

# The Baby Buzz



## Sleep Sack Exchange Update

Nearly a year ago, Clare County Baby Pantry applied for a grant from the Clare County Community Foundation (CCCF) for Sleep Sacks for EVERY newborn from Clare County. In July CCCF authorized two grants for this project. ClareYAC and Brighter Futures Fund awarded Clare County Baby Pantry (CCBP) \$3500 for this project. The CCCF strengthens our community by providing leadership, fostering collaboration on local needs and issues, and encouraging a legacy of giving through grants, scholarships, and events.

At this time five area hospitals in Midland, Mt. Pleasant, Alma, Cadillac, and Grayling have these Sleep Sacks ready to give to Clare County newborns when they are discharged from their hospital. If for some reason you didn't receive one of these Sleep Sacks when your child was born (after November 25, 2014), contact CCBP at 211 W Spruce Street, Harrison on any Wednesday between 10 am and 3 pm.

CCBP hopes to prevent the heartbreak of losing a baby to crib death with their Sleep Sack Exchange program. In working with the local Child Abuse/Neglect (CAN) council, Clare County Youth Council, CCBP hopes to raise awareness of the Michigan Children's Trust Fund's focus on SAFE SLEEP. The Children's Trust Fund supports local efforts to prevent child abuse and neglect and will grant part of the money needed for next year's Sleep Sacks.

### How does the Sleep Sack Exchange work?

Since the Sleep Sacks are embroidered with the CCBP logo they are easily identified for the exchange program. After receiving the Sleep Sack at the hospital where their baby is delivered, the families exchange the nearly outgrown sleep sack for a larger size at about the age of three (3) months. The most critical time of use for the Sleep Sacks is the first six months of life.

This first year of the grant was funded by the grants of \$3500 from CCCF plus \$2000 donations to CCBP. We are looking for ways to fund this program for the next year. Statistics from the census indicate that 350 infants are born in Clare County annually. Please consider supporting this SLEEP SACK EXCHANGE project with a donation to CCBP. For \$10 dollars you can buy a Sleep Sack for one infant. Mail your donation to **Clare County Baby Pantry**, 211 W Spruce Street, Harrison, MI 48625, or come in for a visit when the pantry is open Wednesdays from 10 to 3.

## Clare/Gladwin County Baby Panties

Volume 6 Issue 2  
April—May, 2015

### Inside this issue:

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Lend a  
helping hand  
whenever  
you can!

# Time for Spring Cleaning!

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We've been waiting for Spring and now that it is finally here, it is time to go through the closets and dressers. It is so much easier to have enough storage space for clean clothes. It also helps you determine what each child needs to complete their wardrobe.

For each child ask yourself:

- Does this fit now?
- Is it appropriate for the Spring and Summer?
- Will they be able to wear it next Fall and Winter?
- What will he or she soon grow into?
- If it no longer fits, put it in the pile to save for your next child, a relative, or someone you know with a child that could use this OR bring it to the baby pantry to pass on to others.

At the baby pantry the Fall/Winter clothing bins are really bare. As you look through your child's clothing you may find Spring and Summer clothing that just aren't going to fit him or her this year. You will be able to help a lot of children by bringing in your clean, gently used Fall/Winter or Spring/Summer clothing to help us restock our clothing bins.

Remember that your child may have one jacket per season. We also take shoes, books, toys, and clothing up to size 6.

This is also a great time to re-evaluate your baby equipment. Do you have things sitting around that your child no longer uses? Clean it up and bring it in to share with others.

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## Nutrition Corner: Amazing Vitamin A

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Today we will talk about a very important vitamin that is absolutely necessary for good health, Vitamin A.

This special vitamin helps to protect your eyes, skin, mucous membranes, soft tissue and all linings of the digestive tract, as well as the kidneys, bladder, and lungs. It helps build strong bones, strong teeth, and rich blood. It also helps the body to defend itself against infections.

Some good sources of Vitamin A are carrots, sweet potatoes, apricots, peaches, squash, tomatoes, spinach, kale, mango, red and green bell peppers, and cantaloupe. (It is important to use raw fruits and vegetables whenever possible. If you cook them, it is best to steam vegetables to avoid losing vitamin A during preparation.)



Dairy products are another good source. If you are deficient in this important vitamin, some of the symptoms you will have are mucous membrane disturbances, tonsillitis, persistent cough, chronic bronchitis, lung disorders, sinus problems, and susceptibility to colds, asthma, allergies, and respiratory infections. Other symptoms include dry skin, peeled or ridged nails, poor vision, and soft teeth.

Let's all make sure that we get plenty of vitamin A in our diet!

**Happy, healthy eating!!**

# The “4<sup>th</sup>” Trimester

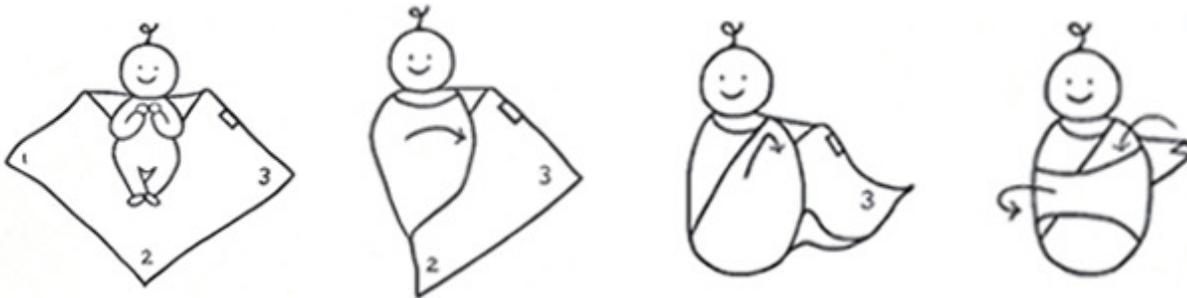
The endless or intense crying that takes place in the first three months of infancy, for some babies, is nothing more than adjusting to life outside mother’s tummy! This is also called Purple Crying. And it can be frustrating for parents. Purple Crying is one of the leading causes of Shaken Baby Syndrome.

One of the proven ways to sooth baby is with the technique of “Swaddling”. This creates a soothing tight space for baby, which mimics being safely in mommy’s tummy again. The technique is illustrated below. Please keep trying this technique if your baby seems not to like it at first, sometimes just a little change of position of the hands or snuggling the blanket a little differently will help. For more information about Swaddling and Purple crying, you can go to the following websites:

<http://www.happiestbaby.com/> and <http://purplecrying.info/>

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## Easy as 1 2 3 Swaddle



Place blanket on a flat surface in a diamond position in front of you with the 123 Swaddle Tip Tag visible on your upper right hand side.

Fold the top corner down about 6 inches, and place baby in the center of the blanket with their neck at the fold.

Starting on your left, bring the 1st corner over and tuck snugly behind baby.

The bottom corner goes over baby’s left shoulder and behind baby’s back. The weight of the baby on the tucked under corners will help to keep the swaddle secure. Ensure baby’s hips and knees are in a flexed froglike position inside the swaddle. Do not straighten or over extend your baby’s joints.

Take the 3rd corner across and all the way around behind baby, tucking the tail of the blanket into the fold in the front. Avoid having the blanket touch baby’s cheek. This can stimulate baby’s rooting response and wake baby.

Go to the Swaddle Club website for free “White Noise” download.

from Swaddle Club: <http://www.swaddleclub.com/how-to-swaddle/index.html>



**Support Clare and Gladwin County Baby Pantries**

**Non-Profit Organizations**

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**Clare County Baby Pantry**

211 W Spruce Street  
Harrison, MI 48625

Open Wednesdays from 10 a.m. to 3 p.m., unless Harrison Community Schools are closed due to inclement weather.

Phone Sue for more information at 989-539-7956.  
Email: [clarecountybabypantry@gmail.com](mailto:clarecountybabypantry@gmail.com)  
Find us on Face book

**Gladwin County Baby Pantry**

110 Pearson Street  
Beaverton, MI 48612

Open Wednesdays from 10:00 a.m. to 4:30 p.m.

For more information or directions, please call Pamela Allen at 989-515-3310. Find us on Face book.

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**Check Out your Local Library**

**Pere Marquette District Library**

185 East Fourth Street  
Clare, MI 48617  
989-386-7576  
Website: [www.pmdl.org](http://www.pmdl.org)

**Surrey Township Public Library**

105 East Michigan Street  
Farwell, MI 48622  
Phone: 989 588-9782  
Website: [www.stpl.org](http://www.stpl.org)

**Harrison Community Library**

105 East Main Street  
Harrison, MI 48625  
Phone: 989 539-6711  
Website: [www.harrisonlibrary.net](http://www.harrisonlibrary.net)



**Gladwin County District Library**

402 James Robertson Drive  
Gladwin, MI 48624  
989-426-8221  
Website: [www.gladwinlibrary.org](http://www.gladwinlibrary.org)

**Beaverton Branch of GCDL**

128 West Saginaw Street  
Beaverton, MI 48612  
989-435-3981  
Website: [www.gladwinlibrary.org](http://www.gladwinlibrary.org)

**Make a weekly visit to the library for story hour and learn about their other great events. Make books an important part of your family's happy memories.**

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