

# ★ Alphabet Chart

A	B	C	D	E	F
G	H	I	J	K	L
M	N	O	P	Q	R
S	T	U	V	W	X
Y	Z				

Sing the alphabet with your toddler and teach him how to trace the letters. **(Communication & Fine Motor Skills)**

Tip: You can rewrite the dotted alphabet in bigger letters to make it easier for him!



## HFTC Newsletter



Fall 2014

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*The Mission of Healthy Families Travis County, a voluntary, intensive home visiting program, is to strengthen family functioning through the promotion of positive parent/child interaction and healthy child development, improved parent problem solving skills and linkage to community resources.*

Hello Healthy Families!

My name is Corie Cormie and I am the Program Administrator for Healthy Families Travis County. I am a Licensed Clinical Social Worker and have been working with children and families for the last 16 years. I also have a 6 year old daughter who keeps me very busy. :) Throughout my last year with the program, I have been so impressed with the passion and dedication I have witnessed from the parents enrolled in our program. You are doing the most important work there is!!



Thank you!  
Corie Cormie, LCSW  
Program Administrator

**We would like to welcome our two newest Family Support Workers to Healthy Families Travis County!**



**Tasha Taylor**

"I have spent most of my career working in the community clinics and get great joy knowing that I am making a difference. I am extremely happy to be a part of the Healthy Families team."

"I want to inspire people, I want someone to look at me and say because of you I didn't give up" - Author Unknown



**Jessica Smith**

"As a new Austinite I am really excited to work for Healthy Families Travis County. My background includes four years of social services and I'm looking forward to sharing my experience with the families."



## Child Abuse Prevention



According to the United States Health and Human Services, Administration for Children and Families:

Research indicates that children exposed to domestic violence are at an increased risk of being abused or neglected. Children who live with **domestic violence** face increased risks:

- the risk of exposure to traumatic events,
- the risk of neglect,
- the risk of being directly abused,
- and the risk of losing one or both of their parents.

All of these may lead to negative outcomes for children and may affect their well-being, safety, and stability. Childhood problems associated with exposure to domestic violence fall into three primary categories:

**1) Behavioral, social, and emotional problems.** Higher levels of aggression, anger, hostility, oppositional behavior, and disobedience; fear, anxiety, withdrawal, and depression; poor peer, sibling, and social relationships; and low self-esteem.

**2) Cognitive and attitudinal problems.** Lower cognitive functioning, poor school performance, lack of conflict resolution skills, limited problem solving skills, pro-violence attitudes, and belief in rigid gender stereotypes and male privilege.

**3) Long-term problems.** Higher levels of adult depression and trauma symptoms and increased tolerance for and use of violence in adult relationships.

**To report suspected child abuse or neglect, call:**

**1-800-252-5400**

Hello and Greetings from the Expansion Staff,

It has been a busy summer ! We have been hard at work with going to community events , making presentations, enrolling new families, and building the program. We want to make it something that everyone can be proud of, and feel good about making referrals to us. We are working with WIC , Superior Health Plan, and the City of Austin to ensure that we are reaching out to all pregnant women with a special effort to our target population, African American women. Additionally, we are working with the African American Quality of Life program and will be on KAZI Radio station (FM 88.7) to discuss the Expansion Services program.

As Program Manager, I would like to say thank you for all your support, referrals, and being a part of Healthy Families.

We'll see you around town!

Best Regards,  
Jhaki

Social Services Program Manager



### Sponsors and Partners for Healthy Families Travis County

Milburn Trust Fund

Travis County Sheriff's Department

Baby Bundles Project of the Austin

Area Quilt Guild



Angels Afoot of Riverbend Church

Saint John's United Methodist Women



El Milagro Tortilla Factory



### EVENTS in the Austin Area

**Austin Children's Museum The Thinkery** stays open late EVERY Wednesday night for families to enjoy the exhibits. If you haven't been to the Austin Children's Museum lately, you might want to take advantage of Wednesday Community Nights from 5:00 pm to 8:00 pm admission is Free or a \$1.00 donation. 1830 Simond Ave. Austin TX, 78723 (469-6200) [www.thinkeryaustin.org](http://www.thinkeryaustin.org)

**Storytime** Tons of fun making crafts, singing, and reading. **BookPeople**, Tuesdays and Wednesday at 10:30 am ; Saturdays at 11:30 am FREE. 603 N. Lamar Blvd. (472-5050)

**Any Baby Can Family Literacy Program.** Classes are Free and open to the public. Classes help with basic reading and math skills, English as a second language, tutoring preschool skills for children and for Elementary to High School students. Call 454-3743 for more information.

### Reminder:

Please remember to notify your Family Support Worker if you change your phone or address. This is important so that we can continue to serve you without interruption. Thanks!



**Be on the look out for our Healthy Families Travis County Holiday Party Invitation! Event will be held in mid-December.**

# Car Seat Checkup

## Top 5 Things to Do



**Right Seat.** This is an easy one. Check the label on your car seat to make sure it's appropriate for your child's age, weight and height. Like milk, your car seat has an expiration date. Just double check the label on your car seat to make sure it is still safe.



**Right Place.** Kids are VIPs, just ask them. We know all VIPs ride in the back seat, so keep all children in the back seat until they are 13.



**Right Direction.** You want to keep your child in a rear-facing car seat for as long as possible, usually until around age 2. When he or she outgrows the seat, move your child to a forward-facing car seat. Make sure to attach the top tether after you tighten and lock the seat belt or lower anchors.



**Inch Test.** Once your car seat is installed, give it a good shake at the base. Can you move it more than an inch side to side or front to back? A properly installed seat will not move more than an inch.



**Pinch Test.** Make sure the harness is tightly buckled and coming from the correct slots (check car seat manual). Now, with the chest clip placed at armpit level, pinch the strap at your child's shoulder. If you are unable to pinch any excess webbing, you're good to go.

Please read the vehicle and car seat instruction manuals to help you with this checklist. If you are having even the slightest trouble, questions or concerns, don't worry about a thing. Certified child passenger safety technicians are waiting to help or even double check your work.



**Call 2-1-1 to find car seat inspection events in your community!**

## Happy Birthday!

Mother	Baby	Date of Birth
Irma C.	Jonathon S.J.C.	8/10/11
Emmili A.	Ryan G.	10/26/11
Josseline P.	Masen M.	3/4/12
Sonya C.	Stephon A.	3/4/12
Kassandra C.	Angela A.C.	3/6/12
Nancy R.	Abraham R.	3/9/12
Melinda H.	Itzel C.	3/22/12
Guillermina R.	Samantha M.R.	3/24/12
Graciela R.	Kevin M.R.	4/7/12
Cindy G.	Nerjedi S.	4/12/12
Zaida P.	Adalia P.	5/15/12
Lucinda S.	Brandon A.S.	7/23/12
Majesta M.	Ja'mari F.	8/16/12
Maria Guadalupe A.	Alex A.	8/25/12
Sandra R.	Alexandra N.R.	5/2/13
Aeron F.	Jack D.	5/11/13
Esmeralda M.	Melissa Z.	7/29/13
Ashley J.	Quania T.	8/1/13
Maria D.H.	Jayden M. D.	8/4/13
Iris T.	Aylin M.	8/23/13



## Congratulations!

Mother	Baby	Date of Birth
Raneisha W.	Zavier W.	3/5/14
Evelyn W.	Avianna H.	03/08/14
Adetra L.	Janiya G.	3/23/14
Duanis S.	Mailyn S.	3/28/14
Egyptt T.	Kylieeh T.	04/25/14
Angela S.	Evette O.	5/14/14
Paula L.	Kelly L.	5/21/14
Maria C.	Betsy T.	5/23/14
Nohemi R.	James M.	6/07/14
Hazel W.	Angel W.	6/18/14
Jahidy R.	Natalie R.	6/24/14
Speciil R.	Malakai R.	07/04/14
Speciil R.	Malik R.	07/04/14
Megan L.	Michael C.	7/05/14
Amanda J.	Christopher S. Jr.	07/10/14
Patricia H.	Sebastian	7/22/14
Maria S.	Adam L.C.	7/24/14
Marcia M.	Abigail M.	7/27/14
Thomecyah C.	Jeanae W.	07/29/14
Maria V.	Magda G.V.	8/11/14
Elsy C.	Donavan A.	8/12/14
Elena T.J.	Miguel	8/12/14
Tessa S.	Ben R.	8/19/14
Fabiola C.	Brayan C.C.	8/20/14
Aliocha P.G.	Shania	8/21/14
Ebonie F.	Kevin R.	8/27/14





## Congratulations Graduates!



Gracy M. Ontiveros Carmina S. Lazarin Diego A. Burgos  
 Alejandro J. Hernandez Jr. Ryan M. Gonzales Jr. Nicole Rodriguez  
 Betsy C. Mascorro Natalie Cardiel Angel A. Burgos  
 Regina Olvera Alexander Maldonado Jonathon San Juan Castillo  
 Sheyla H. Castaneda Jennifer J. Tavera

### Family Highlights!

**FSW Sara** - I am very impressed with 3 fathers that actively participate in visits. Great job!

**FSW Virginia** - I wish to congratulate **Emmili A** and **Lourdes R** for completing the 3yr HFTC program. Time has gone by very quickly and I know that each of my families will continue to help their children in their development. Best wishes to both of you!!

**FSW Alex** - I want to congratulate all of my moms for sharing the information of the Period of Purple Crying to their families and friends & for letting their babies be in contact with & looking at books.

**FSW Dora** - I would like to congratulate **Jennifer M.** for her determination in getting her driver's license. Even though she didn't succeed her 1<sup>st</sup> attempt at the driving test, with a little more practice she passed it on the 2<sup>nd</sup> attempt. She has now enrolled in ESL classes at El Buen Samaritano, and can drive there! She hopes to improve her English skills so she can work at a day care. Great Job Jennifer!!

### Breastfeeding—How to Get Off to a Great Start

Everyone needs good nutrition. But it is even more important for babies and children because they need good nutrition in order to grow and develop.

Your breastmilk is more than nutrition. It also protects your baby . Breastmilk lowers your baby's risk of asthma, allergies, and sudden infant death syndrome (SIDS).

Your breastmilk protects your child for a long time, long after you stop breastfeeding. For example, it lowers your baby's risk of being overweight later in life and it lowers his risk for adult diabetes and some types of cancer.

### HOW LONG SHOULD I BREASTFEED?

Any amount of breastfeeding is good, but the longer you breastfeed the better. The American Academy of Pediatrics says that women should breastfeed their babies "exclusively" (feed only breastmilk to their babies) for about the first 6 months. At that point, mothers should start giving baby foods and continue to breastfeed, at least until the baby is 12 months old. Experts say that women should keep breastfeeding after one year as long as the mom and the baby both want to.



How much can my newborn eat per feeding?



These Steps can help you breastfeed. Let your nurse know that you want to follow these steps:

1. Breastfeed within the first hour after birth, even if you had a caesarean (or C-section) birth.
2. Feed only breastmilk to your baby. Ask for a breast pump if your baby is not feeding from your breast.
3. Hold your baby "skin-to-skin" as much as you can. This means that your baby's skin is touching your skin.
4. Keep your baby in your room, day and night, except for special procedures.
5. Do not give a pacifier or bottle to your baby.

### SIGNS YOUR BABY IS GETTING ENOUGH BREASTMILK DURING THE FIRST MONTH:

Day	Wet Diapers	Color of dirty diapers	Weight gain
1	1 or more	Black, tarry	Some weight loss is normal in the first few days.
2	3 or more	Brown, tarry	
3	3 or more	Green	
4	4 or more	Yellow	4 – 8 oz. per week
5	4 or more	Yellow	
6 to 28	6 or more	Yellow	