, sponsored by Mohawk Valley Perinatal Network, Inc. is one of 180 Boot Camps throughout 38 states. The program will be offered at four sites throughout our region: Rome Memorial Hospital, St. Elizabeth Women's Center, Faxton-St. Luke's Healthcare and Little Falls Hospital.

Please call Mohawk Valley Perinatal Network, Inc. at (315) 732-4657 or toll free at 1-877-267-6193.



What Should I Know About Feeding My Child?

Cornell Cooperative Extension—Eat Smart Program

How Many Servings?

Bread, Cereal, Rice or Pasta—6 servings per day

Fruits—2 servings per day

Vegetables—3 servings per day

Meat, Poultry, Fish, Eggs, Dry Beans—2 servings per day

Milk, Yogurt or Cheese—2 servings per day

Fats, Oils, Sugar—use sparingly

1/2 cup = 1/2 a baseball

1/4 cup dried fruit = golf ball



2 tablespoons peanut butter = 1 large marshmallow

child may need to eat five to seven times a day.



Be Active

Physical fitness is important for children. Encourage your child to play and be active.

What does a serving size look like?

Estimating what a serving size looks like can be easier with these tips.

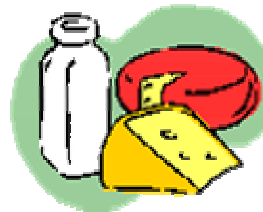
1 ounce cheese = 4 playing dice

1 medium apple or orange = baseball



Work Together

Your child decides if, what, and how much he or she will eat. Accept your child's decision, but do not offer different foods until the next meal or snack. You and your child's caregivers should provide healthy, appealing meals and snacks. And remember that your



Wash Hands

You, your child, and caregivers should wash your hands before and after touching food. Wash hands for 20 to 30 seconds with soap and warm water.

Prevent Choking

Children age four and under are at a greater risk for choking than older children.

Some finger foods nuts, grapes, or hot dogs can cause choking.



Some finger foods such as popcorn, or hot dogs cause choking. Cut grapes

Healthy Families-
Oneida County
520 Seneca Street 2nd Floor
Phone: 315-798-6416
Fax: 315-798-5022

Healthy Families

Advisory Board Members:

*St. Elizabeth's Family Practice/
Women's and Children's Health Cen-
ter*

*Mohawk Valley Community Action
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

The House of the Good Shepherd **Helping Families to a SMART START**

By Graceann Guzski

Happy New Year to you and your family!! Thanks for giving us this chance to share more about The House of the Good Shepherd. For over 130 years, the community has turned to The House of the Good Shepherd to help children who cannot be cared for by their families. The House is the only residential and community-based care for children certified by the Joint Commission on Accreditation of Health Care Organizations (JCAHO) within a 100-mile radius of Utica. Our comprehensive treatment, education, and community services are designed to make positive and lasting changes in the lives of children and families facing complex problems.

Our newest Prevention Program at The House is the Smart Start Early Intervention Program. The House introduced Smart Start in January 2002 with a \$25,000 grant from the Women's Fund of Herkimer and Oneida County. It is currently funded through grants from the Community Foundation of Herkimer and Oneida County and the Utica National Group Foundation, and many generous individual supporters. Smart Start is modeled after the Healthy Families Program. Our program works closely with the Oneida County Health Department. We receive referrals through the Health Department for families that are ineligible for their services (due to age requirements or location). This gives families throughout Oneida County the chance to receive services. The Smart Start program currently serves twelve families. We are excited about this new venture and the partnership with the Health Department and Family Nurturing Center!!! Our goal is to provide services only until all of Oneida County is included in the Healthy Families Program.

For more information regarding the Smart Start Program or other programs at The House, please contact Chante Kelly, Family Support Specialist or Graceann Guzski, Program Coordinator at 7337480, 2521 Sunset Avenue, Utica, New York 13502.

Fun in Oneida County by Nathlyn Smith-Savage, FSW

In Upstate New York, the winter months provide ample opportunity for both indoor and outdoor activities. Here are just a few ideas for your family to enjoy together.

General Winter Activities:

- Visit the Utica Zoo: Open 10 to 5 daily, free admission
- Go sledding at the Parkway: free
- See a college or high school hockey game at the Utica Auditorium
- Take a walk in the park
- Play in the snow in your yard or at a friend's home
- Go ice skating at Kennedy Arena in Rome or at the New Hartford Recreation Center
- Go roller skating at Skate-a-Rama in Whitesboro or Skate-a-While in Rome.
- Visit the Children's Museum: Open Monday to Friday 10 to 4:30, Saturday 10:30 to 4; admission \$4.00 per person
- Visit the Munson Williams Proctor Art Institute Children's Room: Open Tuesday to Friday 11 to 2, Saturday, 12 to 4

Every Tuesday, Winter Storytime, Utica Public Library, 10:30.

February Activities:

1st: Train Tour (outside museum), Children's Museum, 12-2.

5th, 12th & 26th: Behind the Scenes, Utica Public Library, 3:45.

6th, 13th & 27th: Read to Me, Utica Public Library, 11:00.

7th: Chocolate Valentines, Utica Public Library, 10:30.

7th: Snowfari, Val Bialas Ski Chalet

13th: Hearts & Crafts, Utica Public Library, 10-2.

13th: Secret Valentine, Utica Public Library, 4:00.

17th & 18th: Winter Fun, Utica Zoo Adventures, Registration required, 10-11:30.

19th: Winter Break Bingo, Utica Public Library, 2:00.

March Activities:

2nd & 3rd: Seussical the Musical, Stanley

Performing Arts Center, 8 pm.

13th & 14th: Sesame Street Live, Stanley Performing Arts Center, Tickets \$7.50 to \$18.00, 1 & 4:30.

16th & 17th: Animals A-Z, Utica Zoo Adventures, Registration required, 10-11:30.

17th: Amelia Bedelia for Mayor and Other Stories, Stanley Performing Arts Center, 10:30.

