

Message from the Coordinator

The staff of Welcome Baby is excited to be celebrating 20 years of service. Each day we meet great parents who are doing their best to raise productive, loving children, and who, despite obstacles, choose to learn new ways to tackle parenting challenges. We hope all the readers of this newsletter will share our invitation to celebrate with any moms and dads they know that have been "Welcome Baby" families and come to our party October 12th.

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.



You're Invited to a Birthday Party !
 Welcome Baby 20th Anniversary Celebration



You and your entire family are invited to join WB staff, supporters and volunteers for a reunion of everyone who has ever participated in a Welcome Baby activity since we started visiting new parents in the Duke and Durham Regional Hospitals in 1988. We hope to take the largest group photo Durham has ever seen, plus, there will be games, music and refreshments.

WHO: All Welcome Families—even if you participated 20 years ago—especially if you participated 20 years ago—YOU MADE IT THIS FAR!
WHEN: SUNDAY, October 12th, 3 to 5 pm
WHERE: Durham Central Park and Farmer's Market Pavilion, Foster Street
This is a Free Event!

If you are interested in sponsoring this event contact:
Pat Harris at 560-7341 or email: paharris@co.durham.nc.us
 If you are interested in volunteering, contact **Von Brown** at 560- 7340 or email: vdbrown@co.durham.nc.us

Having a new baby and feeling nervous and not sure what to do and the best way to do it?



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



Contact: Kimberly at 560-7319 for more info.

Class offerings for Parents



Positive Discipline

Do you find yourself repeating requests and/or instructions to your children several times without any success? If so, then this 8 week Positive Discipline series is for you. Come and learn long-term parenting skills that will help you teach your children responsibility, cooperation, problem solving skills plus more! The workshop series is based on a book **Positive Discipline** by Jane Nelsen. The classes are tailored to the your specific needs. Call *Patience* @ 560-7392 to register for the series.

Classes begin Thursday, September 18th from 6:00pm-7:30pm



Calling all parents AND grandparents!

Parents and Grandparents, do you find yourselves disagreeing on how to raise the children and grandchildren in your lives? Would you like to find a positive and harmonious way of raising the children together? If the answer is yes then please call Welcome Baby at 560-7150 to register for a **Parent/Grandparent Positive Discipline Class** starting spring 2009.

“Avoiding Mealtime Hassles”

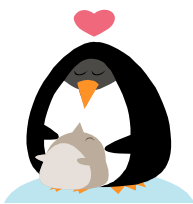
Getting children involved in planning meals, shopping and food preparation helps them feel ownership over their mealtime. Meals become about cooperation and children are more willing to eat the entire meal because they had some choices, too.

From *Positive Discipline* by Jane Nelsen, Ed.D. published by Ballentine Books, 2006

Dealing with a Picky Eater?

Concerned that your child might not be eating balanced meals and need new ways of encouraging your child to eat her food. Welcome Baby is offering a one-time workshop on **Picky Eating**.

Call *Patience* @ 560-7392 to register.



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

Join us for Now & Later:

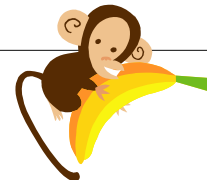
Parents of newborns (under 3 months) and their babies gather to discuss topics relevant to their new lifestyle and responsibilities.

- Infant care, feeding, crying, sleeping, returning to work, staying home, etc.
- Parent adjustment, emotional ups and downs, body changes, relationship changes...

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 Thursday, September 4th, from 1 – 2 p.m.

Please register by calling Anne at 560-7318.



Giving Closet—New Time! New Guidelines!



BEGINNING MONDAY, SEPTEMBER 8th

Hours: 9:30-11:10 am: Shopping hours are **9:30am to 11:10 am**. Registration and shopping begins at 9:30 am. Clients arriving before 9:30am will be asked to take part in a class about Welcome Baby services and ways to care for your child while at Welcome Baby. 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.”** We hope the new procedure will allow the Giving Closet to run more smoothly and help to shorten the length of time parents are dealing with bored and tired children.

Parent: We encourage all parents to attend Positive Discipline classes to learn ways to deal with challenging situations without the use of corporal punishment. If you find yourself losing patience with your child while waiting for Giving Closet, please feel free to ask for help.

Children: You must keep your children with you at all times until it’s time for you to shop. Only children 6 month and younger may go into the Giving Closet with their parent. All other children should be in the childcare room while the parent shops. If a child has a difficult time in the childcare room, the parent will be asked to remove them

Worried about Health Insurance for your Children?

North Carolina Health Choice for Children (NCHC) is a free or reduced price comprehensive health care program for children. If your family makes too much money to qualify for Medicaid but too little to afford rising health insurance premiums, your child(ren) may qualify for NCHC.

Who is eligible for NCHC?

Your family’s monthly income must be equal to or less than 200% of the federal income limits. If your family’s monthly income is slightly over the income limits listed below, your child(ren) may still be eligible. There are deductions for child care and a \$90 work-related expense deduction for each family member who works.



Federal Poverty Income Limits (as of April 1, 2008)

Family Size	200% (a)		150% (b)	
	Monthly Income	Annual Income	Monthly Income	Annual Income
1	\$1,734	\$20,800	\$1,300	\$15,600
2	\$2,334	\$28,000	\$1,750	\$21,000
3	\$2,934	\$35,200	\$2,200	\$26,400
4	\$3,534	\$42,400	\$2,650	\$31,800
5	\$4,134	\$49,600	\$3,100	\$37,200
6	\$4,734	\$56,820	\$3,550	\$42,600
7	\$5,334	\$64,000	\$4,000	\$48,000
8	\$5,934	\$71,200	\$4,450	\$53,400

A) For each additional family member add \$567 a month. b) For each additional family member add \$425 a month.

Once a child has been covered under this plan, if your family economic conditions change so that the child is no longer eligible, but you want the child to continue in the program, you may be allowed to purchase the plan at full premium for one year. **Call the CARE LINE : 1-800-662-7030 (English, Spanish).**

HELP US CELEBRATE WELCOME BABY



You have probably read elsewhere in this publication that Welcome Baby is celebrating 20 years of service to Durham County families this year. The culmination of the year will be a 20th Anniversary Reunion Picnic at Durham Central Park on Sunday afternoon, October 12. Welcome Baby has touched a lot of families' lives in twenty years and those families will be invited.

At the reunion picnic celebration there will be games, refreshments, a few brief speeches and recognitions, and a huge photo shoot with the families. What fun it will be to see Welcome Baby "babies" who are in their twenties with children of their own! It will take a lot of planning and there will be much work on the day of the event. We'll need many hands to make it the success that it deserves to be.

But we are up for the challenge! Through the years, volunteers have always been a part of Welcome Baby's mission to provide education and support to families with young children. We hope that we can call on some of you again to volunteer and help celebrate this milestone by making the reunion picnic fun and memorable. Contact Von at 919-560-7340 or ydbrown@co.durham.nc.us if you have questions.



101-495-2316-1103
Welcome Baby Family Resource Center
NC Cooperative Extension
721 Foster Street
Durham NC 27701



Parenting is a job with endless questions. Perhaps we can help.