

Message from the Coordinator

Dear Families and Friends,

Most successful people are readers, and they started reading as young children. Don't rely on school to introduce reading to your child. *You are your child's* best model when it comes to developing a love of words, and books. Please review our tips for "pre-reading" activities that anyone can do with their babies and toddlers, and think about joining us for Motherread or B.A.B.Y. programs. Each program offers books to take home. *Regards, Pat Harris*

About Welcome Baby



Welcome Baby is a program of Durham County Cooperative Extension, supported by funds from **Durham's Partnership for Children, a Smart Start initiative**. Services are available to interested Durham County families with children ages birth-5. We provide a range of services from car seats and free clothing; workshops for parents; lending library; volunteers who call parents of newborns and discussion groups. We know that parenting is a job with endless questions. WB staff are here to help. For more information or to be added to our mailing list, please call us at (919) 560-7150 or visit our Web site at www.welcomebaby.org

Winter is a perfect time for....

Curling up in bed, inviting your kids to join you under the covers and READ! Or look at he pictures in a book or magazine. If you don't feel confident about your reading skills just make up stories or sing silly songs. Your willingness to show your children that words, whether read or sung, can be pleasurable is the best thing you can do to make your child a reader. Kids who read do better in school, and life!

Promoting young children's early literacy

To promote young children's delight in talking, listening, reading and writing, adults need to provide a variety of interesting language activities. Children who are good at reading understand the alphabet and letters, use background knowledge and strategies to obtain meaning from print, and can easily identify words and read fluently.

Activities that prepare young children for learning to read emphasize:

- Counting
- Number concepts
- Letter names, shapes, and sounds
- Awareness of sounds



What adults can do

Be a model of reading behavior for your children: write notes, keep a calendar, post lists of food and household needs, have a new word of the week. Play with words by rhyming. Remember the old "Name Game" song? Ask grandma!

The Durham Public Library can be your best friend in your efforts to raise readers! Each library branch has special programs and materials available to you. Story times are held at all branches. Take your little one to get a library card. It's free and they will feel so grown-up to have one! Check out the exciting Story Sharing Kits available to caregivers at the Main Branch!

Call 560-0130 for more information!

Welcome Baby offers **Motherread** and the **BABY** program to help you become more comfortable with books, learn more about how your child is growing and learning and how to make the best of each stage of their development. Contact Kimberly for more information on these two different programs and our upcoming schedule. Kimberly can be reached at 919-560-7319 or via email: kingram@co.durham.nc.us



January Incredible Years Series

Did you laugh at this title and say to yourself it should be called "The Challenging Years!" Do you find yourself climbing into bed at night saying "I didn't think it was suppose to be so hard" or "I feel like a failure as a parent, I've tried everything and nothing is working." **These are some of the comments we heard from parents in the beginning of a series.**

We are happy to report at the end of the series we heard parents say, "I enjoy my child again" "I thought I was going to change my child and I changed too!"

If you join us on Tuesday nights you will find out that you're not the only parent that feels frustrated by their child's behavior. You're not alone in wanting to learn new ways to deal with your child's behavior.

The Incredible Years Series was brought to Welcome Baby through additional funds from Duke Energy and Durham Partnership for Children – A Smart Start Initiative. Our funds allow us to provide dinner, child care, transportation and incentives.

The series will begin January 13 and continue through April 28th.

These classes fill up quickly, don't delay! Call Kimberly at 560-7319 to register right away!

New Parent or Expecting?

Having a new baby and feeling nervous?

Have you had your baby and you're not sure of the best way to care for him or her?

The **B.A.B.Y** Program may have the answers for you! You can learn about baby basics, crying, ages and stages, safety, sleeping and self-care.

Beginning **Thursdays, January 15th. Call Kimberly at 560-7319 to register and for times.** Food, childcare and transportation is available!

Moms who complete the series will receive books and a Giving Closet shopping bonus.



Positive Discipline

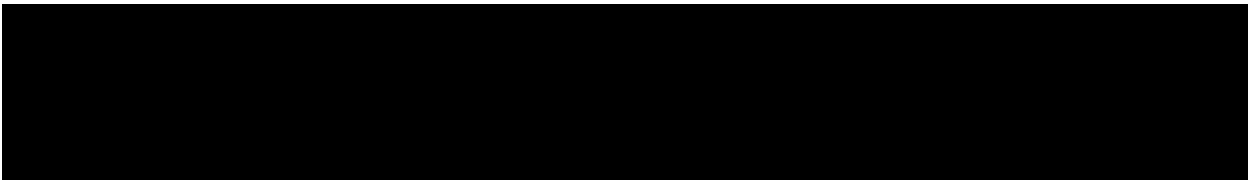
This eight (8) class series is for parents who are looking for long-term parenting skills that will encourage their children to think for themselves, become more responsible and have greater respect for themselves and others. The workshop series is based on the book , **Positive Discipline**, by Jane Nelsen, and is filled with non-punitive, respectful methods that will incorporate kindness and firmness into parenting and bring more joy into the home.

The new group starts Mondays, January 26th at 6pm.

Call Patience at 560-7392 to register.



A flu shot keeps you and your child healthy!



Hand washing: A simple way to keep healthy

Hand washing is a simple habit — one that requires minimal training and no special equipment. Yet it's one of the best ways to avoid getting sick. This simple habit uses only soap and warm water or an alcohol-based hand sanitizer — a sanitizer that doesn't require water. Throughout the day you accumulate germs from a variety of sources, such as direct contact with people, contaminated surfaces, foods, even animals and animal waste. If you don't wash your hands frequently enough, you can infect yourself with these germs by touching your eyes, nose or mouth. And you can spread these germs to others by touching them or by touching surfaces that they also touch, such as doorknobs, faucet handles, toilet handle, remote control, light switch, etc.

Infectious diseases are commonly spread through hand-to-hand contact, e.g. the common cold, flu and several gastrointestinal disorders, such as infectious diarrhea. The combination of scrubbing your hands with soap — antibacterial or not — and rinsing them with water loosens and removes bacteria from your hands. Use a clean or disposable towel and then turn off the faucet with the towel. If using an alcohol-based hand sanitizer, apply about 1/2 tsp of the product to the palm of your hand. Then, rub your hands together, covering all surfaces of your hands, until they are dry.

*Retrieved and condensed from Worldwide Web,
October 30, 2008. By Mayo Clinic Staff, October 16, 2007.*

Getting to Know You —as you're getting to know your baby!

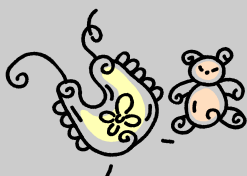
Join us for **Now & Later:**

Parents of newborns (under 3 months) and their babies gather to discuss topics relevant to their new lifestyle and responsibilities.

Parents join to make new friends and connect with other families with babies about the same age. Light refreshments are served.

The next N&L group will start on Wednesday, January 7th, from 10 – 11 a.m.

Please register by calling
Patience at 560-7392.



Giving Closet New Time!

New Hours: Shopping hours are now **MONDAY 9:30am to 11:10 am.** Registration and shopping begins at 9:30 am. Bring ID.

We have a new system in which the time you arrive and sign-in will no longer decide the order you can shop and chose available “large items.”

YEAR-ROUND GIVING



Giving is usually at its highest during Thanksgiving, Christmas, Hanukkah and other end-of-the-year holidays. Now that all of the gifts have been unwrapped, all of the decorations packed away, and all of the delicious meals eaten there are still needs that can be met throughout the year with your giving.

You can help to continue Welcome Baby's important work by helping out in a variety of ways:

Monetary donations help enhance programming, parenting classes, and pay for needed instructional resources and supplies.

Volunteer opportunities support Welcome Baby's work by providing individuals and groups one time or on-going efforts to help out as child care helpers, office assistants, hospital visitors, and parent supporters.

Giving Closet donations of infant, children and maternity clothing and items such as strollers, diaper bags, bassinets, etc. help meet basic needs that families may have.

Your gifts of time, money and resources fuel the work that Welcome Baby does with families who have young children. As always, your giving is very much appreciated. Contact Von at 560-7340 or vdbrown@co.durham.nc.us to further discuss ways that you can give throughout the year.



101-495-2316-1103
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Parenting is a job with endless questions. Perhaps we can help.