Breastfeeding and Pacifier Use

Sucking is a basic skill that all infants are born with and within minutes after being born an infant can go to the breast and suck well enough to get milk. Mothers instinctively put their babies to the breast as a calming mechanism. When some moms moved away from breastfeeding, a substitute or pacifier, became popular. Pacifier use in the early weeks may affect milk supply and lead to slow weight gain for your baby. It is important that a good milk supply is established and nursing sessions are not delayed in those weeks. Using a pacifier may result in issues for the baby latching on since the pacifier is different from the breast and the baby may get confused. Using a pacifier is a personal choice. If you do plan on nursing exclusively it is important that the pacifier does not inhibit your milk supply so you can always discuss this with your doctor.

*AAP
Clairton News

Clairton Socializations

Friday March 6, “Pajama Jam” 10:30—12:00 pm at the Clairton site. Join us as we have a slumber party and explore how bedtime routines help keep our babies feel safe and secure.

Friday, March 20, “Mobile Zoo” 10:30—12:00 pm at the Clairton site. Come and enjoy with us fun and wonder as we explore the mobile zoo.

Transportation is provided for all events. Call your home visitor to arrange bus pick-up.

Parent Committee Meeting

Parent Meeting will be Wednesday, March 25, 5—7 pm at the Clairton site. Information regarding the speaker and topic for the evening will be available from your home visitor.

Happy March Birthday

3/1 Aleena R.
3/4 Montae D.
3/6 Alisha K.
3/17 Sasha T.
3/21 Suhan T.
3/23 Prayash A.
3/25 Ry’Lin K.
3/28 Rehant B.

New Families to Welcome!

Mangali B. & Hem A. and their son Prayash A.
Tara D. and her daughter Roshika B.
Sangita G. and her daughter Shahana
Eugenia M & Keith M and their son Keith M.

Transitioning Families

Best of Luck to our families and children as they transition this month!
Sasha T. and Montae D.
### Socializations

Thursday, **March 10**, “Safety in the Community” 11:00-12:30 pm at the Homewood Library. Join us as we learn about the safe people and places in our community as we take a trip to the library.

Thursday, **March 26**, “My Story: Water, Water Everywhere” 11:00-12:30 pm at the East End site. Join us as we safely explore water play and other new textures.

Transportation is provided for all events. Call your home visitor to arrange bus pick-up.

### Parent Committee Meeting

Parent Committee Meeting will be Wednesday, **March 25**, 5:00-7:00 pm at the East End Site. Our speaker for the evening will be Cecily Davis of the PRIDE (Positive Racial Identity Development in Early Education) program will discuss Childhood Special Education.

### Breastfeeding is Best

Keep up the good work with Breastfeeding!!!!
- Shirley B.
- Tamika S.
- Solange M.
- Patiente I.
- Muna A.

### Happy March Birthday!

3/9  Adrianna J.
3/10  Subra A.
3/16  Aahana N.
3/31  William G.

### Welcome to Our Newest Families!

- Shirley B. and her son Owen
- Cierra S. and her daughters Carmella & Camiya
- Jenea D. and her daughters Ziyah & Nisa
- KeJoyce B. and her daughter Jupiter
- Tierra J. (expectant mom)

### Congratulations!

Congratulations to Cristina R. and her family on their new residence.
Hill Site News

Socializations

Wednesday, **March 4**, “The Ants Go Marching” 11:00-12:30 pm at the Hill site. Families will engage in safe practices while on a walk.

Wednesday, **March 25**, “Water, Water Everywhere” 11:00-12:30 pm at the Hill site. Families will engage in water play together.

Transportation is provided for all events. Call your home visitor to arrange bus pick-up.

Parent Committee Meeting

Parent Committee will meet Wednesday, **March 18**, 5:00-7:00 pm at the Hill site. Information regarding the meeting will be available from your home visitor.

Welcome to our New Family

Mwavita M, Misho S and Shauri M.

Happy March Birthday to

Najma A. 3/4
Zhavire M. 3/13
Brianne B. 3/20
McKees Rocks News

SOCIALIZATIONS

Friday, March 6, “It’s About Trust” 11:00-12:30 pm at 224 Helen Street. Let’s play! We will enjoy playing Peek-a-boo, crawling through tunnels, and hide-and-seek.

Friday, March 20, “Safe and Secure” 11:00-12:30 pm at 224 Helen Street. We will have examples of feeling safe and secure with doll play—feeding, diapering, washing and strolling.

Transportation is provided for all events. Call your home visitor to arrange bus pick-up.

Parent Committee Meeting

Parent Committee will meet Thursday, March 26, 5-7 pm at Holy Ghost School Bldg/AIU Head Start. We will have two speakers for the evening. Danielle Fox from Parents Promoting Early Learning Study will speak on the research project. Gaby Elliott from McKees Rocks CDC will lead a discussion and ask for input regarding development in downtown McKees Rocks.

Welcome to Our New Family!

Prem B. & Shrey T.

Congratulations!

Tula S. started a new job at Manor Care in February!

Happy March Birthdays!

Kaleb S.  3/7
Kaysh R.  3/17
Layla R.  3/29
North Side News

SOCIALIZATIONS
Tuesday, **March 10**, “Play With Me” 10:30-12 noon at the North Side Library. We will laugh, play discover and explore. Make new friends and use toys to learn about the world.

Friday. **March 20**, “Baby and Toddler” 10:30 –12 noon at the North Side Library. We will share books, songs and action rhymes and develop a love for reading.

Monday, **March 23**, “Dental Day-All About My Teeth” 11:30-1:00 pm at the North Side site. We will learn about and practice important dental hygiene.

Transportation is provided for all events. Call your home visitor to arrange bus pick-up.

Parent Committee Meeting
Parent Committee Meeting will be Wednesday, **March 18**, 5-7:30 pm at the North Side site. We will have two speakers for our trainings. Cassandra Williams from PA Mobil Dentist will discuss the importance of Dental Hygiene. Cecily Davis from the PRIDE (Positive Racial Identity Development in Early Education) program at the Office of Child Development will discuss the PRIDE study currently underway.

New Family to Welcome
Chenyenne S. & Nai’ Onie C.

Congratulations!
Genevie M. on a new job! Sharay N. on a new house!

Happy March Birthdays
Bernadette 3/2
Jim L. 3/10
Tiff H. 3/18
Hezekiah R. 3/22
Jesus G. 3/27

New Babies!
Dior F. 12/13/19
Jackson T. 1/30/20
Lovely G. 2/2/20
Rhonika J. 2/3/20
Mateo H. 2/15/20
SOCIALIZATIONS

Tuesday, March 10, “Pajama Jam” 10:00-11:30 am at the Braddock Site. Come and join us as we learn and practice healthy bedtime routines.

Thursday, March 26, “Come Explore With Me!” 10:00-11:30 am at the Braddock Site. Join us as we explore different ways to play with water and provide tips to keeping our little ones safe during playtime.

Transportation is provided for all events. Call your home visitor to arrange bus pick-up.

Parent Committee Meeting

Parent Committee meeting will be Wednesday, March 19, 5:30-7:30 pm at the Braddock site. Charlene Weaver (licensed beautician and teacher) will offer training and will demonstrate various haircare techniques for children and adults. Live demonstrations will be done!

New Families to Welcome

Tanisha L. and Harminee
Ayla W. and Makenzye
Cia S. and Kyier
Imani J. & Michael G. with Za’Niyah G.

Happy March Birthday

Avary C. 3-24

New Baby!

Eden B. and son Jasir M. born 1-30-2020
BEGINNING TO SHARE

Notice and talk about all the ways your child is beginning to share. Your talk will give him ideas and words to use later when he begins to form friendships with other children.

Why this is Important

A toddler does not know how to take turns, divide snacks, or give away toys he wants. He must learn that sharing means giving freely by choice. He may not consistently behave generously for many years, but with practice he will learn early that sharing can be a pleasant experience. Encouraging your child to share feelings and objects with you provides your child with a pattern for later sharing ideas and materials with friends.

What You Do

... Model sharing by being physically near when your child plays. Offer to let him park his small car on your knee, or let him hide a block in your pocket.

... Encourage him to share his toys with you by asking questions about them and touching them. If he offers it to you thank him and hold the toy briefly before returning it to him.

... Help him practice sharing with others by giving him two of something. Tell him one is for him and the other is for a friend or family member. This graham cracker is yours and this one is for Daddy. Can you give it to him?

... Make each sharing experience a positive one by focusing on the generosity he shows and describing why it was good to share. Thank you for sharing the graham crackers with Daddy. He was hungry too, just like you.

Dental Care Recommendations for Pregnant Women

It is important for women who are pregnant to take good care of their teeth during pregnancy. Some women are likely to be affected with some dental conditions such as gingivitis and periodontitis due to hormonal changes. Preventive dental cleanings are safe and recommended during pregnancy because they can prevent gingivitis and other complications. Fillings and crowns can be put in to help reduce the risk of infection. If dental work is necessary during pregnancy, the second trimester is usually the best to schedule so the mother can be most comfortable. Sometimes antibiotics are commonly prescribed after dental procedures to prevent or treat infections in the area. They are considered to be safe and may be prescribed in appropriate cases. Contact your doctor if you have concerns.

When possible it is best to avoid routine x-rays during pregnancy to minimize the fetal exposure to radiation. It would be best if regular dental exams are done on a regular basis prior to becoming pregnant or after the birth. In the case of an emergency, diagnostic dental x-rays may be required with proper shielding but the radiation dose is not high enough to cause adverse effects to the fetus.

Dental Care Recommendations for Pregnant Women

- Pregnant women should brush their teeth at least twice a day
- Floss daily
- Use an antibacterial mouthwash

http://www.news-medical.net/health/Dental-Care-During-Pregnancy.aspx
Home Visitor Toys

Have you noticed that your Home Visitor is bringing fewer toys? Are you wondering why?

Home Visitors visit your home to support you so that you can support your child’s development. By bringing fewer toys, Home Visitors directly support learning wherever parent and children interact. They will engage you and your child in a three-way relationship. Your Home Visitor will be asking you more about what you enjoy doing with your child, what you do in everyday moments and to plan the use of materials or experiences of your everyday life. So, don’t be shy, ask your home visitor how to include your child in sorting laundry, cooking or walking to the mailbox. You will take charge of guiding your young child’s development.

This developmental parenting is an evidence-based approach to home visiting that lays the foundation for school readiness, social competence and mental health.

Research on how children learn and think!

Now enrolling:
2- and 4-year-old children and their parents

Participation involves:

• One to two visits to your home for you and your child to complete games and assessments
• Questionnaires and interviews about your child’s development and activities
• A one-year follow-up visit for more games and assessments
• Compensation provided

Contact us!
https://www.lrdc.pitt.edu/ppel/contact.cshtml
ppel@pitt.edu
412-204-6845
The Early School-Age Cohort of the Pittsburgh Study is holding FREE 2-hour focus groups to talk about how families help children learn to read.

Choose one location to attend:

**Sunday, March 8 @ 2:00 PM to 4:00 PM**
Bible Center Church, 717 North Homewood Ave. 15208

**Monday, March 9 @ 10:00 AM to 12:00 PM**
Braddock Family Care Connections, 849 Braddock Ave. 15104

**Monday March 9 @ 6:00 PM to 8:00 PM**
Carnegie Library, Knoxville Location,
400 Brownsville Road, 15210

FREE child care will be provided
You will receive a $30 gift card for attending the whole session

Pre-registration is required.
To register please call or email Sharcn Geibel
(412) 383-1528 or Sharon.geibel@pitt.edu

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**P.R.I.D.E. in ECSE**

*Positive Racial Identity Development in Early Childhood Special Education*

Families of young children with disabilities needed for Interviews* about supporting the development of positive racial identity

**Participants receive a bundle of P.R.I.D.E. picture books**

Staff from the Office of Child Development at the University of Pittsburgh are conducting a community scan as part of a research study that examines perspectives and identifies community needs around efforts to promote positive racial identity instruction for young children with disabilities. As part of the scan, we’re asking families of young children with disabilities to tell us how they navigate racial and disability identities with their children and their children’s educators.

**Participation involves:** The study consists of a one-hour focus group or a 30 minute interview.

**Currently Recruiting:**
- Families of young children (ages 0-8) with or at-risk for disabilities
  - Family members must be 18 years or older

* Interviews will be held either one-on-one or in a focus group format, depending on the level of interest. Time, date and location to be determined at the convenience of educators.

Interested families should contact Cecily Davis (CecilyDavis.MSW@pitt.edu or 412-383-3360) to schedule a meeting.

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