



Healthy Beginnings

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Promoting Healthy Births and Healthy Families

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Swim Lessons Help Make a Splash in Infant Growth

If you like hanging out by the pool on a hot, summer day, chances are you will want to bring your baby with you. Did you know that babies can learn to swim at just 12 months old? Even if baby isn't walking yet, they are still able to splash around in the water. Learning to swim at a young age has a ton of physical, mental, and emotional benefits!

Here are a few ways swimming helps your baby:

1. Increases self-confidence and intelligence

Swimming classes help to boost self-confidence by including water play, songs and skin-to-skin contact with the baby's parents or caregivers. Children that learn to swim early will have better self-control, a desire to succeed, better self-esteem and can be more comfortable in social situations than children that don't learn to swim.

2. Improves brain activity

Lessons can also help to improve brain activity. Swimming involves using both sides of the body to carry out movement, which needs feedback and communication from both sides of the brain. When baby kicks their feet and reaches their arms forward, they are helping to improve:

- Brain activity related to reading skills, language development, learning in school
- Awareness of where they are in relation to other objects such as the water, pool, and walls around them

3. Reduces the risk of drowning

Taking swimming lessons can also reduce the risk of drowning. Learning how to float on their back can save a child's life in the event they find themselves in a pool of water, perhaps unsupervised.



Remember, swimming lessons reduce the risk of drowning, but don't prevent it from happening. Know the signs and keep your child close at all times. Newborns and infants should never be left alone in bathtubs or near pools.

Drowning doesn't always look like someone yelling for help or waving their arms to get attention. Signs of drowning include:

- Head is low in water, and mouth is at water level
- Head is tilted back and mouth is open
- Eyes are glassy or closed
- Hyperventilating or gasping
- Trying to swim or trying to roll over

Want to teach your 1-2 year old some water basics? Mohawk Valley Community College has a Parent and Child Aquatics class which builds basic water safety skills for both parents and children, and helps children adjust to the water environment. A parent must be in the water with the child. Enrollment is limited and taken on a first-come, first-serve basis. Call MVCC at 315-792-5300 for more information.

The Benefits of Infant Swim Time, Caitlin Boyle, Medically Reviewed by Karen Gill, ND, FAAP, HealthLine

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

2-1-1 Mid-York: Your Community Connection

Do you know when to dial 2-1-1?

Dialing 2-1-1 is the best first step when you need to solve a problem. When you call, 2-1-1 operators listen. Then they give you information about solutions local organizations offer, and help you connect to help.

Calls to 2-1-1 are free and confidential. You can call 24 hours a day. You can also ask for an interpreter.

How do I use 2-1-1 Mid York?

- Dial 2-1-1 from your phone and tell the operator what you're in need of
- Visit www.211midyork.com to do an online search of local services

Who uses 2-1-1?

Everyone!

- Use it for everyday needs
- Use it to get information after a local or national crisis, disaster or tragedy

How does 2-1-1 help the community?

- Linking callers to resources quickly with one call
- Providing one up-to-date database for local resources
- Relieving the 9-1-1 system of non-emergency calls



What services can 2-1-1 connect me with?

2-1-1 provides information for most of the United States:

- **Basic needs:** food, clothing, shelter
- **Consumer services:** education, protection, managing finances, making informed decisions
- **Criminal justice and legal:** crime prevention, witness and victim support, legal services connections
- **Disaster management:** storm and shelter information, emergency resources
- **Education:** basic skills, school and training information
- **Environment:** environmental concerns, accident prevention, public health and safety
- **Healthcare:** prevention, screening, evaluation, treatment, health and substance abuse
- **Employment:** skills building, finding and sustaining employment
- **Income support:** public assistance and support
- **Mental/emotional health:** preventative, diagnostic, and treatment; community and hospital-based

Source: 2-1-1 Mid-York

Be the Healthiest You!

Do you have questions about how to best support your family's health and wellness? The Community Health Workers have answers!

Community Health Worker (CHW) Services is an outreach and home visiting program serving Oneida and Herkimer Counties. CHWs help women of childbearing age improve their health as well as the health of their family.

CHWs educate, refer to services, and follow-up to support your health and wellness so you can be the healthiest YOU. They can work with you before having a baby, during a pregnancy, after a pregnancy, or between pregnancies. CHW services are free of charge and provide confidential support.

What can they help you with?

- Getting health insurance
 - Finding a doctor or dentist
 - Family planning
 - Nutrition/food resources
 - Counseling services
 - Connections to programs and services
 - Prenatal planning
 - Breastfeeding support
 - Safe sleep education
 - Dental health education
 - Quitting smoking
 - Parenting support services
 - Postpartum support
- ...and so much more!

Call your local Community Health Worker today!

Oneida County:
315-801-5012
315-801-5014

Herkimer County:
315-801-5011



What is “Centering Pregnancy”?

Centering Pregnancy is a new way for women to receive prenatal care throughout their pregnancies. Expecting moms become part of a group and attend prenatal care appointments together. Each appointment is 2 hours long – giving mom plenty of time to ask questions, share concerns, and hear what other moms have to say! Each mom also gets one-on-one, private time with her provider.

This type of prenatal care began in the 1990's. It was one doctor's idea to provide better prenatal care to her patients. It became so successful that others started doing it too.

This type of group care has proven to help moms and their babies in many ways:

- Better understanding of how to take care of themselves during pregnancy
- Bonding with other pregnant women going through similar experiences
- More self-confidence
- Feeling more ready for labor and delivery
- More time spent with doctor
- Fewer emergency room visits
- Babies born healthier

What's great about these visits is that mom gets to see the same doctor at each visit, just like she typically would. Partners are also encouraged to attend. When partners attend these group visits, they increase their understanding and knowledge of pregnancy, and are able to better support their pregnant partner. With Centering Pregnancy, your regular OB visits are replaced by 10 group visits. And if you can't make it to every appointment? You choose the dates and times that are convenient for you ahead of time.

What are moms saying about Centering Pregnancy?

“My doctor and nurse would lead the group on various topics, but it wasn't like a class, it was a discussion. It was a group of pregnant women together on a journey with health care providers investing in our health. Most importantly, Centering Pregnancy gave us a safe environment to learn the facts that would get us to our goals.” –Centering Pregnancy Mom

Centering Pregnancy in Utica

Did you know? The very first group of Centering Pregnancy patients met on April 10, 2018, at MVHS' Faxton Campus. For more information about Centering Pregnancy, contact the OB Care Center at 315-624-6241.



We'd like to hear from you!
 Send information about upcoming events or ideas for future articles to: MVPN Newsletter, 3 Parkside Court, Building 2, Utica, NY 13501; Fax: 732-5640; Email: mcapuana@newfamily.org

Community Health Worker Services

Community Health Workers help women of child bearing age improve their health, as well as the health of their family. They are an outreach and home visiting program serving Oneida & Herkimer county residents. If you need help getting health insurance, nutrition information, food stamps, finding a doctor, and more... Call them today!
(315) 801-5011
(315) 801-5012
(315) 801-5014

Breastfeeding Cafés

A place for pregnant and breastfeeding families to gather for breastfeeding support.

Utica: Lady of Lourdes Church, 2222 Genesee St., Utica, NY
 1st, 2nd and 3rd Wednesdays of the month: 12:00-2:00 pm
 4th Wednesday with LLL: 5:30-7:00 pm
 Utica Public Library (library café), 303 Genesee St. Utica, NY
 2nd and 4th Fridays of the month: 12:00-2:00 pm

Rome: Trinity Church, 215 W Court St, Rome, NY
 4th Wednesday of the month: 12:00-2:00 pm

Oneida: 607 Seneca St., Oneida, NY
 1st and 3rd Fridays of the month: 1:00-3:00 pm

Herkimer County: Ilion Free Library, 78 West St., Ilion, NY
 1st and 3rd Tuesdays of the month: 12:00-2:00 pm

Visit mvbreastfeedingnetwork.com/locations for more information

New York State WIC Program

Healthy Food, Healthy Families, Healthy Future

- *Healthful Foods at No Cost
- * Health & Nutrition Information
- * Breastfeeding Information & Support
- * Health & Immunization Screenings
- * Recipes, Educational Materials
- * Nutrition Counseling
- * Referrals to Community Services

To see if you're eligible, call 1-800-522-5006 to find the Women, Infants, and Children (WIC) office nearest you!



The Baby Weigh Station

at the Oneida County Health Department

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

Staff members will work with you to solve problems and build confidence so you can breastfeed as long as you would like!

Call for an appointment.
 Oneida County Health Department
 406 Elizabeth Street, Utica New York

798-5747



Pregnant?

Protect yourself and your baby.

Get early prenatal care!

Prenatal Care - Medicaid Prenatal Services Program

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.

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

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