



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; Duke Endowment Fund and the Durham County Government .

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. Services are available to any Durham County family with children ages birth-5. 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

**Wondering where you can enjoy weekly meals?
Engage in informative conversation and activities in the company of peers?
All of this while your children are fed and cared for, and it's FREE? Read on...**

Incredible Years for Toddler (1-3years old) – This 13-week series focuses on:

- * Understanding the value of showing attention as a way of increasing positive child behavior
- * The value of child directed play
- * How to model and improve language development
- * The importance of shaping, praising and incentives
- * How to set clear and enforceable rules



Call Patience to pre-register @ 919-560-7392 or Cindy @ 919-560-7319
Dinner and Childcare provided. Transportation available as needed.
**The series begins February 23rd from 6-8pm
at Welcome Baby 721 Foster St.**

Incredible Years (3 to 5 year olds) - This 14 week series covers:

- * Methods to gain cooperation
- * Strategies to promote positive relationships
- * Skills to promote child led play, listen, talk and problem solve with your child
- * Tools to set clear limits, household rules and consistent follow-through
- * Learning to ignore, distract and redirect
- * School readiness skills and social skills



Parents will have an opportunity to practice research-based parenting techniques with support from other parents and facilitators.

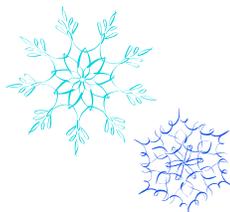
Call Patience to pre-register @ 919-560-7392 or Cindy @ 919-560-7319.
Lunch and Childcare provided. Transportation available as needed.
**The series begins February 11th from 10am – 12pm
at Welcome Baby 721 Foster St**

New to Welcome Baby! Triple P Positive Parenting—

Triple P gives parents simple tips to help manage the big and small problems of family life.

Problems like:

- * Toddler tantrums
- * Supermarket meltdowns
- * Bedtime battles
- * Disobedience
- * Aggression



Triple P can help you deal with them all and more! Please call to schedule a consultation.

Contact Cindy at 919-560-7319 or Patience at 919-560-7392





WHAT TO WEAR

WINTER SAFETY TIPS Provided by: American Academy of Pediatrics

Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Don't forget warm boots, gloves or mittens, and a hat. The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.

Blankets, quilts, pillows, bumpers, sheepskins and other loose bedding should be kept out of an infant's sleeping environment because they are associated with suffocation deaths and may contribute to Sudden Infant Death Syndrome (SIDS). Sleep clothing like one-piece sleepers or wearable blankets is preferred. If a blanket must be used to keep a sleeping infant warm, it should be thin and tucked under the crib mattress, reaching only as far as the baby's chest, so the infant's face is less likely to become covered by bedding materials.



WINTER HEALTH

If your child suffers from winter nosebleeds, try using a cold air humidifier in the child's room at night. Saline nose drops or petrolatum jelly may help keep nasal tissues moist. If bleeding is severe or recurrent, consult your pediatrician. Many pediatricians feel that bathing two or three times a week is enough for an infant's first year. More frequent baths may dry out the skin, especially during the winter. Cold weather does not cause colds or flu. The viruses that cause colds and flu tend to be more common in the winter, when children are in school and are in closer contact with each other. Frequent hand washing and teaching your child to sneeze or cough into the bend of her elbow may help reduce the spread of colds and flu. Children 6 months of age and up should get the influenza vaccine to reduce their risk of catching the flu. It is not too late to get the vaccine! Around 80% of all influenza illness generally occurs in January, February, and March.



FIRE PROTECTION

Winter is a time when household fires occur. It is a good time to remember to:

- Buy and install smoke alarms on every floor of your home.
- Test smoke alarms monthly.
- Practice fire drills with your children.
- Install a carbon monoxide detector outside bedrooms.
- Keep space heaters at least 3 feet away from anything that could burn, and turn them off when leaving the room or sleeping.

**Join Welcome Baby on
Facebook and Twitter and Pintrest!
Check out our updated website at
www.welcomebaby.org**



Label Here

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