

# Healthy Beginnings

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## Childproof your home— keep your baby safe!

### *Crib Safety in General*

Cribs manufactured after 1991 and purchased in the U.S. should meet the current safety regulations. However, whether you have a brand new crib, or a crib that's been passed down to you, it is important that you do a safety inspection of the crib. Any recalled baby items can be found on the Consumer Product Safety Commission website— [cpsc.gov](http://cpsc.gov)

### *Crib Safety Inspection*

- ◆Crib slats should **NOT** be anymore than **2 and 3/8** inches apart. A good rule of thumb is that you should not be able to fit a soda can between the slats. If you can, the slats are too far apart and they pose a strangulation risk to your baby.
- ◆Check for any missing or broken parts, and peeling paint. Replace or repair these before the baby comes.
- ◆Cutouts on the headboards and footboard should also be avoided because the baby can get caught between them.
- ◆The crib mattress should fit snugly against the crib, otherwise the infant may become wedged between the mattress and the side of the crib. You should **NOT** be able to fit more than two fingers between the mattress and the side of the crib.
- ◆Avoid stuffed animals, heavy blankets, toys, and bumper pads in cribs. These can suffocate a child if they cover the infant's face. They can pose a fall risk if a child climbs up on them. These items increase the risks for SIDS.

### *What is SIDS?*

Sudden Infant Death Syndrome (SIDS)— The sudden unexplained death of an infant, typically under one year of age. SIDS is the leading cause of death for infants between one month and one year of age. Always place your infant on their back to sleep. Experts don't know what causes SIDS. Some things that increase the risk for SIDS include: overheating, excessive blankets/bedding, and infants who are placed on their stomach to sleep.

### *Bedroom safety*

Bedrooms are another area in the home that you should check for infant safety. There are many

items in the infant's room that could pose a risk to them, including the changing table.

- ◆A baby should never be left unattended on the changing table because they can easily fall. You should keep all necessary items such as diapers, wipes, and powder nearby the table.
- ◆Throughout your home you should check unused electrical outlets. You can place plastic outlet covers over any unused outlets.
- ◆The cords/strings from blinds should be out of reach of small children. Window blind cords can pose a strangulation risk to children.
- ◆You should place safety gates between rooms, and at the top and bottom of stairs so that small children don't accidentally fall.



### *Bath time safety*

- ◆You should never leave children alone with any amount of water, including pools, scrub buckets, and bath tubs. Caregivers should stay with infants and small children at all times when they are giving them a bath. Children can drown even in small amounts of water.
- ◆The water temperature should always be tested before placing the child in the bath tub. It is helpful to have a bath thermometer, but do not rely solely on it.
- ◆Be sure all electrical items (hair dryers, irons, etc.) are unplugged and away from the water.

### *Medications/cleaning supplies*

Be sure that all medicine and cleaning chemicals are out of reach of children. All medicine and cleaning products should be locked away in a cabinet

- ◆As a precaution, a list of important numbers should be kept near the phone, including the number for the National Poison Control Center (1-800-222-1222), and emergency contacts like the child's pediatrician, local police department, etc. All caregivers should be made aware of this list in case of an emergency.

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**The mission of  
the Mohawk  
Valley Perinatal  
Network is to  
improve birth  
outcomes and  
maternal, child  
and family health.**

# Oneida County Health Dept.– Injury Prevention Program

The Oneida County Health Department has a program designed to educate the community about injury prevention. This program distributes bicycle helmets and car seats for families who are unable to afford these items. Car seat distribution days and bike rodeos are done throughout the county each year. Betty Jones, Senior Community Health Worker, Oneida County Health Department, answered some commonly asked questions about the Injury Prevention Program:

## What does the program provide?

- Free car seats and instruction on proper installation. The recipient must watch staff show parts of the seat, explain how to put in the car seat, and then actually put the car seat in. The seat is then taken out of the vehicle and the recipient must install it. If more instruction is needed staff will re-educate until the seat can be easily installed. If an individual has an old seat, they must take it home with them. We do not have a facility to destroy old seats. If the seat is over 6 years old we recommend they cut the straps and place it in the garbage. Cutting the straps prevents someone from taking the seat out of the garbage and using a seat that may be unsafe.

## What if I have a car seat and just want to learn how to install it?

- If an individual wants education on their own seat, an appointment can be scheduled, but the manual that comes with the seat must be available. Every car seat is different and the staff may need to refer to the manual to ensure proper use.

## Who qualifies for the program?

- Anyone who gets assistance such as WIC, HEAP, temporary

assistance, food stamps, etc. If a low income individual does not receive any of these services we will base it on need. Seats are given to pregnant women and families with children. If the child is already born, the child will need to come to the appointment to ensure that they get the proper seat. Our goal is to ensure children are safe, we have rarely turned anyone away.

## Where can I go for more information on the program? How do I get involved with the program?

- Anyone interested in the program can call the Community Health Worker's Program at (315) 798-5655; They **MUST** call ahead for an appointment.

## How often are car seats distributed?

- We have a distribution day once a month. Individuals must call for an appointment. If the appointment is missed they must wait until the following month, and will need to call back to schedule another appointment. We do not automatically reschedule appointments.

## About how many car seats are given out in a year through this program?

- We give out approximately 300-350 seats each year. *Please note: we do not accept car seat donations.*

## Program contact information:



## Car Seat Safety

New York State law requires that all children ages 8 and under be restrained in the proper car seat or booster seat, while in an operated motor vehicle. Children ages 12 and under must be in the back seat. Be sure to check the weight and age limits for your car seat. The following is a proper child safety seat use chart:



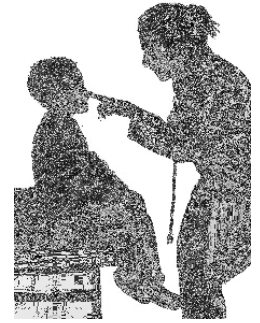
	<u>Age and weight:</u>	<u>Type of Seat:</u>	<u>Seat position:</u>	<u>Additional notes:</u>
<u>Infants</u>	Birth to 1 year; and up to 20-22lbs.	Infant only carrier or convertible seat- rear facing	Rear Facing Only	Infants rear facing for as long as possible, or to the highest rear facing weight for the seat (consider for 18-24 months)
<u>Toddlers</u>	18-24months to 4 years; and 20-40lbs.	Convertible seat or high back booster seat with 5 point harness	Forward Facing	Children should ride in a harness until 40lbs, and 4 years old.
<u>Young Children</u>	Ages 4-8; and over 40lbs.	Belt positioning booster seat	Forward Facing	Belt positioning booster seats must be used with both the

## Facilitated Enrollment

The Mohawk Valley Perinatal Network offers families the opportunity to apply for Health Insurance through Child Health Plus, Family Health Plus and Medicaid. Our Facilitated Enrollers will help complete the application process and will forward applications to appropriate destinations for final eligibility and enrollment determination.

Mohawk Valley Perinatal Network has traveling enrollers to make it easier for families who live in rural areas to apply for Child / Family Health Plus and Medicaid. These enrollers travel to locations throughout Herkimer, Madison and Oneida counties. Appointments for these areas are scheduled by calling our office.

For more information or to schedule an appointment, please call MVPN locally at (315) 732-4657 or you can use our toll free number if you are calling long distance 1-877-267-6193.



## Prenatal Care - Medicaid Prenatal Services Program/MOMS

*Pregnant?  
Protect yourself  
and your baby.  
Get early  
prenatal care.*

Early and regular check-ups are important to you and your baby's health. The Prenatal Services Program can help you get the care you need for you and your baby. Medicaid Prenatal Services offers complete pregnancy care and other health care services to pregnant women who live in New York State. The Medicaid Obstetrical and Maternal Service (MOMS) Program provides complete pregnancy services in areas of the state where Prenatal Services centers are not located. There is no cost to eligible women who participate in MOMS or Medicaid Prenatal Services!

Call MVPN at 732-4657 or 1-877-267-6193 for more information.

## Text4Baby– New Text Message Program



Text4Baby is a free educational program of the National Healthy Mothers, Healthy Babies Coalition. If you are a pregnant woman, or are a mother of an infant less than 1 year of age, you can get free messages each week on your cell phone to help you through your pregnancy, and your baby's first year. The text messages are timed for your due date, or your baby's first birthday. If you sign up for the program, you will receive one message per day for the first six days with general information; After that you will receive three messages a week throughout your pregnancy and up until your child's first birthday. Messages focus on a variety of topics: nutrition, immunization, drugs and alcohol, labor and delivery, safe sleep, smoking cessation, breastfeeding, etc.

## Resource Lending Library

Available for loan are videos, books and magazines on topics related to health, pregnancy, breastfeeding, fatherhood, parenting, early childhood development, children with special needs and managed care. For more information or for a copy of the resource directory, call 732-4657 or 1-877-267-6193.



## What's New At MVPN? BOOT CAMP and Baby Showers

### Boot Camp for New Dads:

Have questions? You can find answers here! New babies don't show up with an owner's manual! Boot Camp For New Dads gives expectant and new dads first hand information to help men be the best DAD they can be!

**Community Baby Shower:** A Great place for Moms to meet! Refreshments and Gifts provided. Presentations from area service providers on health topics. Families that are expecting a baby or have children under one year old are welcome to attend!

Call MVPN at 732-4657 or 1-877-267-6193 to register or for more information on upcoming events!



**Upcoming Events: Community Baby Showers/Boot Camp– 7/20/10, 9/30/10 Faxton-St. Luke's: Alan Calder Wing. Space is limited. Please RSVP to 315-732-4657 ext. 222**



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**We'd like to hear from you!**  
Send information about upcoming events or ideas for future articles to: MVPN Newsletter, 1000 Cornelia Street, 2nd Floor, Utica, NY 13502; Fax: 624-3682; Email: dhaldenwang@newfamily.org

► **One of 16 Perinatal Networks funded by the NYS Department of Health.**

## Breastfeeding: Benefits you and your baby

Did you know that breastfeeding benefits you and your baby? Breastfeeding is an easy and inexpensive way to feed your child. The American Academy of Pediatrics (AAP) recommends for women without health problems (HIV, active tuberculosis, certain medications, drugs/alcohol) to exclusively breastfeed for at least the infant's first six to twelve months of life.

### Benefits for the breastfed infant:

- Provides perfect balance of nutrients to the infant
- Fewer illnesses in breastfed infants– Nutrients in breastmilk protect against diarrhea, ear infections, and some lung infections
- Some research suggests that breastmilk contains fatty acids that help with brain development– Fatty acids DHA and AA may increase cognitive skills

### Benefits for the breastfeeding woman:

- Can help you to lose extra pregnancy weight. Milk production burns approximately 500 calories in a day. This is equal to running a couple miles a day, or doing 30 laps in the pool. This calorie burning is true for mothers who breastfeed and for those who use a breastpump.
- Emotional benefits from close interaction with the baby– research suggests fewer episodes of post-partum depression

- Research shows that it lowers the chances of breast, uterine, ovarian cancers, heart disease, and osteoporosis
- Costs less to breastfeed than formula feed

If you are having difficulty breastfeeding (or it hurts to breastfeed), you should seek advice from a lactation support specialist (IBCLC– Internationally Board Certified Lactation Consultant, CLC– Certified Lactation Consultant). These trained specialists can teach and help guide you to optimal breastfeeding.

If you would like further information or a list of lactation support specialists, please call MVPN at 315-732-4657.

