

New Parent News

A FREE newsletter for pregnant & parenting families

Summer 2010

North Country
Prenatal/Perinatal Council, Inc.



Have You Visited Our Website, Blog or Facebook Page?

If you are a pregnant woman or a parent of young children, you will find some very useful information and resources at our website (www.ncppc.org) that will help you keep your family safe and healthy. Our website will provide you with information to help you navigate through every stage of pregnancy and early parenthood.



We hope you enjoy the following highlights from our blog and website. Please visit our website soon and leave a comment to let us know you were there.

Preterm Labor Can Happen to You

Post from: November 27, 2009

Are you pregnant or do you know someone who is pregnant? Then listen up! I'm, giving another one of those "teachable moments." I don't want to scare you, but the truth is preterm labor can happen to anyone. Yes, there are some risk factors that may increase your chances for having a premature baby, but, I'm not going to tell you them right now because I don't want you to write this off. Sometimes you can do everything right and still have a preterm labor, so I want you to be prepared.

First of all, make sure you have your healthcare provider's number in a place that is easy to find. I would store his or her number in your cell phone and have it written down in case someone else needs to call.



Here are the signs of preterm labor:

- Contractions that make your belly tighten up like a fist every 10 minutes or more often.
- Changes in the color of your vaginal discharge, or bleeding from your vagina.
- The feeling that your baby is pushing down. This is called pelvic pressure.
- Low, dull backache
- Cramps that feel like your period
- Belly cramps with or without diarrhea

Call your provider even if you have only **one** of these signs.

For more information on this post and other posts, visit www.ncppc.org.

References: "If You're Pregnant: Signs and Symptoms of Preterm Labor and What to Do," 2008 (http://www.marchofdimess.com/prematurity/21239_5809.asp)

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10 Simple Stress Management Tips for Pregnant Women

Post from June 2, 2010

I'm sure your life was stressful before you became pregnant or had children. Now . . . ? Well, I'm going to guess it's difficult to find time for you. Below you will find a few simple, healthy ways to cope with your stress; however, if you feel overwhelmed by stress, you should consult your health care provider ASAP!

1. Eat regularly and nutritiously and drink lots of water.
2. Rest when you can and when your body needs it.
3. Exercise (with your health care provider's OK). It helps keep pregnant you fit, helps prevent some common discomforts of pregnancy (such as back-ache, fatigue and constipation) and relieves stress.
4. Resist any urges to drink alcohol, smoke or take herbal products or drugs (except those prescribed by your health care provider).
5. Stay away from stressful people and stressful situations, when possible.
6. Consider cutting back on unnecessary activities when you are uncomfortable.
7. Ask for and accept help from people who are close to you. Having a good support network, including your partner, extended family and friends can help relieve stress.
8. Go to all your prenatal care appointments. This will give you the reassurance that everything is okay with your baby. You'll feel less stressed because you know you are doing the best for your baby.
9. Relax by meditating, listening to music, writing in a journal, or taking a prenatal yoga class.
10. Take a Childbirth Education class. Some classes teach relaxation techniques and help reduce anxiety by educating parents-to-be about what to expect during labor and delivery.



See page 8 for class locations and information.

References: "Stress," March of Dimes, 2008 (http://www.marchofdimes.com/pnhec/159_527.asp); "Stress and Pregnancy," March of Dimes, 2010 (http://www.marchofdimes.com/professionals/14332_60525.asp)

Pregnant Moms with Cell Phones

Post from February 10, 2010

Get FREE messages each week on your cell phone to help you through your pregnancy and your baby's first year. NCPPC is proud to work with the Association of Perinatal Networks of New York (APN) on a nationwide program to bring Text4baby to you. It is a **free** mobile information service designed to help moms like you have a healthy baby.

Text4baby will help you have a safe and healthy pregnancy by providing you with information you need to give your baby the best possible start in life. You can sign up for this **free** service by texting BABY to 511411 (or BEBE for Spanish.)

Please let me know what you think of this new service and remember it's FREE!

For more information visit text4baby.org



NCPPC on Facebook!

Check out our Facebook Page for daily Pregnancy tips, starting this Summer!

Ladies Listen Up: There is 1 Birth Defect that is 100% Preventable

Post from January 24, 2010

I have said it before, but I can't say enough; there is no known safe amount of alcohol to drink while pregnant. Not planning to be pregnant any time soon? Half of all pregnant women did not plan to be pregnant last year either. Are you wondering what the big deal is? Well, the big deal is that if you drink any amount of alcohol during your pregnancy, you are putting your baby at risk for a variety of problems including the following:



- Abnormal facial features
- Small head size
- Shorter-than-average height
- Low body weight
- Poor coordination
- Hyperactive behavior
- Difficulty paying attention
- Poor memory
- Difficulty in school (especially with math)
- Learning disabilities
- Speech and language delays
- Intellectual disability or low IQ
- Poor reasoning and judgment skills
- Sleep and sucking problems as a baby
- Vision or hearing problems
- Problems with the heart, kidneys, or bones

Some of these effects happen before a woman even knows she is pregnant. Remember FASD (Fetal Alcohol Spectrum Disorders) are the only birth defects that are 100% preventable.

Have a plan to prevent.

If drinking alcohol is a part of your social life, what do you plan to do during your pregnancy so you're not tempted to drink? What will you do to prevent boredom? Who will support you?

References: "Alcohol and Pregnancy: Know the Facts," ACOG, 2008 (http://www.acog.org/from_home/publications/press_releases/nr02-06-08-1.cfm); "Fetal Alcohol Spectrum Disorders (FASDs)," CDC, 2009 (<http://www.cdc.gov/ncbddd/fasd/facts.html>)

Low Cost Dental Services for Kids

Post from February 1, 2010



Yes, you heard me right! As part of National Children's Dental Health Month, we would like to highlight the North Country Children's Clinic. Did you know that the Children's Clinic offers dental services at their Lowville, Ogdensburg, and Watertown locations?

Not only does the North Country Children's Clinic offer great dental services close to home, they also accept many insurance plans, and for families without insurance, they offer a discount sliding fee. That means if you don't have insurance, they will work with you to figure out a cost based on your household income.

For more information call:

Lowville- 376-4500

Ogdensburg- 393-0447

Watertown- 788-9834

**Tri- County Farmer's Market
2010 Schedule**

Market	Location	Day	Time	Begins	Ends
Jefferson County					
Neighborhood Farmers' Market *+	203 North Hamilton St., Watertown	Mon.	3pm-6pm	July 5	Oct. 4
Mobile Farmers' Market *+	Midtown Towers, Watertown North Country Children's Clinic, Watertown	Wed.	10:30am-11:30am 12:00pm- 3:00pm	Aug. 4	Oct. 6
Mobile Farmers' Market *+	Curtis Apts., Watertown LeRay St. Apts., Watertown Hilltop Apts., Watertown Skyline Apts., Watertown	Thur.	12pm-1pm 1:15pm-2:15pm TBA** TBA**	TBA**	TBA**
Saturday Farmers' Market *+	Watertown Fairgrounds	Sat.	9am-2pm	June 19	Oct. 30
Jefferson Bulk Milk Coop & Farmer's Market	Jeff. Bulk Milk & Cheese Store, Route 3, Watertown	Fri.	2:30pm-6:30pm	June 11	Oct. 1
Watertown Farmers' Market +	Dulles State Office Building Washington St, Watertown	Wed.	6:30am-3pm	May 26	Oct. 6
Carthage Farmers' Market *+	Farmer's Market Pavilion, Riverside Drive, Carthage	Fri.	7am-2pm	May 28	Oct. 29
Family Farmers' Market at Stone Mills +	Stone Mills Ag Museum, LaFargeville	Tues.	4pm-7pm	June 15	Sept. 28
Alexandria Bay Farmers' Market +	Kinney Drugs, Route 12, Alex Bay	Fri.	9am-3pm	May 28	Sept.24
Cape Vincent Farmers' Market +	Village Green, Cape Vincent	Sat.	8am-2pm	June 26	Oct. 9
Clayton Farmers' Market	Frink Park, Clayton	Thur.	4pm-8pm	June 24	Sept. 16
St. Lawrence County					
Canton Farmers' Market * +	Village Park, Canton	Tues. Fri.	9am-2pm	May 14	Oct. 29
Gouverneur Farmers' Market +	Village Park, Gouverneur	Thurs.	7am-2pm	June 3	Oct. 28
Massena Farmers' Market +	Town Hall, 60 Main St., Massena	Sun. Thurs.	8am-3pm (Sun.) 2pm-6pm (Thurs.)	July 8	Oct. 7
Norwood Farmers' Market +	Park Square, Rte 56, Norwood	Mon.	10am-5pm	July 5	Oct. 4
Ogdensburg Farmers' Market +	Library Park, Riverside Ave., Ogdensburg	Wed. Sat.	2pm-6pm (Wed.) 9am-2pm (Sat.)	May 8	Oct. 9
Potsdam Main St. Farmers' Market +	Main St. behind municipal parking lot, Potsdam	Wed. Sat.	2pm-5pm (Wed) 10am-2pm (Sat)	Mid- July May 15	Oct. Oct. 30
Lewis County					
Lowville Area Farmers' Market *+	Forest Park Pavilion, Lewis County Fairgrounds, Lowville	Sat.	8:30am-2pm 9:30am-1pm (Oct.)	May 10	Oct. 25
Lyons Falls Farmers' Market	Park Pavilion, Riverside Park, Laura Street, Lyons Falls	Tues.	12pm-6pm	June	Sept.

* accepts food stamps + accepts FMNP coupons

**call 788-1933 for more information

Some Farmers' Markets Accept Food Stamps and FMNP Coupons

This means that if you qualify for one or both of these programs, you can get fresh fruits and vegetables for you and your family at a Farmer's Market in your neighborhood for free!

Farmers' Market Nutrition Program (FMNP)

The FMNP provides checks to women, infants and children through the Women, Infants and Children Program (WIC) for the purchase of locally grown fresh fruits and vegetables.

WIC is a nutrition program. WIC serves all kinds of families with nutritious food, free nutrition advice, tips for staying healthy, recipes, and resources for growing families.

You'd be surprised who qualifies; call WIC today to see if you do.

- ☎ Jefferson County (315) 782-9222
- ☎ Lewis County (315) 376-6427
- ☎ St. Lawrence County (315) 386-8128

You can even request appointments on line by going to: www.childrens-clinic.org



Food Stamps

The Food Stamps Program helps families afford the food they need for good health. If you meet the guidelines, you will receive an EBT card, which is like an ATM card and is accepted at most grocery stores.

No matter which county you live in, you can get help with the Food Stamp application process by calling:

- ☎ Community Action Planning Council (CAPC)
(315) 782-4900 and ask for the Family Center or call 1-866-460-3107
- ☎ Department of Social Services
 - Jefferson County (315) 782-9030
 - Lewis County (315) 376-5400
 - St. Lawrence County (315) 379-2111

WIC Foods for Mom & Baby

Who qualifies for WIC?

- Women:
 - Pregnant (during pregnancy, up to 6 weeks after the birth of an infant or the end of the pregnancy)
 - Postpartum (up to 6 months after the birth of the infant or the end of the pregnancy)
 - Breastfeeding (up to the infant's 1st Birthday)



- Infants: up to their 1st Birthday
- Children: up to their 5th Birthday

WIC could be for you!
Many military families qualify too!



The new WIC foods help you and your baby meet today's nutritional needs as recommended by your health care provider.

At 6 months of age, your baby can receive infant food- meats, fruits, vegetables, and cereal.

Your New WIC Foods

- * Support your breast milk supply
- * Improve the variety of foods available
- * Promote steady weight loss & help you maintain a healthy weight after delivery

Reference: NYS Department of Health, 2008



I'm Bored! There's nothing to do!
 If you and your toddler are looking for something fun to do, check out the
**Gouverneur Activity
 and
 Learning Center**
 calendar of events at:
www.myspace.com/frcgalc
 or call (315) 287-1315
**All activities are free and
 open to the public.**
 68 West Main Street
 Gouverneur, New York 13642

April is Autism Awareness Month

Post from April 21, 2010

Autism Spectrum Disorders (ASDs) are the fastest growing type of developmental disability. Estimates suggest that approximately one in every 100 school-age children will be diagnosed with an ASD. ASDs are more common than pediatric cancer, diabetes and AIDS combined!

If you are currently not affected by ASDs, you most likely will be in the future. Your child will grow up in a world where ASDs are common. Children are so amazing; they learn to be accepting and supportive of classmates and friends with ASDs. Maybe it is time you learn a little more about ASDs, so you can understand and support children with this disability.



Symptoms of Autism typically occur by the time a child is three years old. If you're concerned with your baby's development, call Early Intervention at one of the locations on the following page.

A person with an ASD might:

- Not respond to their name by 12 months
- Not point at objects to show interest (point at an airplane flying over) by 14 months
- Not play "pretend" games (pretend to "feed" a doll) by 18 months
- Avoid eye contact and want to be alone
- Have trouble understanding other people's feelings or talking about their own feelings
- Have delayed speech and language skills
- Repeat words or phrases over and over (echolalia)
- Give unrelated answers to questions
- Get upset by minor changes
- Have obsessive interests
- Flap their hands, rock their body, or spin in circles
- Have unusual reactions to the way things sound, smell, taste, look, or feel

Reference: "What is Autism?" NYACTS (http://www.omr.state.ny.us/nyacts/nyacts_whatisautism.jsp); "Autism Spectrum Disorder," 2010 (<http://www.cdc.gov/ncbddd/autism/facts.html>)

Early Intervention: Early Help Makes a Difference!

If you're concerned with your baby's development, call Early Intervention. Early intervention services are provided to help your child grow and develop, and to help you support and promote your child's development. These services include evaluation services (including hearing and vision screening); home visits; speech, physical and other therapies; child development groups; family counseling; and, sometimes, even help with transportation. These services are provided at no out-of-pocket cost to you.



Jefferson County Community Services
315-785-3283

Lewis County Public Health Agency Children Services
315-376-5849

St. Lawrence County Public Health Department
315-386-2325



Need affordable insurance for your family?

Call today to see if you or your family qualifies.

Call North Country Prenatal/Perinatal Council

788-8533 ext. 233 or 1-800-279-8679



PLEASE BRING TO YOUR APPOINTMENT:

- Birth or Baptismal Certificates or Passports
- Social Security Cards
- Proof of Address (Utility Bill)
- Documentation of all income in your household
- Marriage certificate or divorce papers, if applicable

NOTES

Gross income = Before any deductions
 Monthly income = Weekly gross X 4.333333
 Monthly income = Bi-Weekly gross X 2.166666

**** A waiting period for coverage MAY be required in these categories if employer sponsored insurance has been dropped in the past 6 months.**

Monthly Income Guidelines by Family Size					
CHILD HEALTH PLUS B (BC/BS)					
Premium Category	1	2	3	4	Each Add'l Person
Free	\$1,443	\$1,942	\$2,441	\$2,939	Plus \$499
\$9 / child / month	\$2,004	\$2,696	\$3,388	\$4,080	Plus \$692
\$15 / child / month	\$2,257	\$3,036	\$3,815	\$4,594	Plus \$780
\$20 / child / month**	\$2,708	\$3,643	\$4,578	\$5,513	Plus \$935
\$30 / child / month**	\$3,159	\$4,250	\$5,341	\$6,432	Plus \$1,091
\$40 / child / month**	\$3,610	\$4,857	\$6,104	\$7,350	Plus \$1,247
Full Premium \$178.05	<u>over</u> \$3,610	<u>over</u> \$4,857	<u>over</u> \$6,104	<u>over</u> \$7,350	
FAMILY HEALTH PLUS					
	1	2	3	4	Each Add'l Person
Parents and 19-20 yr olds living with parents	\$1,354	\$1,822	\$2,289	\$2,757	Plus \$468
Adults with no children & 19-20 yr olds living on own	\$903	\$1,215			

Healthy Pregnancy Classes

Part 1: Healthy Pregnancy

Provides support and information on how you can care for yourself and your baby during pregnancy.

Part 2: Childbirth Preparation

Receive information on how to stay comfortable in late pregnancy and during labor.

Part 3: Breastfeeding Basics

Be prepared before your new baby arrives; find out about getting started and being successful at breastfeeding.

Participating Locations

Canton-Potsdam Hospital

www.cphospital.org
Potsdam
(315) 261-5965

Carthage Area Hospital

www.carthagehospital.com
Carthage
(315) 493-1005 ext. 2445

Claxton-Hepburn Medical Center

www.claxtonhepburn.org
Ogdensburg
(315) 393-5998

E.J. Noble Hospital

www.ejnoble.org
Gouverneur
(315) 287-1000 ext. 273

Lewis County General

www.lcgh.net
Lowville
(315) 376-5602

Massena Memorial Hospital

www.massenahospital.org
Massena
(315) 769-4349

Samaritan Medical Center

www.samaritanhealth.com
Watertown
(315) 785-4050

At all classes, you will meet other women who are going through the same changes and have similar questions as you do.



So, you just found out you're pregnant and you don't have Health Insurance . . .

Medicaid for Pregnant Women may be right for you. It provides insurance coverage for complete medical care during pregnancy, delivery and for at least two months after delivery.

Your Health Insurance Options...

Early and regular check-ups are important for you and your baby's health, so call the location closest to you today.

Jefferson County

Public Health Service
786-3720

Carthage Area Hospital
Women's Way to Wellness
493-3100

Lewis County

Public Health Department
376-5453

St. Lawrence County

Claxton-Hepburn Medical Center
Maternal Care Center
393-5998

Public Health Department
386-2325

ARE YOU PREGNANT ?

Case managers can help you access health care and other important services. They may help you access: prenatal care, Medicaid (PCAP/ MOMS), WIC, nutritional services, Food Stamps, Childbirth Education, etc. They will work to meet your individual needs during your pregnancy and for some time after you have your baby. Some income requirements exist. To see if you qualify or for more information, call a location near you today.

Tri-County Prenatal Support Services:

Carthage Area Hospital (Carthage)
493-3100

North Country Children's Clinic (Canton)
386-8128

North Country Children's Clinic (Watertown)
782-9222

Jefferson County Public Health (Watertown)
786-3720

Lewis County Public Health (Lowville)
376-5453

Maternal Care Center (Ogdensburg)
393-5998

Planned Parenthood (Gouverneur)
287-0838

Planned Parenthood (Ogdensburg)
393-4676

Planned Parenthood (Watertown)
836-1567 or 836-1565

St. Lawrence County Public Health (Canton)
386-2325

