



Healthy Beginnings

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

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Counting Baby's Kicks During Pregnancy

In honor of Pregnancy and Infant Loss Remembrance Day on October 15, we encourage pregnant woman to "Count Kicks" during pregnancy.

Why should I count kicks during my third trimester? Big changes in your baby's movement pattern may mean problems with your pregnancy. The more in-tune you are with your baby's regular movements, the quicker you can contact your doctor if something seems different. Counting kicks also helps you bond with your baby before he or she is born.

When should I start counting kicks? Pregnant women should keep track of baby's movements during the third trimester, or at 28 weeks. Your doctor may recommend that you begin at 24-26 weeks if you have a high-risk pregnancy.

How do I count kicks?

- ◆ Count the time it takes for your baby to make 10 movements. A movement includes kicks, rolls, jabs, twists, turns, and switches. Hiccups are not considered a movement. Your baby should move 10 times in less than 2 hours. Count kicks everyday, at around the same time.
- ◆ Count kicks when your baby is usually active, such as after a snack or meal.
- ◆ Make sure that your baby is awake first; walking, pushing on your tummy or having a cold drink are good wake-up calls.
- ◆ To get started, sit with your feet up or lie on your side. Count each of your baby's movements as one kick, and count until you reach 10 kicks or movements.



- ◆ Most of the time it will take less than a half-hour, but it could take as long as two hours.
- ◆ Log your recorded times into a Count the Kicks chart. (For a free, printable, "Count the Kicks" chart, visit www.countthekicks.org.)

When should I contact my doctor?

- Call your doctor if your baby has less than 10 movements in 2 hours.
- Call your provider if your baby has a sudden change in movements.
- When in doubt, contact your doctor.

Source: www.countthekicks.org

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

The Red Flags of Domestic Violence—What you need to know, because *Love Shouldn't Hurt*

For Domestic Violence Awareness Month in October, the YWCA Mohawk Valley shares this list of “red flags”- types of behaviors or actions that may show control and abuse in a relationship.

What your partner may do:

- Abuse alcohol or other drugs.
- Have a history of trouble with the law, get into fights, or break and destroy property.
- Doesn't work or go to school.
- Blame you for how they treat you, or for anything bad that happens.
- Abuse siblings, other family members, children or pets.
- Put down people, including your family and friends, or call them names.
- Are always angry at someone or something.
- Try to isolate you and control whom you see or where you go.
- Nag you or force you to be sexual when you don't want to be.
- Cheat on you or have lots of partners.
- Are physically rough with you (push, shove, pull, yank, squeeze, restrain).
- Take your money or take advantage of you in other ways.
- Accuse you of flirting or “coming on” to others or accuse you of cheating on them.
- Doesn't listen to you or show interest in your opinions or feelings...things always have to be done their way.
- Ignore you, give you the silent treatment, or hang up on you.
- Lie to you, don't show up for dates, maybe even disappear for days.
- Make vulgar comments about others in your presence
- Blame all arguments and problems on you.
- Tell you how to dress or act.
- Threaten to kill themselves if you leave them, or tell you that they cannot live without you.
- Experience extreme mood swings...tell you you're the greatest one minute and rip you apart the next minute.
- Tell you to shut up or call you dumb, stupid, fat, or call you some other name (directly or indirectly).
- Compare you to former partners.

How you may feel:

- Afraid to leave them.
- Tied down, like you have to check-in constantly.
- Afraid to make decisions or bring up certain subjects so that the other person won't get mad.
- You tell yourself that if you just try harder and love your partner enough that everything will be just fine.
- You find yourself crying a lot, being depressed or unhappy.
- You find yourself worrying and obsessing about how to please your partner and keep them happy.
- You find the physical or emotional abuse getting worse over time.

It can be hard to see these signs, or to admit there is a problem. Certain life events can trigger abusive behavior, such as money troubles, family, pregnancy, new job, moving, holidays, etc. If you or someone you love lives with these red flags, there is help. YWCA Mohawk Valley provides domestic and sexual crisis services in Oneida County and sexual violence crisis services in Herkimer County. You never have to stand alone. The YWCA 24/7 hotlines are free and confidential 315-797-7740 (Oneida County) and 315-866-4120 (Herkimer County); www.ywcamv.org. Catholic Charities also runs a Domestic Violence program in Herkimer County: The 24 hour hotline number is 315-866-0458; www.ccherkimercounty.org

Thank you to the Red Flag Campaign and Kari R Procopio, Grants and Communications Director at YWCA Mohawk Valley, for contributing this article.

Preparing for winter with babies and young children



Winters in New York State are long, cold, and usually filled with a lot of ice and snow. While preparing for the upcoming winter season with your babies and young children, keep these tips in mind:

- ❄️ **Clothing, Pajamas, and Staying Warm:** Babies only need 1 more layer than you to be warm. Dressing baby in lightweight layers makes it easy to keep baby warm, and you can remove layers if baby gets too hot. Stocking up on plenty of onesies, cloth pants, sleep sacks, good-fitting footy pajamas, sweaters and hoodies a size bigger for outside, a snowsuit, and longer than ankle-length socks for baby may be helpful. Check on your baby during sleep hours to make sure he isn't overheated—if baby has sweaty, matted hair or hot, flushed skin, remove layers to make baby more comfortable. Remove all blankets, as well as pillows, bumper pads, etc. from the crib while baby is sleeping. Overheating is a SIDS risk, and having blankets, pillows, stuffed animals, etc. in the crib with baby also increases the risk of SIDS and other sleep-related death.
- ❄️ **Hats and Mittens:** Always make sure your baby's head and hands are covered when outside in the cold. Hats and mittens are not meant for sleeping, though; they could make baby overheat.
- ❄️ **House Temperature:** Keeping your home heat between 68—72 degrees will help keep baby comfortable, and should be a comfortable sleeping temperature as well. If you're having trouble heating your home, call your local DSS to see if you qualify for assistance.
- ❄️ **Baby wearing:** Carrying your baby in a wrap or baby carrier is a great way to bond, and your body heat will keep baby warm and toasty. Baby wearing is a great alternative to strollers in the winter, as well. Visit www.babywearinginternational.org to read about different baby carriers and safety.
- ❄️ **Coats and Car Seats:** It's safest to put baby in the car seat without a coat, so that the straps fit securely. When transporting baby dress her in light layers, strap her in the car seat safely, then cover baby with blankets, or her coat on backward, to keep her warm. Be sure to remove layers to keep baby cool on long car rides when the heat is on, and when you get to your warm indoor destination.
- ❄️ **Car Safety Kit:** Keeping extra blankets, a flashlight with extra batteries, jumper cables, first aid kit, salt or sand, washer fluid, and other basic safety gear inside your car can help you stay warm and safe if you have a traffic emergency.
- ❄️ **Dry Air:** Heating your home in the winter dries out the air in your home, and can cause stuffy noses and dry skin. Keeping a humidifier in your baby's room will help keep the room moist, and your baby might be more comfortable. Moist air can also help make a room feel warmer. If you don't have a humidifier, try these tips to add moisture to your air in the winter:
 - ◆ Keep water in a spray bottle, and spritz the water into the air every so often.
 - ◆ Dry wet clothing on a drying rack in your baby's room—the moisture will go into the air, and you'll save money not running the dryer.
 - ◆ Placing bowls or cups of water around the house will help add moisture to the air.
 - ◆ Cook on the stovetop. Using the oven dries out air even more, and cooking on the stovetop puts moisture into the air.



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



Are you in an abusive relationship? **There is help.**

24-hour hotlines:

Oneida County:
 315-797-7740 (YWCA)

Herkimer County:
 315-866-4120 (YWCA)

315-866-0458
 (Catholic Charities)
www.ywcamv.org
www.ccherkimercounty.org

**The Baby Weight Station at
 Oneida County Health Department**

- 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!



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!



Are you in need of infant clothing?

Check out St. Clare's Cupboard and Cleophas Closet at the Thea Bowman House—This special program operating out of our Lafayette Street site provides an emergency food pantry for West Utica residents and second hand clothing, free of charge, to anyone in need.

Hours are from 1:00-2:00pm Monday through Friday.

Address: 731 Lafayette St., Utica

Phone: (315) 797-0748

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 Medicaid services to women who are seeing a participating, private provider.

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.