



Healthy Beginnings

Volume XXI, Issue 3 Spring 2019



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

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Help your baby become a “Cavity-Free Kid”!



What is “Cavity-Free Kids”?

Cavity-Free Kids is a program that helps parents learn about taking care of their own, and their children's, teeth. Mohawk Valley

Perinatal Network teaches this program to childcare providers in the Mohawk Valley so that they can use the program with the children they take care of. Providers learn about what causes cavities, and how to help kids prevent cavities and take care of their teeth within the childcare setting. Many providers in the Mohawk Valley use CFK within their childcares, so ask your childcare provider if it's something they do!

Why is oral health important?

Tooth decay is a Silent National Epidemic—Nearly 1 in 3 preschoolers already have tooth decay. Tooth decay can be prevented.

How do we get cavities?

An important part of the “Cavity-Free Kids” program is learning about what causes cavities, so we can prevent them. We all have invisible germs in our mouths. These germs feed on simple sugars and starches like in soda, candy, and junk food. When these germs eat sugar in our mouths, acid is made. The acid sits on teeth and weakens *enamel*—the hard protective coating on our teeth. This is how we get tooth decay, or *cavities*. The good news is that we can help prevent our children from getting cavities. Sometimes beginning signs of tooth decay can even be reversed! With the help of Cavity-Free Kids, childcare providers can also have the knowledge and tools to help prevent their kids from getting cavities.

How can we prevent cavities?

- Brush twice a day, floss, and use fluoride.
- Use these simple rules when using fluoride toothpaste with toddlers and children: a “smear” (about the size of a grain of rice)

under 3 years old, and a “pea-sized dab” for kids 3-6 years.

- Brush your child's teeth for them until they are 6-8 years old. Floss your child's teeth once a day, once their teeth start to touch.
- Ask your child's pediatrician about fluoride drops or tablets.
- Every time we eat a sugary or starchy food, our teeth have an “Acid Attack” on our teeth for 20 minutes. Only allowing kids to drink juice and milk at meal times (and water throughout the day) cuts down on “Acid Attacks”.
- Eat foods that are healthy for teeth:
 - ◊ Foods that **do not** cause tooth decay are: meats, tuna, chicken, eggs, cheese, cottage cheese, beans, vegetables, low-carb yogurt, nuts, seeds, and popcorn for older kids/adults.
 - ◊ Foods that are **less likely** to cause cavities are: milk, fresh fruit, whole grain crackers, and whole grain bread
 - ◊ Foods that **do** cause cavities (try to stay away from these!) are: juice, soda, fruit rolls and dried fruit, crackers, chips, pretzels, breakfast and granola bars, sugared cereals, cookies, candy, cake, etc.
 - ◊ Starting as soon as they're born, wash your baby's mouth out after meals with a wet wash cloth, until you start using a toothbrush when they get a little older. It is recommended children see a dentist by their first birthday.



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

Important milestones for babies and children and early intervention

Skills such as taking the first step, smiling for the first time, and waving “bye-bye” are called *developmental milestones*. Children reach milestones by playing, learning, speaking, behaving, and moving (crawling, walking, etc.). A *developmental delay* is when your child does not reach these milestones at the same time as other children the same age. If your child is developing slower than other children his/her age, there are things you can do that may help. Most of the time, a developmental problem is not something your child will “grow out of” on his or her own. But with help, your child could reach his or her full potential! On the bottom of this page are a few milestones for typical development of a child, as a guide for you:

If you or your child’s doctor think there might be a delay, ask the doctor for a referral to a specialist who can do a more in-depth evaluation of your child. After you ask the doctor for a referral to a specialist, call your state’s public early childhood system to request a free evaluation to find out if your child qualifies for intervention services. This is sometimes called a *Child Find* evaluation. You do not need to wait for a doctor’s referral or a medical diagnosis to make this call. If your child is younger than 3 years old, contact your local early intervention system. Early intervention (EI) is a program for children from birth to 3 years of age who have a developmental delay. Through EI, a specialist who works with infants and toddlers will help identify your child’s needs and create an

Individualized Family Service Plan (IFSP). This plan will be used to provide your child with the services he or she needs. For Oneida County EI services, call 315-798-5249. In Herkimer County, call (315) 867-1176 for EI services. If your child is 3 years old or older, contact your local public school system.

Source: www.cdc.gov



By 3 months old:

- Begins to smile at people
- Coos, makes gurgling sounds
- Begins to follow things with eyes and recognize people at a distance
- Can hold head up and begins to push up when lying on tummy

By 6 months old:

- Likes to play with others, especially parents
- Strings vowels together when babbling (“ah, eh, oh”) and likes taking turns with parent while making sounds
- Begins to say consonant sounds (“m, b”)
- Begins to pass things from one hand to the other
- Rolls over in both directions (front to back, back to front)
- Begins to sit without support

By 1 year old:

- Has favorite things and people

- Uses simple gestures, like shaking head “no” or waving “bye-bye” and copies gestures
- Says “mama” and “dada” and phrases like “uh-oh!”
- Gets to a sitting position without help
- Pulls up to stand, walks holding on to furniture
- May take a few steps without holding on

By 2 years old:

- Plays mainly beside other children, but is beginning to include other children, such as in chase games
- Points to things or pictures when they are named, and can name items in picture books
- Says sentences with 2 to 4 words
- Follows simple instructions
- Begins to sort shapes and colors
- Builds towers of 4 or more blocks
- Follows 2-step instructions such as, “Pick up your shoes and put them in the closet.”
- Stands on tiptoe, kicks a ball, and begins to run

Are you pregnant? Here's what you should do next.



Finding out you're pregnant can be a happy, emotional, and very confusing time in anyone's life. After the initial shock, excitement, and sharing the news with a partner or close friend, you wonder—What do I do next? Do I go to a doctor? Do I get Health Insurance? At Mohawk Valley Perinatal Network, we help pregnant and parenting families find the answers to these questions, but it's helpful to know the most important steps to take first. Some things you have a few months to take care of, but there are some things you should do soon after finding out the big news. Check out this Early Pregnancy Checklist we came up with to help you get on the right path:

- 1) First off, how did you find out that you're pregnant? If you took an at-home pregnancy test, you will want to make an appointment with your doctor or a prenatal clinic, so that they can give you a blood pregnancy test. Urine tests detect if the pregnancy hormone is in your urine (pregnant or not pregnant), but a blood test tells doctors how *much* of the pregnancy hormone is in your body. This official pregnancy test makes it faster and easier to start receiving care. Even if you've gone to a center that offers pregnancy tests and sonograms for pregnancy confirmation, that sonogram cannot be used for proof of pregnancy to start prenatal care.
- 2) After you've gotten a positive pregnancy blood test, you will need to decide where you will start getting prenatal care, because women should receive their first prenatal check-up by the time they are 12 or 13 weeks pregnant. You will also want to be aware of which hospital you will want to give birth in, if you're going to give birth in a hospital. Doctors are usually contracted to deliver at a certain hospital. If you already have a good relationship with an OBGYN, ask him/her if they offer prenatal care, or who they suggest. If you don't have an OBGYN that you see regularly, don't worry! There are many great, affordable doctors in the area for you to see.

- 3) Do you have health insurance? Like any medical care, prenatal care can be expensive. It's important to know that if you don't have health insurance, you may qualify for expanded Medicaid services for pregnant women, which will allow your prenatal care to be covered immediately after you apply and qualify. To qualify for Medicaid, your income (or your combined income with your spouse, if you are married) must fall under a certain amount of money per month. You can qualify even if you already have insurance (see bullet below). You need to make an appointment with a doctor or prenatal clinic to apply for Medicaid, because a blood pregnancy test is one of the things you will need to apply. Call us at (315) 732-4657 X228 for help finding a location to apply for Medicaid.

- Medicaid can be used as a secondary Health Insurance also, if you already have Health Insurance from another source, like your job. This means that if you qualify for Medicaid as a secondary insurance, it can help cover other costs like copays and sonograms. Medicaid also covers a baby automatically for 1 year after birth. If you're having trouble finding affordable health insurance, call us at (315) 732-4657 X228 for help.

- 4) After you choose health insurance, and start getting prenatal care, the nurses and staff at your appointments will help you schedule future visits, and help you know what to expect for the remainder of your pregnancy. The sooner you start prenatal care, the more time you'll have to think about all the fun, exciting things that will happen in the near future! If you have any questions about pregnancy, labor, delivery, or need help getting everything together that you need for when you bring your baby home, don't hesitate to call Mohawk Valley Perinatal Network at (315) 732-4657.





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: dholmes@newfamily.org

Text4baby
 will send you
 3 **FREE** text messages
 each week with tips to help
 you through your pregnancy
 and your baby's first year.



For English,
 text BABY to 511411

Envia BEBE al
 511411 para Español

Smoking while pregnant increases the risk of miscarriage and stillbirth, preterm birth, birth defects, and many health problems in childhood. Secondhand smoke also increases the risk of Sudden Infant Death Syndrome (SIDS, or "crib death") in babies.

**World No Tobacco Day is May 31, 2014...
 Quit smoking now!**

Call the New York State Smokers' Quit line at:
1-866-697-8487

Breastfeeding Cafes!

A meeting space for pregnant and breastfeeding moms to support one another, socialize, and get breastfeeding clinical support if needed...

- Utica:** Our Lady of Lourdes, 2222 Genesee St.
 1st, 2nd, 3rd Wednesdays, 12-2pm,
 4th Wednesday with LLL, 5:30-7:30pm, 865-4476
- Rome:** Trinity Church, 215 West Court St.
 4th Wednesdays, 12-2pm, 269-2042
- Herkimer:** Herkimer WIC, 401 East German St.
 3rd Mondays, 12-2pm, 865-4476
- Oneida:** 607 Seneca St.
 1st and 3rd Fridays, 1-4pm, 813-3132



Mohawk Valley Perinatal Network is on Facebook!

"Like" our pages to keep up to date with information for pregnant and parenting families, as well as the Perinatal Network events and happenings!

www.facebook.com/newfamily.org
www.facebook.com/mvnpnbaby

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**

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.