



Five Alternatives to Saying the Word NO!

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"Children often begin to tune it out, and you may find that it takes ten no's to get your child to respond," says Roni Leiderman from the Nova Southeastern University in Ft. Lauderdale, Florida.

1. **Rephrase it** - Put a positive spin on what you want your child to do and your child will most likely respond better. Clearly state what your child can do, instead. For example, instead of saying "No! Don't throw the ball in the living room", you can say "Let's go outside to play ball."
2. **Offer options** - Your child wants to feel independent and in control, so instead of denying your child from what they want to do, give them acceptable choices on what you want them to do. When your child begs for candy before lunch, you can offer her some grapes or apples and tell her she can have candy after lunch.
3. **Drive your child to distraction** - Children can easily become distracted by almost anything including trouble. When your child starts heading towards trouble, quickly divert their attention to something else. For example, you can say "what's for lunch."
4. **Avoid the issue** - Whenever possible, try to keep your child out of situations where you may have to say no to them. You can still choose safe environments to help promote their sense of exploration.
5. **Don't sweat the small stuff** - Life is full of battles which a parents needs to pick wisely. If there's no harm, why not let your child continue with what they are doing.

If you do need to say the word no, "say it like you mean it." Just saying no to someone doesn't help them recognize what behavior they need to stop doing. When you say the word no, then follow it up with the direct behavior you want your child to stop doing can be affective.

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*Welcome to the 13th 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."*
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TID BITS OF KNOWLEDGE FOR PARENTS



A Healthy Mouth for Your Baby



What you eat when you are pregnant is very important. Eating right can help you and your growing baby stay healthy. Remember breast feeding has been known to give your baby all the nutrients needed to stay healthy. Here are some ways you can help your baby have a healthy mouth.

Check and clean your baby's teeth. "Healthy teeth should all be one color." For an infant, use soft, wet clothes at least once a day. For a toddler, you can start brushing their teeth with a small amount of tooth paste which contains fluoride.

Prevent baby bottle tooth decay by not putting your baby to bed with a bottle, and if you do, put water in the bottle. Feed your baby healthy foods like fruits and vegetables instead of sweets. Remember decayed teeth can be painful to your child and can cost a lot to fill at the dentist.

Take your child to the dentist. It is recommended that you can bring your child to the dentist at age one to make sure all is growing well and is healthy. Regular dental checks are a great way to keep your child's mouth healthy and happy.

Baby Wipes

- ½ Tablespoon of baby oil
- 1 Tablespoon of liquid baby bath soap
- 2 cups of boiling water

Get a roll of paper towels. Cut it in half (crosswise) with scissors. Find a plastic container that has a tight-fitting lid. It should be big enough to hold two half-rolls of paper towels. A disposable food container works great. Pull the cardboard tubes out from the middle of the two cut rolls and put them into a container, ends down. **MIX THE THREE INGREDIENTS TOGETHER!** Now pour the mixture all over the paper towels and snap on the lid. Let the towels soak in the soap and oil for four hours, then use.

HAPPY BIRTHDAY!



| | | | |
|---------|-------|---------|--------------|
| Aubree | Levi | Trystyn | Jamine |
| Miracle | Jaden | Haleigh | Annabelle C. |
| Kiley | Owen | Phoenix | Evander |
| Roman | Arria | Presley | Giovanni |
| Raymond | | | Annabelle H. |

Dirt Cups

- 1 pkg. JELL-O chocolate instant pudding
- 2 cups cold milk - or use pre-made pudding cups
- 1 oz cool whip
- 15 Oreo cookies finely crushed
- 10 gummy worms

Beat the pudding mix and milk with whisk for 2 minutes. Let mixture sit for 5 minutes. Layer in a cup of the mixture, cool whip and ½ cookie crumbs. Refrigerate for one hour and top with gummy worms.

Lead Poisoning



Lead poisoning is very preventable. The key is stopping children from being exposed to lead, identifying those who have been exposed to lead and treating them in a timely matter.

Lead based paints were banned for use in homes before 1978. "All houses built before 1978 contain lead based paint," according to the Center for Disease Control. Lead poisoning happens when the paint get disturbed and releases tiny particles which are invisible into the air. Lead is harmful to the youngest of children to adults. Pregnant woman are just as susceptible as young children because studies have shown that if a pregnant woman ingests lead particles, she can pass it to her unborn child. Lead can also be found in water which flows through old pipes, children's toys and the soil around your house which could have been contaminated years before your house was built.

It is important for every child to be tested for lead at ages 1 and 2 years old. It has been determined that there is no safe level of lead in the human body. Lead, once in the blood stream, travels throughout the body and settles mostly in the bones where it hides and weakens the bones. Lead can harm a child's growth, behavior and ability to learn. If you or someone you know has not gotten their child tested for lead, please contact your local health department or pediatrician to find out if your child has been exposed to lead. Remember, a healthy diet of iron, zinc and vitamin C can reduce the effects of lead on the body.

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. 203
In Seneca County ~ Christine at (315) 539-5647, ext. 138

Period of PURPLE Crying

The Period of PURPLE Crying is a new way to help parents understand this time in their baby's life which is a normal part of infant development. It can be confusing and alarming to have your pediatrician tells you that your baby has colic because that may sound like an illness or condition that will never go away. When the baby is given medication to treat colic, it gives the parents a sense that there might be something wrong, when in fact, it may just be a normal stage of development. This is where the Period of PURPLE Crying comes in. The baby doesn't actually turn the color purple as he or she is crying. The letters in PURPLE stand for P-peak of crying, U-unexpected, R-resists soothing, P-pain-like face, L-long lasting, E-evening. The Period of PURPLE Crying begins at about 2 weeks of age and continues until about 3-4 months. It is during this time that a baby can cry a lot, but they all get through it. Dr. Ronald Barr, a developmental pediatrician studied infant crying and came up with this phase. He also has found that there are two typical times of day an infant displays this behavior, late afternoon and early evening.

When these babies go through this period, they may cry for hours and they may resist your attempts of being soothed. At times, nothing may help, but trying different ways to soothe your baby can make you feel a little bit better about the situation. Parents may think that there has to be something wrong with their baby or their baby wouldn't cry like that, but this isn't true. Babies may cry uncontrollably night after night and that is normal. Dr. Barr wanted to let parents know what is to be expected in this infant's crying stage. He also hopes that this will give parents a new way to look at the infant's normal development and relieve some of the frustration this stage may cause them. Addressing the needs of a crying baby gives them a sense of comfort and confidence to promote their independence.

8 Tips for Dads to Handle Stress

It's not easy being a dad. Having a new baby can be very stressful on everyone, including dad. Here are 8 tips to help you better handle the everyday stressors a baby can bring to your life.

1. **Work Out:** Working out increases your strength needed for those long days and nights. Exercise has been known to produce hormones which make the body feel good and refreshed.
2. **Eat Right:** Stress and diet are closely related. You know what you should be eating, so don't settle for unhealthy foods because it's quicker and easier. Eating healthy and staying fit will give you the energy you need to stay on top on things.
3. **Get Enough Sleep:** Try to get six to eight hours of sleep a night. Take advantage of places where you can sneak in a "power naps" between 15 to 30 minutes where you close your eyes. This can rejuvenate you and reduce your stress level.
4. **Be Flexible:** Remember that you have an extra little person that might slow your everyday routine down. This is when you take a deep breath and be patient because things will take longer from this point on in your life. That is a fact that you cannot change, so don't stress over that.
5. **Communicate Better:** Although there is a new baby to take care of, make sure you keep the lines open to communicate about your feelings. Talking about your issues and having your partner help you solve them can reduce your stress.
6. **Find a Hobby:** Finding something you like to do can take your mind off of your everyday stressors. It also helps you focus on your time and energy which will make you feel more relaxed.
7. **Laugh, Be Happy and Have Fun:** Laugh and have fun with your family and friends. "A sense of humor goes along way." Friends have a different way of looking at things and their perspective can get your wheels turning, so that you gain some more energy where needed.
8. **Get Rid of Clutter.** Make a list of things that need to get done. Take that list and prioritize what must get done and what isn't that important to get done. This list will keep you focused and as you cross off the things on your list you have completed, it will give you a great feeling of accomplishment.

NEW INFORMATION AND NETWORKING

Where you can find us:

In Cayuga County
53 Water Street
Auburn, NY 13021
(315) 283-2030

In Seneca County:
23 Center Street
Waterloo, NY 13165
(315) 539-5647

Congratulations to Kathy Gallinger for being promoted to Program Manager. She has been an extremely important piece of our Healthy Families team for a long time and we wish her success in her new position. We would also like to congratulate Lou Kaplan as the new Program Supervisor in Cayuga County. Lou has much experience working with families for many years. We are happy to have him and wish him luck in his new position. We continue to try to create an atmosphere that works for you. Ask your Support Worker for more information on how you can earn Baby Bucks and for information on the next group meeting. 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. 😊 Check out our new Healthy Families website at CSCAA.com and click on Healthy families.

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