

Children Do Come With Directions

*A Guide for
Parents & Caregivers*

United Way

SUCCESS

BY

6TM

**Success By 6 is a United Way of Erie County Initiative
administered locally by Early Connections**

Important Phone Numbers

Police, Fire, Medical Emergency 911

Information and Referral

United Way of Erie County..... www.unitedwayerie.org 814-456-2937
Success By 6 www.earlyconnectionserie.org 814-874-0144

Hotlines

Poison Control 1-800-222-1222
Child Abuse: Reporting to Childline (24/7 reporting intake) 1-800-932-0313
National Parent Helpline www.childhelp.org 1-800-422-4453
Office of Children & Youth..... 814-451-6600
Toll-free:..... 1-800-352-0026 ext 6600
After Hours/Weekends & Holidays..... 814-451-1503
Domestic Violence..... Erie Area (SafeNet) www.safeneterie.org..... 814-454-8161
..... Southern Erie County (Safe Horizons)..... 1-814-438-2675
Crisis Services Safe Harbor Behavioral Health..... 814-456-2014
Toll-free:..... 1-800-300-9558

Medical

Erie County Department of Health..... www.ecdh.org 814-451-6700
Toll-free 1-800-352-0026
TTY/TDD 814-451-6787
UPMC Hamot Medical Center..... www.upmchamot.org 814-877-6000
Children’s Express Care – Erie 3330 Peach Street, Suite 106, Erie, PA 16508 814-877-8586
Millcreek Community Hospital 814-864-4031
St. Vincent Hospital www.ahn.org 814-452-5000
Community Health Net <http://www.community-healthnet.com> 814-455-7222
Adagio Health..... www.adagiohealth.org (Erie) 814-453-4718
..... (Edinboro) 814-734-7600
CHIP (Children’s Health Insurance Program) .. www.chipcoverspakids.com 1-800-543-7105

Children with Special Needs

Achievement Center www.achievementctr.org 814-459-2755
Barber National Institute www.barberinstitute.org 814-453-7661
Early Intervention..... 814-528-0600
Parent to Parent of PA..... www.parenttoparent.org 1-888-727-2706
Special Kids Network 1-800-986-4550

Childcare & Preschool Services

Child Care Information Services (CCIS) of Erie County
Subsidy Information..... 814-451-6580
Resource & Referral Services for Parents & Childcare Providers 814-451-6676
Toll-free Child Care Works 1-877-288-2022
Erie’s Future Fund www.eriesfuturefund.org 814-874-0144 x 19
GECAC Head Start www.gecac.org 1-800-769-2436

Family Services

Family Services of Northwestern PA www.fsnwpa.org 814-866-4500
Office of Children and Youth Services..... 814-451-6600
WIC (Women, Infants & Children) www.eriecountywic.org 814-453-5747
Erie Family Center www.riefamilycenter.org 814-874-6990
Union City Family Support Center www.ucfsc.org 814-438-7550

Teen Pregnancy/Parenting Support Services

City of Erie 814-874-6145
County of Erie 814-734-8467

My child’s doctor: _____

My emergency number: _____

Welcome to Your Parents Guide

Good parenting is not easy. It can be both a joy and a challenge. Time, skill, and patience are required. As parents, we often have questions or problems and don't know where to find the answers. *Children Do Come With Directions: A Guide for Parents* provides information about your child's health, development, and safety and includes information on choosing quality childcare. It also provides basic information on community resources here in Erie County that are available to help support the needs of families with children.

As you read, keep in mind that the information is meant to serve only as a general guide. Your child will do some things earlier than the timetables here and some things later. That's perfectly normal, so don't worry.



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Development

1-1 Mothers and Fathers are Both Important!

Both mothers and fathers play a key role in the development of a child. They provide nurturing stimulation and can both share the role as primary caregiver. Moms and dads are there to bandage knees and comfort broken hearts. They tend to the everyday needs which are so often taken for granted.

Children are less likely to get involved in drugs or alcohol and less likely to engage in sexual activity at an early age when both parents are involved in their lives.

Remember, whether you and your partner are married, divorced, or unmarried; you are equally important to your child's healthy development. The relationship you forge with your child will shape the way he or she learns, thinks, and behaves for the rest of his or her life.

The Search Institute has identified building blocks for healthy development – known as Developmental Assets – that help young children grow up healthy, caring and responsible. There are 40 Developmental Assets for varying age groups of children:

- Ages 3-5
- Ages 5-9
- Ages 8-12
- Ages 12-18



Parents can visit: www.search-institute.org and create an account to learn more and view the free resources.

Locally, a team of committed professionals called Positive Youth Development meets to plan youth focused and family friendly events in Erie County.

Parents are their child's first and most important teachers

1-2 Your Child's Brain

Your child's brain began to develop while you were still pregnant and continues to develop rapidly after birth. That little brain needs lots of stimulation to develop properly. Science now shows us what parents and caregivers alike have always known – external stimuli such as touch, talking or singing to a baby are important to the success of that development! You see, the positive emotional, physical and intellectual experiences that a baby has in the earliest years of life are important to the growth of a healthy brain. In fact, these experiences can shape the way your child will learn, think, and behave for the rest of his life.

At birth, billions of nerve cells will begin to grow and form connections to other nerve cells to control things like seeing, hearing, moving, and expressing emotion. These important connections are made possible by the experiences that a child has in his environments and with the people who care for him. The point is—everyone who cares for young children can make a difference in that child's life.

How can you help your child's brain develop in the right way? It's simple – Love your child! Spend time holding and cuddling her, talk to her about the things you see and what you are doing. Read books to your baby, look at pictures, and sing songs. Encourage your child to explore her world. Active play far exceeds TV and videos in promoting healthy development. It's not hard really – just have fun together. These activities, though so simple in nature, will have a lasting impact on your child's physical, intellectual and emotional development.

Essential to all of these efforts, of course, is a child's basic health and safety. Children need to be well nourished (with breast-milk first, if possible,) have regular check-ups, and receive timely immunizations. A doctor or nurse should be called when children are ill, and the places where they spend time need to be safe and childproofed. When children ride in cars, they should always be in the back seat and strapped securely into a car safety seat.



“My child learns by watching me!”

1-3 Help Your Baby Grow

You can help your child develop by playing with him. Here are some suggestions!

Birth to 3 months

- Respond to your baby's crying with a soothing voice and touch and try to meet his needs.
- Talk to her and look into her eyes.
- Listen to him and imitate the sounds he makes
- Play music boxes or hang chimes for her to listen to.
- Give him rattles and toys with different textures.
- Talk, sing and read to your baby every day.
- IMPORTANT – Carefully support her head and neck and protect her soft spot while playing,



3 to 6 months

- Play “Peek-a-Boo,” “This Little Piggy” and other games.
- Give her a child-safe mirror. Call her by her name.
- Let him play on a blanket on the floor. Help him roll over or sit up for short periods of time.
- Tell your baby parts of his body while you bathe him.
- Talk, sing and read to your baby every day.

6 to 9 months

- Roll a ball to your baby. Help her roll it back to you.
- Wave and say “bye-bye” when you are leaving. Show your baby how to wave “bye-bye.”
- Ask your baby to help you while you dress him. Say “Pull your arm through your shirt, push your foot through your pants.”
- Look at your baby when she tries to “talk.” Repeat her sounds.
- Sing, talk and read to your baby every day.

9 to 12 months

- Give your baby a bucket with toys or blocks. Help her dump them out and put them back in.
- Read and sing to your baby. Show her books with bright, simple pictures.
- Encourage your baby to pull up to stand and walk around furniture. Hold her hand and help her walk.
- Put “O” shaped cereal on her plate and encourage her to pick it up.
- Recite nursery rhymes,
- Read, talk and sing to your baby every day.

12 to 18 months

- Encourage your baby to tell you what she wants when she points at something: “You want the green ball?”
- Offer her finger foods or a spoon and help her feed herself.
- Name objects your child is using: “Let’s put on your coat,” “Yum, yum. Cheese for lunch.”
- Teach your child manners by saying “Please” and “Thank you” when you talk to him.
- Ask your child to hand you objects: “May I have the ball, please?”
- Sing, talk and read (use board books) to your baby every day.

18 to 24 months

- Give your toddler stiff board books to look at. Talk to him about the pictures and stories.
- Let your toddler experiment with walking on different surfaces like sand, carpet, and grass.
- Name colors as you play: “ Look at the yellow duck.”
- Give your toddler a jumbo-sized crayon to hold and help him scribble on paper or a grocery bag.
- Sing, talk and read to your baby every day.

2 to 3 years

- Give your child toy cars, dolls, and blocks to play with.
- Let your child “help” in daily chores. She loves to mimic you.
- When your child says “Da Da car” fill in your reply with more words “Yes, Daddy is driving the blue car.”
- Let your child spend some time outside running and climbing with adult supervision.
- Give your child crayons, colored pencils and paper to experiment with.
- Talk, read and sing with your child every day.

3 to 4 years

- Encourage your child to sing nursery rhymes with you.
- Help her count objects and say her alphabet.
- Give your child books to read and spend time reading with her.
- Find the letters of her name in books or magazines.
- Let your child play with friends his age and teach him to share and take turns.
- Let your child play outside, but never by herself.
- Take your child to the grocery store and make a game naming fruits and vegetables, and learning colors and shapes.
- Encourage your child to help with daily chores: “Please put your truck on the shelf.” “Put your plate on the table, please.”
- Read, sing and talk with your child every day.

4 to 5 years

- Show your child how to use children’s scissors and let him practice cutting scraps of paper.
- Sing the alphabet song with your child.
- Listen actively to your child’s stories and encourage her to use her imagination.
- Help your child build language skills by asking him questions: “What do you see?” “What would you like to eat?”
- Encourage your child to dress herself in the morning and get ready for bath time at night.
- Play outside with adult supervision.
- Sing, talk and read with your child every day.

5 to 6 years

- Practice throwing and catching different size balls.
- Give your child crayons, glue, and paper for creative self-expression.
- Take your child on a “field trip” to the library, hospital or airport. Talk about what you see.
- Help your child write and recognize his name.
- Point out different shapes and colors. Let him count different objects: “How many cars do you see?” “How many green cars do you see?”
- Read familiar signs and symbols on cereal boxes, in magazines, and fast food restaurants.
- Read, talk and sing with your child every day.



1-4 Reading Aloud Matters

Read 1,000 stories to your child by the time he is 6 years old even if it’s the same story over and over again! A suggested book list is in the back of this book to help you get started. Check your public library and bookstores for other book ideas for each age group.

Parents can give children the biggest possible boost to success in school by reading with them during their preschool years. United Way brought the Imagination Library to Erie County to ensure every child has access to books in the home and the opportunity to develop a love of books, reading and learning before entering school. Thanks to the generosity of Erie County residents, United Way is able to provide Erie County children under the age of five with a FREE, high-quality, age-appropriate book mailed to the child’s home once a month from birth until the child’s fifth birthday. Signing up is simple: parents or other caring adults register the child and commit to reading with them on a regular basis. United Way of Erie County should be notified of any address changes to ensure book delivery is not interrupted. Register your child by going to www.unitedwayerie.org/imagination.

1-5 A Checklist for Growing Children

By around 3 months, watch for your baby to:

- turn head toward bright colors and lights.
- move both eyes together in the same direction
- respond to loud sounds by startling or crying
- grasp rattles or hair
- wiggle and kick with legs and arms
- smile when you smile at her and make cooing sounds

By around 6 months, watch for your baby to:

- turn towards sounds
- reach for objects and pick them up
- roll from stomach to back
- move objects from one hand to the other
- play with his feet and toes
- recognize and respond to familiar faces
- babble saying “babababa” or “mamama” or “dadada.”



By around 9 months, watch for your baby to:

- look to the floor when something falls
- sit without support
- make sounds to get attention
- stand with support and use legs to bounce

By around 12 months, watch for your baby to:

- pull himself to a standing position
- crawl or find some way to get to toys she wants
- wave bye-bye
- put objects into a container and stack two blocks
- hold a crayon and make marks

By around 18 months, watch for your baby to:

- push, pull, and dump things
- follow simple directions like “bring the ball, please”
- pull off shoes and socks
- look at pictures and short books
- feed herself finger foods
- use 8 to 10 words that are easy to understand
- walk without help

By around 2 years, watch for your child to:

- use 2 to 3 word sentences
- say names of toys
- recognize familiar pictures
- carry an object while walking
- feed himself with a spoon
- play by herself for short periods of time
- imitate parents' actions
- identify hair, ears, and nose by pointing
- build a tower of four blocks
- show affection

By around 3 years, watch for your child to:

- walk up steps using alternating feet
- use the potty
- put on shoes and socks
- open doors
- turn one page at a time
- play with other children for a few minutes
- repeat common rhymes and use 3-to-5 word sentences
- name at least one color correctly

By around 4 years, watch for your child to:

- balance on one foot 4 to 8 seconds
- jump up and down
- dress and undress with little help
- cut straight with children's scissors
- wash hands alone
- play simple group games
- ask questions beginning, "What, where"
- know his first and last name
- show many emotions

By around 5 years, watch for your child to:

- skip
- catch a large ball
- bathe and dress himself
- speak clearly
- know how to count 5 to 10 objects
- draw a body with a least 5 parts
- print a few letters and copy familiar shapes



1-6 Developmental Warning Signs

These early warning signs are some common indications that a problem may exist. If for any reason you think your child may have a problem, talk to your doctor right away.

Seeing... if your child:

- sometimes or always crosses one or both eyes
- has a red, watery, or crusty eyelid
- holds his head in a strained way when trying to look at something
- rubs her eyes or complains that her eyes often hurt
- can't find and pick up small objects that have been dropped



Talking... if your child:

- can't say "Mama" and "Da Da" by age 1
- can't say the names of a few toys and people by age 2
- can't repeat simple rhymes by age 3
- is not talking in short sentences by age 4
- is not understood by people outside the family by age 5

Playing... if your child:

- does not play games like peek-a-boo, patty cake, or wave bye-bye by age 1
- does not imitate parents doing household chores by age 2
- does not enjoy playing alone with toys by age 3
- does not play group games with other children by age 4
- does not share and take turns by age 5

Thinking... if your child:

- does not react when you say her name by age 1
- can't point to his hair, eyes, nose and mouth by age 2
- does not understand or enjoy simple stories by age 3
- does not understand simple questions like "What do you do when you are sleepy or hungry?" by age 4
- does not understand the words, "today," "tomorrow," and "yesterday" by age 5

Pay attention to your child, watch your child.

Know what she can do!

Hearing... If your child:

- does not turn to face the source of sounds or voices by 6 months.
- often has earaches or a runny nose.
- talks in a very loud or very soft voice.
- does not respond when you call from another room.
- often turns the same ear toward a sound she wants to hear.

Moving... If your child:

- can't sit up by himself by age 1.
- does not walk by herself by age 2.
- can't walk up and down steps by age 2.
- can't stand on one foot for a short period of time by age 4.
- does not throw a ball overhand or can't catch a ball bounced to him by age 5.

For More Information or Assistance Contact:

All residents with children 0-3 years

Early Intervention, Erie County Care Management
(814) 528-0600

County residents with children 3 years and above

Early Intervention, NW Tri-County Intermediate Unit (IU5)
(814)734-5610 or 1-800-677-5610

City of Erie residents with children 3 years and above

Early Intervention, School District of the City of Erie
(814) 874-6155



Nutrition

2-1 Why Breastfeed? Breast Milk is the Best Milk!

- Breast milk is the ideal food for your baby. It has the right balance of nutrients.
- Your breast milk is perfect for your baby! It is the most easily digested food your baby can receive.
- Breast milk can help your baby fight against an ear infection, a cold, coughing virus, or stomach flu.
- Breast milk has special fats for your baby's eyesight and for his or her brain to grow.
- Breastfed babies have a lower chance of getting allergies and asthma.
- Breastfeeding encourages a close bond between you and your baby.
- Your baby can be easily calmed by being put to your breast.
- Breast milk is always available and at the right temperature, especially for night-time feedings and when away from home.
- Breast milk doesn't need mixing and is free!
- Breastfeeding will help you lose weight and get back into shape.
- You can go back to work and keep breastfeeding by pumping and storing your breastmilk.
- Breastfeeding is the only nutrition your baby needs for about 6 months.
- You can continue to breastfeed, even when your baby is eating solid foods, for 1 year or as long as you decide.
- Breast milk is still the best milk for your baby, even if you can only breastfeed for a short time or part-time.



Breastfeeding Tips

- Newborn babies should breastfeed about 8 to 12 times a day.
- Breastfeed for about 10 to 20 minutes each time.
- At least 6 wet diapers a day tells you that your baby is feeding good.
- Most babies will cut back to breastfeeding about 4 to 6 times a day by 4 months.
- Do not drink alcohol or smoke while pregnant or breastfeeding.
- Check with your doctor before taking any medicines. These can affect your baby!

For Breast-feeding information, education and support contact:

- La Leche League 814-240-9809 or 814-440-1502
- St. Vincent Health Lactation Services: "Warm Line" 814-452-7732
- UPMC Hamot Lactation Services: Daytime 814-877-6722 or Evening "Calm Line" 814-877-8400

2-2 If You Decide to Bottle-feed

- Bottle-feeding your pumped or expressed breastmilk is the next best way to give your baby the Best Milk!
- Commercial infant formulas can provide good nutrition, if you do not breastfeed your baby.
- But, infant formulas can't help your baby fight against an infection or sickness.
- Check with your baby's doctor to see which infant formula you should feed your baby.
- **Never warm your baby's bottle in the microwave because it can heat unevenly.**
- **DO NOT give your baby cow's milk until he or she is 1 year old.**
- Hold your baby close to you when you feed his/her bottle of breastmilk or formula.
- **DO NOT prop the bottle up or put your baby to bed with a bottle. This can cause your baby to choke!**
- Ear infections and tooth decay can happen when you put your baby to bed with a bottle.
- **DO NOT start feeding your baby solid foods (baby cereal or baby food) until 6 months of age!**
- Your baby is ready to eat solid foods from a spoon when he/she can sit with support, hold up their head up, and push up with their elbows when lying on their tummy. They will also be able to close their lips around a baby spoon.
- DO NOT give cereal or other baby foods in a bottle or infant feeder.
- Begin with baby cereal mixed with breastmilk or formula on a baby spoon.
- Once your baby has cereal for 2 to 3 weeks, offer Stage 1 meats, fruits and vegetables.
- Give your baby one new food at a time, not mixtures, for 5 to 7 days before adding another new food.
- Start with 1 to 3 baby spoons at first, then slowly give more, up to 1 Tablespoon of each food.
- Once baby is eating 1 Tablespoon of each Stage 1 food, then give Stage 2. Stage 3, Graduate or mashed table foods can be started at 8 to 9 months of age.
- At 10 months, finely chopped table foods and finger foods that melt in the mouth, can be offered. Your baby will be trying to feed himself/herself with their fingers or a spoon.
- Begin using a sippy cup, at 8 to 9 months for breastmilk or formula, so your baby can be off the bottle by 1 year old.

My baby depends on me for love and comfort.

2-3 Good Nutrition Makes a Difference

- Remember-breast milk is the best milk! If you do not breastfeed, your baby needs commercial infant formula until 1 year of age.
- Cow's milk does not provide the right nutrition for your baby before 1 year of age.
- From birth to about 6 months of age, be sure your baby is breastfeeding or taking infant formula every 2 to 3 hours. You will know when he or she is hungry!
- At about 6 months, you may want to begin solid or baby foods. Be sure your baby is ready! If he or she doesn't seem to want a baby spoon, by pushing it out with their tongue, they are not ready for solid (or baby) foods. Be patient! Forcing a spoon or putting cereal and baby foods in a bottle can cause choking!
- Do not buy solid (or baby) foods that have added sugar (names of desserts) or mostly rice, pasta, or potatoes with meat combinations.
- Do not add salt, sugar, margarine, butter or oil to baby foods.
- From 6-8 months of age, continue breastfeeding or giving formula every 3 to 4 hours with solid (or baby) foods at 3 meals.
- Do not give 100% fruit juice until 6 months and no more than 6 ounces a day. Give diluted 100% juice in a sippy cup, instead of a bottle, with a meal. Juice is NOT necessary for babies.
- From 8 to 12 months of age, be sure your baby has: breastfed 4 to 5 times a day or takes 24 to 30 ounces of infant formula a day with 3 meals and 2 snacks plus a feeding before breakfast and at bedtime.
- Healthy babies need little or no extra water. Ask your baby's doctor about giving him/her water.
- Wean your baby off his or her bottle by 1 year of age.
- Do not give your baby sugar-sweetened drinks, tea, or coffee. They can slow down your baby's growth if given instead of breastmilk or infant formula.
- Offer a wide variety of foods for good eating habits as they grow! Don't limit your baby's food choices to just the ones you like.
- By giving your baby the right nutrition, when he or she is ready, you can have a healthy baby!

You are a role model.

Your child will imitate your behavior, good or bad.

2-4 Starting Solid Foods

After 6 months old, your baby may be ready for solid foods. Ask your doctor about recommendations for starting solid food. The following chart shows when foods are usually introduced during the first year.

Birth to 1 year	Breast milk or iron-fortified formula
At 6 months	Strained meats, cooked egg yolk, plain yogurt, fruit juice diluted with water - from a cup (with help) Infant cereal from spoon. Strained fruits and vegetables.
At 7 months	Mashed or ground meats, mashed cooked vegetables and fruits, cottage cheese
At 8 months	Finger foods that melt in the mouth (graham crackers, infant cookies) cooked vegetables, peeled soft fruits, small tender pieces of meat, pieces of cheese
At 10 months	Finely chopped table food, beans, bread, chunks of cheese, noodles, fish
At 1 year	Whole milk (no skim or reduced fat), whole egg, completely off bottle

**Call your local WIC (Women, Infants, Children)
Program for more nutrition information
WIC: 814-453-5747**



2-5 First Birthday and Beyond

- Your baby has now become a toddler! Be sure he/she has 3 meals and 2 to 3 snacks a day.
- Provide healthy foods at meals and snacks, such as: lean meats, chicken, fish, whole grain breads and cereals, fruits and vegetables, cheese, yogurt and whole milk until 2 years old.
- Toddlers, or 1 to 2 year olds, need to eat 2 ounces of Protein Foods, 3 ounces of Grains, 1 cup of Fruits, 1 cup of Vegetables and 2 cups of Dairy every day.
- Limit 100% fruit juices to 4 to 6 ounces a day.
- Infants and toddlers should not eat hard, small or whole foods, such as popcorn, nuts, seeds, hard candy, corn, raw carrots, raisins and chips because they are easy to choke on while eating.
- Cut-up hot dogs and grapes into smaller, wedge-size pieces. Your child's throat is only about the size of a nickel!
- Do not give any kind of honey, since it can cause food poisoning in children.
- Do not force your toddler to eat everything on his/her plate when they are NOT hungry. This teaches your child to eat just because the food is there, not because he/she is hungry.
- Toddlers DO eat less and can be picky eaters. Save their milk for the end of the meal, after they are done eating.
- Fat should not be limited, since toddlers need fat and calories for their brains to develop and for growing. Do not cut down on fat, unless your child's doctor tells you to do so. They should NOT drink skim/fat-free or low-fat milk until after 2 years old.

Your child's job is to learn about the world around him.

Health and Safety

3-1 Keep Me Safe!

The six greatest dangers to your baby

- Choking
- Drowning
- Falling
- Burns
- Poisoning
- Suffocating and Strangling



Newborns

- Always carefully support your newborn's head and neck.
- Protect the soft spot on your baby's head.
- Trim your baby's fingernails often to protect your baby from scratches.
- Wash your hands! Hand-washing is the greatest defense against illness.
- Never, never, never, shake your baby! Shaking can cause brain damage or possibly death.
- Never sleep with your baby - ANYWHERE.
- Do not place items in the baby's sleep area.
- Place baby on their back to sleep

Put the Poison Center number into your phone: 1-800-222-1222

Learn Infant & Child CPR and the Infant Heimlich Maneuver.

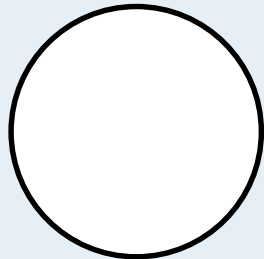
American Red Cross

Erie Chapter: 833-0942 • Corry Chapter: 663-2394

In an emergency, call 911

***Nothing can replace supervision!
And nothing can replace your child.***

If an object fits in this circle your child may choke on it. Or use a toilet paper tube to determine if a toy or object is too small for a baby or toddler to play with. If an object can fit through the tube, it can fit down a child's throat – posing a serious choking risk.



3-2 Home Safety Checklist

Here is a checklist of some things you can do to make sure your house is a safe place your baby can explore.

At Home

- Go room by room and have your home ready before your baby starts crawling. Crawl around your home to see it the way your child sees it. Check it again when he starts to pull up on furniture.
- Check for furniture/appliances/television tipping hazards. Make sure to use mounting hardware.
- Keep anything your baby could choke on out of reach. If the object is smaller than her hand, your baby could choke on it.
- Keep anything that could poison your baby out of reach and locked up. This includes medicines, cleaning products, perfume, mouthwash, and even baby vitamins. Keep purses out of reach.
- Keep matches and lighters away from children.
- Do not put beds or cribs near windows. Install safety latches on second story windows to prevent falls.
- Use approved safety gates and maintain railing systems according to building and safety codes.
- Make sure cords from blinds or curtains are out of reach of your baby's crib.
- The slats on cribs should be no more than 2 3/8 inches apart.
- Throw away teething rings, pacifiers, and bottle nipples if they are sticky or cracked.
- Keep the temperature on your water heater at 120 F and always check the water temperature before placing your child in the tub.
- Put non-skid bath mats on the tub and bathroom floor.
- Do not leave children unattended near buckets of water, bathtubs, toilets, swimming pools or ponds.
- Keep plastic bags out of reach to avoid suffocation.
- Never leave children alone with pets.
- Cover electrical outlets and check cords. Make sure lamps can't be pulled off onto children.
- Lock away all guns and other weapons. Install trigger locks. Store ammunition and guns separately.
- Children should not be left alone while eating, and should not be allowed to play with small objects.

In the Kitchen

- Turn pot handles to the back of the stove.
- Do not hold your baby while you're cooking.
- Keep hot foods and liquids away from the edges of the tables and counters.
- Don't use tablecloths, which children can easily pull off the table.
- Install cabinet latches.
- Always check temperature of foods and drink, especially if microwave was used.

In the Water

- Always have your child in your sight, in and around the water.
- Do not rely on swimming aids.
- Always have your child wear a life jacket.
- Never allow him to swim if you hear thunder or see lightning.
- Don't ever entrust your child's safety in the water to another child.



Take an approved water safety class and know CPR! Contact the YMCA of Greater Erie for information on CPR and water safety classes
Downtown 452-3261 • County 734-5700 • Glenwood 868-0867 • Eastside 899-9622
For more safety information contact LECOM Safe Kids Erie: 814-868-2573

3-3 On the Road

Child Safety Seat Guidelines

- **Rear – Facing:** For the best possible protection, secure children in a rear-facing child safety seat until 2 years of age or until the maximum weight or height allowed by the manufacturer of the car seat. Children younger than 1 year should always ride in a rear-facing car seat. Never place a rear-facing car seat in the front seat with an active passenger side air bag.
- **Forward – Facing:** When children outgrow the rear-facing child safety seat, secure them in a forward-facing child safety seat with a harness for as long as possible, up to the highest weight or height allowed by the manufacturer of the car seat.
- **Belt – Positioning Booster Seat:** Once children outgrow the forward-facing child safety seat, secure them in a belt-positioning booster seat until the vehicle lap and shoulder belts fit properly, typically when the child is approximately 4 feet 9 inches in height and between 8 and 12 years of age.
- **Seat – Belt:** When children outgrow their belt-positioning booster seat, secure them in a properly fitted lap and shoulder belt. A lap and shoulder belt fits properly when the lap belt lays low and snug across the hips/upper thighs and the shoulder belt fits across the center of the chest and shoulder. Wear the seat belt correctly, not behind the back or under the arm. All children under age 13 should ride in a back seat.

When traveling with your baby, pack a diaper bag with food (bottles), diapers and wipes, two changes of clothes, and a couple of extra plastic bags to put soiled items into each time you leave the house. When traveling with older children, toys, books, tapes with children's stories and songs can help make any trip more pleasant.

For more information on securing your child in a car, call Traffic Injury Prevention Project (TIPP): 1-800-227-2358 or Union City Family Support Center: 814-438-7550

PennDOT Yellow Dot: This program was created to assist citizens in the "golden hour" of emergency care following a traffic crash when they may not be able to communicate their needs themselves. The kit consists of a yellow dot sticker alerting emergency personnel a passenger is on board with a medical condition or special needs. For more information on Pennsylvania's Yellow Dot program or to request a kit, visit www.YellowDot.pa.gov. You can also find locations where you can pick up program kits.

3-2 Squeaky Clean

Keeping your baby clean helps to keep her healthy.

Umbilical cord care

It's important to follow your physician's advice.

- The dried cord will usually fall off by itself in about 2 weeks, but it can take much longer. Check with your doctor. Do not pull on the dried cord.
- Give your baby sponge baths until the cord falls off.
- Fold the diaper down so that air can get to the cord. The air will help to dry and heal the cord.

Diaper area

- Change your baby often to keep him dry.
- Take special care after a bowel movement to clean the folds and creases.
- Wipe girls from front to back.
- Do not use baby powder.
- If your baby boy is circumcised, give him sponge baths until his penis heals.
- Uncircumcised boys should be gently washed as usual. Do not pull the foreskin back to clean until healed.
- Check with your doctor if a diaper rash appears.



Wash Your Hands....

- Before handling food
- Before feeding a baby or child (including breastfeeding)
- After handling or touching pets
- After coming in contact with any body fluids
- After using the toilet or helping your child to use the toilet
- After handling garbage or soiled diapers
- After covering a cough or sneeze or blowing your nose
- When they are dirty

Hand washing is the most effective way to stop the spread of germs

1. Use soap and warm water
2. Rub hands together for 12-20 seconds
3. Rinse under running water and dry
4. Use hand-sanitizer if soap and water are not available.
5. NEVER use hand-sanitizer on a baby's hands.

Bathing

Bath time is a wonderful opportunity to love your baby. Talk and sing to her. Make it a special time! Always make sure to clean behind her ears and neck and under her chin where milk and spit-up can collect. Clean the folds of the skin and make sure baby is dry.

- Get all the items you'll need together beforehand.
- Check the water temperature. It should feel warm on your wrist.
- Start with the cleanest part of the body – the face.
- Use clear water to clean her eyes and face.
- Use a washcloth to wet her hair. Lather a small amount of shampoo and rinse with the washcloth.
- Never leave your baby alone in or near water!
- Never leave your baby alone on a flat surface – even newborns need constant supervision before, during and after bath time.



Sponge baths

- Keep your baby dressed during a sponge bath so that she doesn't get cold.
- Uncover only the parts you are washing.

Tub baths

- Use a baby tub or put a thick towel in the bottom of the kitchen sink.
- Put about 2 inches of warm water in the tub (that's about up to your second knuckle.)
- When your baby can sit by herself, you can use the "big" tub. Water to cover her diaper area is enough.

Cradle cap

- Cradle cap is a normal condition of infancy.
- Prevent cradle cap by keeping your baby's head clean, especially on the top of her head where cradle cap often forms.
- Treat cradle cap by shampooing hair daily with a gentle shampoo and use a soft brush to gently scrub the scalp.

***I love my baby for the person she is,
not for what I want her to be.***

3-3 Medicine Chest Musts

It's a good idea to keep these things on hand, but locked up.

Be sure to call your doctor for instructions before you use any of these.

- Acetaminophen (Tylenol®, Tempra® etc.)
- Bulb syringe (nasal aspirator)
- Saline nose drops
- Thermometer

Poison Control
1-800-222-1222



Call the doctor if your baby...

- Has a rectal temperature higher than 100.4 or lower than 97.
- Is not eating like she normally does.
- Is not wetting at least 6 diapers a day.
- Has an extremely sunken or bulging soft spot on the top of her head.
- Is sleeping all the time and is not alert when she is awake.
- Is waking up at night more often.
- Is vomiting forcefully or often.
- Has severe diarrhea.
- Is not gaining weight.

Get to know your baby's doctor.

3-6 I feel "Hot"

Take your baby's temperature only if you think she has a fever. You can take your child's temperature several different ways. Talk to your child's doctor for recommendation on how to obtain your child's temperature. Always be sure to have the right kind of thermometer for the kind of temperature you are taking. For ease of reading, use a digital thermometer. Read the instructions that came with your digital thermometer for exact instructions on how to use it.

3-7 When Do Babies Need Vaccinations?

There is no medical research that shows vaccines cause autism.

At birth	HepB
2 months	HepB (1-2 mos) + DTaP + PCV13 + Hib + Polio + RV
4 months	HepB + DTaP + PCV13 + Hib + Polio + RV
6 months	HepB (6-18 mos) + DTaP + PCV13 + Hib + Polio + RV + Influenza (6-18 mos)
12 months and older	MMR (12-15 mos) + DTaP (15-18 mos) + PCV13 (12-15 mos) + Hib (12-15 mos) + Chickenpox (12-15 mos) + HepA (12-23 mos) + Influenza

Check with your doctor or nurse to make sure your baby is receiving all vaccinations on schedule. Many times vaccines are combined to reduce the number of injections. Be sure to ask for a record card with the dates of your baby's vaccinations; bring this with you to every visit.

Here's a list of diseases your baby will be protected against:

HepB: hepatitis B, a serious liver disease

Polio: polio, a serious paralyzing disease

DTaP: diphtheria, tetanus (lockjaw), and pertussis (whooping cough)

PCV13: pneumococcal conjugate vaccine protects against a serious blood, lung, and brain infection

Hib: Haemophilus influenzae type b, a serious brain, throat and blood infection

RV: rotavirus infection, a serious diarrheal disease

Influenza: a serious lung infection

MMR: measles, mumps, and rubella

HepA: hepatitis A, a serious liver disease

Chickenpox: also called varicella

****If you do not have health insurance, immunizations are free through the Erie County Health Department for children ages 2 months – 18 years. Call 814-451-6777 or 1-800-352-0026 for more information. Go to: www.immunize.org and www.cdc.gov for more information.***

3-6 Well-Baby Checkups

It is important to take your baby for check-ups when she is well, before she becomes sick! Well-baby check-ups are a good time to talk to your baby's doctor about development and your child's health. They are helpful in preventing diseases and finding problems early.

- At the first visit, family history on allergies and diseases will be recorded.
- Your doctor will want to know your baby's habits: how long does she sleep? What does she eat? How many diapers does she wet each day?
- Your baby will be weighed and measured at each visit to make sure he is growing properly.
- His vision, hearing and reflexes will be tested and his eyes, ears, nose, mouth, genitalia, lungs and abdomen will be checked.

Plan these visits to the doctor

It is very important that you get your baby's shots on time. Many times well-baby check-ups and shots can be done at the same time. Keep your baby healthy. Take your baby to the doctor for check-ups when he is:

- 2 weeks
- 2 months*
- 4 months*
- 6 months*
- 9 months
- 12 months*
- 15 months*
- 18 months*
- 2 years*
- 3 years*
- 4 years*
- 5 years*
- 11 years*



**Your child will get immunization shots at the visits that are marked with an asterisk.*

**You may be eligible for free or low cost
health insurance for your child with CHIP!
Call 1-866-727-5437 (Central PA Highmark)
for more information.**

3-9 Building Healthy Teeth and Gums



Brush, Floss, Swish

- Everyone should brush their teeth for two minutes, two times a day (after breakfast and before bed). Be a role model for your child!
- Clean your baby's gums and teeth with a moist gauze pad or thin wash cloth each time she eats or drinks.
- Use a smear or "rice-sized" amount of fluoridated toothpaste for children under three; no more than a "pea-sized" amount should be used for children ages three to six.
- Use a soft tooth brush to brush all sides of each tooth. Floss teeth at least once a day to remove food and germs stuck between teeth. Begin flossing a child's teeth when the teeth touch.
- When brushing is not possible, after eating rinse your mouth with water. Swish the water around your mouth and then swallow it. Children can usually swish and swallow at about age 3.
- An adult should assist a child with brushing until they can tie a shoe lace, between 6 to 8 years old.

Water and Tooth Healthy Foods

- Do not put your baby to bed with a bottle. Sugary liquids, including juices, milk and formula can cause cavities even before you can see teeth in your baby's mouth!
- Ask your pediatrician about using fluoride when your baby is 6 months old, especially if you breast-feed.
- Brush your child's teeth after eating meals and snacks and before bedtime.
- Water is the best drink to keep your teeth and body healthy.
- Water may contain fluoride a natural mineral that helps prevent cavities.
- Tooth healthy foods and drinks are low in sugar and high in fiber and nutrients, such as fruits, vegetables, cheeses, meats and beans, and whole grain breads and pastas.
- Eating tooth unhealthy foods creates an acid that attacks teeth.
- Continual snacking on tooth unhealthy foods or drinking juice or soda causes repeated acid attacks which cause cavities.
- It is important to have meals and snacks at regularly scheduled times. This reduces the number of acid attacks on teeth.

Going to the Dentist

- The dentist or a medical provider should check children's teeth by the first tooth or first birthday.
- Young children may get fluoride varnish to strengthen teeth and help prevent cavities.
- Everyone should have regular dental checkups; follow your dentist or medical provider recommendations for checkup schedules.
- Protect your child's teeth from injury. When riding a bicycle, skateboard, skates, or playing sports, have your child wear a helmet and mouth guard.

Resources: www.cavityfreekids.org; American Academy of Pediatric Dentistry: "Guideline on Infant Oral Healthcare"

Community Health Net – Dental Office Hours

Monday – Saturday 7:30am to 5:30pm Sunday 8:00am – 11am

3-10 Lead Poisoning

Lead poisoning can cause learning and behavioral problems, brain and organ damage, speech delays, lifelong poor health, and even death. You can prevent lead poisoning by knowing these common sources of lead. A child is at his/her highest risk for lead poisoning between birth and 6 years of age.

Lead-based paint

- Eating cracked, chipped or peeling lead-based paint is a common lead source for infants. Do not allow children to chew on painted surfaces.
- Check cribs, highchairs, window sills, and other painted surfaces for lead-based paint.
- Clean windows with soap and water to remove loose paint and dust. Household dust can contain small pieces of lead from paint chips or tracked-in dirt.
- Do NOT try to remove lead based paint yourself. Removing lead based paint improperly can increase the danger to children in the home.
- Contact a lead certified contractor to identify and perform proper remediation of the affected areas.

Lead dust

- Lead dust comes from deteriorating lead-based paint and lead-contaminated soil that get tracked into your home. This dust has the potential to build up to unsafe levels. Normal hand-to-mouth activities, like playing and eating, move that dust from surfaces like floors and window sills into the body.
- Dust with a dampened cloth in order to reduce the amount of lead hazards.
- Take your shoes off at the door to prevent soil and dust from being brought into the house.
- Thoroughly rinse sponges and mop heads often during cleaning of dirty or dusty areas, and again afterward.

Food

- Wash fruits and vegetables before eating them.
- Do not store juices or food in open cans.
- Remove and throw away the outer leaves of lettuce and cabbage.
- Do not cook or serve foods in ceramic ware made outside of the United States.
- Avoid fatty foods and eat nutritious meals high in iron and calcium. Children with good diets absorb less lead.

Check your family for lead

- Children's blood lead levels tend to increase rapidly from 6 to 12 months of age, and tend to peak at 18 to 24 months of age.
- Consult your doctor for advice on testing your children. Blood tests are usually recommended for: Children at ages 1 and 2; Children or other family members who have been exposed to high levels of lead; Children who should be tested under your state or local health screening plan

More information on the health effects of lead is available by calling 1-800-424-LEAD or at www.leadfreekids.org

Contact the Erie Redevelopment Authority for more local information and to see if you qualify for our lead hazard control program, which may be able to provide financial assistance to help reduce lead hazards in your home.

814-870-1540 • www.redeveloperie.org

3-11 Back to Sleep/Tummy to Play

Sudden Infant Death Syndrome (SIDS) or “crib death,” is the sudden, unexplained death of a healthy infant under one year of age. Doctors do not know what causes SIDS, but there are a few simple things you can do to reduce the risk of SIDS.

- Healthy babies should be put to sleep on their backs for bedtime and naps.
- If your baby was born with a birth defect, often spits up after eating, or has a heart or lung problem, check with your doctor about which sleep position to use.
- Make sure your baby sleeps on a firm mattress. Don't use a waterbed, sheepskin, fluffy comforters or blankets. No bumper pads.
- Don't place stuffed animals or pillows in the crib with young infants.
- Babies should be kept warm, but they should not get overheated.
- Nothing in the bed but the baby.
- Do not sleep with your baby.

Prevent Flathead Syndrome

1. Rotate your baby's head to alternate sides each time you put the baby down to sleep. One time put him down with head facing right, next time with head facing left.
2. Keep baby off of the back of his head frequently during awake time.
3. Supervised “tummy time” is important for preventing head flattening and for optimal physical development. It is recommended that babies spend one half of their awake time in “tummy time” positions.

Here are a few guidelines for providing “tummy time” for your infant:

- Start providing tummy time as soon as your infant's cord falls off.
- Provide tummy time every day.
- Only put your baby on his or her tummy while they are awake.
- Always provide direct adult supervision during tummy time.

Different tummy time options:

- Laying on your chest, tummy to tummy
- Laying across your lap
- Propped up on your leg
- On the floor looking at you
- Snuggle your baby on your chest, sometime looking left, other times looking right
- On a firm, flat surface with a mirror or toys
- When diapering and dressing, roll him side to side to fasten the tabs and put on clothes
- After a bath, dry and massage her while she's laying on her tummy
- After each diaper change, roll your baby on his tummy to finish

**Visit: www.flatheadprevention.org/prevention
for more information about flathead prevention**

3-12 Don't Use Tobacco

If you smoke while you are pregnant you are putting your baby at risk for:

- Miscarriage or stillbirth
- Having a low birth weight or being born too soon
- Being born with breathing complications or respiratory disorders
- Developing learning or behavioral problems later in childhood
- Childhood leukemia, cleft palates and lips, cardiac problems, or meningitis

The Erie County Department of Health offers a variety of free cessation services including counseling and nicotine replacement therapy for pregnant women looking to quit smoking. To inquire about these services please call 814-451-6700. For phone cessation services please contact 1-800-QUIT-NOW. For online resources and cessation services please contact www.quitnow.net or www.smokefree.gov.

It is also important not to begin smoking again after pregnancy. Second hand smoke is also a danger to your baby. Play in smoke free areas and playgrounds. Ask family and friends to not smoke around your baby, even when you are outside. Secondhand smoke puts your baby at risk for:



- Frequent ear infections, colds, and coughs
- Higher risk of SIDS (Sudden Infant Death Syndrome)
- Higher risk of asthma, bronchitis, and pneumonia
- Developmental delays and learning difficulties

Additionally, no tobacco use should be permitted in a home or car where a child will be living, breathing, or playing. Third-hand smoke is the name for toxins and smoke left behind from cigarettes that stick to soft surfaces such as skin, hair, clothes, carpets, and furniture. Third-hand smoke can stay on unwashed surfaces for days, weeks, and even months. Low levels that are undetected by adults can build up rapidly in babies and infants. These toxins can be absorbed through your baby's skin as they breathe in these areas, crawl on these carpets, and touch these surfaces. *If you do smoke: never smoke in your home or car, or where your baby will play. Bathe before holding your baby and wash clothes after smoking.* Your baby is the best reason to be smoke free.

***Now is a great time to quit smoking –
for you and your baby!***

As Your Child Grows

4-1 Potty Training

- Potty training should not be stressful. Keep these things in mind when you're toilet training your toddler.
- Don't be in a hurry to start training. You cannot make your toddler use the potty. Training usually begins between 2 and 4 years of age.
- Make sure your child can tell you that he needs to use the potty. Remember, new disposable diapers keep wetness away from your baby so she may not even know when she is wet.
- Your child needs to be able to quickly and easily remove his clothes. Buttons, zippers, and too much clothing can be an obstacle.
- Potty training is for your child, not for you. She is gaining independence from you.
- Your child is unique. Potty training takes time. Be patient!!
- There will be many "accidents". Your child's body is growing and he may not have control over his bowel and bladder.
- Buy a small training toilet and let your child sit on it with his clothes on and with his clothes off.
- Always empty the potty in the toilet after each use, then rinse and clean the potty.
- Praise your child for attempts at using the potting, whether they are successful or not.
- Let your child pick out new "big kid" underwear and let her wear them. Most kids are uncomfortable in wet or soiled fabric underwear.
- Most children cannot stay dry at night. Have your child use the potty before bed and limit evening drinks.
- Your child may need your help using the potty if she wakes up during the night.
- Shortly after eating or drinking and after waking from a nap or a night's rest is a good time to put your child on the potty.
- Always wash your hands! Teach your child to always wash their hands after using the toilet!



Hand washing is the most effective way to stop the spread of germs

1. Use soap and warm water
2. Rub hands together for 12-20 seconds
3. Rinse under running water and dry

My child learns by trying and making mistakes.

4-2 Adjusting to Change

Throughout your child's life, especially in the years from birth to age 12, there will be many points at which your child enters a new setting away from home. These "separations" may be from home to childcare in a center or with a relative, to nursery school or a pre-k program or to kindergarten or first grade. Each of these times of change creates stress for your child, you, and the family. Therefore, it is important to plan activities to make these transitions a positive experience.

Prepare your child

- Bring your child with you to the new setting before you leave him there for care. Observe for yourself how your child fits in.
- Let your child play with toys and other children.
- Be positive and enthusiastic when you talk with your child about the changes that will occur as he goes to his new environment.
- Show your child where you will be while she is in care or school.
- Drive past the care site frequently with your child.

Prepare the caregivers

- Share information about your child and her family. Help the caregiver see your precious child through your eyes.
- Provide medical information, allergies, special needs, and likes or dislikes of your child. Describe how you handle routines at home.
- Answer any questions about your child fully and truthfully. This will help the staff better understand your child.
- Promptly provide all documents required for entrance: immunization records, physical exams, birth records, insurance information.
- Always write down important information or changes in your work routine. Leave names, phone numbers, special instructions and any other information required at the care sites.

Transition begins

- Try to arrive early for the first several days so you can help your child get comfortable in the new setting.
- Establish a daily arrival routine: sign in together, put belongings away, talk about items in the room. Try not to rush this routine.
- Let your child bring a favorite toy and a family photo. Even infants will enjoy a favorite blanket, pacifier, toy, and a large picture of the family.
- Telephone later in the day to check on your child's progress.
- Ask caregivers at the end of the day how your child is adjusting.



Every day

- Make sure the caregiver sees and greets your child.
- Always tell your child good-bye and give him a hug and kiss. Tell who will pick him up and when: “Daddy will pick you up after nap.”
- Be firm, but loving, at departure time. Good teachers will help your child become involved in activities.
- Establish a happy routine at drop-off and pick-up time.
- On the way home, encourage your child to talk about his day. You can talk about your day. Sing songs he’s learned and have fun.

***Give your child lots of hugs
while you tell him you love him.***

4-3 How to Find High Quality Child Care

Your child needs and deserves loving, high-quality attentive care from you and all other caregivers. There should be no difference in quality between unpaid and paid care.

It’s a good idea to look at several different types of childcare providers before choosing one. When you visit each place, look around and ask a lot of questions.

“Check with the Regional Licensing Office”

The Pennsylvania Department of Human Services Office of Child Development and Early Learning (OCDEL) is responsible for the licensing of child-care centers and group day care homes, and the registration of family day care homes. At least once a year, the Regional Child Development Office inspects child-care centers and group day care homes and, on a random basis, inspects family day care homes that serve four to six children. The Department of Human Services (DHS) is also responsible for investigating complaints about child-care facilities.

Contact the Regional Child Development Office at 1-800-222-2149 for information on the status of any child-care provider’s license or registration certificate. The regional office can also provide information on the results of the latest inspection, any non-compliance issues and the resolution of any reported complaints.

Keystone STARS

Keystone STARS is a continuous quality improvement program that is available to all regulated child care providers. Regulated child care providers include licensed child care centers and group day care homes and registered family day care homes. Keystone STARS has four STAR levels. Each STAR designation has its own research-based performance standards. Quality ratings are based on four areas.

1. **Staff education**—early childhood educators have the training and knowledge to interact properly with children.
2. **Learning environment**—program has appropriate materials for a variety of ages and provides opportunities for children to learn on a daily basis.
3. **Leadership and management**—a well-run business has policies and plans in effect to not only optimize safety, but also for parents to know what will happen in certain situations.
4. **Family and community partnerships**—Parents and community stakeholders are encouraged to offer ideas and feedback regarding the learning program.

After enrolling in the Keystone STARS initiative an early learning program can work its way to a STAR 1, STAR 2 and STAR 3 level until it becomes a top-rated STAR 4 program. As a program moves from STAR 1 to STAR 4, the requirements in the above areas increase.

To learn more about Keystone STARS or to find a Keystone STARS participant:

1-800-860-2281 or www.pakeys.org
Child Care Information Services (CCIS) at
(814) 451-6678 or 451-6676
or go to www.papromiseforchildren.com



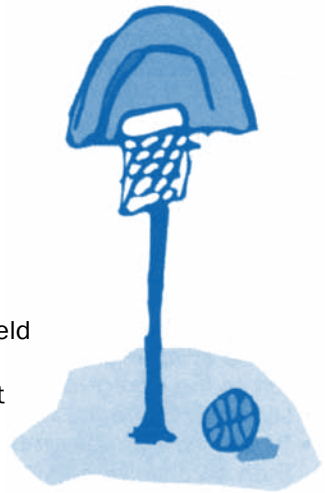
Child Care Quality Indicators

- Emotionally nurturing environment
- Healthy snacks and/or meals
- Plenty of educational and play materials
- Organized program of activities
- Clean kitchen, bathrooms, and diaper changing areas
- Good personal hygiene practices
- Childs developmental needs are met
- Proper child-staff ratios

Red Flags

If you see these warning signs in your child, you may want to consider other options for your children.

- Lots of crying children
- Children not comforted when crying
- No noise at all
- Constant runny noses
- Children left alone
- Children constantly fighting over toys
- Lots of sitting with nothing to do
- Few toys and materials
- Broken furniture, toys, materials
- Unpleasant odors always present
- Trash overflowing
- Babies being put to bed with bottles
- Bottles propped for children who are not held
- No license
- Families not welcome without appointment
- Adults raising their voices
- No positive interaction
- Children not wanting to stay
- TV /DVD/Video or computer games being used frequently
- Children expected to sit at tables much of the time



Ask these questions of the child-care center...

- **Regulations:** Are they posted in a public place? Copies of regulations may be obtained by calling the Regional Child Development Office.
- **License or certificate of compliance:** Is the current license or certificate posted?
- **Parental visiting:** Are parents encouraged to visit their children? Are parents always welcome?
- **Small groups:** How large are the groups? How many children is each teacher responsible for?
- **Indoor play area:** How large is the play area?
- **Outdoor play area:** Are children taken outside to play each day? Is the playground safe? Are the children supervised?
- **Discipline policy:** How will your child be disciplined?
- Do they participate with Keystone STARS?

For information about childcare and child-care providers, call Child Care Information Services (CCIS) of Erie County.

Subsidy Information: 814-451-6580 / 1-877-288-2022

Resource & Referral: 814-451-6678 or 814-451-6676

www.compass.state.pa.us and scroll down to the bottom right of the page under Provider Search or try www.earlylearninggps.com

4-4 Preparing Your Child for School

“School readiness” means your child has the skills needed to be successful in school. He should be ready physically, socially, mentally, and emotionally, and be eager to learn.

A child’s success in school depends on the skills he or she learns by age 6. Infants and toddlers who receive good nutrition, see their doctor regularly, and who are helped to learn by playing at home and with other children enter kindergarten and first grade with the tools and the positive self-image they need to learn.

Schools use different methods to measure readiness. Contact the school your child will be attending at least one year before you expect your child to start to see what they consider “ready.”

In general, most children entering kindergarten or first grade should be able to:

- Throw and catch a large ball.
- Broad jump with both feet.
- Run without falling.
- Take part in class discussions.



- Eat snacks neatly.
- Wash and dry hands.
- Know a few ways to try to settle arguments.
- Name basic colors.
- Know that in school, children are expected to do what teachers ask.

Kindergarten Readiness Checklist

Erie Together's Kindergarten Readiness Checklist aligns with the PA Learning Standards for pre-school children and outlines important skills so that children are ready to learn when they enter kindergarten. During a child's early years (birth to age 5), it is vital that families and child care providers help children prepare for school and a successful future. This checklist helps parents know what is expected of kindergarten students so that they can work at home to ensure their child has a bright future.

To print a copy of the Kindergarten Readiness Checklist
visit www.erietogether.org/kindergarten-readiness or call or email us
to request a copy (info@erietogether.org call 814-456-2937).

My Path to Kindergarten Chart

The My Path to Kindergarten progress chart is a fun way for children and families to track kindergarten readiness skills. The chart aligns with the Kindergarten Readiness Checklist and PA Learning Standards for pre-school children and provides a fun, interactive way for children to get excited about learning new skills. Color the boxes as your child learns new skills on the path to kindergarten.

To print a copy of the My Path to Kindergarten chart,
visit www.erietogether.org/K-ReadinessProgressChart or call or email us
to request a copy (info@erietogether.org call 814-456-2937).

A good way to prepare your child for formal schooling is to enroll him in a pre-school program.

**For information on how to
enroll your child in a preschool program,
call Child Care Information Services (CCIS) at 814-451-6676.**

Pennsylvania Pre-K Counts

Pennsylvania Pre-K Counts, established by the Pennsylvania Department of Education, is bringing quality half-day and full-day pre-kindergarten to 3 and 4 year olds in Pennsylvania. PA Pre-K Counts is free to qualifying families. (The portion of the day that is funded through Pennsylvania Pre-K Counts is free to families; the program provider may charge for additional portions of the day such as wrap-around care, etc.)

Each program offering PA Pre-K Counts classrooms will have their own guidelines, but PA Pre-K Counts is designed for children who:

- Are between age 3 and until they enter kindergarten;
- Are at risk of school failure, either because of income (300% of the federal poverty level, or a family of four earning \$72,750 (2015), language (English is not your first language), cultural or special needs issues.

If your child falls into these categories, you may be eligible to apply.

Pre-K Counts classrooms are in schools, Head Start programs, and child care programs with a Keystone STARS 2 or higher and licensed nursery schools. Pennsylvania Pre-K Counts classrooms will:

- Have teachers with the education and expertise to teach young children;
- Use a curriculum that will help your child grow, academically and socially;
- Regularly review your child's progress and choose teaching and learning activities that are best for your child;
- Help you and your child adjust to pre-kindergarten and smoothly move on to kindergarten;
- Offer a small class size (no more than 20 students per one teacher and one aide) so that your child can have plenty of one-on-one time with the teachers.

**To find a PA Pre-K Counts classroom near you,
contact Child Care Information Services at (814) 451-6676
or visit www.compass.state.pa.us and click on programs.**

Erie's Future Fund

Scholarships are available to help families send their 3 and 4 year old children to a quality early childhood education program for three half-days a week during the school year.

**For information on applying for a scholarship
and income eligibility requirements:**

www.eriesfuturefund.org

Day to Day

5-1 Developmental Assets for Infants

Support: Love and support from family, neighbors, caring adults, and others.

Empowerment: Children are placed at the center of family life. They have useful roles and live in safe environments.

Boundaries & Expectations: Infants and toddlers are provided with a routine schedule and limits are set both inside and outside the home environment.

Constructive Use of Time: Infants and toddlers are exposed to creative activities and their needs are kept in mind.

Commitment to Learning: Children are engaged in learning and stimulating activities. For example, parents are reading to their children for pleasure.

Positive Values: Family values consist of equality, social justice, health, honesty, and responsibility.

Social Competencies: Parents model positive and constructive interactions with others. Parents are also comfortable with cultural diversity.

Positive Identity: Parents create an environment where infants can develop self-esteem and a purpose. Parents also model coping skills and healthy ways to deal with challenges.

For more information visit: <http://www.search-institute.org/developmental-assets>

5-2 Setting Limits for Your Child

Setting limits means having rules, rewards, and consequences to help your child learn right from wrong. It is our job as parents to set up rules that are fair. Our children, on the other hand, must learn about the world by exploring and experimenting.

There are different ways of managing your child's behavior depending on her age.

Hitting, pushing, or pulling teaches your child:

- To feel small and helpless.
- Poor self-esteem.
- It's okay to hit people you love.
- Hitting is an acceptable way to express anger.
- To fear you, not respect you.

Try to do this instead:

- Set limits for your child.
- Earn your child's respect by using words.
- Ignore tantrums and whining.
- Distract your child with something else: toys, books, games, etc.
- Use time-out for your 2-to 6-year old, 1 minute for each year of age.

5-3 Time - Out

Rewards and praise

As parents it seems that the “bad” behaviors get the most attention. It is our job to make an effort to pay attention and tell our kids when we’re proud of them. Reinforce positive behavior with praise. This lets your child know that he’s doing the right thing. Be consistent with praise and rewards, too. A hug goes a long way. “I’m proud of you” are magic words.

In time-out, the child is sent to a quiet area to calm down or take a break from high activity. The child sits 1 minute for each year of age [a 2-year old sits for 2 minutes, etc.]

Use time-out wisely

1. Use a safe, non-threatening area of your house other than your child’s room.
2. Give the child one warning and tell him that next time he will be sent to time-out.
3. If the behavior continues, take the child to the time-out area.
4. Tell him again exactly why he is being sent to time-out.
5. Ignore all promises, arguments, and bargains. Stick to your consistent rules.
6. Use a timer to keep track of how long he will be in time-out.
7. Do not start the timer until he is quiet.
8. If the child leaves the time-out area, calmly take him back and begin the time-out again.
9. When time-out is over, allow the child back into the activities. Praise him for sitting in time-out quietly.

**For more information on time-out discipline strategies
visit www.thomasphelan.com**

“I’m proud of you” are magic words.



5-4 When Your Baby Cries

Don't worry, you can't spoil your newborn baby! Babies need to be cuddled and hugged!

A baby cries for many different reasons. She is not trying to annoy you, it's just her way of letting you know what she needs. There are a number of ways to calm her. Start with one soothing action at a time. If what you tried is not working, try something different.

WHY YOUR BABY CRIES	TRY THIS...
Hunger	Your baby is eating every hour if you are breast feeding her and every 2 hours if you are giving her formula. Even if it seems like you just fed her, she may be hungry again.
Gas Pains	Burp her. A baby suffering from gas sometimes needs help relieving the pressure. You can even lay her on her back and gently ease her legs up as if she's riding a bicycle.
Constipation	Use the bicycle technique or place her over your shoulder and push her feet up so she's in a squatting position. Call your doctor for advice.
Diaper is wet or soiled	You should change your baby's diaper about 6 to 8 times a day. She may have diaper rash.
Too hot or too cold	Make sure his clothes are appropriate for the climate. Dress your baby like yourself.
Sleepy	Rock your baby. Rocking is rhythmic and helps calm him enough to get him to sleep.
Lonely	Wrap your baby in a blanket and cuddle him. This helps your baby feel secure.
Over-stimulated <i>[Too much handling by too many people]</i>	Play soft music if the music is loud or turn it off. Put him in an infant swing or carrier or his crib to give him some quiet time alone.
Bored	Change his environment. Take him for a walk. If you're inside, go out.
Needs attention	Cuddle your baby. Talk and sing to him. He may just need to feel your touch or hear your soothing voice.

**Here are some other things
to try help soothe your baby:**

- Offer the baby a pacifier. Take the baby for a walk in a stroller.
- Take the baby for a ride in the car,
- Let the baby cry in the safety of his crib.
- If you must, close the door and go to another room to take a 10-minute break. Chances are your baby will calm herself! Even if he continues to cry, you'll be calmer and better able to take care of him.
- Cuddle him and rub his back.



**Babies can be frustrating sometimes.
It's normal to feel impatient or angry.**

**But no matter how you feel –
Never, never, never shake your baby!**

**Shaking your infant can
cause brain damage**

**or
death!**

***If you can't get your baby settled
and nothing is helping soothe your baby,
call your doctor!***

5-5 Take Time for Yourself

As you care for your new baby, don't forget to nurture yourself and your partner. Parenthood can make your relationship deeper and stronger-but not without effort.

Before your baby is born, life seems full. Babies take almost **ALL** your time, not just some of it. It is filled with stress, and if you let stress overcome you, you cannot be the good parent you want to be.

Here are a few tips to ease stress:

- Take a deep breath. And another. Then remember, you are the adult.
- Close your eyes and imagine you're hearing what your child is about to hear.
- Press your lips together and count to 10... better yet, 20.
- Put your child in a Time Out chair. Remember: one time- out minute for each year of age.
- Put yourself in a Time Out chair. Think about why you are angry: Is it your child or is your child simply a convenient target for your anger?
- Do something for yourself: play favorite music, exercise, take a shower.
- Change your activity: Shake a rug, do dishes or laundry, scrub a floor, beat a pillow.
- Sit down, close your eyes, think of a pleasant place in your memory for 4 minutes.
- Write down the 10 best things about yourself.
- Write down the 10 best things about your child.
- Take time for yourself: Ask your partner or trusted adult friend to watch the baby while you take a nap or go out by yourself.
- Take time as a couple: It's fun to enjoy your new baby as a couple but you need time to just be "the two of you" for a while.
- Identify the things that stress you out, so you can deal with stress effectively.

For information on parenting classes and resources call:

**Erie Family Center:
814-874-6990**

**Union City Family Support Center:
814-438-7550**

**Family Services of Northwestern PA:
814-866-4500**



5-6 Postpartum Depression

Information from *Depression During and After Pregnancy (A community collaboration toolkit for Pennsylvania providers)*. Pennsylvania Perinatal Partnership.

Every mother and every pregnancy is different but every mother needs support. If you or someone you know is experiencing depression during or after pregnancy, help is available!

Baby Blues: the baby blues are very common and often begin soon after the birth of the child. More than half of new mothers cry and feel overwhelmed, sad, angry, and nervous. Some women have a lot of ups and downs. The Baby Blues usually go away within two weeks. Let a healthcare provider know if the blues last more than two weeks. Take good care of yourself and ask for and accept help from others.

Depression: is worse than the baby blues and lasts longer. It can be treated with support, medication, taking care of yourself, and by talking with a counselor. The depression may begin during pregnancy, soon after pregnancy, or anytime in the year after birth. About one in ten mothers feel depressed from more than a couple of weeks.

Depression can be caused by physical changes related to pregnancy and child birth. Let your health care provider know if you experience any signs of depression and they will help you get the treatment that is best for you.

Postpartum depression: “PPD” for short – is a type of depression. PPD can happen any time in the first year after delivering a baby.

After delivery, mothers go through emotional changes because of a drop in chemicals in the body called hormones – this change can cause PPD.

Age, race and money do not determine a woman’s risk and PPD is not caused by something the mother did or didn’t do.

Use the following list to help determine if a mother might have PPD. If any of the symptoms below have lasted for more than 2 weeks, talk to a doctor, nurse or midwife.

Perinatal Mood Disorders Signs and Symptoms Table

Adapted from the New York State Department of Health and Office of Mental Health

Perinatal Mood Disorders Signs and Symptoms Table

Adapted from the New York State Department of Health and Office of Mental Health

Types and Prevalence	Symptoms
<p>Prenatal</p> <p>Prevalence: 10-20 %</p>	<ul style="list-style-type: none"> • Crying • Appetite disturbances • Sleep problems • Poor fetal attachment • Fatigue • Loss of enjoyment of activities • Anxiety
<p>“Baby Blues”</p> <p>Prevalence: as high as 80% of new mothers</p> <p>Time Limited: symptoms usually resolve by 2 weeks post delivery</p>	<ul style="list-style-type: none"> • Feeling overwhelmed • Irritability • Frustration • Anxiety • Mood lability • Feeling weepy and crying • Exhaustion • Trouble falling/staying asleep
<p>Postpartum Depression</p> <p>Prevalence: 10-20% of new mothers</p> <p>Time Limited: if symptoms last more than 14 days it is postpartum depression</p>	<ul style="list-style-type: none"> • Frequent episodes of crying or weepiness • Persistent sadness and flat affect • Fatigue • Feelings of inadequacy or guilt • Sleep disturbances (<i>not due to baby’s night awakenings</i>) • Appetite disturbances • Irritability • Mood instability • Overly intense worries about the baby • Difficulty concentrating or making decisions • Lack of interest in the baby, family, or activities • Anxiety is a prominent symptoms and may manifest as bizarre thoughts and fears, such as obsessional thoughts of harm to the infant • Poor bonding with baby: no attachment • Feeling overwhelmed • Thoughts of death or suicide • May present with somatic symptoms (<i>headaches, chest pains, heart palpitations, numbness and hyperventilation</i>)
<p>Postpartum Psychosis</p> <p>Prevalence: 1-2 % (1,000) new mothers</p>	<ul style="list-style-type: none"> • Psychiatric emergency, psychiatric hospitalization necessary • Auditory hallucinations and delusions (<i>often about the baby, and often of a religious nature</i>) • Visual hallucinations (<i>Seeing/feeling a presence or darkness</i>) • Insomnia • Bizarre delusions and commands to harm the infant • Anxiety • Paranoia • Delirium • Confusion • Mania • Suicidal/homicidal • Agitated/angry

Post-Partum Depression Checklist of Symptoms

(<http://mededppd.org>):

- | | |
|--|---|
| <input type="checkbox"/> Sad | <input type="checkbox"/> Low self-esteem |
| <input type="checkbox"/> Guilty | <input type="checkbox"/> Loss of confidence |
| <input type="checkbox"/> Hopeless | <input type="checkbox"/> Full of doubts |
| <input type="checkbox"/> Lonely | <input type="checkbox"/> Mood swings |
| <input type="checkbox"/> Helpless | <input type="checkbox"/> Appetite changes |
| <input type="checkbox"/> Worthless | <input type="checkbox"/> Overwhelmed |
| <input type="checkbox"/> Unable to make decisions | <input type="checkbox"/> Excessive crying |
| <input type="checkbox"/> Confused | <input type="checkbox"/> Tired/exhausted |
| <input type="checkbox"/> Extremely agitated | <input type="checkbox"/> Anxious |
| <input type="checkbox"/> Unable to laugh | <input type="checkbox"/> Tense |
| <input type="checkbox"/> Scary fantasies* | <input type="checkbox"/> Isolated |
| <input type="checkbox"/> Strange visions* | <input type="checkbox"/> Poor self-care |
| <input type="checkbox"/> Thoughts of hurting yourself or your baby* | |

**Items in bold print require immediate attention. Please see your doctor.*

PPD is an illness that requires medical care just like diabetes is an illness that requires care. You can take steps to deal with PPD and its symptoms. Remember: Every mother and every pregnancy is different but every mother needs support. If you or someone you know is experiencing depression during or after pregnancy, help is available!

**If you are a mother with postpartum depression,
you are not alone. Help is out there.**

National Women's Health Information Center
(800) 994-9662

<http://womenshealth.gov/faq/depression-pregnancy.cfm>
under A-Z Health Topics
scroll down to Pregnancy, Depression During and After Pregnancy

NIMH funded website: www.MedEDPPD.org

Postpartum Support International (PSI)
(800) 944-4PPD or (800) 944-4773
<http://www.postpartum.net>

Resources

6-1 To Learn More...

Check the resources listed throughout this booklet for specific information.

The Erie County Public Library System has a wide variety of resources available through books, videos, DVDs and the internet. Access to the internet is available at no cost through the public library system.

Several web sites to explore are:

www.erielibrary.org	www.parenting.org
www.kidshealth.org	www.kidssource.com
www.papromiseforchildren.com	www.familyeducation.com
www.bornlearning.org	www.paonebook.org
www.pncgrowupgreat.com	http://hsd.gannon.edu
www.pbs.org/parents	www.erietogether.org
www.eriesprout.com	www.veteransportal.com
www.eriemoms.com	www.eriefamilycenter.org
www.zerotothree.org	www.ucfsc.org
www.sesamestreet.org/parents	www.ecdh.org
www.marchofdimes.com	www.eriesfuturefund.org
www.helpinpa.state.pa.us	www.pealcenter.org
www.getreadytoread.org	www.healthychildren.org

Television

There are several television shows that focus on child development and educational programming. Check out:

- PBS WQLN
- For younger children: Sesame Street, Daniel Tiger's Neighborhood, Thomas & Friends, Curious George
- For older children: Peg + Cat, Caillou, Super Why, The Dinosaur Train, Wild Kratts, The Cat in the Hat, The Odd Squad, Martha Speaks

As an additional resource, check with your church or place of worship. Often, they have family-oriented support groups and child care centers that can be a valuable resource for you.

Dolly Parton Imagination Library:

This program is offered through the United Way of Erie County, and children living in Erie County ages birth -5 years can enroll to receive a free age-appropriate book mailed to them once a month. Register your child online at www.imaginationlibrary.com or call 814-456-2937 for more information.

6-2 Suggested Books to Read

Children's Books	Jan Brett
The RIF Guide to Encouraging Young Readers.	R. Graves
The New York Times Parent's Guide to the Best Books for Children	R. Lipson
The Read Aloud Handbook	Jim Trelease
Books Children Love: A Guide to the Best Children's Literature	Elizabeth Wilson

Infants and Toddlers (Ages 0-2)

Ten, Nine, Eight	Molly Bang
The Three Bears.	Byron Barton
Play Rhymes	Marc Brown
Runaway Bunny	Margaret Wise Brown
Peekaboo! Was it You?	Kay Chora
Wow! Babies	Penny Gentieu
Black on White	Tana Hoban
Mama, Do You Love Me?	Barbara Josse
Clap Hands (series)	Helen Oxenbury
Read-Aloud Rhymes for the Very Young	Jack Prelutsky
Curious George's ABC	H.A. Rey
Here Comes Mother Goose.	Iona Opie
Good Night Moon.	Margaret Wise Brown
What Young Children Need to Succeed	Jolene L. Roehlkepartain and Nancy Leffert, Ph.D.

Preschoolers (Ages 2-5)

Why Mosquitoes Buzz in People's Ears	Verna Aardema
Arthur (series).	Marc Brown
The Very Hungry Caterpillar.	Eric Carle
Maisey (series)	Lucy Cousins
Family Pictures/Cuadros de Familia.	Carmen Lomas Garza
Is Your Mama a Llama?	Deborah Guarino
Brown Bear, Brown Bear, What do you see?	Bill Martin, Jr.
The Rainbow Fish.	Marcus Pfister
Julius, the Baby of the World.	Kevin Henkes
Anansi series	Eric Kimmel
Swimmy.	Leo Lionni
Chicka Chicka Boom Boom.	Bill Martin
Tree of Cranes	Allen Say
Sylvester and the Magic Pebble	William Steig
The Napping House	Audrey Wood

All Ages

Listen to This	Laura Cecil
The People Could Fly: American Black Folktales	Virginia Hamilton
Just So Stories	Rudyard Kipling
To Ride a Butterfly:	
Original Pictures, Stories, Poems & Songs for Children	Nancy Larrick
The 20 th Century Children's Book Treasury	Janet Schulman
Singing Bee! A Collection of Favorite Children's Songs	Various Artists
The Polar Express.	Chris Van Allsburg
Charlotte's Web	E.B. White

6-3 Fun Learning Activities

- Play catch with a large, bright colored ball. Count out loud each time you throw the ball back and forth.
- Draw a line in the dirt with a stick. Jump over the line with both feet. Jump over the line on one foot.
- Make games of counting. Have your child count how many blue trucks you see on your way to school.
- Take a “let’s look and see” walk with your child.
- Play “let’s take turns” during your daily routine. When you have supper, take turns talking, saying “you go first, I’ll go second.”
- Using a sheet over a table, make a tent. Pretend to be camping. Talk about the adventures you might have on your “campout.”

6-4 Magic Words

I love you!
Good job!
You are wonderful!
I knew that you could!
I’m so glad that you are mine!
What a smart idea!
Thank you!
I like when you show that you care!
You are special!
There is no one else just like you!
You really tried hard today!
Here is a big hug just for you!
Your smile is like sunshine to me!
WOW!
I think you can!
You are beautiful!
Excellent!
Very good!
You give me reasons to smile!
I’m proud of you!
What a great job you did!
Thank you for helping before I asked!
You are precious!
You are growing into a wonderful person!
You figured it out!
I wouldn’t trade you for anything – even gold and diamonds or a new car!
You are a winner!
I’m always bragging about you!
I have your picture on my desk at work!
I trust you!



6-5 Maternal and Child Health Services in Erie County

The following tables list many of the organizations providing services to Erie County families. Services include medical care, food/nutrition, parent education, services for children with developmental delays, behavior problems, mental health, family planning, domestic violence, substance abuse, support groups, early childhood education, and more. Many of the services listed below are provided free or at minimal cost to parents. Programs and services provided are subject to change.

<p>Achievement Center 814-459-2755 Toll Free 1-888-821-3110 www.achievementctr.org</p>	<p>Provides child-centered and family-focused therapeutic services for children with physical disabilities, developmental delays, emotional and behavioral problems, and autism spectrum disorders</p>
<p>Adagio Health 814-453-4718 www.adagiohealth.org</p>	<p>Health care services without discrimination on the basis of race, disability, sexual orientation, financial ability, religion, age, sex, or marital status. Services include pregnancy care, family planning, nutrition counseling, substance abuse counseling and parent education</p>
<p>American Red Cross Erie Chapter: 814-833-0942 Corry Chapter: 814-663-2394</p>	<p>Learn Infant and Child CPR and the infant Heimlich Maneuver. In an emergency, call 911</p>
<p>AOA InfantSEE Program 814-868-0895 1-888-396-EYES(3937) www.infantsee.org</p>	<p>Eye and vision assessments for infants within the first year of life regardless of a family's income or access to insurance coverage</p>
<p>Bethany Outreach of Luther Memorial 814-456-6254 www.bethanyoutreachcenter.com</p>	<p>Parenting Classes, Moms Support Group, Food Pantry, Mother to Mother Program, Ophelia Project, Clothes Closet, New Choices-New Options Program, and recreational programs</p>
<p>Catholic Charities Counseling and Adoption 814-456-2091 or 1-800-673-2535 www.ccas.org</p>	<p>Adoption Services, Diaper/Formula Program, Counseling, Drug and Alcohol Services</p>
<p>Child Care Information Services of Erie County 814-451-6676</p>	<p>Administers the Subsidized Child Day Care Program for low-income families, teen parents, and families receiving TANF, Food Stamps or General Assistance, maintains listings for all types of child care and recreation programs, provides resource and referral services to help families receive all of the services for which they are eligible, and to help families access all needed resources in a community</p>

<p>Children’s Advocacy Center of Erie County 814-451-0202 www.cacerie.org</p>	<p>Forensic Interviewing, Family Advocacy, Child Abuse Prevention Information, Mandatory Reporting Information, Minimal Facts Interviewing Training</p>
<p>Community Health Net 814-455-7222 www.community-healthnet.com</p>	<p>Pregnancy/Prenatal/Postpartum Services, Prenatal Support Services, Infant/Child Health Services, Tobacco Cessation, Home visits during pregnancy & post-partum</p>
<p>Dr. Gertrude Barber National Institute – Early Intervention Services for Ages Birth to Three 814-453-7661 www.barberinstitute.org</p>	<p>Support programs and services for children and adults with disabilities and their families including Infant/Child Health Services, Childcare Services, Nutrition: Women/Infant/Child, Breast Feeding Support/Education, Parenting Programs, Case Management Support Services, Life/Family Skills Services, Group Support Services and Counseling Services</p>
<p>Early Intervention Support Services <i>All residents with children 0-3 years:</i> Early Intervention, Erie County Care Management – 814-528-0600 <i>County residents with children 3 years and above:</i> Early Intervention, NW Tri-County Intermediate Unit (IU5) – 814-734-5610 or 1-800-677-5610 <i>City of Erie residents with children 3 years and above:</i> Early Intervention, Erie’s Public Schools – 814-874-6155</p>	<p>If for any reason you think there may be a concern with the development of your child, talk to your family physician right away. There are early developmental warning signs and common indicators that a child may benefit from Early Intervention Support Services. Pay attention to your child, watch your child, and know what they can do! Early Intervention services help children with special needs achieve greater success in life and school.</p>
<p>Epilepsy Foundation Western/Central PA 814-451-1135 www.efwp.org</p>	<p>Information & Referral and Group Support Services for families affected by epilepsy/seizure disorders</p>
<p>Erie County Department of Health Erie Office 814-454-1534 or 1-800-352-0026 www.ecdh.org</p>	<p>Pregnancy/Prenatal/Postpartum Services, Infant/Child Health Services, Breast Feeding Support/Education, Parenting Programs, Tobacco Cessation, Nursing home visit programs for pregnancy and newborn, toddler, preschool health guidance, children with special needs or families in need of parenting education, STD and HIV Testing / education, Child injury prevention education, Highway safety education, Immunizations for children with no health insurance.</p>

<p>Erie County Office of Mental Health/ Intellectual Disabilities 814-451-6860 www.eriecountygov.org/county-services/human-services.aspx</p> <p>Mental Health Emergency Hotline: 814-456-2014 or 1-800-300-9558</p>	<p>Administers funds and provides oversight for the delivery of mental health and intellectual disability services for Erie County residents. The Erie County Office of Mental Health/Intellectual Disabilities (MH/ID) contracts with providers for services that support children, youth, adults and families who are managing mental health concerns, intellectual disabilities, developmental delays and homelessness. Services funded by MH/ID include, but are not limited to: Early Intervention, Housing, Student Assistance Program (SAP) and Case Management.</p> <p>If you or a loved one are experience a crisis such as depression, anxiety or thoughts of suicide, please call Crisis Services</p>
<p>Erie County Women, Infants, Children (WIC) Program 814-453-5747 www.eriecountywic.org</p>	<p>Nutrition education and counseling, FREE nutritious foods and formula for qualifying persons, breast-feeding support and counseling, immunization check-ups, referrals and recommendations for addressing family well-being concerns</p>
<p>Erie Family Center 814-874-6990 www.eriefamilycenter.org</p>	<p>Pregnancy/Prenatal/Postpartum Services, Childcare Services, Nutrition: WIC, Breast Feeding Support/Education, Parenting Programs, Case Management Support Services, Counseling Services, Drug and Alcohol Services, Life/Family Skills Services, Pre-K Counts, Fatherhood Initiative, Supervised Visitations, The Caring Closet – FREE Clothing for Babies, Children & Adults (Tuesdays from 10am-1pm)</p>
<p>Erie’s Future Fund Childcare Scholarships 814-874-0144 x 19 www.eriesfuturefund.org</p>	<p>Scholarships are available to help families send their 3 and 4 year old children to a quality early preschool education program for three half-days a week during the school year, must apply for scholarship</p>
<p>Erie Homes for Children & Adults 814-454-1534 www.ehca.org</p>	<p>Pregnancy/Prenatal/Postpartum Services, Doula/Prenatal Support Services, Childcare Services and Life/Family Skills Services</p>

<p>Erie School District Student Parenting Program 814-874-6145 www.eriespp.org</p>	<p>Pregnancy/Prenatal/Postpartum Services, Tobacco Cessation, Childbirth Education Classes, Group Support Services, Nutrition: WIC, Sexual /Birth Control Education, Breast Feeding Support/Education, Parenting Programs, Case Management Support Services, Assist expectant, custodial and non-custodial young parents under age (22) to obtain a high school diploma or GED and secure post-graduation employment, education, or training.</p>
<p>Family Services of NW PA 814-866-4500 www.fsnwpa.org</p>	<p>Individual, couple, family and group counseling services for clients expressing a variety of concerns: marital difficulties, parenting concerns, family problems, grief, anger and individual adjustment issues. Adoption services. Facilitates Big Brothers/ Big Sisters programs.</p>
<p>Gaudenzia Erie, Inc. — Babies First Program 814-459-5853 or 814-572-0009 www.gaudenziaerieinc.org</p>	<p>Free, confidential substance abuse services for pregnant women and postpartum parents. Services include case management, support, and education. Life/family skills services, group support services, breastfeeding support and education.</p>
<p>GECAC 814-459-4581 www.gecac.org</p>	<p>Provides educational and vocational counseling, adult and early childhood education (Head Start), weatherization, housing, energy assistance, transportation and food services.</p>
<p>Great Lakes Home Healthcare Services 814-877-6121</p>	<p>Comprehensive home healthcare and outpatient-related services for the entire family including Oxygen & Respiratory Therapy , Home Medical Equipment , Diabetes , Nutrition, Infusion Therapy, Orthotics & Prosthetics and Private Duty Nursing</p>
<p>Hands and Voices Guide By Your Side of PA 1-800-360-7282 www.paearlyhearing.org/gbys.php</p>	<p>Dedicated to directly supporting families and their infants and toddlers who are newly identified with hearing loss by offering the opportunity to talk to or meet face to face with a Parent Guide.</p>

<p>Housing Assistance and Neighborhood Development Service (HANDS) 814-453-3333 www.hands-erie.org</p>	<p>Affordable, quality housing assistance for low-income families and individuals with disabilities.</p>
<p>Highmark Blue Cross/Blue Shield 814-871-6858 or 1-800-294-9568 www.highmarkbcbs.com</p>	<p>Infant/child health services, free and affordable health care coverage for uninsured children, teens and adults through Highmark BC/BS</p>
<p>Highmark Caring Foundation Caring Program 1-866-823-0892 www.caringprogram.com</p>	<p>Family-centered, community-based care coordination for children with special health care needs and their families</p>
<p>Highmark Caring Place 1-866-212-4673 www.highmarkcaringplace.com</p>	<p>Peer support groups to grieving children and their families provided at no cost to families</p>
<p>Lake Erie OBGYN Yorktown Center, 2501 W 12th St #10, Erie, PA 16505 814-314-0072 www.lakeerieobgyn.com</p>	<p>Lake Erie OB/GYN provides healthcare services for women of all ages. Routine Women's Health, Annual PAPs, Breast Health, Contraception Management, Oral Contraception, In office permanent sterilization for women, Infertility Evaluation & Treatment, Low Risk Pregnancy, High Risk Pregnancy</p>
<p>La Leche League 3727 Cherry Street, Erie, PA 16508 814-240-9809 814-440-1502 La Leche League of Erie, PA is on Facebook</p>	<p>All breastfeeding mothers and mothers-to-be interested in breastfeeding are welcome to come to our meetings or call one of our Leaders for breastfeeding help or information. Babies are always welcome at our meetings. LLL of Erie meets on the 3rd Thursday of the month. We offer a day and an evening meeting.</p> <p>Day Meetings are held at the Whole Foods Co-op 1341 W 26th Street Erie, PA 16508 from 10am - 12 noon. This is a more informal 'cafe style' meeting offering more one on one direction and support as well as some Group discussion.</p> <p>Evening Meetings are held at the Glenwood YMCA 3727 Cherry Street, Erie, PA 16508 from 6 - 8pm. This is a traditional LLL meeting following the four rotating topics in a series, there are three series in a year.</p>

<p>LECOM Health 5401 Peach St, Suite 3100 Phone: 814.868.7830 www.lecomhealth.com</p>	<p>Medical Associates of Erie offers comprehensive care for the whole family: including OB/GYN, Family Practice, Pediatrics and Sports Medicine.</p> <p>LECOM Medical School offers free dental screenings</p>
<p>Multicultural Community Resource Center 814-455-0212 www.mcrcerie.org</p>	<p>Parenting, childcare and afterschool programs, case management, English as a second language, drug and alcohol prevention, tobacco education and cessation</p>
<p>March of Dimes 814-833-4941 www.marchofdimes.com</p>	<p>Pregnancy and newborn information, free one-on-one, confidential answers to questions about pregnancy, preconception, newborn screening and related topics</p>
<p>Mental Health Association of NW PA 814-452-4462 www.mhanp.org</p>	<p>Adults aged 18+ with a history of treatment for mental health needs may seek free membership and services. Services include social and educational activities, and assistance in navigating systems such as: mental health, housing, vocational, educational and financial</p>
<p>Multi-Cultural Health Evaluation & Delivery System (MHEDS) 814-453-6229 www.mheds.org</p>	<p>Family Health Clinic, health screenings, WIC services, emergency services, ethnic food pantry, translation and interpreter services, drug and alcohol counseling, health education, information and referral services, mental health and mental retardation services</p>
<p>Northwest Tri-County Intermediate Unit, IU5 814-734-8477 www.iu5.org</p>	<p>Free educational services for school-age children with disabilities – Early Intervention, Mental Health Services, and Special Education Services</p>
<p>OB/GYN Associates of Erie www.obgynoferie.org 100 Peach Street, Suite 300, Erie, PA 16507 (814) 459-1851 2315 Myrtle Street, Suite 220, Erie, PA 16502 (814) 454-8185 Satellite Office Locations: 15 North Main Street, Union City, PA 16438 112 West Smith Street, Corry, PA 16407</p>	<p>Services for women including AIUM certified sonography, ACR accredited digital mammography, ISCD certified bone densitometry, urodynamics, and microdermabrasion.</p>

<p>Parent to Parent of PA 1-888-727-2706 or 724-598-7380 www.parenttoparent.org Facebook: Parent to Parent of Pennsylvania</p>	<p>Peer Support services – free service matches parents and family members of children and adults with disabilities with mentors for peer support and help in identifying and accessing available resources</p>
<p>Penn State Cooperative Extension 814-825-0900 http://Erie.Extension.psu.edu</p>	<p>Nutrition: Women/Infant/Child; Parenting Programs; Life/Family Skills Services; Kinship Care Program; Child Care Professional Development; Food Safety Training and Certification; Diabetes Education</p>
<p>Perseus House, Florence Crittenton 814-480-5900 Perseus House, Charter School 814-480-5962 www.perseushouse.org</p>	<p>Pregnancy/Prenatal/Postpartum Services, Childbirth Education Classes, Infant/Child Health Services, WIC services, Sexual Education/Birth Control Education, Tobacco Cessation, Group Support Services, Breast Feeding Support/Education, Life/Family Skills Services</p>
<p>Ready, Set, Grow – Centralized Intake Services for Home Visitation 814-874-0144 x 20</p>	<p>Connecting families with home visitors who will guide parents to be ready for baby, ready for school and ready for life.</p>
<p>Safe Harbor Behavioral Health 814-459-9300 www.shbh.org</p>	<p>Provides mental health interventions for children and adolescents ages 3 to 21 who have complex emotional and behavioral needs such as autism, ADD, ADHD, behavior or mood disorders, MH/MR, etc. Services can be provided in a home, school, or community setting. ACCESS Card accepted. Also provides Outpatient, group and family therapy</p>
<p>Safe Kids Erie LECOM 1 Bayfront Place, Erie, PA 16505 814-868-2573 www.safekidserie.org</p>	<p>Safe Kids Erie is led by Lake Erie College of Osteopathic Medicine, which provides dedicated and caring staff, operation support and other resources to assist in achieving our common goal: keeping your kids safe. Based on the needs of the community, this coalition implements evidence-based programs, such as car-seat checkups, safety workshops and sports clinics, that help parents and caregivers prevent childhood injuries</p>
<p>SafeNet 814-455-1774 hotline 454-8161 www.safeneterie.org</p>	<p>Shelter, support, counseling, education and advocacy for victims of domestic violence</p>

<p>Saint Vincent Hospital – Allegheny Health Network 814-452-5000 www.ahn.org</p>	<p>Comprehensive medical services for the whole family, maternity care, prenatal and newborn care, mommy and me playgroup, parenting classes, breast-feeding education and lactation support services</p>
<p>Special Kids Network System of Care (SKN SOC) 814-444-1954 www.gotoskn.state.pa.us</p>	<p>The SKN SOC in partnership with the Elks Home Service Program helps children and youth with special health care needs and their family’s access support services to help them thrive in the community and develop their full potential. If your child has a physical, developmental, behavioral, or emotional needs, call or visit our website</p>
<p>Stairways Behavioral Health 814-453-5806 Toll Free 1-888-453-5806 www.stairwaysbh.org</p>	<p>Individual and Family Counseling Services, Psychiatry and Medication Management, Case Management, Skills Development (parenting, budgeting, household management), Group Support Services, Drug and Alcohol Services, GED Preparation, Arts and Wellness Programs</p>
<p>text4baby Program www.text4baby.org</p>	<p>Get support throughout your pregnancy and your baby’s first year with free text messages on topics like prenatal care, baby health, parenting and more! It is FREE! Go to text4baby.org to sign up. To sign up another option: text BABY to 511411</p>
<p>Union City Family Support Center 814-438-7550 www.ucfsc.org</p>	<p>Serving most areas of Erie County offering: Parents as Teachers, Caregivers as Teachers, Free Health, Vision and Hearing Screenings, Parenting Classes, Camp S.M.I.L.E., Kindergarten Readiness Checklists, Car Seat Distribution and Education, and Human Resource Assistance</p>
<p>UPMC Hamot Medical Center 814-877-6000 www.upmc.com</p>	<p>Comprehensive medical services for the whole family, maternity care, prenatal and parenting classes, breast-feeding education and lactation support services</p>
<p>UPMC Health Plan 412-454-5256 Toll Free 1-800-978-8762 www.upmchealthplan.com</p>	<p>Child health insurance (CHIP), comprehensive medical care to children and teens based on family size and income</p>

<p>Water Safety Courses Downtown YMCA: 814-452-3261 County: 814-734-5700 Eastside: 814-899-9622 Glenwood: 814-868-0867</p>	<p>Swim lessons and water safety are lifelong skills that can save lives. Teach your child to be water safety smart, and make sure that young children are supervised in and around water.</p>
<p>Women's Care Center 4408 Peach Street, Suite 101 Erie, PA 16509 814-836-7505 www.wccerie.org</p>	<p>Free services include Pregnancy/Prenatal/ Postpartum Services, Doula/Prenatal Support Services, Childbirth Education Classes, Nutrition: WIC, Breastfeeding Support Education, Parenting Programs (Infant Care), Counseling Services, Adoption Services, and Sexual Cessation (Integrity Course)</p>
<p>Yellow Dot Program yellowdotpa.gov</p>	<p>Penn DOT program. Sticker alerting emergency personnel a child is on board with a medical condition or special needs.</p>

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ERIE COUNTY
DEPARTMENT OF HEALTH

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