BABY FESTIVAL
2020

10 a.m. to 3 p.m.
Saturday, Feb. 29
Ballroom of Howard Johnson
1920 Roschman Ave., Lima

Presented by
The Lima News
Lima Memorial HEALTH SYSTEM
Affiliate of ProMedica
Embrace — a program of caring for addicted moms

Embrace is a program serving pregnant and postpartum women with opiate use disorder. It is a partnership of Mercy Health and Coleman Professional Services and was developed to help opioid dependent pregnant and postpartum women stop using opiates.

The goal of the program is to help both mother and baby have better health outcomes and to keep the family units together. The Embrace program serves Allen, Auglaize, Hardin, Paulding, Putnam, Van Wert, Mercer, Shelby and Darke counties.

Mercy Health brings a knowledgeable and experienced OB-GYN team to moms who are involved in medication assisted treatment for OUD, and Coleman Professional Services brings a menu of complementary behavioral health and recovery services to moms living with OUD.

Coleman recently hired Andrea Ankney to be the clinical coordinator for the Moms Embrace Program. She works with Embrace Program Director and Coleman Chief Officer in Allen, Auglaize and Hardin Counties, Margaret Lawrence and Ob-Gyn Dr. Elizabeth R. Rumschlag, MD to ensure the best outcomes for all who are in the program. Also involved on the Embrace team are a care navigator, a peer recovery coach and others.

Without the program, new mothers were giving birth to children suffering from neonatal abstinence syndrome, also known as withdrawal. It is very painful for babies and many experience excessive high-pitched crying, tremors, fever, sleep problems and seizures, among other symptoms.

With the program, women and their babies experience a lower risk of NAS, less severe NAS, shorter treatment time, and higher gestational age, weight and head circumference at birth. Keeping moms and babies together and not removing the baby from the mom also means more new moms will maintain abstinence after the baby’s birth.

Together, Coleman Professional Services and Mercy Health form a team to empower moms through a safe pregnancy and healthy postpartum period.

For more information about the Embrace program, call 330-931-8969 or email Embrace@ColemanServices.org.
2020 Baby Fest

Educational Speakers:

11:00am  Joan McBride, RNC, IBCLC, MSN
          Clinical Manager Lima Memorial
          Family Birth Center
          Topic - The Importance of Breastfeeding

12:00pm  Certified Nurse - Midwife
          Lima Memorial Alliance OB-GYN
          Topic - Developing Your Birth Plan

1:00pm   Michelle Tegenkamp, APRN-CNP
          Bluffton Pediatrics
          Topic - American Academy of Pediatrics,
          Wellness Schedule and The Importance of
          Wellness Care

1:40pm   Dr. Joshua Steinke
          Steinke Family Chiropractic
          Topic - Raising Natural Families:
          Birthing Options & More

2:10pm   Coleman Professional Services
          Topic - Understanding the Embrace Program

Other Activities:

- Car Seat Safety Checks
  Noon-1 & 2-3pm
  Sponsored by

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    Topic - Raising Natural Families:
    Birthing Options & More
  - 2:10pm: Coleman Professional Services
    Topic - Understanding the Embrace Program

- Other Activities:
  - Kids Crafts Sponsored by
    Taylors KIA
  - Story Time Sponsored by
    YWCA
  - Face Painting
  - Amateur Baby Photo Contest Sponsored by
    Rhodes Early Learning Center
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    You could give your people
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Family-centered maternity care offered at Lima Memorial

From labor to bonding, The Lima Memorial Family Birth Center embraces the concept of family-centered maternity care. As the only facility in the area to provide “single-room maternity care” birthing suites, expectant moms can experience labor, delivery, recovery and postpartum care all in the same room. This allows for a warm, caring, family environment with all the comforts of home.

Our birthing suites are private with the option of a whirlpool tub for hydrotherapy, as a medication-free alternative to reducing discomfort during labor and delivery. Our spacious birthing suites also offer a sofa bed for your support person to sleep, as well as a rocking chair and recliner.

To support your labor experience, Lima Memorial is the only facility in the area with Certified Nurse-Midwives available to provide personalized, expert care for women during pregnancy and childbirth. Certified Nurse-Midwives offer specialized health care intended to foster a holistic approach to health and well-being by providing choices that help their patients make informed decisions.

Our experienced nursing team is with you through your entire birthing process, from the very beginning of labor until you go home with your newborn. Our compassionate team offers comfort and encouragement throughout the entire process, providing you and your family the highest level of care. Additionally, our pediatric hospitalist and anesthesia team are available for you and your baby 24/7.

Most importantly, you have the reassurance that the Level II neonatal nursery services are right within the unit, ready to provide advanced neonatal care for premature babies or babies who need special care. Lactation consultants and counselors are also available to assist with breastfeeding during your stay in the Family Birth Center and in our outpatient clinic after discharge.

At the Family Birth Center, we want you to be as comfortable as possible during childbirth, and comfort begins with knowing what to expect. We offer a series of comprehensive childbirth programs and workshops to educate expectant parents on the stages of pregnancy, the birthing process and follow-up care.

For more information about the Lima Memorial Family Birth Center, visit limamemorial.org or call 419-998-4570.
Safety measures for children of all ages

New and experienced parents alike must keep many things in mind when welcoming a child into their homes. Babies do not come with instruction manuals, but kids of all ages need their parents to perform various functions, including keeping them safe.

The Centers for Disease Control and Prevention says unintentional injuries, or those that result from burns, falls, poisoning, road traffic and drowning, are the leading cause of morbidity and mortality among children in the United States. But even injuries that do not result in fatalities can still be serious. An estimated 9.2 million children per year visit hospital emergency rooms for unintentional injuries. For children 12 months old and younger, falls account for more than half of the nonfatal injuries.

Child safety is not an issue to take lightly, and parents and other caregivers must remain up-to-date on the latest guidelines regarding safeguarding children. The following are some safety tips and areas of concern parents may want to pay particular attention to.

Falls

As children learn to move around their world, stumbles are to be expected. However, there are steps parents can take to minimize injuries.

• Keep babies and young kids strapped and secured when using infant seats, swings, car seats, and strollers. Always keep the devices close to the ground, and not placed on top of a table or other furniture.
• Install safety gates at the top and bottom of all staircases.
• Install window guards to prevent window falls.

Water accidents

A child can drown in mere inches of water. As a result, parents must be extremely diligent to prevent accidents.

• Never leave a child unattended around any source of water, even for just a few seconds.
• Empty all tubs, containers, and kiddie pools of water immediately after use.
• Use locks to seal toilet lids, and keep doors to bathrooms closed.
• Install fences around home pools. Gates should be self-closing and self-latching.
• Always test the temperature of bath water to ensure it is comfortable and will not scald a child.

Toys

Toys are a part of a child’s life, and they should bring joy, not danger.

• Keep a child’s age in mind when purchasing a toy or game.
• Small toy parts can pose as choking hazards for young children, so inspect toys frequently for chips.
• Each year in the United States, more than 2,800 kids are treated in emergency rooms after swallowing button batteries. Keep the following away from young children: remote controls, singing greeting cards, digital scales, watches, hearing aids, thermometers, children’s toys, calculators, key fobs, tealight candles, and flashing holiday jewelry or decorations.

Risks for older kids

As children age, the ways to protect them change. The National Children’s Advocacy Center suggests these guidelines.

• Parents should learn all they can about their children’s activities and friends.
• Teach children to refuse anything from strangers.
• The buddy system is a good idea when walking home from school or other events.
• Make sure kids know that strangers can be found online, too. Teach kids to avoid sharing personal information with individuals they meet on social media.
• Develop a family safety plan for meeting up when outside of the home.
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• K. RANAE Photography & Rhodes State College
  Winner receives a Print Photo Pkg. by K. RANAE ($300 value)

Baby Dress Up Amateur Photo Contest Display

• Taylor Kia of Lima/AAA Travel Service
  Car Seat Safety Checks (Free no charge)

• Henry’s Restaurant
Breastfeeding is a natural, cost-effective and healthy way to provide sustenance to a growing baby. The American Academy of Pediatrics and Health Canada advise that mothers should breastfeed their infants exclusively until around six months of age. While the U.S. Centers for Disease Control and Prevention says eight in 10 American women initiate breastfeeding right after childbirth, many mothers do not make it to six months.

Breast health and overall health may affect mothers' abilities to continue breastfeeding. Women who want to make sure they continue breastfeeding for six months or longer can learn about the various ways to facilitate breastfeeding, including how to care for the breasts and body.

Some of the more commonly cited reasons women give up on breastfeeding include problems with milk supply and difficulty with breastfeeding techniques. According to the Cincinnati Children's Hospital Medical Center, 95 percent of breastfeeding problems are reversible with adequate support.

**Massage**

Massaging the breasts can help clear milk ducts and cause milk to flow more freely. This helps empty the breasts and trigger a higher milk production. Breast massage may also improve skin tone of the breasts by increasing blood circulation within.

**Wash and moisturize**

Use warm water in the shower or bath to keep breasts clean. Baths and showers also can help with any breast discomfort. Do not use soap, as this can remove the natural oils produced by the Montgomery glands located in the areola. These oily secretions keep the areola and the nipple lubricated and protected. Compounds in these oils may also spark a newborn's appetite. After washing or nursing, apply lanolin or a little breast milk to keep nipples supple. Breast pads can help control leaking breasts, but pads should be changed regularly.

**Eat plenty of healthy foods**

Many breastfeeding women report feeling more hungry than usual. The Canadian Women's Health Network says to choose the higher end of serving sizes and select nutritious foods to help boost energy. The body needs extra calories to make breast milk. Also, drink plenty of fluids to replace the liquid the baby has nursed.

**Proper latch and positioning**

Make sure the baby is well positioned and latches on correctly to alleviate nipple soreness. Vary positions throughout the day. Allow the baby to empty each breast sufficiently. Break the suction of the baby's mouth by placing a finger in the corner of his or her mouth before removing the infant from the breast. Speak with a doctor or lactation consultant for tips on promoting proper latch and positioning.

**Breastfeed regularly**

It's good to feed babies between eight and 12 times per day so that breasts have a chance to empty fully. Both breasts should be fed upon equally. Regular feedings can help prevent plugged milk ducts, engorgement and an infection called mastitis.
How to protect 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.
Well visits are an important part of child healthcare

Expecting parents will soon discover that having a child sparks many changes in their lives. As infancy rolls into toddlerhood and beyond, there is usually one constant in the busy lives of new families: the pediatrician. Children visit their pediatricians at regular intervals, and these doctors are invaluable sources of support and care.

Pediatricians provide well-child services throughout youngsters’ childhoods. Health checkups start from the day the baby is born and continue until a child reaches adulthood. JAMA Pediatrics says there are many benefits of well-child visits. One of the key aspects of these checkups is tracking a child’s growth and development, including physical, cognitive, emotional and social progress.

Another component of well-child visits is to prevent injury and illness. When parents come in for these visits, the staff will likely go over the appropriate safety protocol for that child’s age and milestone. This may include car seat safety checks, preventing falls, choking hazards and safety when entering school.

Bright Futures/American Academy of Pediatrics developed a set of comprehensive health guidelines for well-child care, and many pediatricians follow these schedule and screening guidelines. Visits often start at one-month intervals, and then increase by two- and three-month durations until the child is two years old. After the child reaches 2.5 years of age, annual visits become the norm. The reason that earlier visits occur so often is because early childhood is a period of rapid development. In addition, various vaccinations are recommended to protect children from communicable diseases. These immunizations must be administered according to schedule to be most effective.

Well-child visits are also opportunities for screening tests and physical examinations. Exams typically involve checking blood pressure, vision, hearing and general blood tests and urinalysis. Many parents use checkups as an opportunity to ask questions about development and ensure that children are safe to participate in school sports and extracurricular activities as well. Parents can come equipped with questions to ask the doctor during well-child appointments to make the most of their visits.

The AAP says well-child visits should begin from three to five days old. Therefore, expecting parents should find a pediatrician for their child as soon as possible to ensure that well-child visits can begin immediately after the child is born.
Bluffton Pediatrics treats whole child, physical and mental

For the past five years, Bluffton Pediatrics has been providing pediatric primary care services to children ages newborn to 21 years.

Bluffton Pediatrics’ pediatric nurse practitioners Beth Bish, APRN-CNP and Michelle Tegenkamp, APRN-CNP have more than 32 collective years of experience working with children and their families. As nurse practitioners, Beth and Michelle skillfully provide comprehensive health care to children who are ill with acute and chronic health concerns.

All of our services are designed to help children to be their physical and emotional best while they are young and into adulthood. We provide Wellness Care at every age, along with immunizations, as recommended by the American Academy of Pediatrics.

Unlike other pediatric primary care offices in our area, multiple mental health services are also available. Anxiety, stress, depression and Attention Deficient Hyperactivity Disorder symptoms can present real challenges to children and families. Bluffton Pediatrics can offer accurate assessment and diagnosis as well as management. Ohio’s pediatrics specialists are available to collaborate on very complex cases. Beth and Michelle are some of the few pediatric providers in the area who are listed as Bureau for Children with Medical Handicap Providers for those families who need access.

Bluffton Pediatrics offer services to all children regardless of the payment source, i.e., private health care insurance, self-pay, Health Saving Account or public insurance, like Ohio Medicaid. We strive for open access to care and being able to have your child seen by a knowledgeable health care provider is so very important.

Being able to talk to your child’s health care provider at other times, like after office hours or on the weekends, is so very helpful to parents. Beth and Michelle are available for phone consultations as needed. Patients can communicate via our Patient Portal with non-emergent health care needs, you can self-schedule your next appointment and you have access to your child’s medical records, at any time, via our secure portal.

New patients are always welcome. It is easy to become a patient at Bluffton Pediatrics; it takes less than 2 minutes with our Patient Portal. Registration link can be found on our website www.blufftonpediatrics.com or you can always call our office at 419-549-5865.
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