



Welcome to Parenthood

A Family Guide

Children Learn What They Live

By Dorothy Law Nolte

If children live with **criticism**,
They learn to **condemn**.

If children live with **hostility**,
They learn to **fight**.

If children live with **ridicule**,
They learn to be **shy**.

If children live with **shame**,
They learn to **feel guilty**.

If children live with **encouragement**,
They learn **confidence**.

If children live with **tolerance**,
They learn to **be patient**.

If children live with **praise**,
They learn to **appreciate**.

If children live with **acceptance**,
They learn to **love**.

If children live with **approval**,
They learn to **like themselves**.

If children live with **honesty**,
They learn **truthfulness**.

If children live with **security**,
They learn to **have faith in themselves and others**.

If children live with **friendliness**,
They learn the **world is a nice place in which to live**.

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Taking Care of Baby



Telephone Numbers

When I need someone to take care of my baby, I can call:

NAME	PHONE
NAME	PHONE

When I need support, I can call:

COUNTY MENTAL HEALTH CLINIC or COMMUNITY MENTAL HEALTH CENTER

NAME	PHONE
COMMUNITY HEALTH CENTER	PHONE

LOCAL HEALTH DEPARTMENT

NAME	PHONE
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When I have questions about baby care, I can call:

BABY'S DOCTOR

NAME	PHONE
------	-------

MY DOCTOR or NURSE-MIDWIFE

NAME	PHONE
------	-------

MY DENTIST

NAME	PHONE
------	-------

PUBLIC HEALTH NURSE or VISITING NURSE

NAME	PHONE
------	-------

COUNTY HEALTH CLINIC

NAME	PHONE
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When I think my child has been poisoned, I can call the National Poison Control Hotline at **1-800-222-1222**.

For a serious or life-threatening emergency, I can call **911** to get police, fire and ambulance to help.

Congratulations!

You Have a New Baby!

This is a very exciting time. You have a lot to learn about your baby and about yourself. As your baby grows, so will you! You may have different feelings:

- **Relief** The long wait for your baby is over. You have a new baby to love.
- **Exhaustion** You are very tired right now. All new parents are, so try to rest.
- **Happiness** Having a baby can make you very happy. But if you aren't jumping for joy, relax! Soon you'll start to feel better and more like yourself. However, if you always feel sad, you could have postpartum depression (see page 42).
- **Worry** You want to be a good parent. You are not sure that you will be. Don't worry! All new parents feel shaky at first.

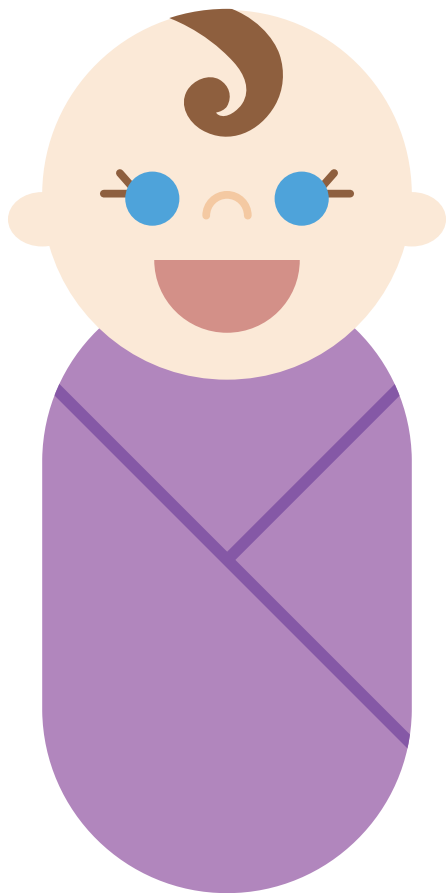
All of these feelings are normal. It's fun to be a parent, but it's a big job to raise a child. Everyone needs help and support to be good parents. Support can come from your own parents or other adult family members. Close friends whom you trust can often make great babysitters and caregivers.

Do you need someone to talk to? Family, friends, and neighbors who know what it's like to be a new parent can be good listeners. Write down some names and phone numbers on page 3 and keep them close at hand so you know where to find them.

At times you may feel lonely. Remember there are lots of places you can go and things you can do with a new baby. Try to find other parents to talk to. Look for a parent support group or a family center in your neighborhood, town, or city.

Parenting classes are fun, educational, and you could make new friends. Call your County Cooperative Extension Office, who provides educational programs and materials for parents. You can also call your local health department, community health center, or day care provider with questions.

Call your public library. Ask for someone in Children's Services. Many public libraries have programs for parents and children. Libraries also have wonderful books. Best of all, the books are free.



Bringing Your Baby Home: A Checklist

Coming home is a big event. It helps to have things ready before your baby comes home. Here are some of the things you'll need:

- ☐ **A safe place for your baby to sleep** You'll need a bassinet or crib that meets national safety standards. Make sure that the space between crib bars is no wider than 2½ inches so that the baby's head won't get caught. It is best not to have the baby sleep in the same bed as you or anyone else, to help prevent suffocation during sleep. Do not use an older painted crib, especially if the paint is peeling. Call your local health department for more information on cribs.
- ☐ **A rear-facing car seat** You can't take your baby home without a child safety seat. They keep your infant safe when riding in the car. Some counties have child safety seat distribution programs for low-income families. Your local health department can refer you to a free or low-cost child safety seat distribution program. Local certified child passenger safety technicians can provide assistance on how to properly install and use the seat.
- ☐ **Baby clothes** Your baby needs cotton t-shirts, warm sleepers, some stretch suits, a sweater, and booties or socks.
- ☐ **Lots of supplies** Have plenty of diapers. Most newborn babies use between six and ten diapers a day. Also have mild soap, baby shampoo, cotton swabs, diaper cream or ointment, and a thermometer on hand. A washcloth is handy for wiping your baby's gums after feeding.

If you need help getting things for your baby, be sure to ask the nurses at your hospital!

Getting to Know Your Baby

The first job for parents and babies is to learn to love each other. Many parents think they will love their babies “at first sight.” It may take time. Don’t be upset if you have mixed feelings at first.

Getting to know your baby is the first step to loving your baby. Up to now, you could only imagine what your baby would be like. Now you know! Your baby may be a surprise to you. For instance, your baby may look different from what you thought. Many babies have differently shaped heads, bowed legs, no hair, or lots of hair.

No two babies are alike! Your baby may act differently from what you thought:

- Some babies are “active” babies. They move a lot. They wiggle. They wave their arms and kick their legs. Other babies are “quiet.” They are calm. They sleep a lot.
- Some babies sleep and eat about the same time every day. Some don’t.
- Some babies like new places, people, and toys. Other babies like only what they know. It takes time for them to warm up to new people and things.
- Some babies don’t like too much light or noise. They get upset when they are wet, too cold, or too hot.
- Some babies can pay attention for a long time. Other babies get bored quickly.
- Some babies can calm down by themselves. Other babies need to be held or talked to.
- Some babies are cuddlers. Some are squirmers.

The daily chores of feeding, diapering, bathing, and dressing your baby are good ways to learn about each other.

Finding out everything about your baby is one of the first joys of parenting!

The Joy of Playing

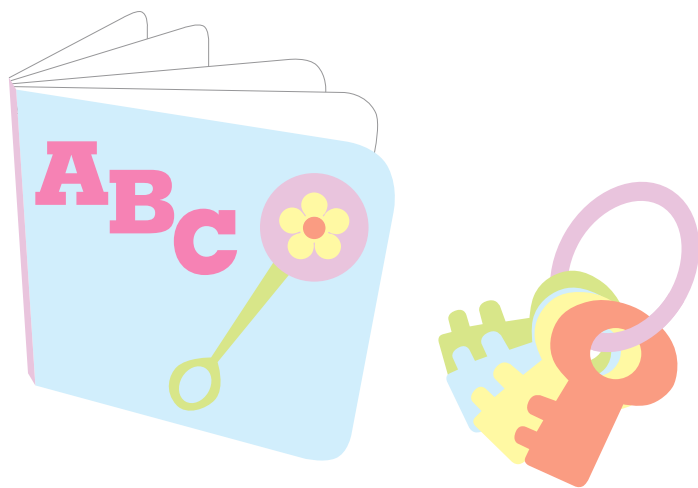
Parents, brothers, sisters, grandparents, and others can make a big difference by talking, singing, and reading to a newborn.

Playtime is important and fun for both of you.

You are your baby's best toy! Try some of these simple games together:

- **Talk to your baby.** Listen to the sounds your baby makes. If your baby gurgles, gurgle back!
- **Hold your fingers out for your baby to grab.** Babies love to practice grabbing.
- **Look into your baby's eyes. Sing, talk, or make cooing sounds.** Move your head slowly from side to side in front of your baby. Babies love to look at faces and follow the sound of a voice – especially yours.

Reading to your baby is a great way to boost their language development. When choosing baby books, look for bold, colorful pictures, simple words and rhyming words that are easy for babies to follow. Read out loud to your baby. Use your voice to make the story as interesting as possible. Remember, libraries have books that can be borrowed for free!



When Babies Cry

You might be worried that you won't know what your baby needs. Don't be! Babies let you know what they need by crying.

At first, you might have to try a few things to make your baby happy. In a short time, you will be able to tell a "hungry cry" from a "sleepy cry."

Cries can also let you know when your baby is sick. Does your baby's cry sound strange? Has your baby been crying longer and louder than usual? Has your baby been unusually quiet or less active than normal? Call the baby's doctor or health clinic. They can tell you what to do.

Sometimes babies cry when they don't "need" anything. Just like you, babies have to get rid of pent-up energy. Babies do this by crying. Many babies have "fussy periods" every day. Often, these fussy times come at the end of the day.

A crying baby who won't stop crying can be upsetting. Try to stay calm. Babies can tell when you are upset. This makes them cry louder and harder.

Shaken Baby Syndrome

No matter how impatient or angry you feel, never, ever shake or hit your baby.

Hard shaking can cause brain damage, blindness, hearing loss, learning problems, seizures, cerebral palsy, paralysis, or even death.

Be sure to tell everyone who takes care of your baby that they should never, ever shake or hit your baby for any reason.

For more information on Shaken Baby Syndrome, contact the New York State Department of Health, Bureau of Occupational Health and Injury Prevention at (518) 473-1143.

Tips to Help Calm a Crying Baby

- Check to see if your baby is hungry, too hot or too cold, or needs a diaper change.
- Gently rock your baby.
- Sing, hum, or talk to your baby.
- Play a CD or turn on the radio. Soft music can calm your baby.
- Take your baby for a ride in the stroller.
- Run a vacuum cleaner, hair dryer, or make some other noise.
- Lay your baby on his or her back and gently rub the baby's stomach. This may help your baby feel better.
- Check to see if your baby is sick or has a fever.

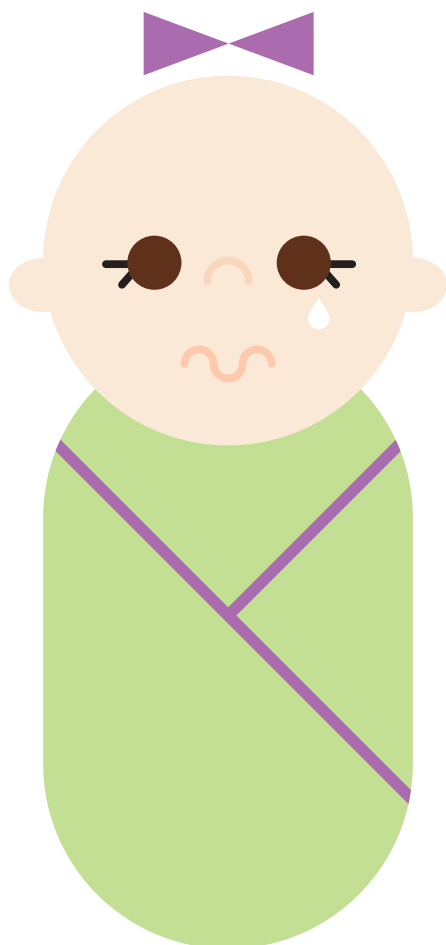
Have you tried all these tricks? The only thing you can do now is wait it out. If you start to feel upset, take a break! Don't lose your temper – that won't help you or your baby. If nothing seems to work:

- Put your baby down in a safe place and take a short break. Have a cup of tea or something hot to drink (but do not have a hot drink while holding your baby).
- Spend 5-10 minutes reading, listening to music, exercising, or talking to a friend.
- Think about how sweet your baby is when he or she isn't crying. Remember the things you like best about your baby.
- Call someone you trust to help. Let that person take care of your baby while you relax.

If your baby has been crying for a very long time, call the baby's doctor or health clinic. It's the only way to be sure your baby isn't sick.

Remember: never, ever shake or hit your baby! Anyone could shake a baby, even a mother, father, or babysitter. Share this important information with anyone who cares for your baby. Let them know that it is okay to ask for help, and that they should call you if they get frustrated.

If you are feeling overwhelmed by the pressures of parenting, call the Parent Helpline (24 hours a day, 7 days a week) at 1-800-244-5373.



Breastfeeding: First Step to Baby's Good Health

Choosing how you will feed your baby is one of the most important decisions you will make as a new parent. Breastfeeding will give your baby the best possible start in life.

Breast milk is the perfect first food. Breast milk has the right balance of nutrients to protect babies from illness and help your baby grow up healthy.

Babies need only breast milk for the first six months. Benefits will continue as long as you breastfeed. Experts recommend exclusive breastfeeding (giving your baby only breast milk) for the first six months and to continue breastfeeding for 12 months and beyond as desired by you and baby. Time spent with your baby passes quickly, but the bond created by breastfeeding your child will last forever.

Talk with your health care provider, doctor, nurse-midwife, nurse practitioner, WIC Peer Counselor, La Leche League, or hospital lactation consultant about how to breastfeed.

If you cannot breastfeed and must use formula, cuddle your baby while feeding and make the meals strong bonding experiences. WIC can help with the expense of baby formula, and explain how to prepare formula safely (see Resources for Parents on page 53).

If you are breastfeeding, avoid alcohol, and limit caffeine.

Remember: do not prop a bottle as this may lead to your baby choking.

Learn more about breastfeeding by visiting www.breastfeedingpartners.org.

Babies Who Breastfeed:

- Form a special bond with their mother. Skin-to-skin contact comforts the baby and builds a sense of security and trust.
- Are better protected against bacterial and viral illnesses including colds, pneumonia, influenzas, and ear infections.

- Have lower risk of Sudden Infant Death Syndrome, diabetes, obesity, and allergies compared to formula fed babies.
- Have the perfect balance of nutrients in just the right amounts. Breast milk is constantly changing to meet baby's growing needs. A mother's breast milk is easy to digest.

Mothers Who Breastfeed Their Babies:

- Recover faster after childbirth.
- Return to a normal weight more easily than mothers who feed their babies formula.
- Rest better at night. Night feedings are easy and less disruptive than with formula feeding.
- Do not have to purchase expensive formula, wash and sterilize bottles, or prepare formula. Breast milk is always ready, just the right temperature, and never recalled by the manufacturers.
- Have lower risks of certain types of cancers.
- Experience the benefit of hormones released during breastfeeding which relax both mom and baby, reduce stress levels and reinforce bonding.
- Experience a quicker return to the uterus size before pregnancy.
- Experience delay in the return of fertility for “exclusively breastfeeding” women. However, you can get pregnant again even if breastfeeding, so you need to be sure you have a method to prevent an unplanned pregnancy if you are sexually active. Ask your health care provider or nurse about methods of birth control while you are in the hospital, or as soon as you can after you go home.

Children's Reactions to the Family's New Addition

Sisters and brothers can have a number of reactions to the new baby. Young children often say to their parents, "Let's take the baby back now, okay?"

It isn't easy to take care of the baby and a young child, too. Your child will miss being the center of attention. Many young children suddenly act like babies again. If your child asks for a bottle or sucks a thumb, try to be patient. This is normal.

Babies don't get jealous, but your other children might be jealous of a new baby (even if they don't admit it). There are lots of things you can do to help your child get along with the baby:

- Spend time alone with your child. Have some fun together while the baby is asleep.
- Talk about the baby together. Tell your child what babies need and what they like.
- Toddlers can get diapers or find toys. Praise your child for being a good helper.
- An older child can help you change diapers or feed the baby.
- Visitors have a lot of questions about the new baby. Let your older child tell visitors how much the baby weighs and what you named the baby. This will make your child feel very special.
- Teach your child how to be safe with the baby, and never to shake or hit the baby.

Some children have trouble getting used to a new baby. If you're worried about your older child, call your child's doctor or nurse for advice.

Finding Good Child Care

For parents going back to work after their baby's birth, it is very important to find good child care. Finding good child care can take some time. You may be considering a child care center or care in someone's home. Whichever one you pick, you'll want to feel that you made the right decision. Here are six steps to help you find good child care:

- **Begin early** Start looking for child care choices before your baby's birth. Speak with a trusted friend, relative, or colleague who has a child care provider he or she trusts. Finding the right child care can take time. Contact the nearest Child Care Resource Referral (CCRR) Center to learn about your child care choices. Call 1-800-424-2246 or visit www.health.ny.gov/community/infants_children/early_intervention/transition/appendix_c.htm or www.earlycareandlearning.org/childcare/map.cfm. The Office of Children and Family Services has a website to help you find child care: www.ocfs.state.ny.us/main/childcare/looking.asp or www.ocfs.state.ny.us/main/childcare/looking.asp
- **Ask for information** Ask the nearest CCRR Center for information about choosing child care. Ask for a list of child care centers and family child care providers in your area. Ask how you can get information about complaints and licensing violations. Find out if there are any programs to help pay for child care.
- **Visit and ask questions** Visit several child care locations. If possible, take your child along with you. Write down anything important that you think you might forget later. When you visit, ask questions and look for the following:
 - > Safe, comfortable, and clean surroundings
 - > Qualified staff who enjoy helping children
 - > Caregivers who allow for children's different schedules
 - > Proper supervision, small group size, and few staffing changes

- **Make a choice** Think about what you saw during each visit and look over what you wrote down. Visit again if you have questions. When you've made your choice, get a written agreement that includes the following:
 - > Caregiver's and parents' responsibilities
 - > Days and hours of care
 - > Policies on vacation time, emergencies, and sickness
 - > Costs and payment agreement
- **Visit with your child for a few days** This will give your child a chance to get used to the caregiver while you are present.
- **Stay involved** Talk to your child's caregiver at drop-off and pick-up times. Ask questions. Have regular meetings with your caregiver to get and share information about your child. Drop in from time to time to see how things are going. Offer to volunteer or to join in special events. Participating at the care center lets your child and your child's caregiver know that what your child is doing and learning is important to you.



Important Safety Tips

Babies and toddlers need extra care to keep them safe. Please share the following information with relatives, day care providers, and anyone else who provides care for your baby.

Some important numbers and Web sites:

- **Poison help** 1-800-222-1222 (24 hours a day, 7 days a week, translators are available).
- **The Parent Helpline** 1-800-244-5373
(24 hours a day, 7 days a week, English/Spanish)
- **Choking prevention for children**
www.health.ny.gov/prevention/injury_prevention/choking_prevention_for_children.htm
- **Emergencies** 911
- **Consumer product recalls** www.recalls.gov

To keep your baby safe:

- **Fire safety** Install and maintain smoke and carbon monoxide alarms in your home.
 - > Install smoke alarms inside every bedroom, outside each sleeping area, and on every level of your home, including the basement.
 - > Have a fire escape plan in place and practice it.
 - > Install carbon monoxide alarms in a central location, outside the sleeping area and on each level of the home.
 - > Keep matches, stove knobs, lighters, gasoline and flammable objects out of reach.
- **Car seat safety** Always use a rear-facing infant seat that is properly secured in the back seat when driving your baby. Follow the seat manufacturer's instructions for your seat. Check your car owner's manual to make sure the seat is used and installed correctly.
- **Crib safety** Choose cribs with no loose slats or drop sides. Spaces between slats should be no more than $2\frac{3}{8}$ inches apart. Check the crib mattress for a snug fit: the space

between the mattress and the railing should be smaller than two fingers wide. Paint on cribs made before 1978 may contain lead, which is poisonous. The crib should have no corner posts. Place the crib away from windows and window blind cords. For more information about safer cribs, go to the U.S. Consumer Product Safety Commission's website: www.cpsc.gov/info/cribs/index.html

- **Safety when strapping in your baby** Always use seat belts when your baby is in a stroller, infant seat, or high chair. Read and follow all directions for baby carriers and slings. Check baby often to make sure he or she is breathing normally. Some babies have suffocated in slings.
- **Safe supervision** Babies and young children should not be left alone with a young sibling, or with a family pet. Have children “help” with your baby in other ways.
- **Don't smoke, or let anyone else smoke near your baby**
For help quitting, call the New York State Quitline: 1-866-697-8487; www.nysmokefree.com

Think Safety Prevention

- **Check for dangers at your baby's height** As children begin to crawl, be sure to cover electrical outlets. Look for hazards such as extension cords, floor heaters, hot appliances, and tablecloths that can be pulled off the table. Secure any furniture or objects that could fall onto your baby.
- **To prevent burns** Do not drink hot liquids while holding your baby. Set your hot water thermostat at less than 110 degrees Fahrenheit. If you can't lower the thermostat, use an anti-scald device. Test bath water temperature with your entire forearm or elbow and swish it around to make sure it is not too hot before bathing your baby. When filling the bathtub, fill with cold water first and then add hot water, and then test the temperature. Place your baby away from the faucet.
- **To prevent kitchen injuries** Never hold or carry a baby when cooking, or place hot foods near your baby. Ensure that your baby is in a safe place, such as a playpen, crib, or highchair, when you are cooking.

- **To prevent drowning** A young child can drown in a very small amount of water. Babies should never be left alone in a tub of water or bathtub. Use a special infant bathtub. Toilet seat lids should be kept down and pails of water emptied.
- **To prevent falls** Do not leave your baby alone on a changing table, bed, sofa, or chair. Always keep one hand on your baby. Use baby gates at both levels of stairs, top and bottom (do not use accordion-style gates, as your baby's head could get trapped).
- **To prevent poisoning** Install child protection safety latches on cupboards and cabinets. Put medications, cleaning products, and any poisonous materials out of reach and in childproof cabinets and containers. Small babies and children could also explore purses or other bags that might contain medications. Children under the age of three should not be given over-the-counter cough and cold medicines. Ask your baby's doctor before giving any medicines to your baby.
- **To prevent choking** Foods such as popcorn, raisins, grapes, hot dogs, and raw vegetables and fruits can pose a choking hazard. A child's windpipe is very small. Food and objects can easily get caught in it. Read toy labels. If the child is younger than the age on a toy's label, do not allow him or her to play with it. Toys with small, removable or broken parts, magnets, jewelry, marbles, small balls, balloons, marker caps, erasers, and pacifiers with strings or ribbons are choking risks. Window blind cords and roman shades are also a choking hazard – keep cribs away.

Sudden Infant Death Syndrome

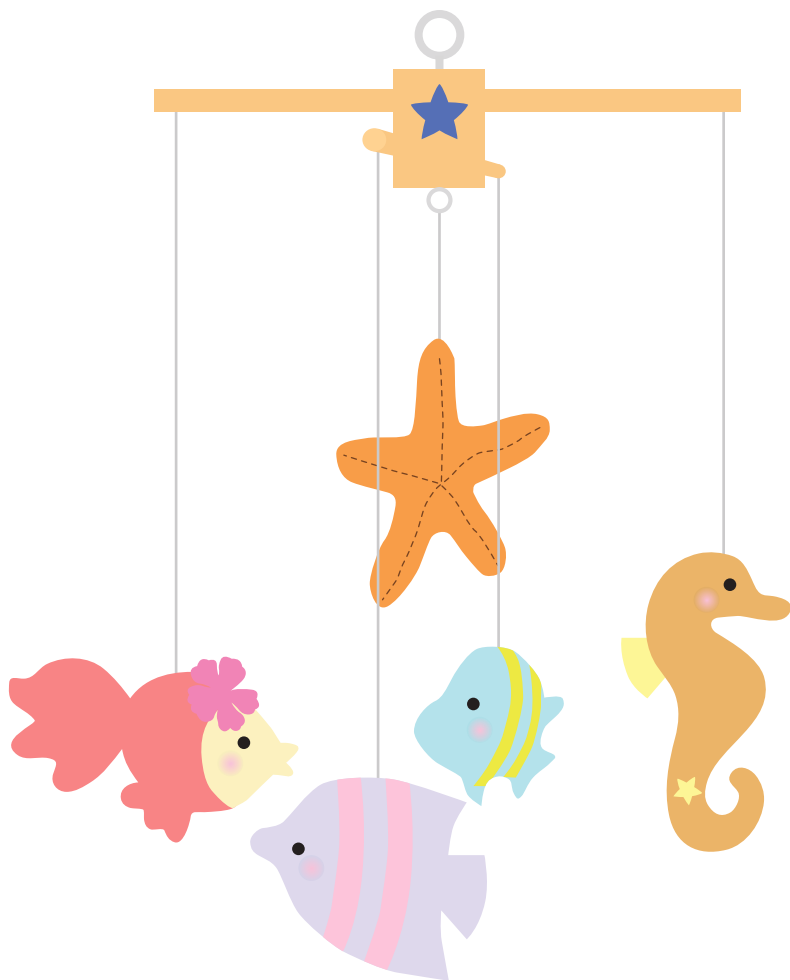
Sudden Infant Death Syndrome (SIDS) is the sudden and unexplained death of an infant under one year of age who seemed perfectly healthy.

It is not known what causes SIDS, but here are some things you can do to make your baby safer:

- Always place your baby on his or her back to sleep. The back sleep position is the safest.
- Place your baby in a safety-approved crib or bassinet with a firm mattress covered by a tight-fitting sheet. Never place your baby to sleep on pillows, quilts, waterbeds, sofas, or other soft, uneven surfaces.
- Keep your baby's crib free of clutter. Remove toys, pillows, crib bumpers, and quilts. Keep all soft items away from your baby's face.
- If using a baby blanket, tuck it in. Make sure the baby blanket cannot cover baby's head. It is better to use one piece blanket sleepers.
- Do not smoke while you're pregnant or after the birth of your baby. Don't let others smoke around your baby.
- Babies are safest when they sleep in the same room as you do, but separate from where you sleep. Your baby should not sleep in a bed or on a sofa with adults, other children, or pets.
- Think about using a clean, dry pacifier when placing your infant down to sleep, but don't force the baby to take it. If you are breastfeeding, wait until your baby is one month old or is used to breastfeeding before using a pacifier.
- Do not let your baby overheat while sleeping by using too much clothing or keeping the room too warm.
- Provide "tummy time" when your baby is awake and someone is watching. Avoid having your baby spend too much time in car seats, carriers, and bouncers.

Tell everyone who cares for your baby about these important safety tips!

For information or support regarding the sudden death of an infant, call 1-800-336-7437.



Shots (Immunizations): Important For Baby's Good Health

Shots protect your baby from many diseases including measles, mumps, rubella, polio, haemophilus influenza type b (Hib disease), hepatitis A, hepatitis B, diphtheria, tetanus, pertussis (whooping cough), varicella (chickenpox), rotavirus, influenza, meningococcal disease, and pneumococcal disease.

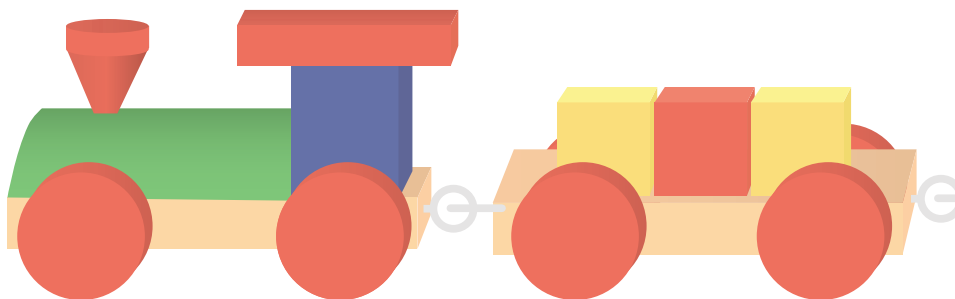
To keep your baby healthy, remember the following:

- **Make sure you bring your baby for regular checkups.**

The first shot your baby should get is the hepatitis B vaccine while in the hospital.

- **Additional shots are needed at the right times.** Your child will get a first set of shots by his or her second birthday. For some shots, a booster must be given to your child before starting kindergarten. Several shots will be given during the teen years.

Starting at six months of age, your child should get a flu shot every year. The best way to protect children younger than six months of age is to make sure you, your family, and everyone around your baby gets their flu shot.



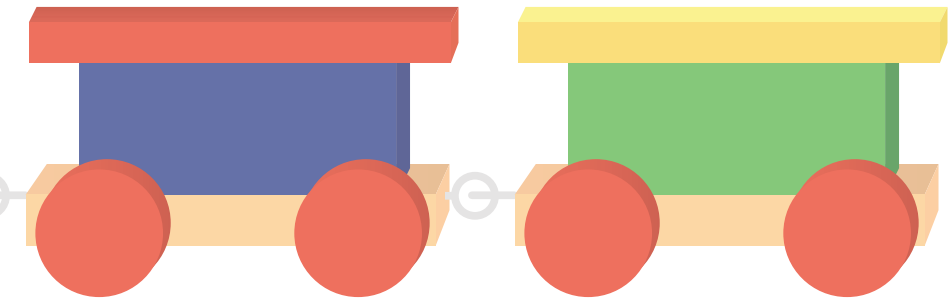
Important Information About Your Baby's Shot (Immunization) Records

A state law requires your baby's doctor to report any shots your baby receives to the New York State Immunization Information System (NYSIIS).

Starting at birth, the hospital and your baby's doctor will report any shots your baby receives to NYSIIS. Your current and future doctors will continue to report every shot given to your baby. This will make one complete shot record for your child.

This shot record can be used to provide official shot information for your child's school, day care, or camp. It will also help your child's doctor know which shots your child hasn't received yet.

Your child's shot record will be kept secure and private. NYSIIS also includes a record of the blood lead tests your child should receive at one and two years of age. Only authorized users will be able to have access to NYSIIS. You may get a copy of your child's shot record from your child's doctor or your local health department. It is very important for you to keep your own record of your child's shots. Your doctor may give you an immunization record card or an official copy of the record from NYSIIS.



Preventing Childhood Lead Poisoning

Lead poisoning is caused by swallowing or breathing in lead or lead dust. Lead is a metal that has been used in paint, plumbing, pottery, and many other items. As these things are used, get worn out or broken, the lead can spread. The most common source for childhood lead poisoning is dust and chips from old lead paint. Buildings built before 1978 are likely to have lead paint. Be extra careful if you live in an older home or apartment.

Lead is especially bad for young children whose brains are still developing. Lead can harm a child's growth, behavior, and ability to learn. Young children spend a lot of time on the floor. They like to put hands, toys, and other things in their mouths. This raises their chances of swallowing lead dust and paint chips. Even a small amount of lead can harm a young, growing child. Make sure your child gets tested for lead with a blood lead test at one- and two years of age, as required by law.

Lead can also harm babies before they're born. If you're a woman planning to have another baby, or are breastfeeding, protecting yourself from lead will also help protect your children.

There are a number of steps you can take to protect yourself and your child from lead:

- **Fix peeling lead paint and make home repairs safely.**
 - > Keep babies and children away from chipped or peeling paint.
 - > Before you start work, call your local health department to find out how to work safely using lead-safe home repair methods.
 - > Children and pregnant women should stay away from repairs that disturb old paint, such as sanding and scraping.
- **Wash dust off face, hands, toys, bottles, windows, and floors.**
 - > This is especially important when baby begins to crawl. Use damp paper towels for window wells and sills.

- **Be careful not to bring lead home on clothes, toys, or jewelry.**

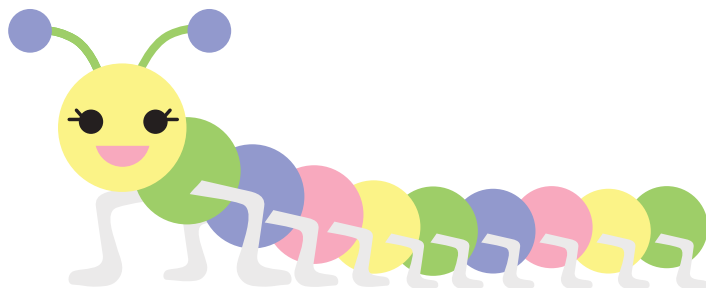
- > Lead is in some children's jewelry, toys, keys, and old furniture. Find out about Lead Hazard Product Recalls at www.health.ny.gov/environmental/lead/recalls.
- > Some jobs and hobbies involve contact with lead. These include: painting, plumbing, construction, car repair, working with firearms, stained glass, or pottery. To lower lead dust, wash up and change work clothes before going home.

- **Keep lead out of your food and tap water.**

- > Let tap water run for one minute before using it, if it hasn't been run for a few hours.
- > Only use cold tap water for drinking, cooking, and making baby formula.
- > Use lead-free dishes. Don't serve or store food in pewter, crystal, or cracked pottery.
- > Some spices, candy, cosmetics, and folk remedies have been found to have lead.

- **Serve foods that have calcium, iron, and vitamin C.** After your baby starts to eat solid food, serve these healthy foods to help keep lead from being stored in your child's body.

Learn more about lead poisoning prevention by calling your local health department, or visit the New York State Department of Health Web site: www.health.ny.gov/lead.



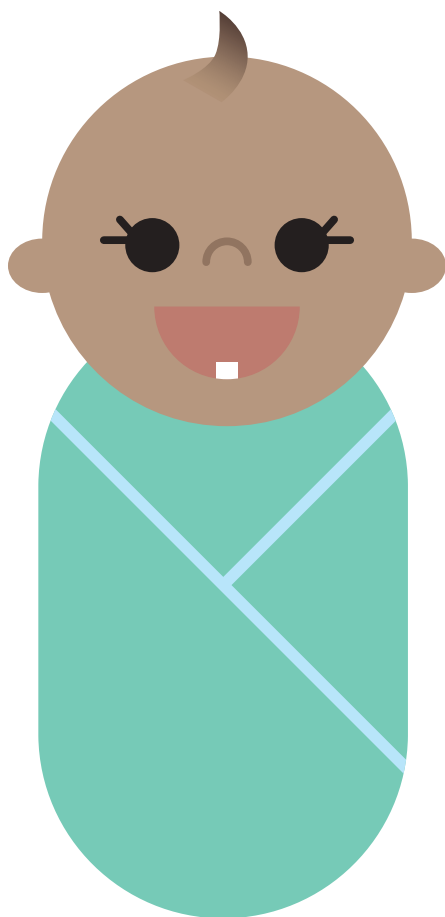
Good Dental Health Habits

It is important to care for your child's teeth and dental (oral) health starting at birth. Practicing healthy habits can prevent or reduce cavities in your children's teeth.

- Many people don't know that tooth decay can be passed from one person to another. The bacteria that cause cavities can be passed from parent or caregiver to a child. Therefore, parents and caregivers should avoid getting their saliva in the baby's mouth by sharing a spoon when tasting baby food or wiping the baby's mouth with saliva.
- Always wipe your child's gums and teeth after feeding, and after giving medication that contains sugar, with a soft cloth or soft bristled toothbrush. Beginning at age two, use a small amount of fluoridated toothpaste (a pea-sized amount). Children should spit out excess toothpaste; a small amount of toothpaste left on their teeth is beneficial. Avoid rinsing with water.
- Do not put an infant or child to sleep with a bottle or sippy cup. Do not allow feedings with a sippy cup containing drinks high in sugar (for example: flavored milk, fruit drinks, soda, or fruit juice).
- If your child is teething, his or her gums may be red and swollen and saliva flow may increase. Clean gums with a cold washcloth to keep gums free of bacteria. Cold temperatures are soothing, so you may want to chill a teething ring or wet washcloth for baby to suck on.
- Limit foods and drinks containing sugar to meal times.
- Begin to wean children from a bottle and sippy cup by nine to ten months of age. Most children can drink from a cup by 12 to 14 months.
- Bring your child to the dentist for his or her first dental exam between the ages of six months and one year, and then routinely thereafter.

- If your drinking water is not fluoridated, talk to your dentist or pediatrician about infant fluoride supplements. Also see the Resources for Parents on page 53 for more information and to learn how to check if you have fluoride in your drinking water.
- Do not offer sweets for good behavior, this will encourage the development of unhealthy habits that places your child at risk of early childhood tooth decay.

Children's teeth come in at various times and this may vary greatly. For example some children at eight months old may have only one or two teeth and others many more.



Checklists for Growing Children

These checklists for growing children will help you to know what you can expect your child to be doing for the next three years. If you have a concern, call your doctor or local Early Intervention Program.

3 Months

At three months of age, most babies:

- ☐ Turn their heads toward bright colors and lights.
- ☐ Move both eyes together in the same direction.
- ☐ Recognize bottle or breast.
- ☐ Respond to their mother's voice.
- ☐ Make cooing sounds.
- ☐ Bring their hands together.
- ☐ Wiggle and kick with arms and legs.
- ☐ Lift their head when on their stomach.
- ☐ Become quiet in response to sound, especially to speech.
- ☐ Smile.
- ☐ First lower front tooth is preparing to arrive.



6 Months

At six months of age, most babies:

- ☐ Follow moving objects with their eyes.
- ☐ Turn toward the source of normal sound.
- ☐ Reach for objects and pick them up.
- ☐ Switch toys from one hand to the other.
- ☐ Play with their toes.
- ☐ Help hold the bottle during feeding.
- ☐ Recognize familiar faces.
- ☐ Imitate speech sounds.
- ☐ Respond to soft sounds, especially talking.
- ☐ Roll over.
- ☐ First tooth may arrive between six and 10 months. There is no reason to become concerned if teeth come in later.

12 Months

At 12 months of age, most babies:

- ☐ Get to a sitting position.
- ☐ Pull to a standing position.
- ☐ Crawl.
- ☐ Imitate adults using a cup or telephone.
- ☐ Play peek-a-boo and patty cake.
- ☐ Wave bye-bye.
- ☐ Put objects in a container.
- ☐ Say at least one word.
- ☐ Make “ma-ma” or “da-da” sounds.
- ☐ May have several teeth by now. These healthy teeth are important to pronounce sounds and chew solid foods.

18 Months

At 1½ years of age, most children:

- ☐ Like to pull and push objects.
- ☐ Follow simple directions, such as “bring the ball.”
- ☐ Pull off shoes, socks, and mittens.
- ☐ Can point to a picture that you name in a book.
- ☐ Feed themselves.
- ☐ Chew and pronounce words with the help of their baby teeth.
- ☐ Make marks on paper with crayons.
- ☐ Walk without help.
- ☐ Walk backwards.
- ☐ Say at least six words.
- ☐ Point, make sounds, or try to use words to ask for things.
- ☐ Say “no,” shake their head, or push away things they don’t want.

24 Months

At two years of age, most children:

- ☐ Use two- to three-word sentences.
- ☐ Say about 50 words.
- ☐ Recognize familiar pictures.
- ☐ Kick a ball forward.
- ☐ Feed themselves with a spoon.
- ☐ Will have most of their baby teeth by now.
- ☐ Demand a lot of your attention.
- ☐ Turn two or three pages at a time.
- ☐ Like to imitate their parents.
- ☐ Identify hair, eyes, ears, and nose by pointing.
- ☐ Build a tower of four blocks.
- ☐ Show affection.

36 Months

At three years of age, most children:

- ☐ Throw a ball overhand.
- ☐ Ride a tricycle.
- ☐ Put on their shoes.
- ☐ Open the door.
- ☐ Turn one page at a time.
- ☐ Have all 20 baby teeth at this age.
- ☐ Play with other children for a few minutes.
- ☐ Repeat common rhymes.
- ☐ Use three- to five-word sentences.
- ☐ Name at least one color correctly.

The early years of a child's life are very important. During the infant and toddler years (birth to age three), children grow quickly and have so much to learn. Children become more active and curious as they grow and develop. Babies don't understand the risks involved with this new activity. Safety is especially important for babies that crawl and begin to walk.

Some children and families face special challenges and may need extra help. Early help makes a difference! If your child is having trouble doing things that other children his or her age are doing, it may put your mind at rest to talk to someone.

Talk with your child's doctor or call your local Early Intervention Program. For the phone number of your county's program, call the New York State Growing Up Healthy 24-hour Hotline at 1-800-522-5006 (TTY: 1-800-655-1789). In New York City, call 311. Or, go to the Early Intervention Web site at www.health.ny.gov/community/infants_children/early_intervention/county_eip.htm

Health Insurance

Health insurance is available for your baby and for your older children too. Children in your family who are 19 years old or younger are eligible for Medicaid coverage if your family qualifies financially. All Medicaid-eligible children are provided with 12 months of continuous coverage for medical and dental visits even if your family's income exceeds eligibility levels during that period.

To find out more about Medicaid, call the Medicaid Helpline at 1-877-463-7680.

If you're not eligible for Medicaid and you need help paying for your baby's care, New York State's Child Health Plus program can help. Child Health Plus pays for the following and more:

- Regular visits to the doctor.
- Visits to the doctor when your baby is sick.
- Hospital care for your baby if needed.
- Dental visits.

To be eligible for Child Health Plus:

- You and your baby must live in New York State.
- Your child must not have other health insurance or be eligible for coverage under the public employees' state health benefits plan.
- Your child must be under the age of 19.

To find out more about Child Health Plus, call toll-free 1-800-698-4543.

Family Planning

There is no better time to think about family planning than now. Ask your health care provider or nurse about methods of birth control while you are in the hospital, or as soon as you can after you go back home.

If you do not have a health care provider, New York State has a network of family planning agencies that provide family planning services to women and men, including people with low incomes and those without health insurance. Call the New York State Growing Up Healthy Hotline at 1-800-522-5006 or go to the New York State Department of Health's website at: www.health.ny.gov/community/pregnancy/family_planning/



Your Baby's Health Care

The best beginning you can give your baby is good health care. In New York State, all babies are tested at birth for more than 40 health problems. To do this, a tiny blood sample is taken from the baby's heel before he or she goes home. You will get your baby's test results only if there is a problem. Sometimes newborn screening laboratories have to retest babies because there was a problem with the way the blood was taken or an error was made when the blood was tested.

Checking Your Baby's Hearing

Your baby's ability to clearly hear your voice and other sounds may be affected for a variety of reasons. Doctors and hearing specialists can test a baby's full range of hearing to detect problems. To help detect any hearing problems:

- Pay attention to your baby's response to sound.
- If you have concerns, ask your doctor to refer you to someone who can test young infants for hearing impairment.

In New York State, the newborn hearing screening law requires all maternity hospitals and birthing centers to administer newborn hearing programs. It is important that your baby gets help if the screening shows that he or she may have a hearing problem. The sooner that hearing loss is detected and treated, the better your child's language development will be.

Regular Checkups

Your baby should start getting regular health care right after birth. This includes:

- A first checkup at birth in the hospital or birthing center.
- Routine medical checkups at the ages of one month or before, two months, four months, six months, nine months, 12 months, 15 months, 18 months, 24 months, 30 months, and 36 months, and then every year until your child is six years of age.
- Routine dental checkups. Your child's first dental appointment should be between six months and his or her first birthday.

Your baby's routine checkups will include:

- Height, weight, and head measurements.
- Vision and hearing tests.
- A check to make sure your baby is developing and growing.
- Physical examinations, including an exam of your child's mouth and teeth.
- Shots to keep your baby safe from serious illnesses.
- Lead poisoning risk assessment, and blood lead test at age one year and again at two.
- Information for you about how to take care of your baby.

Ask questions. Your doctor or nurse can help you understand your baby's health and give you advice if you think there is a problem. Your baby's good health depends on you. Remember, injuries can happen at any age! Ask your doctor what you can do to keep baby safe.

When to Call the Doctor

- Your child is younger than two to four months old and has a fever.
- Your child is sluggish or lacks energy, refuses to eat, or has a rash.
- You see signs of a dry mouth, a sunken soft spot on the top of his or her head, or significantly fewer wet diapers.
- Your child's fever lasts more than a few days.
- Your child has a temporary loss of awareness, sometimes with twitching or shaking, caused by a fever.

If your child is unresponsive or is having severe difficulty breathing, call 911. These are signs of a true emergency.

When Babies Need Special Medical Care

Some babies are born too soon. Some babies are sick when they are born or they have disabilities. Birth may be a difficult and confusing time – not the joyful, happy time that you expected.

Your baby may have to stay in the hospital for a long time. You may have to leave the hospital without your baby. This can be a stressful and difficult time in your life. Look to family and friends for support.

No matter what the problem, you can learn to take care of your baby. Babies with health problems need a lot of love, and they can give a lot of love too. One of the hardest feelings that goes along with a very sick baby is loss of control of your life. Take every step you can to help your baby and yourself.

- Ask the doctor questions. It may be helpful to write down your questions before you see the doctor. If you have trouble understanding what's wrong, ask again. Also write down the answers to your questions. Make sure the doctor explains what's wrong and that you understand.
- Talk about your feelings with your partner.
- Talk to other parents who have children with special needs. Look for a support group.

Children and Youth with Special Health Care Needs Program

The New York State Department of Health has several programs that can help if your baby has a serious medical problem. The Children and Youth with Special Health Care Needs Program (CYSHCN) provides information about insurance, programs, and services that can help you and your baby. If you do not have health insurance or your insurance doesn't cover certain things, you may be able to get help from the Physically Handicapped Children's Program (PHCP). Physically Handicapped Children's Program is located in many county health departments. Your local CSHCN Program can tell you if there is a PHCP in the county where you live.

To find out more about the Children and Youth with Special Health Care Needs Program, call the New York State Growing Up Healthy 24-hour Hotline at 1-800-522-5006 (TTY: 1-800-655-1789). Ask for the phone number of your county's program. In New York City, call 311.

Early Intervention Program

The statewide Early Intervention Program provides many different types of services to infants and toddlers with disabilities and to their families. Early Intervention services are provided at no out-of-pocket cost to eligible children and families. If you have concerns about your child's development, ask your baby's doctor or health care provider about the Early Intervention Program.

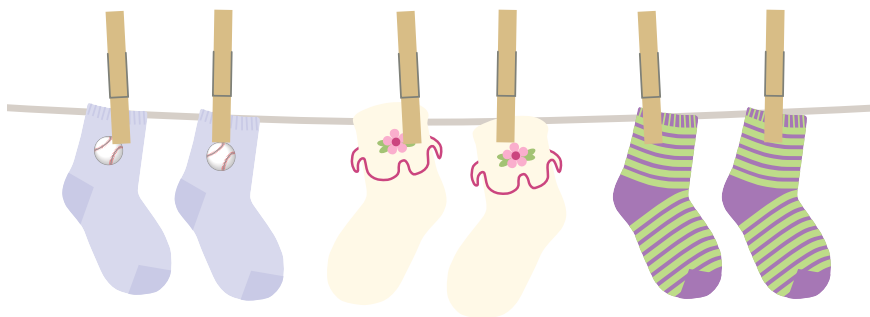
Early Intervention services include:

- An evaluation by qualified professionals to find out if a child is eligible.
- If eligible, services such as family counseling and treatment for speech, hearing, physical, and other developmental delays.
- Respite (temporary care) may be available for a child with a disability to provide relief to the family and to reduce stress.

Early Intervention services can be provided to families at home or anywhere in the community. Early Intervention services can help you and your family:

- Learn the best ways to care for your child.
- Support and promote your child's development.
- Include your child in your family and community life.

To find out more about the Early Intervention Program, and other health care services, or if you have medical insurance questions, call the New York State Growing Up Healthy 24-hour Hotline at 1-800-522-5006 (TTY: 1-800-655-1789). Ask for the phone number of your county's program. In New York City, call 311.



Future Pregnancies

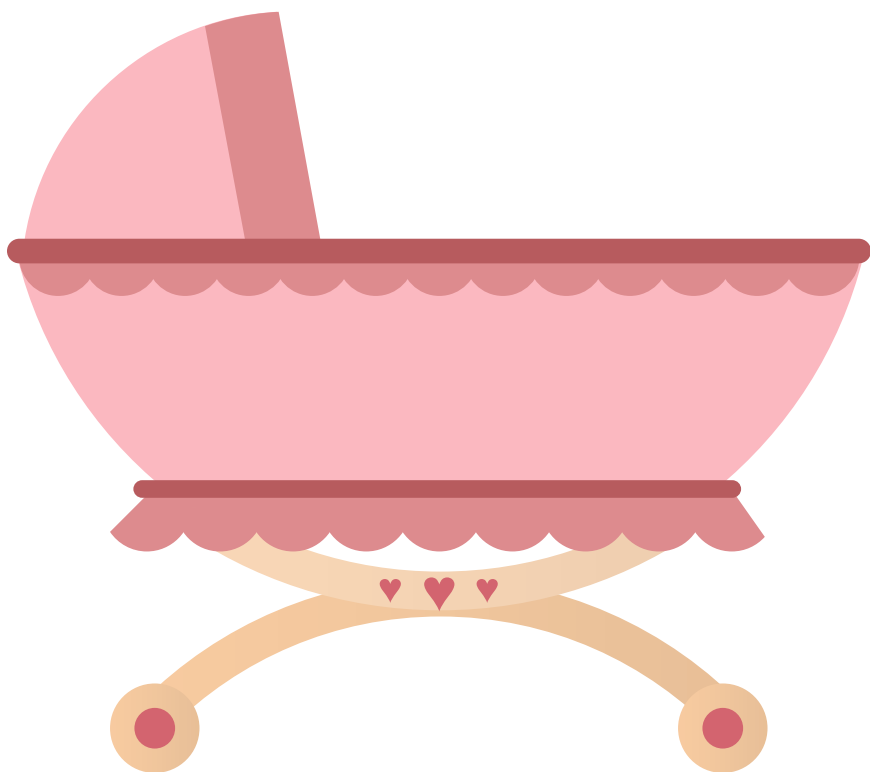
If you had problems during your pregnancy, or delivered a baby needing special care, such as a premature baby, you may be at risk of having the same problems with a future pregnancy. This is especially true if you get pregnant again too soon. Be sure to talk to your health care provider about ways to prevent future problems for you and your baby in your next pregnancy. Talk about what education, counseling, and other help is available to get you ready for your next pregnancy.

Talk to your health care provider for advice on how to help with the following:

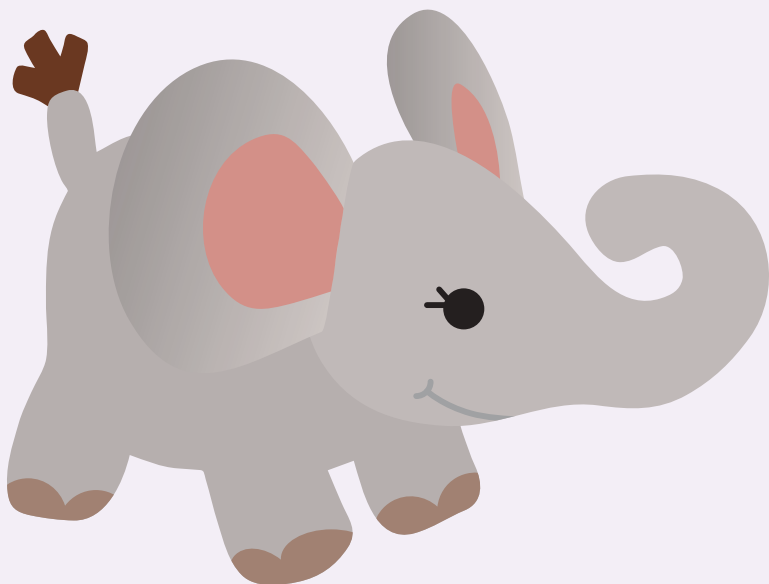
- Do you smoke, or use alcohol, or other drugs?
- Do you have a method of birth control to be sure you space your next pregnancy?
- Are you overweight or underweight?
- Do you get regular dental care or do you have dental problems that need to be addressed?
- Do you have tattoos or body piercing that put you at a higher risk for Hepatitis C?
- Have you been exposed to lead or other toxins in the environment?
- Do you have any kind of genetic disorders in your family such as cystic fibrosis or sickle cell?
- Are all your immunizations up to date?
- Did you have premature labor, premature delivery, high blood pressure, gestational diabetes, or Rh incompatibility?
- Do you have any ongoing medical problems such as high blood pressure, diabetes, thyroid disease, asthma, heart disease, or other health conditions?
- Are you taking any medicine that may affect future pregnancies?

- Have you been depressed, anxious, or have any other mental health issues?
- Do you feel safe? Are you or have you been hurt physically or psychologically?
- If you had a Cesarean delivery, how would that affect future pregnancies and delivery?

Remember to take 400 mcg of folic acid daily to help prevent birth defects of the brain and spinal cord in future pregnancies. It is important to get healthy and stay healthy for yourself, your baby, and any future babies you may have!



Parent Survival Tips

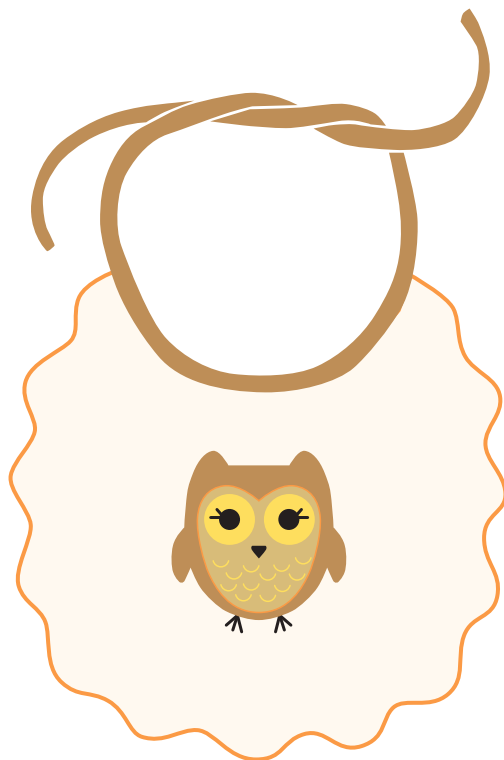


Most parents of newborns have a lot of ups and downs. You feel happy, proud, and excited – all in one day. You feel sad, lonely, or depressed the next day. Don't worry, that's just the "after-baby blues."

What brings on the "after-baby blues?" It could be that:

- As a new mom, the "after-baby blues" are part of the changes your body goes through after birth.
- You got lots of attention before the baby came. Now, the baby is getting all that attention. You feel a little left out.
- You worry that something will happen to your new baby.
- You worry that something will happen to you.
- If you are the dad or the other parent of a newborn, watching your partner get the "after-baby blues" can give you the blues.

You might be asking, "How am I going to deal with all these changes and new feelings?" A good way to start is to take care of YOU.



An Important Word About Postpartum Depression

Postpartum depression is a special problem that all mothers need to know about. Many mothers have the “after-baby blues,” which usually go away after a week or so. But if you always feel sad and have less energy, you could have postpartum depression.

Postpartum depression is a physical and emotional problem that can be treated.

If symptoms don’t go away after a couple of weeks, call your:

- Doctor or nurse-midwife, or;
- County health clinic or public health nurse

Be sure to get help if you are really feeling depressed. You may also call the New York State Growing Up Healthy 24-hour Hotline at 1-800-522-5006 to be referred to someone who can help you.



Getting Some Sleep

You need to get plenty of rest, especially in the first few weeks. Try to:

- Sleep when your baby sleeps.
- Ask someone you get along with and trust to help out while you rest.
- Keep visits from relatives and friends short – unless they come to help you out.
- Let some things go for a while. Sleep is more important than a clean house.
- Avoid driving when you are really tired or sleepy.

Getting enough sleep is a problem for all parents. Newborns sleep about 15 to 16 hours a day. But babies sleep on a different schedule than adults do. They take lots of “naps.” A two-week-old baby will sleep for only three or four hours before waking up to be fed. By four months, some babies will sleep up to eight hours at a stretch. But other babies can take even longer to learn to sleep through the night.

You still need your sleep. If your baby likes to sleep during the day and is awake at night, try to:

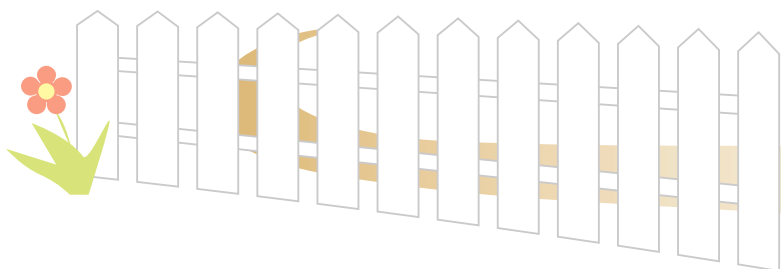
- Bathe your baby in the early evening. This will help your baby stay up while you are awake and sleep longer while you are asleep. Keeping your baby up very late may not increase your baby’s sleep time in the morning. A well-rested baby usually sleeps better.
- Set up a bedtime routine with singing, hugs, and kisses. Follow this routine every night. Soon your baby will learn that being in bed means going to sleep.

By using these tips, you can help your baby form sleep habits that make you happy. In the meantime, sleep when the baby sleeps.

Taking Time for You

A baby can take over your life! Your baby depends on you for everything. A few simple steps can help you stay in control:

- **Ask for help when you need it.** Ask someone you trust to watch your baby while you have some time away.
- **Do something you really like when your baby is sleeping.** Take a bath. Read a book. Listen to music or the radio. Exercise. Get some sleep!
- **Get out of the house.** Take your baby along. A short walk to the store or a visit to a friend can work miracles.
- **Find another parent to talk to and do things with.** Other new parents will understand you. You can have a good laugh – or a good cry – together.
- **Don't expect to be perfect.** The super-parents you see on TV are not real people. Everyone makes mistakes. No one is born knowing how to be a great parent. Good parenting skills are learned. The more you know about parenting, the more comfortable and confident you will feel as a parent. Talk to your doctor, family, or friends, go to a parenting education class, or get a good book on parenting from the library.
- **Remember that you are in charge of your baby.** You may not agree with the advice of relatives or friends. Follow your own feelings, or ask your doctor or nurse. There's no such thing as a "dumb" question.



Some Special Notes for Moms

Your body has been hard at work for the past nine months. If you feel like you deserve a break, it's because you do!

If you developed diabetes during your pregnancy, it may go away after your child's birth. However, you may develop diabetes in the future. Talk to your doctor about diabetes. Make sure you are tested for diabetes, especially if you become pregnant again.

There are three things you can do to feel better faster:

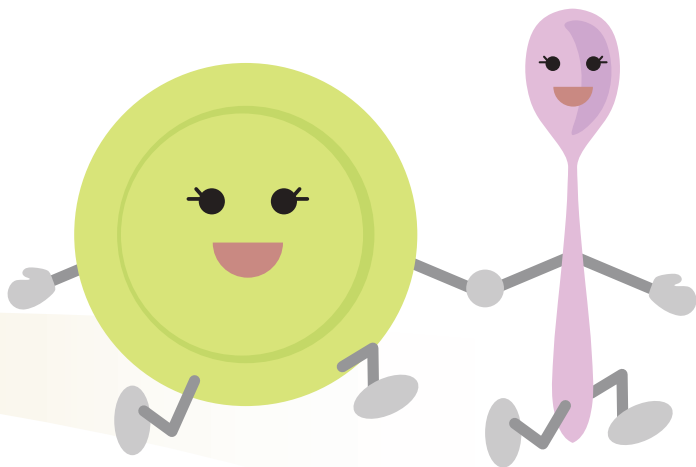
- Eat right
- Get enough sleep
- Exercise

Eating right is very important. A healthy, balanced diet will help you feel better and give you energy to handle the stresses of being a new mother. Your doctor, nutritionist, or nurse-midwife can give you the best advice about what you should eat. Some basic rules for all moms are:

- **Eat three meals a day.** Eat some of the foods you like.

Be sure to eat some foods from these four groups:

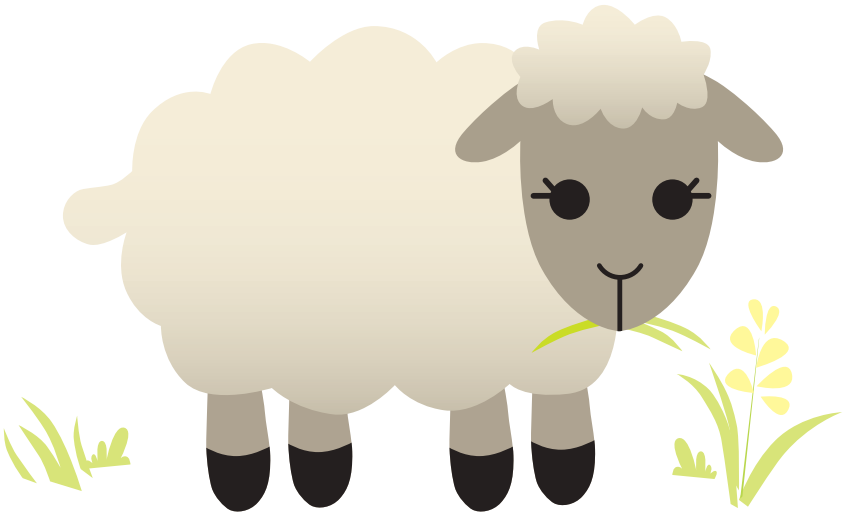
- > Low-fat milk, cheese, ice cream, yogurt, or other milk products. If you have allergies to milk, ask about other foods to eat.



- > Fish, nuts, meats, eggs, tofu, and beans.
- > A variety of fruits and vegetables.
- > Pasta, rice, oats, whole grain breads, and grits.
- **Drink plenty of water and up to eight ounces of 100% fruit juice, and four cups of nonfat or low-fat milk.**
- **Limit the amount of caffeine that you take in.**
- **Ask your doctor or nutritionist about your eating habits,** if you have concerns. Proper nutrition is important to your overall health.

Avoid using alcohol, tobacco products, and illegal drugs. This is important for both you and your baby, and it is especially important to avoid using alcohol and illegal drugs if you are breastfeeding.

Ask for an easy exercise program. You will lose weight gradually. Walking several times a week is a good way to get started. Think about walking with your baby so you both get some fresh air.



Making Room for Dads and Partners

Many new moms are afraid to let others take care of the baby. Some dads or partners jump right into the act. Others aren't sure what to do. For some parents, this is the very first time they have ever taken care of a baby. A baby can be exciting and scary at the same time.

Sometimes, as a dad or partner, you may have to work harder to be a part of your baby's life. Doctors and nurses often pay more attention to mom and the baby. You might feel a little shy at first about helping out. Don't be! Tell them that you want to give your baby good care and you want to learn how. Ask questions. Changing diapers, dressing, bathing, and rocking the baby to sleep are great ways to learn about your baby. Men have so much to offer their babies.

Your baby needs your love. Your love and care make babies feel good and secure. Remember:

- Children need to know that men take care of children, too. By taking care of your new baby, you are teaching your children that men make good parents.
- It's good for your baby to learn what men are like. Your baby will like hearing a deeper voice.
- Your partner needs your help and support, too.

Special Notes for Lesbian, Gay, Bisexual, Transgender (LGBT) Parents

Growing numbers of openly LGBT individuals and couples are becoming parents, both around the country and in New York State. Suffice it to say, you are not alone. While you will no doubt experience all of the pleasures of parenthood, you may also face special challenges in ensuring that your family is recognized by your family of origin, your place of employment and accessing the medical, legal, and social services communities.

Here are some steps you can take to get support for you and your child:

- **Read about it.** Explore gay parenting books, magazines and Web sites. Bring home LGBT-inclusive kids' books for your baby (and his or her young friends and cousins).
- **Enjoy a sense of community.** Find and get involved in an online or in-person group of LGBT parents. It's nice to be able to socialize and share stories. You'll also find resources, and get support for your concerns from other people in your situation.
- **Find welcoming providers.** Use service directories and members of the LGBT parenting community to find day care centers, medical providers, attorneys, etc.
- **Pursue legal protections.** Learn about the tools available to NYS families, such as second-parent adoption, wills, domestic partner benefits, etc.
- **Make a promise.** Promise your child that you will respect and protect all of his or her relationships, including non-biological and non-adoptive parents, whose connection to your child is essential.

Take Time for Each Other

Many new parents think that having a baby will make them feel closer than ever. Sometimes it does. Many parents also feel like their relationship is being put to the test. It's harder to get along when you are tired. You don't have much time for each other. Do you feel like all the romance is gone? Remember, you really do need each other.

- Find some time to be alone together. Talk to each other. Share your feelings about being new parents – the good and not-so-good things.
- Make a date with each other. Get someone you trust to take care of your baby. Go out. Have some fun!
- Be good to each other. You both need extra love and attention right now.



Returning to Work

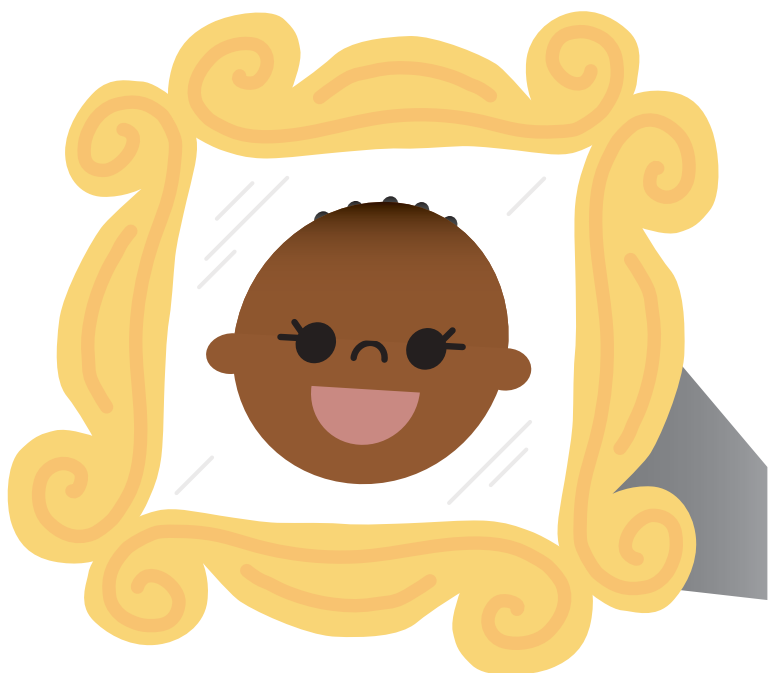
Some moms have to go back to work as soon as they can to make ends meet. Others have more of a choice in deciding when or if to return to work. In either case, you'll need to think about transportation, child care, breastfeeding, and the financial benefits and costs. If you have a partner, discuss returning to work with him or her as soon as possible. Coordinating work and home life, and calculating expenses become more complicated with a baby.

Most mothers will be able to return to work within six weeks of giving birth, unless there were complications during pregnancy. You should check your employer's maternity policy. Find out if they are subject to the Family and Medical Leave Act.

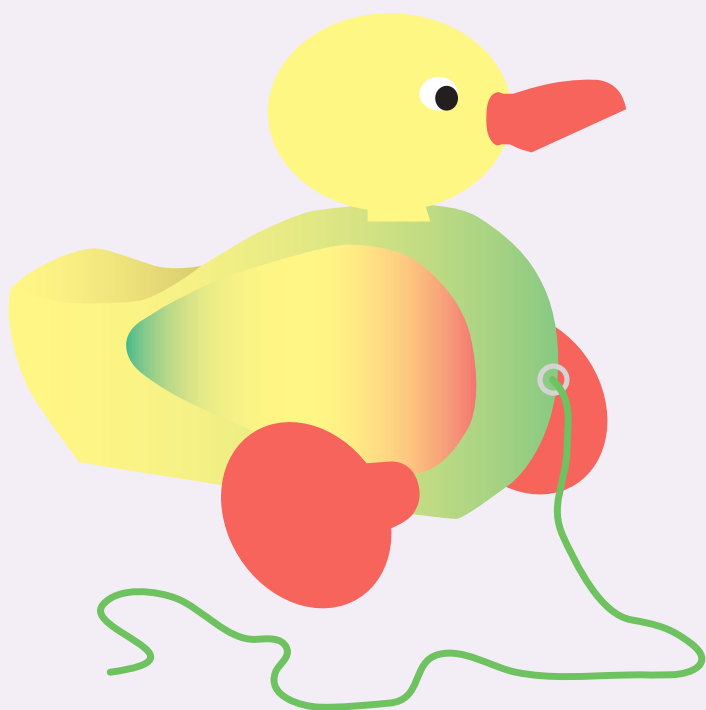
To prepare to go back to work:

- Find reliable, high quality child care. Give yourself plenty of time. Try and start looking before the baby is born.
- Mothers who go back to work can continue breastfeeding. Develop a breastfeeding plan and obtain a breast pump, if needed. You can easily combine breastfeeding with bottle feeding. Many moms find it easy to hand express breast milk and will not need a pump.
 - > Ask your boss about a private place to pump. Bring containers for milk, ice packs and an insulated bag.
 - > New York State law protects breastfeeding mothers in the workplace: "An employer shall provide reasonable unpaid break time or permit an employee to use paid break time or meal time each day to allow an employee to express breast milk for her nursing child for up to three years following the child's birth. The employer should make reasonable efforts to provide a room or other location in close proximity to the work area, where an employee who chooses to express breast milk in the work place."
- Discuss with your boss the chance for flexible hours, job-sharing, or working from home.

- Start your child care arrangement before going back to work. Make sure you and baby are comfortable with it.
- Develop back-up and emergency plans for child care, transportation, and child pick-up. You will need this for when your child gets sick, your child care is closed, or you're stuck in traffic on the way to the babysitter.
- Start later in the week your first day back, so you have a short first week.
- Take care of yourself, and ask friends and family for support. Try to get some rest and exercise.
- Bring photos to work, and call home during breaks or lunch to stay connected.



Resources



Additional information is available to help you find and choose suitable child care, health care, and other services for you and your baby.

Resources for Parents

New York State Department of Health Programs

Growing Up Healthy Hotline

1-800-522-5006; TTY 1-800-655-1789

In New York City, call 311

The Growing Up Healthy Hotline provides information about health care, nutrition, childhood immunizations, injury prevention, help for children with disabilities, and other special health care needs. The hotline provides information and referral 24 hours a day, seven days a week, in English, Spanish, and other languages.

Child Health Plus Helpline

1-800-698-4543; TTY 1-877-898-5849

www.health.ny.gov/health_care/child_health_plus

The hotline provides information on public health insurance options, including Child Health Plus, Family Health Plus, and Medicaid.

Medicaid Helpline

1-877-463-7680

www.health.ny.gov/health_care/medicaid/index.htm

Medicaid is a program for New Yorkers who can't afford to pay for medical care. Depending on your family's income, your child may be eligible to join either Medicaid or Child Health Plus.

Women, Infants, and Children (WIC) Hotline

1-800-522-5006

www.health.ny.gov/prevention/nutrition/wic

Women, Infants, and Children is a special food program that provides healthy foods, milk, juice, formula, and other items to eligible low-income pregnant or breastfeeding women, and to infants and children up to age five.

Children and Youth with Special Health Care Needs (CYSHCN) and Physically Handicapped Children's Program (PHCP)

Growing Up Healthy Hotline: 1-800-522-5006

Division of Health Care Access

and Improvement (in NYC): (212) 676-2950

www.health.ny.gov/community/special_needs

Children and Youth with Special Health Care Needs is a public health program for children from birth to 21 years of age who either have or are suspected of having a serious or chronic physical, developmental, behavioral, or emotional condition. The program links families to services, identifies and tries to resolve gaps and barriers, and promotes access to quality health care.

Physically Handicapped Children's Program is the financial part of the CYSHCN Program. Physically Handicapped Children's Program assists families with paying medical bills for eligible children with severe chronic illnesses and/or physical disabilities.

Bureau of Early Intervention

(518) 473-7016

www.health.ny.gov/community/infants_children/early_intervention

The Early Intervention Program offers a variety of services to eligible infants and toddlers with disabilities and their families. To be eligible for services, children must be less than three years of age and have a confirmed disability or established developmental delay, as defined by the State, in one or more of the following areas of development: physical, cognitive, communication, social/ emotional, or adaptive.

Bureau of Occupational Health and Injury Prevention

(518) 473-1143

www.health.ny.gov/prevention/injury_prevention

The bureau promotes injury and violence prevention by tracking injury rates, and developing, implementing, and evaluating evidence-based programs.

Immunization Program

(518) 473-4437

www.health.ny.gov/prevention/immunization

The Immunization Program's goal is to prevent vaccine-preventable diseases by making sure children and adults receive the vaccines they need. The program assures that all children have access to vaccines, and parents have up-to-date information for all their vaccine-related questions.

Bureau of Dental Health

www.health.ny.gov/prevention/dental

Infant and Children's Oral Health:

www.health.ny.gov/prevention/dental/infant_oral_health.htm

Find a Dental Provider:

www.health.ny.gov/prevention/dental/finding_dental_provider.htm

The Bureau implements programs focused on preventing, controlling, and reducing dental disease and conditions as well as promoting healthy behaviors.

Family Planning Program Sites

www.health.ny.gov/community/pregnancy/family_planning/program_sites.htm

This Web site provides information about family planning providers by the county in which they are located.

Additional New York State Agencies Serving Parents and Children

New York State Office of Children and Family Services (OCFS), Division of Child Care

(518) 473-7793

www.ocfs.state.ny.us

OCFS provides a range of resources to help parents with their child care needs, and will respond to concerns about the health or safety of a child in a day care program. The Child Care Complaint line can be reached at 1-800-732-5207. To help you find child care go to www.ocfs.state.ny.us/main/childcare/looking.asp or, to help you choose child care: www.ocfs.state.ny.us/main/childcare/brochure.asp.

Division of Child Welfare and Community Services

(518) 402-6513

Child Welfare and Community Services' goal is to preventing families from entering or re-entering the child welfare system. Programs include family violence prevention, home visiting program, kinship caregiver and post-adoption.

New York State Adoption Service

1-800-345-5437

www.ocfs.state.ny.us/adopt

This help line and website can provide you with information about the process of adoption in New York State and links to adoption resources.

NYS Office of Temporary and Disability Services

New York Child Support Program

Helpline: 1-888-208-4485; TTY: 1-866-875-9975

www.newyorkchildsupport.com

The child support program provides custodial parents with assistance in obtaining financial support and medical insurance coverage for their children by locating parents, establishing paternity, establishing support orders, and collecting and distributing child support payments.

New York Adults and Children on the Autism Spectrum (NYACTS) **www.nyacts.org**

This website provides information on New York State services and supports for individuals with autism spectrum disorders (ASD) and their families. For children with ASD, it is very helpful if parents learn the signs and act early to obtain services and support.

New York State Office for People with Developmental Disabilities

Information Line: 1-866-946-9733; TTY: 1-866-933-4889
www.opwdd.ny.gov

The Information Line and website can be used to obtain information on the services and support that are available for people with developmental disabilities. Topics include: eligibility, finding the right supports and services, and staying healthy.

New York State Office of Alcoholism and Substance Abuse Services (OASAS)

Helpline: 1-800-522-5353 24 hours a day
General information: (518) 473-3460
www.oasas.ny.gov/index.cfm

OASAS leads New York State's efforts to prevent and treat alcohol and substance abuse.

New York State Office of Mental Health (OMH) **1-800-597-8481**

www.omh.ny.gov/omhweb/childservice

OHM offers a range of services to help you to identify emotional health needs early and to provide any needed treatment or support.

New York State Office for the Prevention of Domestic Violence

Hotline: 1-800-942-6906

Spanish: 1-800-942-6908

In NYC: 1-800-621-HOPE (4673) or dial 311; TTY: 1-866-604-5350
www.opdv.ny.gov/help/dvhotlines.html

To find out what help is available, visit www.opdv.ny.gov/help/index.html. For a list of domestic violence programs and hotlines by county, visit www.nyscadv.org/local-domestic-violence-programs

New York State Non-Profit Organizations

Center for Sudden Infant Death

1-800-336-7437

The Center provides information and support regarding the sudden death of an infant, from any cause.

Families Together in New York State

1-888-326-8644 Toll free, 24 hours a day; **(518) 432-0333, ext. 14**
www.ftnys.org

This organization provides information and referral for parents of children with special needs. It provides advocacy, training and educational workshops to schools, families, policy makers and service providers.

New York Family Resources, Council on Children and Families

www.nysfamilyresources.org

This website is a resource for information on child development and behavior; child safety; children with special needs; child health; families in crisis; family empowerment; parenting education; family literacy and lifelong learning; peer relations; stress management; violence prevention and more.

New York State Early Care and Learning Council

(518) 690-4217

www.earlycareandlearning.org

This organization works with local Child Care Resource Referral centers to help families find child care and other early learning programs including afterschool, Head Start and pre-K programs. In addition, it coordinates seven regional Infant Toddler Resource Centers and provides training to child care professionals.

Parent Helpline, Prevent Child Abuse New York

1-800-CHILDREN (1-800-244-5373) 24 hours a day

www.preventchildabuseny.org

The Parent Helpline provides help, information and referrals to community services for parents and professionals who work with families. Prevent Child Abuse New York develops and disseminates parenting and child abuse prevention literature for parents, individuals, children & teens, on-line, by mail, and at public events.

National Resources

Child Care Aware

1-800-424-2246; TTY: 1-866-278-9428

www.childcareaware.org

This agency refers families to local Child Care Resource Referral centers for help with finding child care in the family's area and for information about financial help to pay for child care.

Zero to Three

(202) 638-1144

www.zerotothree.com

Zero to Three promotes the healthy development of infants and toddlers by supporting and strengthening families, communities, and those who work on their behalf.

National Association for Family Child Care

(801) 886-2322

www.nafcc.org

This national organization helps parents find high-quality child care for their children and provides information about the many benefits and values of family child care.

National Association for the Education of Young Children

1-800-424-2460

www.naeyc.org

This organization works to improve the well-being of all young children by helping to improve the quality of educational and developmental services for children from birth through age eight. This organization also ensures that child care providers have met voluntary standards for child care that are higher than most state licensing requirements.

Resources for Adoptive Parents

New York State Citizens' Coalition for Children, Inc. (NYSCCC)

(607) 272-0034

www.nysccc.org

NYSCCC is an advocacy organization made up of adoptive and foster parent groups throughout the state who believe in the right of every child to a permanent, loving family. Services include information, referrals, support, and guidance for prospective adoptive and foster parents.

Adopting.com

(650) 493-7337

www.adopting.com

Website offers information and support for families seeking to adopt and for families raising adopted children.

Hillside Family of Agencies:

Adoption Resource Network, Inc. (ARNI)

(585) 350-2504

www.hillside.com

ARNI provides information, education, referral and support on all aspects of adoption.

Adoptive Families Magazine

(646) 366-0830

www.adoptivefamilies.com

This national adoption magazine is a leading adoption information source for families before, during, and after adoption. Also, many resources, information and links can be found at their website.

Dave Thomas Foundation for Adoption

www.davethomasfoundation.org

Founded by the Wendy's hamburger entrepreneur, its mission is to find forever families for children in foster care. A nonprofit 501(c)3 public charity dedicated to dramatically increasing the adoptions of the more than 150,000 children waiting in North America's foster care systems.

Evan B. Donaldson Adoption Institute

www.adoptioninstitute.org

This national not-for-profit organization is devoted to improving the daily lives of everyone touched by adoption, and helping children who need permanent, loving families. The Institute conducts and synthesizes research; offers education to inform public opinion; promotes ethical practices and legal reforms; and works to translate policy into action.

Tapestry Books

www.tapestrybooks.com

This independent, on-line bookstore specializes in adoption, with books on adoption for children, adoptive parents, and professionals.

Real Moms Adoption Newsletter

www.comeunity.com/adoption/realmoms

An adoption newsletter written by and for adoptive mothers that offers support, information, and encouragement for domestic adoption.

Resources for Lesbian, Gay, Bisexual, Transgender (LGBT) Parents

Lesbian and Gay Family Building Project, Ferre Institute
(607) 724-4308

www.prideandjoyfamilies.org

The Project is dedicated to helping LGBT people in upstate New York achieve their goals of building and sustaining healthy families.

The Project provides educational programs, information, and referral services for LGBT parents and prospective parents.

Center Kids, Center Families

(212) 620-7310

www.gaycenter.org

The family program of the Lesbian, Gay, Bisexual and Transgender Community Center provides support for LGBT parents and prospective parents; trainings for teachers and school administrators; and holds forums on issues such as custody or financial planning for alternative families.

Gay Parent Magazine

(718) 380-1780

www.gayparentmag.com

This magazine is dedicated to LGBT parenting. It is published bi-monthly and distributed across the USA mainly through gay community centers and bookstores. The magazine's focus is to support and empower LGBT parents and to support LGBT people wishing to become first-time parents.

Gay Adoption LISTSERV

To subscribe send an e-mail message to:

GAY-APARENT-subscribe-request@LISTSERV.ICORS.ORG

The Gay Adoption Mailing List's aim is to provide support and information to LGBT families who are considering adoption, and those who have adopted.

**Protecting Families: Standards for
Child Custody in Same-Sex Relationships**

www.glad.org/uploads/docs/publications/protecting-families.pdf

Recommended reading for those who are co-parenting with a same-sex partner and/or have used a known sperm donor.

Human Rights Campaign

www.hrc.org/issues/parenting

Human Rights Campaign has an extensive interactive online resource center dedicated to all LGBT families. Find practical information, community support, and expert advice about topics such as dealing with children's health issues; managing your finances and using the law to protect your most important relationships.

National Center for Lesbian Rights

www.nclrights.org

(Click on > Issues & Cases > Families & Parenting)

The National Center for Lesbian Rights (NCLR) is this country's only lesbian, feminist, multicultural, national legal resource, and advocacy organization with a primary focus on advancing the legal rights of lesbians and their families. NCLR's family law, youth, immigration, and elder law projects benefit lesbians and gay men, and bisexual and transgender individuals throughout the U.S.

Children of Lesbians and Gays Everywhere

www.colage.org

COLAGE is a national movement of children, youth, and adults with one or more LGBT parents. COLAGE builds community and works for social justice through youth empowerment, leadership development, education, and advocacy.

Family Equality Council

(617) 502-8700

www.familyequality.org

Through advocacy, support, and educational activities, the Council advances the well-being and public policy of LGBT parents and their families.



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