

HEALTHIER BEGINNINGS ... BRIGHTER FUTURES

Healthy Families Cayuga/Seneca Newsletter-Fall 2013 Vol. 3, Issue 14



Helpful Child Care Tips

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Welcome to the 14th issue of our Healthy Families Cayuga/Seneca newsletter!

We plan to publish it every quarter. If you have a topic you would like us to cover in our next issue, please let us know.

We hope you enjoy "Healthier Beginnings ... Brighter Futures."

Hand washing - Remember to wash hands with soap and warm water when....

- **feeding an infant
- **changing a diaper
- **using the bathroom
- **sneezing, coughing or blowing your nose
- **eating or drinking

Baby Food - Remember to...

- **read the directions on the baby food jar
- **serve baby food only from a dish
- **use a clean spoon if more food is needed from the jar
- **refrigerate and date after opening

Breast Milk - It's Best Practice to...

- **refrigerate or freeze promptly
- **use within two weeks of freezing it
- **use breast milk up to 24 hours after thawing it
- **throw away breast milk left in bottle after feeding

Bottle Feeding - It's Ideal if you...

- **sterilize bottles and nipples
- **refrigerate prepared bottles
- **warm bottles up with warm water
- **throw away leftovers after feeding

Diaper Changing - Always...

- **assign a specific area to change diapers
- **change diapers away from where food is being prepared
- **clean and disinfect changing area after each use
- **put soiled diapers in a designated trash can

TID BITS OF KNOWLEDGE FOR PARENTS



Anxiety - The First Two Years of Life

Have you noticed that your baby will smile or play with people that they haven't seen before. You might have noticed that between your child's eighth and ninth month, they may become more scared of people. This is a normal stage of development and the older your child gets the less **scare they** will become and more willing they are to trust others. When your child approaches this age, you might want to introduce new people **gradually to help** with your child's anxiety.

Separation anxiety is also a normal part of development in which your child will cry once you leave the room. **The stage usually starts and ends between ten and eighteen months.** Your child may cry less when you leave the **room, once** he learns that he will be safe when you are gone and that you will always return. Some parents have had success **with doing practice situations at home by leaving the room, so your child can gain** a sense of security. Others have suggested if you downplay your leaving and have someone **else distract him, he may cry**

Books to Help Children Adjust to the New Baby

Joanna Cole - "I'm A Big Brother, I'm a Big Sister"
Sara Rowe - "I'd Rather Have an Iguana"
Patricia Relf - "That New Baby"
Eric Hill - "Spot's Baby Sister"
Lucy Cousins - "Za-Za's Baby Brother"
Marcia Leonard - "Little rabbit's Baby Sister"
Ian Whybrow - "A Baby for Grace"
Margy Burns Knight - "Welcoming Babies"
Mercer Mayer - "The New Baby"

Preparing Siblings for the Baby

Having a new baby can be very overwhelming for the "first born" or a sibling. It's normal and very common for a sibling to feel jealous towards a new baby, especially over the attention a new baby receives. Expect more temper tantrums, baby talk and even some regression in different areas of life, like potty training.

Here are some tips to help prepare siblings for the arrival of your new **baby.**

WHILE PREGNANT

It is helpful for most children to be told about the coming of a new baby as soon as you start showing. Getting them involved right from the beginning helps them feel more included and still a big part of the family. Have your child help you decorate the nursery or pick out clothing and toys for the new baby. Be mindful of making changes to your child's routine or teaching your child new skills because your child may have a hard time with transitions as you bring home the new baby.

WHILE IN THE HOSPITAL

While in the hospital, call your child frequently and if possible, have your child visit with you and the new baby. If that's not possible, be sure to send pictures of you and the new baby to your child at **home so** that she feels included.

WHEN YOU COME HOME

As you and the new baby arrive home, try to have someone else carry the baby inside or at least hand him off to someone else so that you can spend time with your other child. Spending "alone time" every day with your other child and reminding your visitors to include the sibling while visiting the new baby is very important. Always remember to supervise all contact with your new baby and his sibling so that she can't harm the new baby.

Pumpkin Popcorn Activity



¼ cup butter 11oz mini marshmallows
12 cups popped popcorn 1 bag chocolate chips
4 serving size orange jell-o
12 green spearmint sticks
1 individual bag of M&M candy

Microwave and melt the mini marshmallows and butter together. Stir in the orange jell-o powder. Combine mixture to the popcorn. Grease or butter your hands and form the mixture into a pumpkin-like shape. To complete the pumpkin features, put a green spearmint candy stick as the stem of the pumpkin and use the chocolate chips and M&Ms for

HAPPY BIRTHDAY! 

Kaitlyn	Landon	Aryan	Anthony
Hannah	Isabella	Jacob	Stephan
Orrin	Owen	Ayden	Elise
Anthony T. Cameron	Peyton	Dorothy	Avery

If you know someone who interested in learning more about Healthy Families and they are either expecting or have a baby under the age of three months, please have them call:

In Cayuga County ~ Shalana at (315) 283-2030, ext. 216
In Seneca County ~ Christine at (315) 539-5647, ext. 138

Baby Safety Quiz



1. To avoid Sudden Infant Death Syndrome....
 - a. don't let your baby overheat during sleep
 - b. don't smoke before or after the birth of your baby
 - c. make sure your baby's face and head stay uncovered
 - d. all of the above
2. A safe crib has....
 - a. no more than 3 3/8 inches between the bars
 - b. a firm mattress that fits snugly within the crib
 - c. fluffy blankets, stuffed animals, or pillows in the crib
 - d. all of the above
3. To be safe from fires, you should...
 - a. as a minimum, install smoke detectors near bedrooms on the second floor of the house
 - b. replace the batteries every other year
 - c. make sure smoke detectors are placed either on the ceiling or 6-12 inches from the ceiling
 - d. all of the above
4. Safe toys for older infants include all of the following except those that...
 - a. are safe for mouthing
 - b. are made of non-toxic materials
 - c. have no sharp points or edges
 - d. have long strings
5. When using an infant car seat...
 - a. the harness chest clip should be positioned at the child's armpit
 - b. rear-facing harness straps should be positioned above your child's shoulder
 - c. the seat should recline at about 90 degree angle
 - d. It's okay to place the car seat in the front seat on a vehicle
6. When your baby grows too tall or heavy for an infant car seat, you should...
 - a. continue to use the car seat until he is 12 months old
 - b. move him to a rear facing convertible seat until he is 12 months old
 - c. move him to a forward facing convertible car seat until he is 12 months old
 - d. move him to a booster seat until he is 12 months old.
7. Infants can drown in....
 - a. a pool
 - b. the bathtub
 - c. a pail of water
 - d. any of them

Answers to the quiz: 1. d, 2. b, 3. c, 4. d, 5. a, 6. b, 7. d

NEW INFORMATION AND NETWORKING

Thank you to everyone who attended our third annual Graduation Celebration and good luck to those going to Preschool next year. From all of the workers at Cayuga/Seneca Healthy families, we thank you for letting us be a part of your lives. We continue to try to create an atmosphere that works for you. If you have a topic you would like more information on, please talk to your FSW. We want to provide information to you, for you about you and your baby. 😊

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(programs - Healthy Families link)

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