

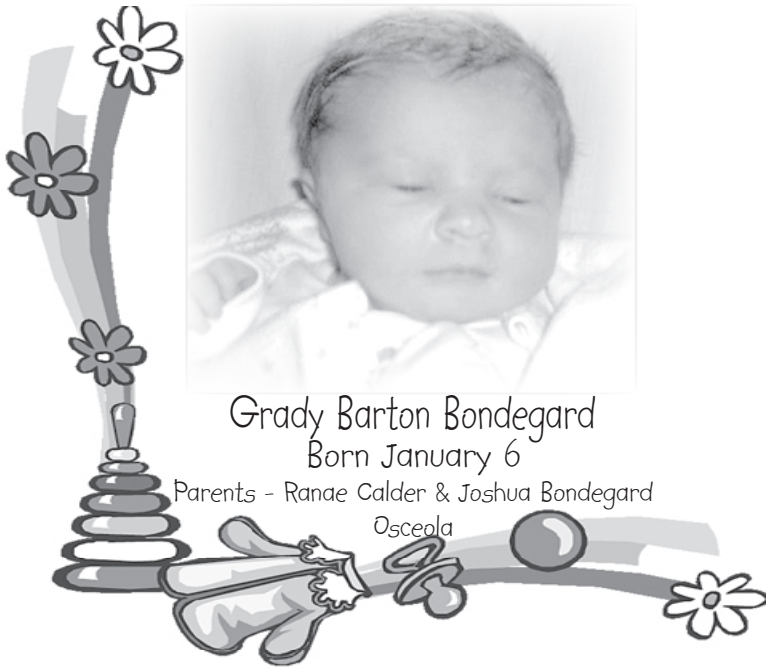


# *Annie's Babies*

*Special Deliveries in 2010*  
at

**ANNIE JEFFREY MEMORIAL COUNTY HEALTH CENTER**  
Osceola, Nebraska

Special supplement published by The Polk County News



Grady Barton Bondegard  
Born January 6  
Parents - Ranae Calder & Joshua Bondegard  
Osceola



Marivel Louisa Nyberg  
Born January 26  
Parents - Tracy & Cynthia Nyberg  
Stromsburg



Lily Jane Cramer  
Born April 14  
Parents - Dan & Carrie Cramer  
Stromsburg



Misty Lynn Noble  
Born May 3  
Parents - Shane & Sara Noble  
Stromsburg

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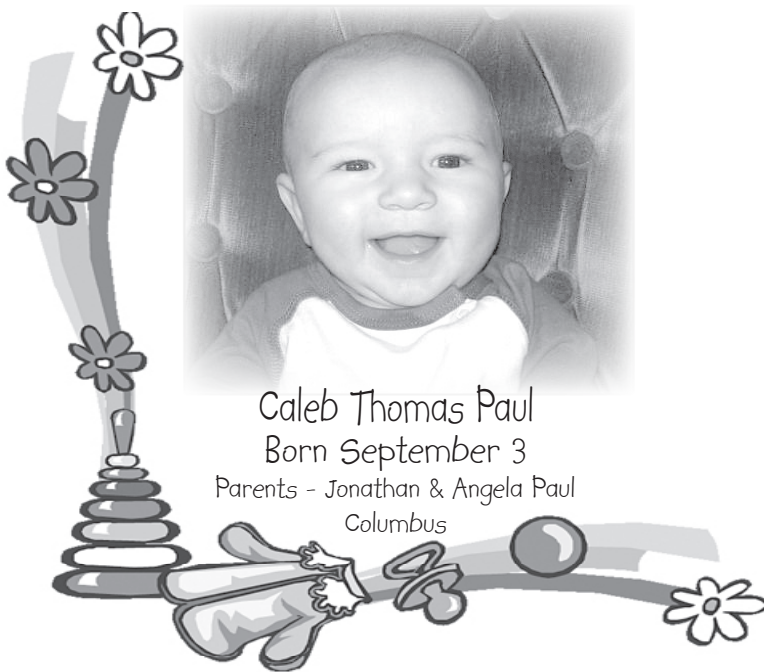
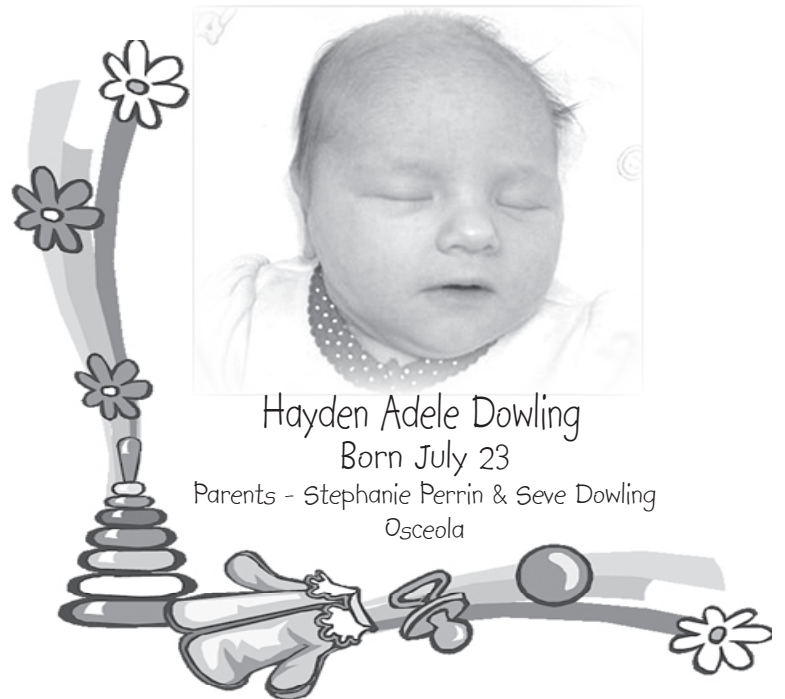
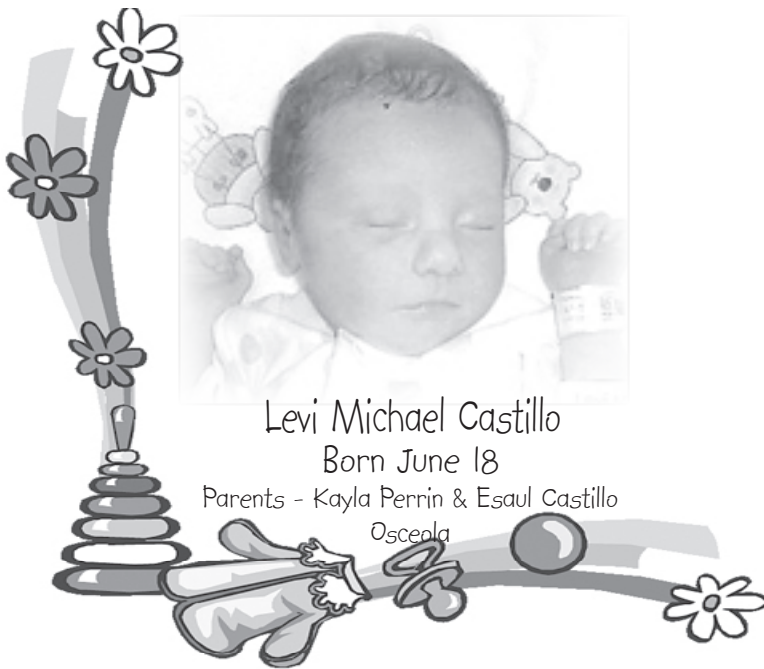
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Babies are angels that fly  
to the earth,  
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the time of their birth;  
One look in their eyes and  
we're never the same.  
They're part of us now  
and that part has a name.  
That part is your heart  
and a bond that won't sever.  
Our babies are angels, we  
love them forever.



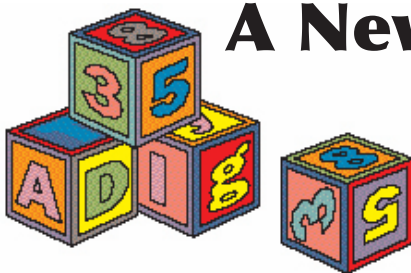
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Aizayis KeKane 'Okalani Kalani  
Born October 24  
Parents - Christina Keliwaiwaiole & David Kalani  
Osceola



Taigent Achilles Prorok  
Born October 25  
Parents - Sarah Nelson & Jason Prorok  
Humphrey



Eric Scott Delaet  
Born November 15  
Parents - Andrea Miller & Scott Delaet  
Osceola



Calvin Lee Alexander  
Born November 29  
Parents - Jessica McCullough & Daniel Alexander  
Osceola

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Jazzlynn Sue Galusha  
Born December 24  
Parents - Jeremiah and Amber Galusha  
Osceola



Anders Xaisana Torell  
Born December 31  
Parents - Jens and Eelinh Torell  
Stromsburg

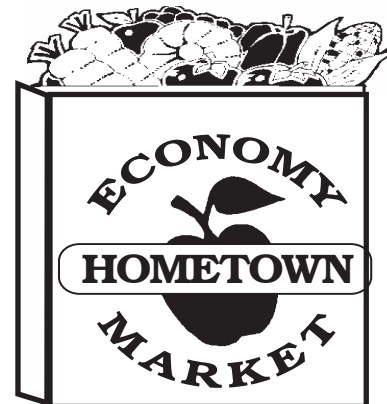
## TAKING SPECIAL CARE OF MOTHERS-TO-BE AND BABIES

*The birth of your baby is one of the most important events in your life, and the staff at Annie Jeffrey Memorial County Health Center is pleased to be part of this special experience. We strive for a safe, family-centered delivery in a pleasant home-like environment. Experienced obstetric nurses provide one-on-one care during your labor and delivery. Pain control, including epidurals, is tailored to meet your specific needs.*

*After delivery, you can enjoy your infant 24 hours a day with rooming in, or get some much needed rest as the nurses monitor your infant in the locked nursery next to the Nurses' Station. A chair converts to a bed to allow the father to bond with the newborn.*

*Our doctors, physician assistants, RNs and LPNs are all certified in Neonatal Resuscitation. You can feel confident that the caring staff at Annie Jeffrey Memorial County Health Center has helped families deliver safely for over 50 years. Thank you for allowing us to participate in your family's care!*

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— Theresa Bloomingdale

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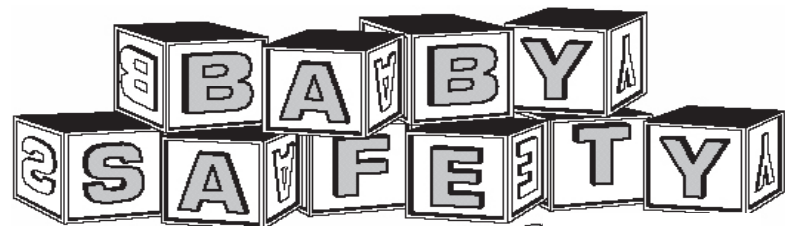
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## Make Baby's Room Safe

**Crib** - Place baby on his back to sleep. Remove any soft bedding to prevent baby from suffocating. Crib slats should be 2-3/8 inches apart or less to avoid head getting trapped. Mattress is to fit snugly.

**Changing Table** - Use one with 2-inch guardrails on all sides. Install and use a safety strap. Keep supplies within your reach, not baby's reach. Use a tamperproof diaper pail. Place a rug on the floor to help cushion any potential fall.

**Crib Toys** - Avoid ones with lead paint, sharp edges, brittle plastic parts, strings or chains. Remove mobiles and gyms

when baby is 5 months old or can push up on hands and knees.

**Water** - Set hot water heater to a maximum of 120 degrees Fahrenheit to prevent burns. Always check water temperature before it touches baby.

**Window Cords** - Never place a crib or baby near window cords. Cut looped chains or blind cords in half to prevent strangulation.

**Call to learn about a new program where a nurse can visit new moms in the home at no cost to the family.**



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# 16 Essential Safety Tips For Your Baby

It has been shown statistically that the majority of accidents to newborns and infants are totally preventable. What it takes is for every new parent to be aware of the risk factors for newborns, and taking active steps to prevent it. You need to arm yourself with valuable knowledge in the care of your baby.

Here are 16 basic safety precautions which every new parent must know:

1. Do not put baby to bed with a bottle. Babies can choke or acquire ear infections, tooth decay and other dental troubles from having something in their mouths overnight.
2. For neck support, and because a newborn cannot sit up, roll a towel or get a support pillow that goes around the newborn's head. You'll use this in the car seat, stroller and wind-up swing. As newborns cannot sit up yet, many umbrella strollers - the easy folding, simple-looking, portable one-seat strollers do not give newborns the support they need, or are not sufficiently padded. Hence the support pillow.
3. Ensure your stroller has seat belts and crotch straps and that you use them. Strollers should have a wide base to prevent tipping and brakes that work.

4. Do not have aspirin around for children. It's been linked with Reye's Syndrome, which can be fatal. Never give a newborn something the pediatrician has not recommended, anyway.
5. Do not use (or minimize) baby powder or talcum on a newborn because it can be inhaled into the baby's lungs.
6. Never tie a pacifier or any other objects on a string around a baby's neck. Don't use homemade pacifiers. Check pacifiers and nipples frequently to ensure the nipple-part can't be sucked off and swallowed, and see that it has no holes or tears. The guard or shield around the nipple of the pacifier should be larger than the baby's mouth and should have ventilation holes so the baby could breathe if it did get in there, anyhow.
7. Keep toys on strings, drapey cords, laundry bags or other objects with strings off the baby cot and away from newborns to prevent strangulation. Mobiles on cribs should be securely fastened and not have long strings. Remove them before the child can reach them.
8. The slats of the crib should be no wider than 2 3/8 inches apart. Be sure to check, especially if using an antique, hand-me-down

- or secondhand crib. Mattresses should fit tightly up against the sides and there should be no corner posts.
9. Install a smoke detector in the baby's room or nursery.
  10. If you have a playpen or portable crib with mesh sides, never use it with a side left down. Newborns could roll into the mesh pocket and suffocate. Better yet, don't use mesh-sided playpens.
  11. Never, not even once, take your baby in the car without him or her being strapped in the car seat, and the car seat properly belted in the car according to manufacturer's directions. And never use a carrier device or sling-type seat as a car seat, unless it is specifically designed for this purpose. A low impact crash may not hurt an adult, but can prove fatal to an unsecured newborn.
  12. Baby changing tops should have safety straps and/or railings to prevent the baby from falling off.
  13. Do not use honey in any food or on the pacifier for babies not yet a year old. It can cause infant botulism.
  14. Remove unnecessary objects from the crib, bassinet or playpen when baby sleeps to prevent suffocation. That means no pillows, stuffed animals or floppy toys. Don't cover the crib mattress in anything like a plastic garbage bag, dry cleaning bag or light plastic sheet. These can block a newborn's breathing in the event that the baby end up with its face down.

15. Crib or play gyms should be used only until the child is old enough to pull up and push up on hands and knees. Remove the gym when the baby is sleeping. You may wish to use this only on the floor, with baby lying on a soft blanket.
16. Keep small toys away from small babies. Toys go automatically into mouths and choking can, and does, result. Be especially careful of older toys with parts that can be pulled off, like teddy bear eyes, or parts that can break into small pieces.

infants to 312 normal infants of a similar age and from similar socio-economic and ethnic backgrounds.

"Pacifier use has been linked to lower rates of SIDS for some time, but this is the first study to examine this relationship comprehensively and in the context of its interaction with other risk factors for SIDS," says lead researcher De-Kun Li, MD, PhD, of Kaiser Permanente's Division of Research in Oakland.

The protective effect of the pacifier seemed evident even for those infants who were in an adverse sleep environment, such as sleeping face down or on the side, sleeping with a mother who smoked, or sleeping on soft bedding, the researchers found.

Another Strategy

Pacifiers may help protect an infant because the bulky handle stops the baby from accidentally suffocating in heavy blankets or soft bedding, says Li. Also, the pacifier handle may alter an infant's sleep environment by changing the configuration of the airway passage surrounding the nose and mouth, he notes.

In the early 1990s, a broad campaign urging parents to put their babies to sleep on their backs helped reduce the number of SIDS deaths by more than 50 percent.

"We believe that pacifier use may be another strategy for further reducing the risk of SIDS," says Diana B. Petitti, MD, MPH, the lead researcher for Kaiser Permanente's Southern California study site, the Department of Research and Evaluation in Pasadena.

## Pacifiers May Help Prevent Crib Death

The risk of Sudden Infant Death Syndrome, or SIDS, is dramatically lower among infants who are given pacifiers while they sleep, according to new research conducted by Kaiser Permanente and the National Institutes of Health. The findings are published in the British Medical Journal.

SIDS is the leading cause of death among infants between the ages of one month and one year, claiming between 2,300 and 2,500 lives every year in the United States.

Other Risk Factors

For the latest study, investigators analyzed 185 cases of babies who died from SIDS in 10 Northern California counties and Los Angeles County from 1997 to 2000. They compared the SIDS

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*Family Photos*

Sandy Rystrom, Photographer

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*Wishing the new baby's first step be the beginning of a long and wonderful journey.*





## The Care Of Baby Teeth: What A Parent Should Know

Of course, with your newborn, you won't be worrying about tooth care. However, as your child gets older, you'll want to know how to take care of your older baby's or toddler's teeth.

Caring for a baby's or toddler's teeth can be challenging, but it's still important. Here are some tips you should follow when new teeth come in.

As any new parent knows, by the time a baby is just a few months old, he or she may be cutting a first tooth. This is where the care of baby teeth starts. First of all, to help the baby teethe, you can purchase specially made teething rings that usually can be put in the freezer and made cold and hard. Babies love to chew on these, since they help ease the pain and also help new teeth break through the gums.

Oftentimes, children get slight colds or runny noses during the teething process. If this happens, or if your child is running a slight fever, you can wipe the child with a damp washcloth to make him or her feel better. If the fever persists, make sure to contact your pediatrician or other health care professional to see what interventions you might do. For example, you might be able to give the child a little baby Tylenol or some other type of pain reliever. This will not only help fever go

down, but it will also help ease the teething pain.

Once your child has a few teeth, you can begin to introduce him or her to proper oral hygiene. For very, very small babies with few or no teeth, a warm, clean, wet washcloth rubbed on gums may be enough to help keep the mouth clean. Of course, always put your child to bed with only a bottle of water, no milk or juice.

Once your child is a bit older, you'll want to begin to introduce him or her to brushing teeth. At first, do this yourself with a soft brush and a little baby tooth paste. Brushing your child's teeth while he or she is still young will help him or her get used to the process.

Of course, once your child gets older, around the age of five or six, the baby teeth will start to fall out and adult teeth will start to come in. Once this begins to happen, remember to make it fun and exciting. Of course, children usually like this process, because the tooth fairy visits and they get a little spending money for their trouble. Make sure to make the process even easier by providing soft foods if the child has trouble chewing after he or she loses the tooth.

With a little luck and some planning, your child's teeth will take him or her to adulthood healthy and strong. Good oral hygiene is a must for this, so start early by both practicing good hygiene and taking the child to the dentist for regular visits.

## What Does Proper Skin Care for Babies Include?

You are a brand new parent, and you are just bringing your first child home. You are naturally excited and cannot wait to get the newborn baby back home. However, there is so much to do now and everything is down to you.

### Looking after Babies Skin

On the television, adverts always tell you the obvious - that a baby's skin is very fragile. However, for some new parents they might be unaware of this and therefore it is best to try and find out sooner, rather than later about what is needed. Some baby care products can cause irritation to the baby or can cause allergic reactions so it is always better to know which products to actually go for.

There are several types of skin care products which are used most frequently for all newborn babies. However, before buying these products, you should always check to see what is in them.

You can use a small amount of soap on the baby, but always make sure that it is a mild soap

containing ingredients such as olive, coconut, or even palm oil. You should refrain from using antibacterial soaps, as this can often cause skin irritations.

After you have used soap on the baby, you need to replenish the skin's oils, so try to use a soothing oil or lotion which contains saturated oils. The benefit of this, is that most babies are not sensitive to the saturated oils and so they are a lot safer to use overall.

You should never give young

babies bubble baths, as the ingredients can cause some serious problems. A way around this is to add maybe some lavender oil to the water (a small amount). It would be safer to mix the Lavender oil with carrier oil, such as almond oil, before adding it to the water. This is because most essential oils are too harsh on the skin when used alone. Before using any aromatherapy oils you should consult your doctor to check that they are not harmful to the baby.



## Growing Babies Need Quality Products To Grow With Them

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## Congratulations to our Future Generation

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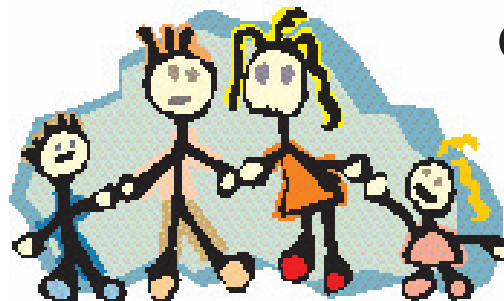
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8/05

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We want your experience to be the first of many wonderful memories for you and your new baby. That's why for the past 50 years, Annie Jeffrey Memorial County Health Center has been dedicated to providing a safe and caring environment.

Our private rooms have been specifically designed to make labor, birth and recovery most comfortable for both you and baby. In addition, our experienced staff will help you with any questions you have about your baby, even after you have left our hospital.

Our dedicated professional staff is available around the clock to provide the upmost care for you and your newborn. We are proud to have helped so many family's over the years.

*Thank you for allowing us to participate in your family's care!*

*Dr. David Jameson (l) and  
Dr. Cameron Sidak (r) holding  
Lily Jane Cramer delivered at  
Annie Jeffrey Health Center  
on April 14, 2010.*

  
**Annie Jeffrey**  
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