

# Baby Parade

Featuring local babies born in 2018



Maren Doherty



Oliver Thompson



SATURDAY, FEBRUARY 9, 2019 | ADVERTISING SPECIAL SECTION  
**KENNEBEC JOURNAL | MORNING SENTINEL**

# Our Winners!

Here are the winners of our 2018 Baby Parade advertising special section. Each winner receives a \$25 gift card to the advertiser of their choice. *Congratulations to all the winners and their families!*



## Maren Doherty

was born Feb. 19, 2018 to Jordan and Sean Doherty. Her grandparents include Deb and Steve Phillips, Ann Marie Doherty, and Roscoe.



## Oliver Thompson

was born Oct. 13, 2018 to Sam and Kate Thompson. His grandparents include Steve and Nancy Pooler, George and Audrey Guptill, Elwin and Dorcas Matthews, Emery and Shirley Thompson, and Priscilla Herman.



**ABOUT THIS SECTION:** This advertising special section was produced by the Kennebec Journal and Morning Sentinel. Winners are drawn randomly. The cover is designed by Alicia Tuttle, Graphic Artist.

# Baby's first holiday gifts

The holiday season is a magical time of the year for all age groups but seems to be especially enjoyed by children. Even though infants and toddlers may not fully appreciate gifts under the tree or holiday lighting displays, that's no reason not to make tots' first foray into holiday giving any less special.

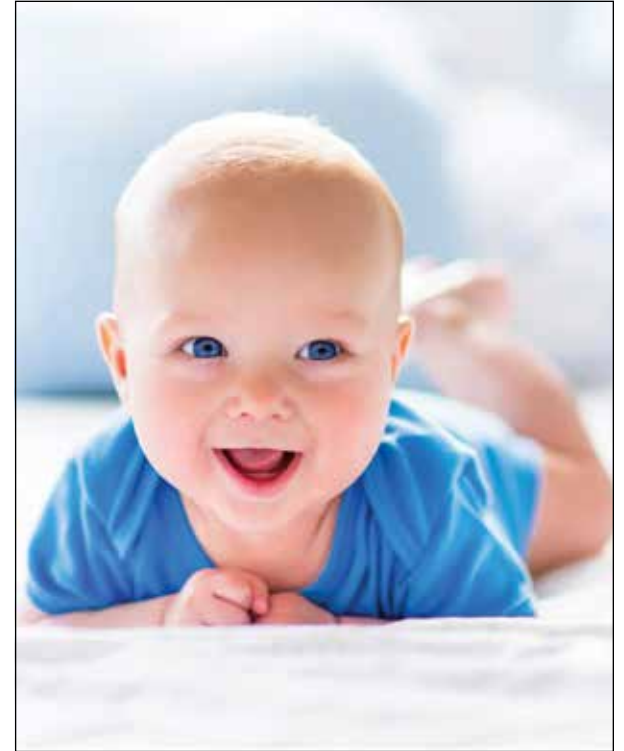
Shopping for babies can be challenging because gift-givers may not want to overwhelm new parents with much more stuff — considering their homes may already be inundated with baby gear. However, it's difficult to resist the temptation to purchase adorable infant and toddler toys and trinkets, particularly when celebrating a child's first holiday season. The following are some practical and thoughtful gift suggestions for shoppers who want to make children's first holiday seasons as special as possible.

### Activity chairs and mats

Young children who are not yet mobile require entertainment be brought to them. This can be achieved through the various activity chairs and mats designed to stimulate young brains. Children who are practicing tummy time skills can benefit from flat mats. Once baby is holding himself up a bit, he can sit in an activity chair that has teethers, noisemakers and other colorful toys built right into the seat.

### Age-specific toys

It is important for shoppers to check product age recommendations prior to purchasing. Examples of gifts that can be appropriate for newborns include soothing rockers and swings, nightlights and cuddly stuffed animal/pacifier hybrids. Teether rings or musical gifts may suit slightly older infants. Older tots may enjoy exercise saucers, bouncing swings or tactile reasoning toys, such as those that require matching shapes with openings in a toy.



### Clothing

Within the first year of life, babies go through several growth spurts and will quickly outgrow their clothing. Parents will need to continually meet new wardrobe demands. Think ahead, buy clothing that will be needed soon or not too far into the future, also considering the seasons in which they'll be used. Tack three months onto the baby's age and that is likely the size he or she will need next.

### Classic gifts

Rockers have long been popular gifts for young children. While a little one may not be able to ride a rocker just yet, this can be a great addition to a nursery until it proves functional. Although a rocking horse is the standard, unicorns are currently having their moment, so a unicorn rocker can be a playful touch.

### Personalized keepsakes

Placing the date and baby's name on gifts instantly transforms them into collector's items that can be cherished through the years. In addition to ornaments, think about engraving photo frames or make a photo book with all of the baby memories thus far.

# Charities that help children in need

**H**aving a child or becoming a parent or caregiver to a youngster can change a person profoundly. Perhaps that's why many people will rally to do whatever is necessary to help when children become sick, injured or need help.

Children's charities can pluck at the heartstrings, but prospective volunteers or donors should still do their homework and research a given charity before deciding to help. Charity Navigator, the Better Business Bureau and other watchdog groups are great sources of reliable information that can help prospective donors make smart giving decisions.

Researching children's charities also may shed light on some of the lesser known charities that do excellent work. The following are a handful of children's charities whose missions may resonate with those who want to help.

## Cards for Hospitalized Kids

This organization gathers donated handmade or purchased cards from various people or groups from around the country (and even the globe) and distributes them to hospitals that service children across America. Making a card is a great service project for scouts, students or families who want to help. CFHK finds that cards can brighten the days of children facing serious illnesses or injuries. Cards are accepted year-round and distributed monthly. Learn more at [cardsforhospitalized-kids.com](http://cardsforhospitalized-kids.com).

## Alex's Lemonade Stand

This organization began in 2000 when then-4-year-old Alexandra "Alex" Scott, who was a cancer patient, wanted to create a lemonade stand to

raise money and help find a cure for children with cancer. Scott died four years after the charity's inception, but her project grew by leaps and bounds and has helped to raise money for 500 research grants given to over 100 organizations. More information is available at [alexlemonade.org](http://alexlemonade.org).

## PowerMyLearning

PowerMyLearning is a national nonprofit organization committed to fostering educational technology and resources to children who need it the most. They partner with schools serving low-income communities and provide professional development for educators and family engagement services. While financial donations are accepted, the organization also accepts donations of used laptops and other technology devices. Learn more at [powermylearning.org](http://powermylearning.org).

## Project Linus

Named after the blanket-loving "Peanuts" character, Linus, this group makes sure that children who are ill or who have gone through trauma have a cozy blanket to snuggle. Volunteers create and donate homemade, washable blankets. More information is available at [projectlinus.org](http://projectlinus.org).

## Newborns in Need

Giving birth to a premature baby can be emotionally taxing on families, especially those who may be unready for the financial toll of giving birth to a preemie. Preemies may need specialized care and clothing. Newborns in Need provides clothing and blankets for premature babies in need at hospitals, shelters and private homes. Learn more at [newbornsinneed.org](http://newbornsinneed.org).


**PLEASE READ TO ME**


No baby is too young to be read to...  
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**20% OFF One, In-Stock Book For Your Baby Or Your Valentine**

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## Bright Beginnings Learning Center

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**A LITTLE ABOUT US:**

At Bright Beginnings Learning Center our goal is to provide care that meets the individual needs of each child in a safe, nurturing, and educational environment. Our main objective is to encourage learning while having fun, improving social skills, and inspiring creative expression. We have five classrooms at BBLC in which children are grouped according to their developmental ability. We are an inclusive program that promotes diversity and focuses on the strengths of each individual child.

## All Families Deserve a Special Delivery!



# The Birthing Center

at RFGH

a department of

  
**Redington Fairview**  
**General Hospital**  
(207)474-5121 / [www.rfgh.net](http://www.rfgh.net)

### Dedicated to Providing an Exceptional Birth Experience... Every Patient; Every Family; Every Time.

#### OB Providers:

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Lekha Bhatta, MD

#### Skowhegan Family Medicine

207-474-6201

Ann Dorney, MD  
Alicia Forster, MD

Marya Goettsche Spurling, MD

Mike Lambke, MD  
Abigail Masterman, DO

#### Pediatric & Nursery Providers:

#### Redington Family Practice

207-474-3320

Timothy Malyk, MD  
Courtney Daggett, PA-C

#### Redington Pediatrics

207-474-6265

Miglena Kircheva, MD

#### Skowhegan Family Medicine

207-474-6201

Ann Dorney, MD  
Alicia Forster, MD

Marya Goettsche Spurling, MD

Mike Lambke, MD  
Abigail Masterman, DO  
Audie Horn, PA-C

#### RMPC/Norridgewock

207-634-4366

Jaimee Allen, FNP  
Kathy Lees, PA-C

**Call us at**  
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**to set up a**  
**tour of our**  
**family-friendly**  
**Birthing Center!**

# Prevent prenatal infections

**P**rotecting children begins the moment a mother learns she is pregnant. Illnesses can affect children in the womb and expecting parents should be aware of conditions that can affect the health of the fetus, also known as prenatal infections.

The organization Group B Strep International says that approximately one in four pregnant women carry GBS, the leading cause of sepsis and meningitis in newborns, according to the Centers for Disease Control and Prevention. GBS also can infect babies during pregnancy and the first few months of life. GBS as well as other conditions, such as cytomegalovirus, listeriosis and Zika virus, are serious health problems that can affect a fetus and expecting mothers.

Mothers can take various steps to protect themselves and their babies from infectious contagions. The American Academy of Pediatrics and the CDC offer these tips to expecting parents.

**Wash hands often.** The single best way to prevent contraction and spread of any illness is through hand-washing. Use warm water and soap to wash hands before and after certain activities, such as preparing foods, eating and using the restroom and after coming in contact with surfaces that may be germ-ridden.

**Cook meat to proper temperatures.** Use a food thermometer to make sure the internal temperature of meats, poultry and fish are at the recommended levels for safety. Undercooked foods may contain harmful bacteria, such as listeria and E. coli.

**Avoid unpasteurized dairy products.** Feta, queso fresco, brie and other soft cheeses should be avoided unless the label specifically mentions pasteurization. Make sure yogurts and milks are pasteurized as well.

**Skip raw sprouts.** Listeria may be found on alfalfa, clover, radish, and mung bean sprouts unless they are thoroughly cooked.

**Get tested for GBS.** Doctors can swab you to see if you have this type of bacteria. If they learn you do, they will advise you on how to protect the baby during labor.

**Stay away from Zika-prone areas.** Avoid travel to areas of the world with known Zika outbreaks. If a spouse or partner has traveled to these areas, exercise extreme caution during sexual intercourse, as the disease can be transmitted this way as well.

**Leave cat care to others.** Dirty cat litter may contain a parasite that causes toxoplasmosis. Let someone else clean and tend to the litter box for the duration of your pregnancy.

These are just a few tips to help keep your fetus safe. Expecting parents can discuss other ways with their physicians.



# Common conditions in newborns

**P**arents of newborns tend to do everything within their power to make their babies as comfortable as possible. But even babies with the most vigilant parents can become ill.

According to the Seattle Children's Healthcare System, newborns are at higher risk for infections, which may be present at any time during the first month of a child's life. Watching for signs of illness is crucial, especially during a child's first seven days of life.

The American Academy of Pediatrics notes that certain conditions are especially common during a child's first few weeks after birth. If spotted, the following conditions should be brought to the attention of a pediatrician immediately.

## Abdominal distension

Babies' bellies stick out, especially after they've been fed. But bellies should feel soft between feedings, so swollen, hard bellies should be discussed with a pediatrician. Parents also should call their children's pediatricians if their babies are vomiting or have not had a bowel movement for more than one or two days. Such symptoms may be a byproduct of gas or constipation, but pediatricians should be contacted to rule out potentially serious intestinal issues.

## Blue baby

Mildly blue hands and feet are not necessarily a problem. Newborns' hands and feet may turn blue when they're cold, returning to pink once they are warm again. In addition, newborns' faces, tongues and lips may turn blue after they cry, returning to normal once babies calm down. But persistent blue coloring may indicate that the heart and lungs are not working properly, especially if the blueness is accompanied by difficulty breathing and feeding. Immediate medical attention is essential in such instances, as babies exhibiting such symptoms may not be getting enough oxygen in their blood.

## Coughing

Some coughing is normal among



newborns, who may cough when they drink too fast (as babies adjust to feeding, these coughs should vanish). But persistent coughs or gagging during feedings may indicate problems with the lungs or digestive tract.

## Jaundice

A yellowish tinge to the skin known as jaundice is not uncommon among healthy newborns. The result of a buildup of bilirubin in the child's blood, jaundice often occurs when the baby's immature liver is not yet efficiently removing bilirubin from the bloodstream. Mild jaundice is harmless, but pediatricians may still want to check babies' bilirubin levels because very high levels that are not detected or treated can cause damage to the brain or nervous system. The AAP notes that jaundice is more common in newborns who are breastfeeding, particularly those who are not nursing well. Nursing between eight and 12 times per day can keep bilirubin levels low. Jaundice first appears on the face followed by the chest and abdomen. Healthy babies discharged from the

hospital before they are 72 hours old should be seen by a pediatrician within two days of being discharged so their bilirubin levels can be checked. More information about jaundice is available at [www.aap.org](http://www.aap.org).

## Respiratory distress

Babies may need a few hours after birth to develop normal patterns of breathing. But those who need more time may be suffering from respiratory distress. Blockage of the nasal passages, which can be remedied with saline nasal drops and a bulb syringe that hospitals may provide to new parents, may be to blame. However, pediatricians should be notified immediately if babies exhibit fast breathing (more than 60 breaths in a minute), retractions (sucking in the muscles between the ribs with each breath), flaring of the nose, grunting while breathing, or persistent blue skin coloring.

Newborns are susceptible to various conditions in their first hours and days of life. Parents who suspect anything out of the ordinary should contact their babies' pediatricians immediately.

# Tips to help new fathers bond with their babies

The birth of a child is a momentous occasion in the lives of parents. First-time parents may be especially moved upon seeing the birth of their child, having never witnessed something so profound.

When the time comes for parents to leave the hospital and take their newborns home, new moms and dads take on different roles. Moms who are nursing or handling the bulk of the bottle-feeding while spending a few months on maternity leave may appear to have more opportunities than fathers to bond with their new babies. But there are many ways for new dads to bond with newborns as well.

**Hold your baby as often as possible.** Pediatrician David Hill, author of the book "Between Us Dads: A Father's Guide to Child Health," says bonding between father and newborn has as much to do with contact as involvement. Many first-time parents are



understandably nervous about holding their newborns, who seem so fragile. But newborns benefit from being held, and Hill notes that a bond will develop between father and baby if there is physical contact.

**Find ways to spend time together.** Fathers

might not be able to pitch in at feeding time if mothers are nursing. Because newborns spend so much time being nursed and sleeping, fathers may feel as though they don't have much time to spend with their babies each day. But any time spent with a newborn can be a time for fathers to develop bonds with their children. Time spent changing diapers can prove to be a great time for fathers to bond with their newborns. Make eye contact with babies while changing their diapers, as Psych Central, an independent mental health social network run by mental health professionals, notes that babies prefer eye contact.

**Spend alone time with your newborn.** Fathers of newborns who are being nursed may feel like there is no ideal time to spend alone with their children. But mothers, especially those who work and intend to keep breastfeeding after their maternity leave

ends, can learn to use a breast milk pump so dads can bottle-feed. Learning to eat from a bottle will help babies in the long run, and dads can get some quality alone time with their newborns while bottle feeding. Fathers of babies who are bottle-fed can spend more time alone with their children, and give moms a much-needed break, without the fear of having nothing to feed them should they get hungry while mom is away.

**Help your baby fall back asleep.** Nursing mothers may feel inclined to wake up with their newborns in the middle of the night and let dad keep sleeping. But babies are not necessarily waking up in the middle of the night due to hunger. Some might simply need to be comforted, and dads can comfort their children just like moms can, all the while strengthening their developing bond.

New fathers can strengthen the bonds they have with their newborns in various ways.

## Kids and sleep

Adequate sleep is important for children's health, states the American Academy of Pediatrics. Quality sleep is just as important as well visits and protective immunizations. Babies and young children may sleep between 10 and 18 hours per day, but by the time a child reaches school-age, he or she may be well-rested after getting between 9 and 11 hours. Sleep is vital for the body to recover and rebuild and for the brain to process new information. The Center for Pediatric Sleep Disorders at Boston Children's Hospital says that children who are not getting enough sleep may have trouble learning new tasks. Parents who want to foster good sleeping habits in their children can try the following strategies.

- Set a smart bedtime and nap schedule.
- Do not allow the use of electronics approximately one hour prior to bedtime.
- Create a regular bedtime routine that includes winding down and cues that rest is coming.
- Stick to the same schedule every day of the week — including weekends.
- Make sure kids get daily exercise, which can make it easier for them to grow tired around bedtime.
- Create a cool, comfortable and dark sleeping environment.

## Did you know?

Babies do not develop regular sleep cycles until about six months of age. According to the American Academy of Pediatrics, newborns may only sleep one or two hours at a time but still sleep roughly 16 hours per day. The AAP notes that newborn sleep occurs in stages and is divided about equally between rapid eye movement (REM) and non-REM sleep. The first stage of newborn sleep is characterized by drowsiness as babies begin to fall asleep. That drowsiness is followed by REM sleep, during which babies may twitch or jerk their arms or legs. During this stage, parents may notice their babies' eyes moving under closed eyelids. In addition, a condition called "normal periodic breathing of infancy," in which babies' breathing can be irregular and even stop for five to 10 seconds before starting again with rapid breathing that continues for 10 to 15 seconds, may occur. The rapid breathing during the REM stage will be followed by regular breathing until the cycle begins anew and repeats itself. The AAP advises parents that, during the pauses of normal periodic breathing of infancy, babies' skin color does not change, and parents need not be concerned. The third stage of newborn sleep is light sleep, a less active phase during which babies' breathing becomes more regular. The fourth and fifth stages are deep non-REM sleep. During these stages, babies fall into a sleep that progressively deepens to a point where babies may be difficult to wake.



**PRESTON MACKENZIE BAILEY-DAVIS**  
5/8/18 • 8 lbs. 0 oz.  
**Parents:**  
Margo Bailey and Robert Davis  
**Grandparents:**  
Rod and Kay Bailey  
Frederick and June Davis



**ABBOTT PALMER BRIMIGION**  
3/5/18 • 8 lbs. 2 oz.  
**Parents:**  
Ryan and Andrea Brimigion  
**Grandparents:**  
Palmer(Skip) and Helen Brimigion,  
Steven and Denise Dinsmore  
**Great Grandparents:**  
Helen Trask, Barbara Dinsmore  
Palmer and Arlene Brimigion



**ELYSE ANDIE CALDWELL**  
7/24/18 • 8 lbs. 1 oz.  
**Parents:**  
Matthew and Amy Caldwell  
**Grandparents:**  
Debby Caldwell  
Dale and Rebecca Hanscomb  
Avery Caldwell



**EMERIEN DIONNE**  
2/14/18 • 7 lbs. 11 oz.  
**Parents:**  
Darrin and Laura Dionne  
**Grandparents:**  
Randy and Monique Dionne  
Bob and Joy Malicia



**MAREN W. DOHERTY**  
2/19/18 • 8 lbs. 6 oz.  
**Parents:**  
Jordan and Sean Doherty  
**Grandparents:**  
Deb and Steve Phillips,  
Ann Marie Doherty, Roscoe  
**Other Family:**  
Scott



**HADLEE MAE EMERY**  
1/29/18 • 5 lbs. 13 oz.  
**Parents:**  
Ben and Sarah Emery  
**Brother:** Brock  
**Grandparents:**  
Michael and Deb Hamel  
Craig and Michelle Shores  
Tim and Marsha Emery  
**Great Grandparents:**  
David and Sherlene Barnes  
Carroll and Carlene Shores  
Ed and Barbara Emery  
**Late Great Grandparents:**  
Paul and Lillian Karass  
George and Jean Hamel

# How to help kids learn to love reading

**R**eading is a passion for many people. But even avid readers may not know just how far back their love of reading stretches.

According to the American Academy of Pediatrics, children who find pleasure in reading have the potential to become lifelong readers. In addition, studies have shown that reading to children can help kids become familiar with sounds, words and language, helping them in their earliest stages of cognitive development. So, adults who love books might be able to trace their passion for page-turners to those times their mothers and fathers read aloud to them as youngsters.

Parents who want their children to learn to love reading can rely on various techniques to accomplish that goal.

**Make reading a routine.** Routine is a necessity for parents, helping children learn when it's time to eat, play and go to sleep, among other things. Parents can include reading to their children as part of their daily routines. As noted, doing so will promote language skills and cognitive development while also acclimating children to books and providing valuable time for them to bond with their parents.

**Create a distraction-free reading environment.** When reading to children, parents can create an environment with little to no distractions. This allows kids to focus on their parents' voices as well as the story they're being told. Parents can turn off the television and the radio when reading to their kids. In addition, moms and dads should leave smartphones or tablets in another room so they aren't distracted by alerts or tempted to check for incoming messages or emails.

**Read aloud together.** Some children may shy away from reading if they struggle in their initial efforts to read. That does not mean kids won't ultimately



enjoy reading, it just means a little more effort may be required on parents' part to help kids overcome any issues they have. Reading aloud to children can help little ones learn how to become good readers, as they will learn how to pronounce words and form sentences. Kids who know how to read can be encouraged to read to their parents, which can instill self-esteem. If kids struggle with certain words or sentences when reading aloud, parents can read those words and/or sentences aloud to them and ask them to repeat the phrases back.

**Let kids pick their own books.** When reading to youngsters, whether they're babies, toddlers or already in school, parents can let sons and daughters choose their own books. Children might be especially enthusiastic about reading if they're allowed to choose their own books and stories.

Reading can benefit children from the earliest stages of their lives all the way through adulthood. Parents can take various steps to foster a love of reading in their children.

# Dining out with children

**D**ining out at restaurants can be an enjoyable activity and a break from kitchen duties at home. Many people in both the United States and Canada dine out at least once a week. According to a Rasmussen Reports national telephone survey, 58 percent of American adults say they visit a restaurant during the week.

Even busy families want to indulge. However, parents of young children may avoid restaurants because of apprehension about the experience. Getting ready for the restaurant excursion can help families avoid some of the common pitfalls. Patience and planning can help dining out with the family go smoothly.

## Infants

New parents often need a respite from the near-constant demands of infants. Dining out can be one of those breaks. When a babysitter is unavailable or if you're not yet comfortable leaving a little one with someone else, bringing baby along may be possible.

First, find a family-friendly restaurant or try an establishment that has outdoor seating where you can quickly distance yourself from other diners if need be. Time dining out around the baby's feeding and sleeping schedule. Babies sated by a recent feeding and a relaxing car ride may be more inclined to sleep through your restaurant meal. Just in case, pack an extra bottle or prepare to breastfeed to keep your baby happy.

## Toddlers and school age

Active children can learn table manners and restaurant behavior early on through practice. These lessons can open children up to new food experiences and help them grow accustomed to social settings.

Do not set your child up to fail by selecting a restaurant that is too fancy or quiet. Save those restaurants for when your company is adults only. A place that is used to noise (and moderate mess) is better.

A restaurant that has interesting decor, such as an aquarium, can keep toddlers occupied. But bring along some games, toys and other trinkets to keep their attention. Try playing games, such as counting the packets of sugar or finding people wearing red shirts.

Avoid dining out with a tired child and be prompt in selecting meals and eating. This is not a time to linger, as youngsters' attention spans and willingness to sit still tend to be minimal. Be prepared to leave with a to-go box if a child proves unruly.

## Older children

Part of the challenge of dining out with older children is holding their attention, but meals can facilitate family conversation and be good for the parent-child dynamic. Set a device-free rule at the table and use the opportunity to converse. Try exotic cuisine or new dining experiences so it is an adventure for all involved.

Dining out with children requires different strategies depending on youngsters' ages.



**EMMET MARCUS-COLE FRENCH**  
12/10/18 • 7 lbs. 11 oz.

### Parents:

Nicole Bonnell and Stephen French

### Grandparents:

Kelly Bonnell, Gary Works, Ron Bonnell, Cindy Wyman, Gary and Sheri French, Sylvia and George Normand

### Great Grandparents:

Edith McDonough

**Brothers:** Jordan and Elliot



**GUNNER ROBERT GRENIER**  
11/27/18 • 7 lbs. 8 oz.

### Parents:

Kaylee Constable, Beau Grenier

### Grandparents:

Kathy and Roland Constable  
Great Grandma Edith Constable

### Great Grandparents:

Kathy and Roland Constable  
Great Grandma Edith Constable

### Other Family:

**Big Brother:** Jaxson Grenier



**LIAM KENNETH HAMEL**  
1/10/18 • 5 lbs. 7 oz.

### Parents:

Adam and Angie Hamel

**Twin Brother:** Zak

### Grandparents:

Bill and Sue Hamel  
Tom and Cheryl Daly  
Duane and Cheryl Rood



**ZAK JOSEPH HAMEL**  
1/10/18 • 5 lbs. 15 oz.

### Parents:

Adam and Angie Hamel

**Twin Brother:** Liam

### Grandparents:

Bill and Sue Hamel  
Tom and Cheryl Daly  
Duane and Cheryl Rood



**HUNTER NELSON HARRISON**  
10/30/18 • 8 lbs. 14 oz.

### Parents:

William and Adriana Harrison

### Grandparents:

Greg and Arlene Harrison,  
Michelle Shaw,  
Shawn and Mary McGuire,  
Rick and Jenn Bilodeau

### Great Grandparents:

Joyce Morrisette, Avis Hall,  
Joe and Rose Bilodeau,  
Jeannine Bilodeau, Virginia McGuire



**MCGRAW, BOWDEN SHAWN**  
5/29/18 • 7 lbs. 9 oz.

### Parents:

Brannen and Heather McGraw

### Grandparents:

Dean and Veronica Gonsior  
Shawn and Charlene McGraw

### Great Grandparents:

Arlene Davis  
Joe and Janice Gonsior

# How parents can protect their babies' oral health

The period when babies are teething can be tough on children and their parents. While parents who have dealt with teething infants in the past might be able to recognize when their new babies' teeth are coming in, first-time parents may wonder why their baby suddenly seems so uncomfortable and irritable.

In a 2016 study published in the journal *Pediatrics*, researchers who analyzed studies from eight different countries determined that teething can make babies feel miserable. Thankfully, the researchers also found that teething usually does not make babies sick. An examination of 10 major studies found that the most frequent symptoms of teething in infants and toddlers were gum irritation, irritability and drooling.

Because teething can be so uncomfortable for babies, parents must be patient as their children's teeth slowly come in. As babies begin to exhibit signs of teething, parents also can take steps to protect their babies' oral health.

Discuss fluoride with your child's pediatrician. A naturally occurring mineral that's found in many foods, fluoride can benefit babies' teeth in various ways. According to the American Academy of Pediatrics, fluoride can strengthen tooth enamel and make it more resistant to acid attacks that contribute to tooth decay. Fluoride also makes it more difficult for plaque bacteria to produce acid. Parents of infants can discuss fluoride with



their children's pediatricians, who may recommend prescription drops of chewable tablets as babies' teeth begin to grow in.

Inspect and clean babies' teeth. Babies can't brush their own teeth, so parents must perform this task for them. The AAP notes that healthy teeth should be all one color. Any spots or stains should be brought to the attention

of a dentist. Once a baby gets his or her first tooth, parents can use a smear of fluoride toothpaste that's roughly the size of a grain of rice to clean the teeth at least twice daily. The AAP recommends cleaning teeth right after breakfast and before bedtime.

Feed babies healthy diets. Another way parents can protect their babies' teeth is to feed their children healthy diets. The AAP recommends foods and drinks that do not contain a lot of sugar, such as fruits and vegetables. When feeding babies fruit, be mindful of dried fruits, such as raisins, which can stick to babies' teeth and may contribute to cavities if not thoroughly cleaned off the teeth.

Do not put babies to bed with bottles. The AAP advises against parents putting babies to bed or down to nap with a bottle. Milk, formula and juice contain sugar, and babies who suck on bottles with liquids that have sugar in them before going to sleep may suffer from tooth decay.

When babies begin teething, parents can take various steps that can safeguard their children's oral health for years to come.

# Great gift ideas for new parents

A baby's first holiday season is a special time. Baby Center states that slightly less than four million babies are born in the United States each year. That means there are millions of new parents out there who are looking forward to their first holiday season with their newborn children.

Come the holiday season, gift givers can offer new parents presents that are fitting for their new roles and responsibilities, as well as some gifts that pamper parents who are learning on the job just how tiring caring for a little one can be.

**Childhood journal:** A journal can be a keepsake that new parents cherish for years to come. They can record all the things their child does through the years as well as all the off-the-cuff remarks made by children who are learning to speak. A journal is something a new parent may not think to purchase on his or her own.

**Subscription service:** Enroll new parents in a subscription service for streaming movies, free delivery, groceries, or any of the other myriad ser-

vices now available. Newly minted parents spend a lot of time indoors until they develop a knack for taking their babies out on routine trips. The convenience of services like Amazon Mom and streaming services like Netflix can make new parents' daily lives a little less complex.

**Cleaning service:** New parents find time is often in short supply. While parents are tending to their newborns, other tasks may fall by the wayside. A cleaning service means new parents will have one less chore on their to-do lists.

**Gift card to a spa:** Birthing and caring for a child is hard work. New moms and dads may enjoy an hour free from baby duty to relax and recharge at a spa for a massage or facial.

**Sleep aids:** Sleep is a rare commodity for new parents. White noise makers, instructional books or DVDs on sleep strategies, or other devices for helping baby (and parent) self-soothe to enjoy a restful

night's sleep can make for a perfect gift.

**Double-duty jewelry:** Designers now create necklaces that look fashionable but also double as teething toys for babies.

**Sanitizing wand:** Sanitizing wands get rid of germs without the need for harsh chemicals. This makes faster work of keeping bathrooms or kitchen surfaces germ-free.

**Free babysitting:** Of course, new parents will love complimentary babysitting, which allows new parents to get out of the house and unwind for a little bit.



**OLIVER THOMPSON**  
10/13/18 • 7 lbs. 10 oz.

**Parents:**  
Sam and Kate Thompson  
**Grandparents:**  
Steve and Nancy Pooler,  
George and Audrey Guptill,  
Elwin and Dorcas Matthews  
Emery and Shirley Thompson  
Priscilla Herman



**HENRY LAWRENCE MILLER**  
11/12/18 • 9 lbs. 3 oz.

**Parents:**  
Andrew Miller and Caleigh Wright

**Grandparents:**  
Brian and Bridget Wright  
Andy and Jennifer Miller  
Jamie and Michael Marsha

**Sister:**  
Torrey



**CAITLYNN MAY RYAN**  
4/17/18 • 6 lbs. 6 oz.

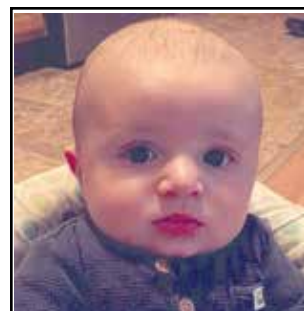
**Parents:**  
Tim and Emily Ryan  
**Grandparents:**  
Michael Snowman (deceased)  
and Laureen Snowman,  
William and Sharon Ryan



**SPENCER QUINN SANBORN**  
5/29/18 • 9 lbs. 6 oz.

**Parents:**  
Tyler and Jessica Sanborn  
**Grandparents:**  
Ed and Lisa Coro  
John and Sandi Sanborn

**Siblings:**  
Emily, Brooklynn, Carter,  
Kinzey, Austin



**EVAN J TRASK**  
7/16/18 • 7 lbs. 8 oz.

**Parents:**  
Kayla Trask and Christian Trask  
**Grandparents:**  
Candy and Wayne Booker  
James Ragan and Chrissy Spears  
Paul Trask



**BRYCE ANTHONY RODERICK**

2/10/18 • 7 lbs. 9 oz.

**Parents:**  
Lynne and Graeme Roderick

**Grandparents:**  
Sandra and Roland Leach  
Linda and Mark Roderick



**COLEMAN ALLEN WEBBER**  
9/14/18 • 7 lbs. 5 oz.

**Parents:**  
Mikala and Shane Webber

**Grandparents:**  
Tom and Angie Holbrook,  
Scott and Marie Webber

**Sister:**  
Natalie

# Eco-friendly suggestions for expecting parents

Expecting parents want their babies to be born healthy and stay healthy throughout their lives. The environment into which children are born can go a long way toward determining the health of newborns.

Before the news that a child is on the way arrives, men and women may give little thought to the products they use around their homes. But the moment expecting parents learn their families are about to get bigger is a great time to begin reexamining certain practices around their homes and instituting some changes where necessary.

**Reconsider lawn care practices.** While past studies examining a link between pesticide exposure and birth defects were less than definitive, researchers at the University of California, Santa Barbara examined birth certificate records of more than half a million single births in the agricultural region of the San Joaquin Valley between 1997 and 2001. They found that babies born to mothers with high pesticide exposure levels suffered a host of birth defects, including low birth weight. While such defects were only identifiable in cases where women were exposed to extraordinarily high levels of pesticides, parents can still exercise caution and avoid using pesticides when caring for their lawns.

**Purchase solid wood furniture.** Volatile

organic compounds, or VOCs, are chemicals that enter the air as gases from some solid or liquids. The New York State Department of Health notes that short-term exposure to high levels of certain VOCs can cause headaches, dizziness, drowsiness and nausea, among other symptoms. Long-term exposure to VOC has been found to adversely affect the nervous systems of laboratory animals. When purchasing furniture for their children's nurseries, expecting parents should avoid buying pressed wood products, which may contain the VOC formaldehyde. Instead, look for solid wood furniture made with a low-emitting finish.

**Make children's food as they begin eating**

**solids.** Children begin eating solid foods such as fruit and vegetables even before they have teeth. Rather than buying baby food from the store, parents can purchase organic fruits and vegetables that were grown without the use of pesticides. Residue from pesticides may stick to foods such as apples, peaches and pears. Parents who buy and then prepare organic foods are doing all they can to ensure their babies are not exposed to pesticides through their diets.

Expecting parents can take several steps to make their homes as eco-friendly as possible before the births of their children.

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THE MOTHERS OF MAINE.

The Birthing Center at Northern Light Inland Hospital offers individualized care to suit the needs of you and your growing family. Learn more at [NorthernLightHealth.org/Inland-Hospital](http://NorthernLightHealth.org/Inland-Hospital)

## Baby Parade Alumni



**LENNON GALLANT BRIMIGION**  
5/8/16

**Parents:**

Ryan and Andrea Brimigion

**Grandparents:**

Palmer (Skip) and Helen Brimigion  
Steven and Denise Dinsmore

**Great Grandparents:**

Helen Trask, Barbara Dinsmore  
Palmer and Arlene Brimigion

**Big Sister To:**

Palmer (in Heaven)  
and Abbott Brimigion



**FORREST  
WALTER-ROCKY  
NEVILLE**  
4/15/14

**Parents:**

Sean Neville and Alicia Tuttle

**Grandparents:**

Jeff and Debra Elliott  
Pamela Savoy

**Great Grandmothers:**

Mary Neville  
Evelyn Grondin

**Northern Light  
Inland Hospital**