

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



Do you need help with.....

Pre-registration is required for all classes. Please call Kimberly at 560-7319. Sorry! Childcare is NOT available for these nights.

Toilet Training 101 May 11th, 6 to 8 pm

Do you know when your child is ready to leave the diapers behind? Pardon the pun! Techniques and tips for getting from diapers to "big kid underwear." Pre-registration is required. Call Kimberly at 560-7319.

Positive Discipline and Incredible Years Booster Group June 2nd 6 – 8p.m.

Calling all parents that have completed an Incredible Years or Positive Discipline series! Do you have questions? Want to share your successes and get feedback on your challenges? Do you have an issue we can help with? Come visit with your classmates and find out how things are going for their family. Pre-registration is required. Call Kimberly at 560-7319.



Strong Couples, Strong Children is a program to support couples staying together and strengthening their relationship with their child. A new baby can be stressful. Many unmarried couples break up within a year of having a baby. The **Strong Couples, Strong Children** is a program for unmarried couples, 18 and older, who are expecting a baby or have a baby less than 3 months old. Benefits of participating in this program include:

- A stronger bond with your partner
- Gain problem solving skills
- A stronger bond with your child
- A child who sees two parents getting along, and
- Less stress—more happiness!

For more information contact **Erlene Harvin at 919-560-7624.**

Make mouths matter!

A child's teeth are very important. Children need their teeth to eat a variety of foods, speak clearly, feel confident in themselves, and be healthy. Here are helpful tips to help keep your child's mouth healthy:



Make sure your child is weaned off the bottle by their first birthday – Drinking out of a bottle for too long can lead to baby bottle tooth decay.

Choose cups wisely – “Sippy” cups are not meant to be used for long periods of time. An uncovered, child-size cup is the best option.

Rethink Drinks – Avoid giving your children sugary drinks. Offer water as the beverage of choice between meals.

Serve more fruits and vegetables – Fruits and vegetables naturally help clean your teeth – especially the crunchy ones.

Plan meals and snacks – Grazing throughout the day can lead to cavities.

Practice good oral hygiene – Make sure your children brush their teeth at least twice a day. Children need their parents' help when brushing until they are 8 years old or can tie their own shoe laces.

Babies need oral care, too! - Parents should wipe their baby's gums with a clean, damp cloth or gauze every day. You can use a soft, child-size brush to clean teeth once babies have one tooth.

Visit the dentist – All children should visit the dentist once they have one tooth – and every six months after their first visit.

WELCOME BABY'S VOLUNTEERS ARE GREAT

“Everybody can be great because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace, and a soul generated by love.”--- Dr. Martin Luther King, Jr.

That quote is indicative of Welcome Baby's great volunteers who serve Durham County families with young children. Four were nominated for the Volunteer Center of Key Volunteer Award and attended the annual luncheon last month:

Matokia Jones, a volunteer hospital visitor and a volunteer telephone supporter is so proficient that she is often asked by staff to help orient new volunteers. Model volunteers and high school students, **Yesica Rico** and her younger sister **Maria** provide child care to young children while the parents attend evening parenting classes. They also had a hand in making Welcome Baby's 20th Anniversary Celebration last October a success. Volunteer hospital visitor, **Phyllis Verhey** is “a breath of fresh air to new moms who have recently delivered and are wondering how they will do when they get home,” says her nominator.

We appreciate all of our great volunteers who help staff empower and educate families to make the best parenting choices for their young children. Our hats are off to each of you!

Contact Von at vdbrown@co.durham.nc.us or 560-7340 for information about volunteering.

101-495-2316-1103
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