



BIRTH TO THREE FAMILY CENTER

15 Market St., Ipswich, MA 01938

Email: birthto3@comcast.net

www.birthtothreeipswich.org

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Telephone:
978-412-0123

Fax:
978-412-8268

COORDINATOR'S CORNER

Dear Terri,

I'm writing this on behalf of all of those you've touched in your [almost] ten year stint at Birth to Three. Although you know only too well my gift of gab, I feel both verbally challenged in finding the best words and episodes to describe your contributions, and emotionally challenged in dealing with your departure (I can hear Flo now, suggesting wisely, "Build a bridge and get over it").



A thousand families (and then some) have found their way across the threshold of Bto3, and you've been there to welcome the majority of them. Your job description has grown and grown along with our Ipswich family network. While your official title is *secretary*, on any given day you are as likely to be found amusing an infant or comforting a struggling parent as you are to be observed typing yet another EEC report or fielding one of our multiple phone calls. Your position led you to our B to 3 team's trip to Cape Cod to learn about PPD, LLL, and the Martha's Vineyard MFN (and boy, did you become familiar with hundreds of early education acronyms!). And while we're considering your career's perspective from a number view, how many times do you suppose you've heard us singing "the Wheels on the Bus"?

Nowhere in the Ipswich Public School's employee handbook does it call for staff to help a family move into a new apartment or to volunteer to visit a somewhat frazzled new mother at her home so you can hold her baby while she gets a shower for a brief respite. Nothing in your contract mentioned developing an in-depth knowledge of both the research and the face of postpartum depression.

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Understanding the developmental benefits of making music



Music has the power to engage, relax and energize us and has been proven to play an incredibly important role in the health development of children.

In scientific studies conducted by early childhood specialist, pre-schoolers who participated in organized music making over several months showed marked advantages over their playmates who did not. The children involved in music

More inside!

Playgroup themes and Thank Yous on Page 2

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A mom's birth experience on page 5

Studies find swallowing batteries is a growing problem

A study in *Pediatrics* showed a child's risk of a serious complication from swallowing a lithium "button battery" increased nearly sevenfold from 1985 to 2009. A second study, also published in *Pediatrics*, found that the ingested batteries were removed directly from the household products 62% of the time and the batteries were loose about 29% of the time. *HealthDay News (5/24), WebMD (5/24)*

THANK YOU!

To our fabulous volunteers who helped with everything from the spaghetti supper to childcare this past year. You are appreciated more than we can say!

Special thanks to a very special person — **Zillie Bhaju** who arranges her schedule to facilitate our Parent Talk group throughout the year. Thanks also to the entire Bhaju family who help make this possible!

Much appreciation to **Diane Forbes** and **Eliza Goodell** who shared their time each week helping with childcare during Parent Talk.

And, speaking of terrific people, we must mention **Molly Ryan** who is like an extra staff member at Birth to 3. She is always at the ready to help her Mom and the rest of us throughout the year with childcare and many other projects. Thank you, Molly!

BIRTH TO 3's Helping Hands:

Meredith York, Jackie Cordima, Peggy Tessier and Evitts Family, Toni Mooradd, Karen Flaherty, Kim Woods, Danielle Laudarowicz, Lisa Salvatore, Becky Palombo, Maggie McLaughlin, Rachel Belew

Much appreciation to the many who consistently and often anonymously give to our donation bottle at the front desk.

Many thanks to all of you who keep spreading the word about the Birth to 3 Family Center and inviting families new to Ipswich and families with new babies to visit the center.

The Five Protective Factors that help families thrive:

1. Parental Resilience
2. Social Connections
3. Knowledge of Parenting and Child Development
4. Concrete Support in Times of Need
5. Children's Social and Emotional Development

For more information, go to:

www.strengtheningfamilies.net

What's happening in our playgroups?

What are the themes?

July 6-9

Welcome to Summer Play group!



July 13-16

Sticky Side Up. The children will enjoy making colorful sun catchers!

July 20-23

Appleton Farm Field Trip. We will enjoy seeing the grounds and animals of Appleton Farm.



July 27-30

Colorful Sand Art. The children will create their own colorful texture design.

Aug 3-6

Over in the Meadow. We'll sing the well known song about creatures in the meadow.

Aug 10-13

Messy Play. Dress for messy finger-painting.

Aug 17-20

All Aboard!! An annual favorite treat. Playgroups meet at the Ipswich station to catch the train for a ride to Newburyport and back.



Aug 24-27

Fruit salad celebration. Bring 1 cup of your child's favorite fruit to add to our fruit salad.



JULY-AUGUST 2010 at Bto3

REGISTRATION WEEK — June 21-25

⇒ Monday- Friday, 9 AM— 1 PM.

To Register:

- Call 978-412-0123 after 9 AM to register for groups/activities.
- Stop by the Birth to 3 Center (check hours)
- **Beginning Wednesday**— email registrations will be accepted in the order they are received and we'll let you know if there is space available.
- **Families who do not live or work in Ipswich** will be wait-listed and on Monday, June 28, will be notified if there is space available.

PLAYGROUPS — 1 hour long - Need to Register

0-12 Months — Tuesday 11 AM

12-18 Months - Wednesday 11 AM

18-24 Months - Thursday, 11:00 AM

2 Year Olds— Tuesday 9:30 AM, & with Cape Ann Early Intervention (CAEI) Friday at 11:00 AM

3 Year Olds— Thursday 9:30 AM

Art Hour for Children 2+ Years (a special time with the focus on arts and crafts) —Friday at 9:30 AM

OPEN PLAY:

Wednesdays 1:00-2:00 PM

Drop-in. No fee, but small donations always welcomed.

Wednesday Mornings— 9:30-10:30 AM

July 14: "Grandparents Together"

Grandparents with & without their grandchildren share experiences over coffee and muffins

July 21-August 25—"Come into the Garden" (see article on this page)

North Shore Post Partum Task Force meets at 1 PM on **Thursday, July 1** at Addison Gilbert Hospital in Gloucester ; **August 5**, at Beverly Hospital

www.northshorepostpartumhelp.org

A special summer opportunity -



"*Come Into the Garden*", is an invitation for Birth to Three's families to explore the beautiful grounds surrounding **New England BioLabs** with naturalist and teacher Ms. Ditty. Over the course of six Wednesday

mornings, we'll have a chance to explore the varied outdoors environment and observe the many creatures and plants that live together there.

In Ditty's own words,

"My aim for the children is to get them excited about nature which in turn will motivate them to learn more. I want to turn them into creative creatures which they will take with them the rest of their lives."

Space is limited for this unique offering so that "we are able to hear all the children's voices, answer their questions and sense each of their feelings". We ask those who sign-up to commit to attending *most* of our outings. Following our activities in the wild, families will have a chance to enjoy a picnic snack while comparing impressions of the day's adventure.

This group will meet at New England BioLabs at 9:30 am beginning July 21st and running through August 25th.



A note: We are always appreciative of gently used toy donations for the Birth to Three Center for our yard sales.

Recently, however, toys have been dropped off in the hallway when the Center is not open. Due to storage issues, please do not drop off toys, clothes, etc. when the Birth to Three is not open. We also are requesting that you speak to someone on the staff before dropping off any donations. Thank you and we appreciate your cooperation.

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There was no initial expectation that you would help organize and direct family concerts, spaghetti suppers, nor conferences featuring Harvard scientists. You did all of these things and so much more.

Dianna and I welcome Kate's arrival at the front desk and her eagerness to jump into what we know all too well can be a very challenging role on the front lines of our center. She may need some advice from you on how to deal with the many demands on her skills that are sure to come from Dianna and I (not to mention those from our families and colleagues). We're all reassured that you're only a phone call away, and that we'll continue to see you at our monthly Grandparents Group and upcoming 10th anniversary events at Birth to Three.

Marianne Williamson wrote, " *There is no single effort more radical in its potential for saving the world than the transformation of the way we raise our children*". I guess that makes you quite a radical! You helped build the foundation, then nurtured (in times good and bad) the development of a resource that has had a profound impact on so many babies and their families. Your years of work and dedication brought help, hope and connection to our community, and to your coworkers.

Thank you and Happy Trails,
Kitt



THANK YOU!

How does one follow Kitt's writing? I've tried, but nothing fully expresses my deepest gratitude to all the families, staff, volunteers and interns, past and present, who touched our lives at Birth to 3. A huge thank you goes to my unsung heroes—staff at the elementary schools and the superintendent's office — who continue to support and assist Birth to 3 as they have from the very beginning. This is the best job because of Kitt and Dianna. I will dearly miss the joy, laughter, and compassion Kitt and Dianna bring to work each day with their "can do/will do" attitude. Kate, you are one lucky person!

"Times they are a changing" but many of my 'happy trails' will lead back to Birth to 3! (Otherwise I couldn't leave!) Terri

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dramatically improved their abilities to work mazes, copy patterns of color, and draw geometric figures. These skills reflect spatial intelligence, the foundation for more complex types of reasoning (such as those used in math and science).



Music provides a healthy, natural and invaluable opportunity for individual expression while encouraging the development of the whole child, and enhancing cognitive, social, physical, emotional, cultural and recreational skills.

Although the ability to learn continues throughout life, hands-on participation in music between the ages of three and ten seems to train the brain for higher thinking and children who miss out on the fun of playing music may also miss some critical developmental opportunities. Playing music benefits children by:

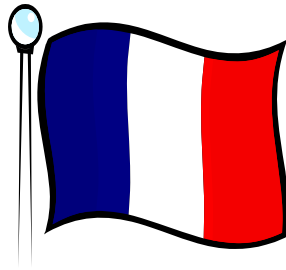
- Aiding academic aptitudes in mathematics, science and the arts
- Promoting large and small motor development
- Increasing scholastic participation
- Cultivating concentration and focused listening
- Fostering early vocal development and enhanced social abilities
- Bolstering self image and self assurance
- Encouraging parent/child bonding (when music is practiced together)

Being a truly universal language, music creates a sense of community and brings people together by bridging any number of cultural, age, racial, gender, political and other differences. By giving a child an instrument, you are providing them with a powerful voice to communicate that which doesn't come easily with words. Stimulating, amusing activities like playing music will capture and hold a child's interest and satisfy their craving for fun, while providing them with invaluable lessons that will endure the rest of their lives. The family that plays together stays together!

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Danielle Poupon, a *Birth to Three* mom, is the mother of *Annalore*, 2 years old and *Manu*, 3 month old. Below, she shares her birth experiences in both France and America :

Trying to compare my birth experiences in France and America, is like comparing my mother- in-laws. One is constantly hovering around me, but is always there for me in a pinch. The other would not dream of either giving undesired advice or baby-sitting the grandchildren. Likewise, both births were a pain, but getting the kid in the end made the effort worthwhile.

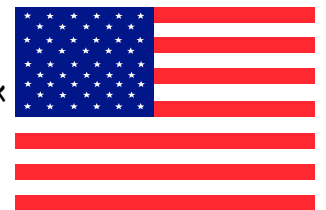


During my first pregnancy in Paris, I was constantly being clucked over by well wishers who wanted me to take it easy since, "a stressed out Mom makes a stressed out baby". Every time I went grocery shopping, or stepped on the metro, strangers of all ages would let me cut line and give me their seats. I was put on a strict no salt, no sugar diet, and weighed less at my postnatal visit than I did when I got pregnant. The doctor was no exception, subjecting me to blood and urine tests, and ultrasounds every month, and in the last trimester every week. Once all necessary medical visits were accounted for, the government sent me a 1000 euro check.

All the extra care paid off, and after an imposed epidural and two hours of labor I held my daughter in my arms. The hospital was strictly no frills. I had to bring my own soap, towels, diapers, baby clothes, water and even light bulbs. However, the staff provided exceptional care during my five day stay. The first night, newborns are systematically kept in the nursery to let the mother recover. The pediatrician spent an hour checking her over and answering my questions the next morning. The nurses showed me how to change my baby, bathe her, and even give an infant massage. Both a psychiatrist and my Ob/Gyn came by just to talk and to make sure that I was doing okay. The only thing that they did not help much was with breast feeding since it was not common or really encouraged. I went home feeling a little nervous, but confident that I could take care of my child.

In contrast, my second pregnancy in the US was much less remarked upon, and I didn't feel so much like an invalid, endangering my progeny each time I lifted a laundry basket. A cashier at Shaws even rolled her eyes at me when I asked if there was a bag-boy available. But no eyes rolled when I put on 45 pounds, and I was even congratulated by the midwife when my weight stabilized at 190. During the low-risk pregnancy I had only one ultrasound, and I had to perform my urinalysis myself. This laid back approach to pregnancy worked out fine since my toddler did not really enjoy being carted off to boring doctors appointments.

No one blinked an eye when I attempted a natural birth with absolutely no preparation, and after 12 long hours and an emergency epidural, my son was born. I was quickly shuttled off to my room that had all the amenities of a hotel, but I unfortunately did not have much time to appreciate it. Late that night a nurse came by to answer questions about postnatal care and in the early morning the pediatrician apparently came by to meet me, but I have no recollection of it. The highlight was when a lactation consultant helped me get my son to latch on. And that was it; my Ob/Gyn signed my discharge papers without personally checking up on me. I went home desperate for a little rest, but anxious to get back to my family.



I was grateful for all the assistance I received as a new mother in France, and I cannot imagine how lost and confused I would have been if my first child had been born in the US where so little practical information was provided. On the other hand, all the advice about what I "should" be doing put a lot of pressure on me. With a second child, I would have found all that input cloying. I already knew baby basics, I had found my own parenting style, and I really appreciated getting in and out of the hospital in less than 48 hours.