



Healthy Beginnings

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**mohawk valley
perinatal
network**
Promoting Healthy Births and Healthy Families

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Breastfeed Your Baby Here

World Breastfeeding Month is this August 2015. In celebration of the month-long event, Mohawk Valley Perinatal Network would like to introduce *Breastfeed Your Baby Here!*

The *Breastfeed Your Baby Here* Community Initiative works with businesses and organizations to support breastfeeding mothers and babies in our community, and to make nursing an accepted, comfortable, and easy choice in stores, daycare centers, buses, parks – anytime, anywhere. BYBH aims to help make breastfeeding in public places more normal.

What are my rights to breastfeed in public? NYS Civil Rights Law, Section 79-e says that: "...A mother may breastfeed her baby in any location, public or private, where the mother is otherwise authorized to be, irrespective of whether or not the nipple of the mother's breast is covered during or incidental to the breast feeding." What does this mean? It's your right to breastfeed wherever you want, however

you feel comfortable.

How do I know which places are breastfeeding-friendly, *Breastfeed Your Baby Here* partners?

All BYBH partners have agreed to:

- Allow breastfeeding mothers to breastfeed on the premises (be in open support of NYS law).
- Educate all staff members and encourage others to be courteous and kind to nursing mothers everywhere.
- Display *Breastfeed Your Baby Here* signage, which looks like this:



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Perinatal Coordinator

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Ext. 243

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



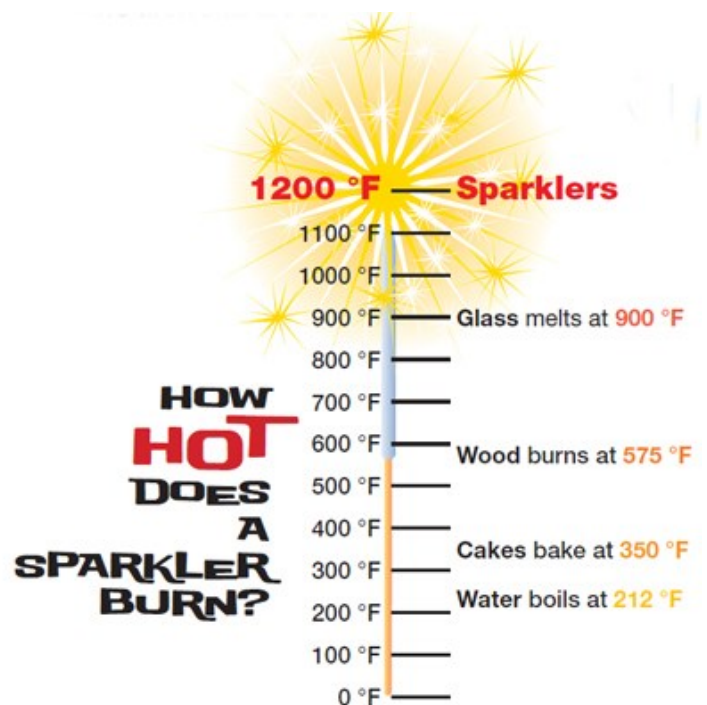
Be Safe with Fireworks This Summer!

- **Have an escape plan.** Fireworks can be very loud and may scare some children. Park close to exits and expect to leave early.

- **Protect those little ears.** Little ears are much more sensitive to loud noises than an adult's ears. It's a good idea to sit as far away as possible from the actual display—maybe even try to find a hill to view the show, instead of right where the fireworks are being set off. Covering your child's ears is also a good idea. If you don't want to use your hand to muffle his or her ears, even a pair of ear muffs can work to muffle loud sounds. You can also invest in a pair of baby ear plugs.
- **Keep warm.** Bring plenty of warm clothes and blankets to keep your baby comfortable in the chill night air.
- **Keep bedtime in mind.** Fireworks usually start at a child's bedtime, or well after. Have a plan in place to leave early if your child wants to go to sleep.
- **Leave it to the professionals.** Even though fireworks and sparklers are now legal to buy and set off in many places of New York State, it's a good idea to leave it to the professionals. Pyrotechnicians are highly trained people who set up and operate fireworks displays for outdoor celebrations, and they have the appropriate knowledge and skills to conduct a safe fireworks display.



- **Sparklers are dangerous.** Think twice before letting young children play with sparklers. Sparklers burn at temperatures hot enough to melt glass, and short arms bring a burning sparkler even closer to little faces. There are plenty of other fun summer activities which don't pose such a dangerous risk to your child.



Why you should get screened for mood disorders *during* pregnancy



If you have a history of anxiety, depression, or other mood disorders, you're at risk for developing mood and anxiety disorders during and after pregnancy.

Depression, Mood and Anxiety Disorders may be brought on or made worse by the hormonal changes and/or experiences of pregnancy and childbirth. Read on to learn the risk factors and symptoms of Perinatal Depression, Mood & Anxiety Disorders, and how to get help. Many times, screening for these disorders is not done during pregnancy, so women may not get the help they need until after they've had their baby. Asking for a screening during pregnancy and getting necessary treatment may help you have a happier, healthier pregnancy, and postpartum period with your new baby.

Depression, Anxiety, and other Mood Disorders *during* pregnancy: If, during your pregnancy, you're experiencing any of the following symptoms, ask your doctor to be screened for Perinatal Mood Disorders:

- Anxiety or fearfulness.
- Sadness, excessive crying or inability to laugh.
- Feelings of hopelessness, helplessness, worthlessness or doubt.

- Extreme agitation or tenseness.
- Confusion or inability to make decisions.
- Loss of desire to interact with others.

Why get screened during pregnancy?

- Women with depression and other mood disorders during pregnancy have an increased risk for pre-term delivery, C-Section, and babies with a low birth weight. These babies are more likely to have health problems than full-term babies born vaginally.
- Having Perinatal Mood Disorders during pregnancy make it likely that you will continue to have problems after pregnancy, and they could get worse.
- Some women think there is nothing they can do to feel better. This is not true! There are many counselors, support groups, and even medications that are safe to use during pregnancy and while you're breastfeeding, and you will feel better after getting help.
- If you get help during pregnancy, it may make the postpartum period easier for you.

The difference between "Baby Blues" and Depression, Perinatal Mood & Anxiety Disorders:

- About 4 in 5 mothers experience the Baby Blues about a week after they give birth.
- Baby Blues symptoms are mild mood swings (including moodiness, weepiness, anxiety, and feelings of dependence), and should be gone by 3 weeks postpartum.
- Since the majority of mothers experience Baby Blues, it is not considered a disorder.
- Perinatal Mood Disorders are more serious than Baby Blues. Symptoms are similar, but more excessive, and continue beyond the first few weeks after a woman gives birth.
- If you're experiencing any of the above symptoms after pregnancy, tell your doctor, or check out page 4 of this newsletter for counseling services. There is help available.



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: 732-5640; Email: dhaldenwang@newfamily.org

If you're pregnant or have just had a baby, and are feeling **anxious or fearful, sad, hopeless, helpless, worthless or doubtful, extremely agitated or tense, confused or unable to make decisions**, there is help available! Many women experience these feelings during and after pregnancy.

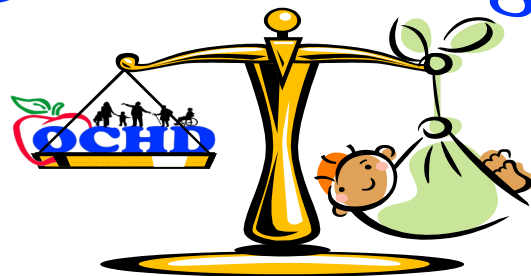


Tell your doctor or call
**Samaritan Counseling Center at
(315) 724-5173.**

Mohawk Valley Perinatal Network's Healthy Beginnings Newsletter is "Going Green" January 2016! Do we have your email address? Please contact Kayleigh at kriesel@newfamily.org or 732-4657 X228 with your email address, if you would like to keep receiving our Newsletter. If email is not an option, please let us know, so we can continue sending paper Newsletters. Thanks!



Questions about Breastfeeding?



The Baby Weigh Station is here to help!

- ♦ Get answers to your questions from a Certified Lactation Counselor
- ♦ Check your baby's weight

We want to work with you to solve problems and build confidence so you can breastfeed as long as you would like!

Drop in Fridays 1-4 or call for an appointment.

Oneida County Health Department
406 Elizabeth Street, Utica New York

Please call **798-5906** or **798-5747**
for more information or
to make an appointment!

Pregnant?

Protect yourself and your baby.

Get early prenatal care.

Prenatal Care - Medicaid Prenatal Services Program/MOMS

Early and regular check-ups are important to you and your baby's health.

Medicaid Prenatal Services Program offers complete pregnancy care and other health care services to women and teens 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.

And there's no cost to eligible women who participate in MOMS or Medicaid Prenatal Services!

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