

New Website...Check it Out!



**Pregnant?
Have a new baby or
young kids?**



www.onhealthyfamilies.com

Onondaga County Health Department
Syracuse Healthy Start
501 East Fayette Street
Syracuse, NY 13202



Healthy Start News

Celebrating 10 Years of Syracuse Healthy Start

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Five steps to turn on your baby's calming reflex - Five "S's"



The Happiest Baby on the Block method by Dr. Harvey Karp, helps calm babies by letting them feel like they are back inside their mom's body. There are five parts to this method which work very well to calm a crying baby, and in many cases help a baby go to sleep. Some babies need all five S's together, while others need just a few to help calm them down.

1. Swaddling

Tightly wrapping your baby with the arms down provides the touching and support the baby experienced while still in your belly.

2. Side (or stomach)

While holding your baby, place them either on their left side or stomach to provide loving support. Once your baby is happily asleep in your arms, you can safely put baby on their back for sleeping in the crib.

3. Shushing

These noises sound like the blood flowing in your body. The noise your baby heard is as loud as a vacuum. Shush as loud as the baby is crying. This noise can also be made in the form of a vacuum cleaner, a hair dryer, or a fan.

4. Swinging

Newborns are used to the swinging motions that were present when they were in your body. Every step you took, every movement caused a swinging motion for your baby. Rocking, car rides, and other swinging movements all can help.

5. Sucking

Sucking calms babies by satisfying their hunger and by turning on their calming reflex. This can be accomplished with breast, bottle, pacifier or even a finger.

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Syracuse Healthy Start Newsletter is not intended to replace the services of a physician. Information is provided for informational purposes only and is not a substitute for professional medical advice.

Joanne M. Mahoney
County Executive



Cynthia B. Morrow, MD, MPH
Commissioner of Health

www.ongov.net

Syracuse Healthy Start promotes healthy pregnancies and healthy babies through community partnerships, community referrals, health education, case management, and home visitation. Funding for Healthy Start is provided by Health Resources and Services Administration



Helpful Tips for Stressed Moms

- Rest as much as you can. Sleep when the baby is sleeping.
- Ask your partner, family, and friends for help with daily tasks.
- Make time to go out, visit friends, or spend time alone.
- Discuss your feelings with your partner, family, and friends.
- Join a support group. Ask your healthcare provider about groups in your area.

New York Rolls Out New Booster Seat Law

As of November 24, 2009, New York State law now requires children up to the age of 8, or at least 4'9" tall, to be in booster seats. Previously, the law required children up to the age of 7 to be in booster seats. Although not required by law, it is **recommended** that some children 8 years old and older stay in a booster seat. Ask yourself the following questions:

- ✓ Do your child's knees bend naturally over the edge of the vehicle seat?
- ✓ Does the shoulder belt stay on your child's shoulder and not on the neck or face?
- ✓ Does the lap belt stay on the child's hips and not ride up on his or her stomach?

If you answered no to any of the above questions, keep your child in a booster seat—he or she will be more safe AND comfortable. Do you need a car seat or booster seat? Call the Car Seat Program at 435-8485 for a low-cost car seat or booster seat.

Family Fun in the Wintertime!

Syracuse Healthy Start held a family fun event at Hillside Work Scholarship Connection on December 4, 2009. Parents learned fun and safe activities to do with their babies and young children during the cold winter months ahead.



Healthy Recipe for You and Baby!

Sweet Potato Soufflé

Ingredients:

- 4 sweet potatoes
- ½ c. sugar
- 2 large eggs
- 1 tsp. vanilla
- 2 tsp. & 1/3 c. whole-wheat flour
- ¾ c. pecans, chopped
- ¼ c. butter, softened
- ½ c. brown sugar



Directions:

Preheat oven to 350°.

Peel & boil potatoes until soft. Mash potatoes with electric mixer. Stir in sugar.

In a separate bowl, beat eggs and combine with vanilla and 2 tsp. flour. Add to potato mixture. Mix well and pour into a greased casserole dish. Combine 1/3 c. flour, nuts, softened butter, and brown sugar. Spread on top of potatoes. Bake 30 minutes.

Is your home poisoning your child?

Get your home checked for lead.

Your child deserves a healthy future. It's FREE-call today! **435-3271**

