

# HEALTHIER BEGINNINGS ... BRIGHTER FUTURES

Healthy Families Cayuga/Seneca Newsletter-Winter 2013-2014, Issue 14



## healthy families

### Table of Contents

The benefits of breastfeeding

Question: What did you feel when you first saw your baby?

Cayuga/Seneca Community Action Agency on the web

Six reasons to vaccinate your child

Birthdays

Why read to my baby?

New information and networking

## Winter Newsletter 2013-2014



*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."*

Annabella and mom, Kelsey, share Bella's success with her new dance moves during their home visit. Ask your home visitor about the fun activities you can enjoy! Remember, we value your input!!!

## TID BITS OF KNOWLEDGE FOR PARENTS



## The benefits of breastfeeding

Breastfeeding has numerous benefits for you and your baby. Breast milk is loaded with nutrients that help babies thrive during the first six months of life.

Breast milk helps babies fight infections, and contains antibodies that guard against gastroenteritis, colds, urinary infections, and ear infections.

Breast milk reduces the risk of allergic conditions like asthma and eczema, and even protects your baby from serious illnesses like diabetes and leukemia.

Breast milk is rich in polyunsaturated fatty acids, which are essential building blocks for babies' brain development and cognition.

Breastfeeding is also beneficial for moms as it reduces the risk later in life of pre-menopausal breast cancer, ovarian cancer, and osteoporosis.

## Question: What did you feel when you first saw your baby?

"I was overjoyed and very happy. I thought he was a beautiful baby. I felt my life was complete."  
~ Sara B.

"I laughed and cried at the same time. I don't think I will ever experience the same emotions again. What can make you so happy you cry?" ~Zach S.

"When I first saw my baby I cried. It was tears of joy." ~ David M.

"When I first saw my baby I was happy and excited. I was also a little worried and nervous being a first time mom." ~ Ashley H.

HAPPY BIRTHDAY! 

Richard	Alyssa	Raelynn	La-khi
Kaiden	Jin Eu	Abel	
Tatyana	Paxtyn	Johnathon	
Destiny	Zeddicus	Veronica	

## Cayuga/Seneca Community Action Agency on the web

For information about other Cayuga/Seneca Community Action Agency programs please visit our web site at [www.cscaa.com](http://www.cscaa.com) or our Facebook page at [www.facebook.com/cayugaseneca](http://www.facebook.com/cayugaseneca).

## Six reasons to vaccinate your child

- 1) **Vaccinations can save your child's life.** Advances in medical science can protect your child against more diseases than ever before.
- 2) **Vaccination is safe and effective.** Vaccinations are given only after extensive and careful testing by scientists, doctors, and other health care professionals.
- 3) **Immunization protects others you care about.** Getting yourself and your children vaccinated helps prevent the spread of disease to your friends and loved ones.
- 4) **Immunizations can save time and money.** Vaccine-preventable diseases can result in denied access to schools or child care facilities.
- 5) **Immunization protects future generations.** Vaccines have reduced or eliminated diseases that killed or disabled many people just a few generations ago. If we continue vaccinating now, some of today's diseases will be eradicated in the future.
- 6) **Immunizations are usually covered by insurance.** The Vaccines for Children program is a federally funded program that provides vaccines at no cost to children from low-income families. To find out more visit <http://www.cdc.gov/vaccines/programs/vfc/> or ask your child's health care provider.

If you know someone who is 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

## Why read to my baby?

Reading aloud to your baby is a fun activity and an important form of stimulation. Reading to your baby also builds listening, memory, and vocabulary skills, and gives her information about the world around them.

By the time of your baby's first birthday, she will have learned all the sounds necessary to speak her native language. The more stories you read to your baby, the more words she will be exposed to and the better she will be able to talk.

By using different emotions and sounds when you read to your baby, you will foster social and emotional development. Your baby's language skills will improve as she imitates sounds, recognizes pictures, and learns words.

Most importantly, reading aloud to your baby establishes a connection between the things your baby loves the most (your voice and closeness to you) and books. Budding readers are created when infants and children begin to associate books with happiness!

Here are some helpful reading tips:

- Cuddling with your baby while you read makes her feel warm, safe, and connected to you.
- Read with expression, using different voices for different characters.
- Stop occasionally to ask questions or make comments ("See the doggie? What a silly doggie!"). Your baby may not understand or respond yet, but this invites more understanding and interaction later on.
- Show your baby that reading is fun by singing, making animal sounds, bouncing her on your knee, etc.
- Don't be afraid to read the same books over and over. Your baby loves (and learns from) repetition!
- When your baby gets a little older, encourage her to hold the book and turn the pages.
- By reading to your baby before naptime and bedtime, you'll be making life easier by establishing a routine. Don't worry about finishing the book. Simply focus on pages that you and your baby enjoy.
- Books come in handy when you're waiting in line at the grocery store or sitting in the doctor's office. Keep some in your diaper bag for easy access.

## NEW INFORMATION AND NETWORKING

We would like to enlist your help in increasing our enrollment. Please share your experience about the program with your family, friends and neighbors that are expecting or parenting an infant under the age of three months. We will be holding a monthly drawing; offering a gift for referring someone new. Make sure to share your name so that we can submit your name for the appropriate number of entries. Help us to meet our goal of enrolling forty new families in the next year. As always we appreciate your participation and support. 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.

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**

**On the website:**

**[www.cscaa.com](http://www.cscaa.com)**

**(programs - Healthy Families link)**

### HEALTHY FAMILIES CAYUGA/SENECA STAFF

KATHY GALLINGER, PROGRAM MANAGER

#### CAYUGA COUNTY

LOU KAPLAN, SUPERVISOR

ALAN MCCORMICK, FSW

SHALANA GREENIA, FSW

MALISSA CREGG, FSW

REBECCA DIXON, FSW

CHELSEA SMITH, FSW

#### SENECA COUNTY

CHRISTINE BAJDAS, SUPERVISOR

MELISSA VISCO, FSW

KATHY BURM, FSW