

Message from the Coordinator

Dear Families and Friends,

One of the pluses of being part of NC Cooperative Extension—Durham Center is that we have access to the best national research available for parents. In this issue, you will see a sample of the type of information available at the Extension’s Just in Time parenting website: www.extension.org/parenting on page 2. Check it out!

Regards, Pat Harris

About Welcome Baby



Welcome Baby is a program of Durham County Cooperative Extension, supported by funds from **Durham’s Partnership for Children, a Smart Start initiative**. Services are available to interested Durham County families with children ages birth-5. We provide a range of services from car seats and free clothing; workshops for parents; lending library; volunteers who call parents of newborns and discussion groups. We know that parenting is a job with endless questions. WB staff are here to help. For more information or to be added to our mailing list, please call us at (919) 560-7150 or visit our Web site at www.welcomebaby.org

Do you need help with.....

Sibling Rivalry, Whining, Temper Tantrums, or Picky Eating?

Pre-registration is required for all classes. Please call Kimberly at 560-7319. Childcare is available on a limited basis for a donation of \$2 per child or \$4 per family.

March 5th from 6—7:30 p.m. - Sibling Rivalry

Do you understand some of the causes of sibling rivalry? Did you know that parents contribute to sibling fighting without meaning to? Join us to learn new techniques for dealing with sibling fighting or come and fine tune the skills that you learned in a previous Positive Discipline series or Incredible Years series.

March 19th from 6—7:30 p.m.—Whining and Temper Tantrums

Are you tired of the whining? Are the temper tantrums driving you up the walls? What do you do when they whine and have a temper tantrum? Of course this happens in the check-out aisle of the grocery store. Join us for a fun evening and leave with some answers to these questions and more.

April 2nd from 6—7:30 p.m.—Picky Eaters

When you call your child to the table; do they respond by looking at the food and saying, “YUCK!” Would you like your child to eat the food you serve at dinner time? Join Lee Lichtenwalter a Pediatric Nutritionist from the Durham Co. Public Health Dept. to learn how to deal with your picky eater. A parent that took the last class from Lee said her tips and ideas were really working for her and her son. She was very happy with the results when she tried Lee’s suggestions.

Nutrition Info: What's the Right Portion Size for My Toddler?

There is a USDA Web site that allows you to develop the food pyramid recommendations (amounts from specific food groups daily) for children of specific ages, sex, and activity levels: www.mypyramid.gov.

Go to "My Pyramid Plan," and enter the age, sex, and activity level of your toddler for details.

As far as serving sizes, here are some ideas:

- 1/2 cup lowfat milk
- 1 tbs of cheese and peanut butter
- 1 oz of meat.
- 1/4 to 1/2 cup servings of most things (fruit, vegetables, bread, rice, cereal)



These are typical servings. Toddlers should not be force fed. They often do best with three smaller meals and one or two healthy snacks. Juices should be kept to a minimum due to the high sugar content and lack of fiber. Water should be encouraged. A tablespoon is the size of a pinky finger, an ounce is the size of a thumb, and a child's fist is about 1/4 to 1/2 cup or the palm of a parent's hand.

How often should I feed my Baby?

You should feed your baby on a schedule or self-demand. When a tiny baby needs to eat every two or three hours, it's hard to believe you'll ever get sleep again.



As she gets bigger, she won't need feeding so often. You should feed your baby whenever she is hungry. Watch the clock, but also watch your baby. Babies usually cry when they're hungry. If fed when hungry, many babies will start to get on a regular schedule by themselves in about a month.

If you try to set a rigid feeding schedule, you and your baby may both be frustrated and unhappy. So be as flexible as you can be this first month. Rather than growing a little bit each day, babies grow in spurts. During growth spurts, your baby may seem hungry all the time. Your baby will stop eating when she is full. Don't try to get her to take more than she wants.

All the articles on this page are taken from the "Just in Time" parenting website: www.extension.org/parenting



Using a spoon— When is baby ready?

While you're feeding your baby, your baby may be feeding the floor! Most babies don't learn how to use a spoon well until after their first birthday.

If your baby is interested, now is a good time to begin letting your baby practice using a spoon. Here are some foods that will stick to the spoon when scooped up: yogurt, applesauce, cooked cereal (oatmeal, cream of rice, or cream of wheat), cottage cheese, macaroni and cheese, mashed cooked beans, mashed sweet potatoes, pureed or mashed vegetables and fruits.

If you are worried about your baby not getting enough food, try two spoons—one for you and one for him. If he will let you, give him a mouthful in between his efforts. Include finger foods with your baby's meals.

Although your baby may not be good at using a spoon yet, she likes to feed herself. Having some finger foods at mealtime gives your baby some easy foods to eat while learning to use this new tool. Good finger foods are unsweetened round cereal and cereal puffs; cooked vegetable strips or slices (carrot, green beans, and potato); peeled, soft fruit wedges or slices (peach, pear, melon); small, tender pieces of cooked and ground or shredded meat.

USING CAR SEATS FOR YOUR CHILDREN— A Matter of Life and Death!

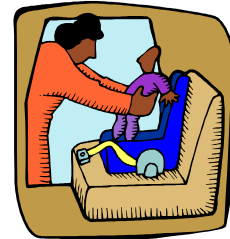
Too dramatic? Not so—riding unrestrained is the single greatest risk factor for death and injury among child motor vehicle occupants. Among children ages 14 and under killed in motor vehicle crashes as occupants in 2002, 50 percent were not using safety restraints at the time of the collision.

Misuse is common. An estimated 85 percent of children who are placed in child safety seats and booster seats are improperly restrained. Misuse includes, but is not limited to, using an inappropriate seat for a child's age and size, placing an infant under 1 year or under 20 pounds in a forward-facing seat, not securing the seat tightly in the vehicle and not securing the child correctly in the seat.

The back seat is safest. It is estimated that children ages 12 and under are up to 36 percent less likely to die in a crash if they are in a rear seat of a passenger vehicle.

Welcome Baby offers free classes in correct installation and use of car seats for parents in Durham County. Classes are scheduled on Saturdays and one evening a month to meet everyone's schedule. Once you have taken the class, you are eligible to purchase a new car seat for deeply discounted costs: \$10 for Medicaid/WIC participants or up to \$45 (half the retail cost) for families depending on household size and income. Call Deborah at 560-7150 to register for a car seat class or if you have a car seat and want to make sure it 's installed correctly.

**Expectant parents... don't wait until your baby is due!
Make that first trip a safe trip!**



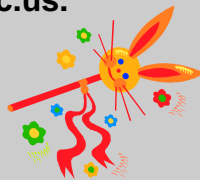
Getting to Know You —as you're getting to know your baby!

Join us for **Now & Later:**

Parents of newborns (under 3 months) and their babies gather to discuss topics relevant to their new lifestyle and responsibilities.

Parents join to make new friends and connect with other families with babies about the same age. Light refreshments are served.

The next N&L group will start in April. Please call Anne Drennan at 560-7318 or e-mail Anne at adrennan@co.durham.nc.us.



Giving Closet New Time!

New Hours: Shopping hours are now **MONDAY 9:30am to 11:10 am.**

Registration and shopping begins at 9:30 am. Bring ID to show you are a Durham resident.

We have a new system in which the time you arrive and sign-in will no longer decide the order you can shop and chose available "large items."



Who's Who At Welcome Baby

Deborah Waterman is our Office Manager. Call Deborah at 560-7150 to register for a car seat class, get information on the Giving Closet or general questions.

Parent Educators include Kimberly Ingram at 560-7319 and Patience Mukelabai 560-7392. Patience or Kimberly can answer parenting questions or talk to you about available classes. Evelyn Rojas, Latino Parent educator, 560-7338 can assist you with referrals for our Spanish language offerings.

Anne Drennan, Coordinates Newborn Support, answers questions on breastfeeding, infant care, our Now & Later groups, and connects parents with a phone support volunteer and . Anne can be reached at 560-7318.

Von Brown coordinates individual and group volunteer efforts. She loves working with school and youth groups so contact Von at 560-7340 if you would like to be more involved.

Carmen Reeves oversees childcare activities and assists with Latino newborn support. Carmen is also a certified car seat instructor and can answer installation questions call her at 560-7390.

Theo Roddy works behind the scenes to make our Giving Closet run smoothly, and that snacks and supplies are available to folks participating in our programs.

Pat Harris, coordinates the Welcome baby program and is a resource for any questions or concerns and special program planning. She can be reached at 560-7341 or at paharris@co.durham.nc.us.



101-495-2316-1103
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Parenting is a job with endless questions. Perhaps we can help.