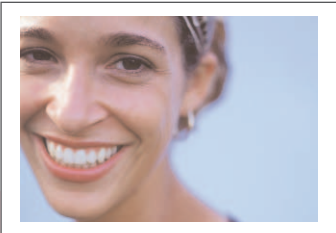




Dear Readers



Say YES to Screening!

Healthy Start offers services for you when you are pregnant or between pregnancies, and for your baby from birth to age three. Services are free and are not based on income, educational background or ethnic makeup. Healthy Start services are based on a "screening"—a simple set of questions to determine if there are any risks that could affect your pregnancy and your baby's growth or development.

Services include education and counseling in childbirth, breastfeeding, parenting, nutrition, smoking cessation, and between pregnancy care.

Find out if you qualify for Healthy Start services by saying "Yes" to a Healthy Start screening! Even if you do not wish to obtain any Healthy Start services, by completing the screening you are helping ALL mothers and their babies in your community.

What do we know about Crib Death or Sudden Unexplained Infant Death Syndrome?

Before research studies and trends were discussed within the medical community, "Crib Death" was synonymous with a tragic unexpected death of an infant. No one knew why or how it happened. Today, after years of research, professional discussion and analysis, the clinical term for Crib Death is Sudden Unexplained Infant Death Syndrome (SUIDS). Research shows that in the United States, SUIDS is the major cause of death in infants under one year of age, with over 2,500 infant deaths each year. SUIDS does not discriminate; it can occur in families of any race, socioeconomic status, religion

or nationality. It can happen to any baby and usually happens prior to the fourth month. Premature babies are more at risk for SUIDS.

We know more of what SUIDS isn't than what it is. For instance: the cause is not child abuse, vomiting, choking or minor illnesses such as a cold, nor is it considered to be contagious.

The thought of losing a child, especially one so young, is a parent's worst fear. If you or someone you know has had a child who died of SUIDS, please ask for *Continued...*



**Back to sleep
for babies
for a
Healthy
Start!**

Healthy Start

is a comprehensive program of maternal and child health services intended to improve pregnancy outcomes and help children get a healthy start in life.

Healthy Start accomplishes this through care coordination and support services that include education and counseling in childbirth, breastfeeding, parenting, nutrition, smoking cessation, and between pregnancy care. Access to Healthy Start services is free to at-risk women, infants and children and is not based upon income.

Healthy Start Team

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Judy Everett, Treasurer

Isa Selg, Secretary

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Sherry Olszanski

Pastor Charissa Jaeger-Sanders

Vicki Wynns

Keeping sleep time safe, cont.



help. Healthy Start can refer you to organizations that can provide emotional support and counseling. The information you receive can enable you to help another family with their loss and to be an advocate for proactive care for all babies.

What can you do to keep your baby safe?

More babies will celebrate their first birthday as we continue to learn more and as we, as parents, take a more proactive approach to SUIDS.

- Place babies on their back at naptime and nighttime. Side and tummy positions are not safe choices.
- Breastfeed if possible. There is some evidence that breastfeeding may help decrease the incidence of SUIDS. Researchers believe that breast milk may help protect babies from infections that increase the risk of SUIDS.
- Encourage the use of a pacifier at naptime and bedtime for the first year. Researchers have suggested that

the use of a pacifier at sleeptime can reduce the risk of SUIDS because it helps to keep the airway open.

- Remove everything from the crib. Stuffed animals and crib bumpers are cute but may play a part in SUIDS.
- Keep your baby warm, but not too warm. Layer baby's clothing and keep the room temperature at a comfortable level so that blankets are not necessary.
- Don't fall asleep with your baby in an adult bed or on a sofa. Place the baby alongside your bed in a separate sleep area such as a bassinet or Moses basket.
- Don't smoke near your baby or in your home. Second-hand cigarette smoke has been linked to SUIDS and is dangerous for you and your baby.
- Don't put the baby to sleep on or near soft surfaces such as soft bedding, water beds, sofas, chairs, quilts, etc.

Let's have tummy time!

Tummy time is when you place your baby down on the floor on its tummy. Baby can play with colorful soft blocks or other play toys that make noise and may encourage him/her to stretch and play. This will help increase the baby's attention span and will also help to strengthen its arms and legs so he/she can begin to pull up and eventually walk.

Tummy time also helps to keep the shape of the head round. Some people worry about the back of their baby's head getting flattened due to laying baby on his/her back for sleeping. Tummy time will help to avoid this from happening.



Time it right and make sure your baby isn't hungry or tired when you set him/her "tummy down." On the other hand, don't place the baby on its tummy just after feeding, as this might be uncomfortable.

Safe Baby

WORD SEEK PUZZLE

M A R E I F I C A P V T Z E
Z B F C R S T H A R G G U H
V R S O O Y E A B E N N I P
K E D U S O M I A N I I N S
L A E N R T P R C A K P U R
O S B T S D E S K T O E T E
H T R I B E R U T A M E R P
O F E N E F A M O L S L I M
C E T G D F T O S C O S T U
L E A K D U U N L A N O I B
A D W I I T R I E R F C O H
O I F C N S E T E E Y K N L
N N U K G H H O P J L C V Z
D G R S R E T R O F M O C G

BACK TO SLEEP
BEDDING
BREASTFEEDING
BUMPERS
CHAIRS
COMFORTERS
COSLEEPING
COUNTING KICKS
MONITOR
NO ALCOHOL
NO SMOKING
NUTRITION
PACIFIER
PREMATURE BIRTH
PRENATAL CARE
STUFFED TOYS
TEMPERATURE
WATERBEDS

Helpful resources:

American Sudden Infant Death Syndrome Institute
Research, education and round-the-clock support to pediatricians and families.
1-800-232-7437 or (770) 426-8746 or visit www.sids.org

First Candle (formerly SIDS Alliance)
Education and research as well as grief counseling, support and referrals for families who have lost a baby to SIDS.
1-800-221-7437 (bilingual crisis counselors available 24/7) or visit www.firstcandle.org

National Sudden Infant Death Resource Center (NSIDRC)
Provides information on SIDS and related topics, and referral services to parents, caregivers and researchers.
www.sidscenter.org

Sudden Infant Death Support Group
Meet members who know what you're going through via online live chat.
www.dailystrength.org

Classes

Hernando County Health Department Free Childbirth Education Classes
Wednesday evenings
For more info, please call Margaret Purdy (352) 540-6939

Hernando County Health Department Free Smoking Cessation Classes For all ages!
For more info, please call Ann Gayl (352) 540-6848

Citrus Memorial Hospital Childbirth Education Classes
Wednesday evenings
\$30.00 for the four-class series
For more info, please call (352) 344-6576

Citrus Memorial Hospital FREE Breastfeeding Classes
2nd Thursday of each month, 7pm to 9pm
For more info, please call (352) 344-6576
To obtain a voucher to pay for the classes at Citrus Memorial Hospital, call Lee Brannon (352) 726-1731, ext. 258.

Lake County Health Department FREE Childbirth Education Classes
For schedule and more info, please call (352) 357-1668, ext. 2108.

Sumter County Car Seats for \$15
Sumter County residents only. Non-residents may make an appointment to ensure proper car seat installation and safety. Contact Mary Crespo at (352) 569-2990 or Gwen Whitehead at (352) 569-2959.



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If you would like a presentation or more information regarding Healthy Start, please contact your local Community Liaison:

Dawn Easter
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(239) 494-7553

Betsy Harrington
Lake or Sumter
(352) 409-6057



Breastfeeding reduces risk of SUIDS

Breastfeeding continues to show important health benefits for baby and mom. By nursing, mothers are offering their baby protection against allergies, diabetes and even obesity. Breastfed babies have a reduced risk for ear infections and SUIDS (Sudden Unexplained Infant Death Syndrome).

Even if a mother breastfeeds for a short time, she is giving her baby a huge health boost that also benefits her. Breastfeeding can reduce the risk of breast, uterine and ovarian cancer; it can also strengthen bones, which may offer future protection from osteoporosis. Nursing also makes it easier to lose weight after giving birth and has also been shown to help fight against postpartum depression.

Helpful Websites...

Childcare: www.dcf.state.fl.us/childcare
Florida Kidcare: www.floridakidcare.org
Voluntary PreK: www.upkfl.org
Pregnancy.org: www.pregnancy.org
Womenshealth.gov: www.4women.gov/pregnancy
Food Stamps: www.myflorida.com/accessflorida
Central Healthy Start: www.centralhealthystart.org
WellFlorida Council: www.wellflorida.org

and Phone Numbers

Florida Family Health Line
1-800-451-BABY
Poison Control
1-800-222-1222
Abuse Hotline
1-800-4-A-CHILD
National Domestic Violence Hotline
1-800-799-7233
National Crisis Line
1-866-334-4357

Did You Know?

It's been over 10 years since parents were first told to place sleeping infants on their backs to sleep—since then the number of SUIDS cases has dropped by half.