Great Expectations

Planning the Perfect Delivery
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High-Risk Pregnancy Care
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Packing a Healthy Lunch
Discover the Ideal Lunchbox for Kids
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Earaches, Sniffl es and Sneezes
Know When to See the Doctor
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Numbers to Know

Keep these important numbers handy for use in the event of an emergency.

Emergency Crisis Hotlines – 24-Hour Service

Fire, Police or Emergency 911
Poison Control 800.222.1222
California Missing Children Hotline 800.222.3463
California Youth Crisis Hotline 800.843.5200
Child Abuse Hotline 800.344.6000
Rape/Crisis Hotline 888.272.1767
Domestic Violence Hotline 888.385.4657
Missing, Abused & Exploited Children 888.818.4673
National Runaway Switchboard 800.621.4000
Vanished Children’s Alliance (VCA) 800.826.4743
Domestic Violence & Rape Crisis Hotline 760.757.3500
Youth Crisis Hotline 800.448.4663
Suicide and Crisis Counseling 800.479.3339
San Diego Police Department 619.531.2000

Poway

Pomerado Hospital
15615 Pomerado Road
Poway, CA 92064
858.613.4000

Women’s Health Connection
Gateway Medical Building
15725 Pomerado Road
Suite 100
Poway, CA 92064
858.613.4894

San Marcos

The HealthSource
120 Craven Road
Suite 103
San Marcos, CA 92069

Escondido

Palomar Medical Center
555 East Valley Parkway
Escondido, CA 92025
660.739.3000

Off-site classes are also available for groups, businesses and other organizations that would like instruction on a particular health topic. Call 858.675.5372 for more information. The HealthSource retains the right to cancel a community education class if minimum enrollment is not met. If you have a disability, please notify us 72 hours prior to the event so that we may provide reasonable accommodations.
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Finding a Physician
To select a Palomar Pomerado Health physician for your pre-pregnancy and pregnancy care, or to register for a PPH childbirth class, please call The HealthSource at 800.628.2880.

Stork Club Tours
Call for dates, times and locations.
Tours of the Birth Centers at Palomar Medical Center and Pomerado Hospital are available by appointment only. If you are taking a childbirth class at The Women's Health Connection or Palomar Medical Center, there is no need to take this tour as well. Tours of the Birth Center at Palomar Medical Center are available in Spanish on the 2nd and last Wednesdays of each month from 7 to 8:30.

FEE: Free
Pregnancy takes nine months for many very good reasons. Primarily, of course, it allows the fetus to develop and gain strength for D-day – delivery. During pregnancy, expectant parents have time to dream and plan for labor and delivery. What entails the “perfect” delivery is unique to each family. With many options available, individual choices are made based on personal beliefs, culture and expectations.

If you’ve been doing your childbirth homework by talking with friends, reading the latest books or attending childbirth preparation classes, you may be overwhelmed with the options: Vaginal or elective cesarean? Natural or medicated? Lamaze or Bradley? Doula? Midwife?

Many couples prepare a birth plan that outlines their preferences and expectations during labor and delivery. (See sidebar.)

“It is important to have realistic expectations and having a birth plan helps guide you through this momentous event,” says Robert Trifunovic, M.D., a board-certified obstetrician and gynecologist on staff at Palomar Medical Center. “I believe it’s important to educate patients about their options so they can make the appropriate choices for themselves.”

“Labor and delivery have changed over the years,” says Terry Scherl, MSN, director of maternal infant services at Pomerado Hospital. “Today, expectant parents are much more aware of alternatives and many are choosing more of a self-directed approach to childbirth.”

Vaginal or Elective Cesarean Delivery

A baby is born one of two ways: either through the birth canal (vaginally) or by cesarean (C-section in the mother’s lower abdomen and uterus).

“The advantages of vaginal delivery include not having to undergo a surgical procedure and if medication is used, delivery can be less painful,” says Dr. Trifunovic, who has been delivering babies for more than 17 years.

Episiotomies to widen the perineum during vaginal delivery are no longer considered routine. It is made just before delivery in the muscular area between the vagina and the anus (an area called the perineum). Today, most obstetricians prefer to have the body create a spontaneous tear if necessary to enlarge the vaginal opening. In those cases, women generally recover in the same or less time and often with fewer complications than those with episiotomies.

“Today, more women are asking for primary C-sections because recent studies have shown a relationship between vaginal delivery and an increased risk of pelvic floor dysfunction later,” he says. Symptoms of pelvic floor dysfunction include stress urinary incontinence, overactive bladder, mixed urinary incontinence, anal incontinence and pelvic organ prolapse.
For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.

The American College of Obstetrics and Gynecology (ACOG) believes that an elective C-section in healthy women who plan small families is safe enough to warrant consideration of the patient’s request. However, there is not enough scientific evidence to show that wanting to have a C-section simply to prevent potential pelvic support problems is warranted; some women who undergo C-sections may also develop similar disorders.

Natural or Medicated Childbirth

“Many women who have researched childbirth options want a natural vaginal delivery without medication assistance,” says Dr. Trifunovic. “They often have a very detailed birth plan describing those desires. Depending on the circumstances of labor, the plan may be changed if the mother has difficulty relaxing sufficiently. I always reassure the parents that the ultimate goal is delivering a healthy baby.”

Natural or non-medicated vaginal deliveries involve continuous labor support by someone such as a childbirth coach or doula (see sidebar). Various breathing techniques, distraction, massage, imagery, aromatherapy, acupuncture or hypnosis may be used to control pain. Different birthing positions such as sitting, kneeling, side lying, squatting and reclining may be used.

Even if your plan is for a non-medicated delivery, it’s a good idea to know your options. Expectant mothers who decide to have a medicated, vaginal delivery will generally use pain medications and an epidural. The ACOG now advises that a woman in labor should receive pain relief at whatever point she asks for it.

Planning Birth Your Way

A birth plan outlines the ideas and expectations you have about the birth of your baby. The plan helps the people who will assist you during labor and birth understand what you want from the birth. Discuss your birth plan in advance with your physician and others who are participating in the labor and delivery.

Your birth plan should address these issues:

- Do you want to move around during labor or do you prefer to be in bed?
- Do you want to have pain medications? If yes, do you have preferences for which medications you want?
- Would you like an episiotomy?
- Would you prefer to deliver by cesarean? If yes, do you have any special requests?
- Would you prefer a certain position in which to give birth?
- Who would you like to be present during labor and delivery?

Following are some of the methods of prepared childbirth.

Lamaze

Originally the Lamaze method focused on controlled breathing techniques, but it now centers on childbirth education to increase a woman’s confidence in her ability to give birth. A woman learns how to respond to pain in ways that both facilitate labor and increase comfort by using various coping strategies, including breathing. Although the Lamaze philosophy states that a woman has a right to give birth free from routine medical interventions, most instructors provide information about medications and other interventions in advance, so that she can make an informed decision during labor and delivery.

For more information: www.lamaze.org

HypnoBirthing

HypnoBirthing is a newer method that teaches a woman how to hypnotize herself so that she can better manage her labor, relax and let her body take over. By reducing or eliminating fear, severe pain does not have to be a part of labor. Instead, endorphins (naturally occurring chemicals in the body that can relieve pain) replace the stress hormones that lead to pain. Words like ‘pain’ or ‘contractions’ are not used, as they trigger emotions.

For more information: www.hypnobirthing.com

Bradley

Couples who use the Bradley method, also called ‘husband-coached childbirth,’ learn how to have a natural birth using simple and effective techniques based on information about how the human body works during labor. The woman is taught how to work with her body to reduce pain and make her labor more efficient, using natural breathing, relaxation, nutrition, exercise and education. The use of medications and other interventions is strongly discouraged. Bradley classes are intensive and their philosophy is that it takes months to prepare for childbirth—mentally, physically and emotionally.

For more information: www.bradleybirth.com

For more information on childbirth preparation classes offered at PPH, see page 6 of this issue of The BabySource.
Childbirth Preparation

Preparation for Childbirth

Five-Week Series
6:30 – 9 p.m.

Women's Health Connection (Poway)
Choose from one of the following five-week series:

- Mondays, January 8 – February 5
- Mondays, February 26 – March 26
- Mondays, April 16 – May 14
- Wednesdays, February 7 – March 7
- Wednesdays, March 28 – April 25

Palomar Medical Center (Escondido)
Choose from one of the following five-week series:

- Tuesdays, January 16 – February 13
- Tuesdays, March 6 – April 3
- Tuesdays, April 24 – May 22
- Wednesdays, January 10 – February 7
- Wednesdays, February 28 – March 28
- Wednesdays, April 18 – May 16

Prepare for a safe and satisfying birth experience with this five-week childbirth preparation series held at the Women’s Health Connection in Poway and Palomar Medical Center in Escondido. Small classes ensure personalized instruction focusing on the signs and stages of labor, hospital procedures, medication options and Cesarean birth. A general overview of labor-coping techniques is provided, and newborn characteristics, infant feeding and postpartum adjustments are discussed. A tour of the birth center is included in this class.

FEE: $70/mom or couple (includes childbirth manual)

Preparation for Childbirth “In a Weekend”

9 a.m. – 3:30 p.m. (Saturdays)
10 a.m. – 3:30 p.m. (Sundays)

Women’s Health Connection (Poway)
Choose one of the following four classes:

- January 6 – 7
- February 3 – 4
- March 3 – 4 or April 21 – 22

Palomar Medical Center (Escondido)
Choose one of the following four classes:

- January 13 – 14
- February 10 – 11
- March 10 – 11 or April 14 – 15

Our weekend class includes the same information covered in our five-week series, but takes only two days to complete. A tour of the birth center is included. We recommend early registration for this popular class.

FEE: $70/mom or couple (includes childbirth manual)

Cesarean Birth Lecture

Call for dates, times and locations.

Expectant parents who anticipate a Cesarean birth and choose not to enroll in a childbirth class may attend a one-hour lecture about Cesarean birth that is part of our regular childbirth series. Information covered includes indications for a Cesarean birth, pre-operative procedures, medications, the birthing process, and post-operative and recovery procedures.

FEE: $10/mom or couple

Mommies in Motion

Prenatal Exercise Class

Four-Week Series
6 – 7 p.m.

Women’s Health Connection
Thursdays
January 25 – February 15
March 8 – 29

Take steps now to stay in shape, feel your best and maximize your total well-being during pregnancy. This four-week series promotes physical fitness and good health through education and exercise. “Mommies in Motion” is suitable for women of any stage of pregnancy or fitness level. A signed physician consent form is required, and participants should bring an exercise mat or large towel to each class.

FEE: $40/participant

Mothers of Twins & Triplets Club

Have you been blessed with multiple bundles of joy? The Mothers of Twins and Triplets Club meets monthly and provides a forum for friendship and support for families, or expecting families, with twins or triplets. Speakers and special programs help parents deal with the pressure of raising multiple-birth children. For more information, call 760.798.9678.
The Birth Centers at Palomar Medical Center (PMC) and Pomerado Hospital deliver five-star care according to HealthGrades.com, a national health quality rating company. The five-star ranking is based on criteria such as lower than average complication rates and better than average patient care results.

Pomerado Hospital features large, comfortable and attractive labor/delivery/recovery and postpartum suites for expectant mothers and their families. PMC’s Birth Center has warm, home-like labor/delivery/recovery suites and a recently remodeled mother-baby unit to meet the needs of patients and families.

These Birth Centers encourage a relaxed, family-centered birth with the advantage of having advanced technology within arm’s reach. Both hospitals have 24-hour anesthesia coverage, dedicated operating rooms for cesarean deliveries, lactation consultants to help mothers who are planning to breastfeed and a 24-hour mother and baby care television channel.

While most couples have comfortable pregnancies and low-risk deliveries, if a problem occurs, newborns can be whisked into the neonatal intensive care unit (NICU). Pomerado and PMC each have a NICU with experienced neonatologists, specially trained neonatal nurses and state-of-the-art equipment available at all times.

Bilingual midwives at PMC work in conjunction with obstetricians and provide care for low-risk pregnancies, while respecting the choices and needs of the birthing mother and her partner. All of the midwives are licensed by the State of California and work in collaboration with an obstetrician.

“At PPH, we try to respect our patients’ desires and offer them what they want within the procedures that we have established,” says Terry Scherl, MSN, director of maternal infant services at Pomerado Hospital.

Learn more about PPH’s family-friendly birth centers and childbirth preparation classes through The HealthSource. Visit www.pph.org or call 800.628.2880.

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.

www.pph.org • 800.628.2880

BREASTFEEDING CLASS - $5 OFF
Prepare for a positive breastfeeding experience with our “Successful Breastfeeding” class. Call The HealthSource at 800.628.2880 to enroll and receive $5 off the regular $25 fee.

BREASTFEEDING PRODUCTS - 10% OFF
Make the experience of breastfeeding your baby easy and comfortable with our extensive line of Medela® breastfeeding products. Visit the Women’s Health Connection Boutique and take 10% off any nursing bra or breast pump rental/purchase. Call 858.613.4894 for details.

Five Star Care ★★★★★ at PPH Birth Centers

Our focus on providing excellent maternity care has earned us 5 stars from HealthGrades.

Our comfy robes, concierge service and mini shampoos have earned us five stars from new moms.

Part maternity, part resort. That’s the feeling you’ll get when you enter our Birth Center. Luxurious amenities keep new moms comfortable and relaxed, while a state-of-the-art Neonatal Intensive Care Unit (NICU) and around-the-clock anesthesiologist keep you confident and reassured. The birth of your child is already an amazing experience. Choosing to have your baby here just makes it that much better. For a physician referral, or to schedule a tour of the Birth Center at Pomerado Hospital, call 800.628.2880.
Breastfeeding
Successful Breastfeeding
6:30 – 9 p.m.

Women’s Health Connection
Choose one of the following four classes:
Tuesdays
January 2, February 6, March 6 or April 3

Palomar Medical Center
Choose one of the following two classes:
Mondays
February 12 or April 9

Breastfeeding is “nature’s way” to feed a baby, but it doesn’t always come naturally. Enhance your opportunity for a positive breastfeeding experience with this informative class led by a certified lactation consultant. Topics include the benefits of breastfeeding, breast anatomy and physiology, getting off to a good start, common difficulties and solutions, and returning to work.

FEE: $25/mom or couple

Library of Love
The Women’s Health Connection at Palomar Pomerado Health features an extensive lending library featuring valuable print, audio and visual learning resources – free for your use for a two-week period. Chris Gleason, a registered nurse, women’s health specialist and certified lactation educator, is available to help you select the book or video to best suit your needs. Following are the “Top 10 Most Requested Books” for new and expecting parents at the Women’s Health Connection. Stop in today and check one out! For more information, call 858.613.4894.

1. The Womanly Art of Breastfeeding, by La Leche League International
2. The Nursing Mother’s Companion, by Kathleen Huggins, R.N., M.S
3. The Pregnancy Book: Month by Month, Everything You Need to Know From America’s Baby Experts, by William Sears, M.D. and Martha Sears, R.N.
4. The Mother of All Pregnancy, by Ann Douglas
5. Sign With Your Baby, (Complete learning kit) by Joseph Garcia
6. The No Cry Sleep Solution, by Elizabeth Pantley
7. The Happiest Baby On the Block, by Harvey Karp, M.D. (Book and DVD)
8. Healthy Sleep Habits, Happy Child, by Marc Weissbluth, M.D.
9. The Baby Book: Everything You Need to Know About Your Baby From Birth to Age Two, by William Sears M.D., and Martha Sears, R.N.
10. Baby 411: Clear Answers and Smart Advice for Your Baby’s First Year, by Ari Brown, M.D. and Denise Fields

Lactation SERVICES
Palomar Pomerado Health’s certified lactation consultants provide telephone, inpatient and outpatient consults for new mothers who choose to breastfeed their babies. Breast pumps are also available for sale or rental through the PPH Women’s Health Connection Boutique, along with a wide variety of breastfeeding supplies and literature. Following is a directory of lactation services available through Palomar Pomerado Health.

Palomar Medical Center 760.739.2434
555 E. Valley Parkway, Escondido, CA 92025
Breastfeeding classes; inpatient and outpatient lactation consults; telephone advice warmline; other related services.

Pomerado Hospital 858.613.4605
15615 Pomerado Road, Poway, CA 92064
Breastfeeding classes; inpatient and outpatient lactation consults; telephone advice warmline; other related services.

Women’s Health Connection Boutique 858.613.4894
15725 Pomerado Road, Suite 100, Poway, CA 92064
Medela breast pumps for rental or purchase; pump kit accessories; nursing bras; breast-care products; breastfeeding classes; support group meetings.

To register for a breastfeeding class, please call The HealthSource at 800.628.2880.

Breastfeeding Support Group
The Women’s Health Connection
Tuesdays and Fridays, 1 – 2:30 p.m.
The HealthSource, San Marcos
Thursdays, 1 – 2:30 p.m.
Meet with a certified lactation consultant and other new moms to share information and learn new ideas during these weekly group sessions. Call the Women’s Health Connection at 858.613.4894 for more information.

FEE: Free
Women in North County now have access to specialized care including high-risk pregnancy diagnostic tests and counseling services through the newly opened Perinatal Testing Center at Palomar Medical Center.

“Approximately one in five pregnancies are considered high-risk due to many factors such as gestational diabetes, carrying multiple fetuses, high blood pressure, difficulties with prior pregnancy or the mother’s age,” says Thomas Kelly, M.D., chief, Division of Perinatal Medicine at UCSD and medical director of the program. “We work as consultants, assisting the woman’s primary care obstetrician by providing specialized tests that may help the obstetrician plan the best care throughout pregnancy and delivery.”

The Perinatal Testing Center offers these tests and services:

- Ultrasound to evaluate fetal development
- Genetic testing and counseling, including amniocentesis, to rule out or determine genetic disorders including Down syndrome
- Third trimester testing to help plan the timing of delivery to minimize or prevent complications during labor and delivery
- Diabetes management and education

The Perinatal Testing Center also offers pre-conception counseling, which is recommended for women over the age of 35 or those who have certain existing health conditions such as diabetes, kidney disorders, anemia and lupus. A diabetes health educator from Palomar Pomerado Health (PPH) is available to consult with patients who have diabetes or those who develop diabetes during pregnancy.

Referral from a primary care obstetrician is required. The primary care obstetrician continues to provide prenatal care and performs the delivery. This program is offered through an agreement between UCSD and PPH. The perinatologists are full-time faculty members at the UCSD School of Medicine who also provide consultative services to primary care obstetricians in the community.

“The center adds to the continuum of care because we are available locally to consult with the woman’s primary care obstetrician to achieve the best results for the patient and her baby,” Dr. Kelly says. “Patients no longer have to drive outside of their community for these tests.”

For more information about the Perinatal Testing Center at Palomar Medical Center, please contact Diane Key, service line administrator for women’s and children’s services, at 858.613.4134.

Pomerado Hospital Delivers Exceptional Care

When Heidi Jackman was ready to deliver her fourth child, she knew exactly where she wanted to be: Pomerado Hospital. That’s where all of her children have been born and, even though she and her family now live in Menifee north of Temecula, Heidi came back to Pomerado.

“I’ve always had the best experience at Pomerado where the nurses are exceptionally caring and the rooms are big and clean,” Heidi says. She delivered her son Luke after having labor induced because of concerns about gestational diabetes and the potential effects on the baby.

“This was the best delivery I’ve had,” Heidi says. “My nurse, Chandra Dobbin, was with me the whole time, comforting me and making sure everything was okay. My blood pressure dropped during labor and she was right there to turn me over which helped get the pressure back up.”

Heidi delivered Luke after five hours of labor in which she chose to have an epidural to manage pain. “Everyone was so supportive and helpful throughout. I felt like a princess,” she says.

“My husband, Darren, and I are ‘old hands’ at giving birth, so we didn’t take a childbirth preparation class with this pregnancy,” Heidi says. “Dr. Timothy Maresh was wonderful and took a real interest in me and how my pregnancy was coming along. He listened to my concerns and was responsive to what I wanted.”

The Jackman’s other children include Hunter, 11; Delaney, 10; and Dylan, 6.

Right: Heidi Jackman, with son Luke, has delivered all four of her children at Pomerado Hospital.
Meet the Instructor:
Chuck Flacks
Basic Training for Dads

When Chuck Flacks first became a father he learned how to take care of his son the typical way: on the job training.

“Looking back, I realize how helpful it would have been to have the training and resources that we offer in Basic Training for Dads,” Flacks says. His son, Maurice, is now 13 and his daughter, Olivia, is 11. He shares parenting with his wife, Rebecca, and says they have learned a lot about connecting to newborns and how children change relationships.

Basic Training for Dads helps new fathers find out what to expect during the first few weeks and months following birth. They learn from Flacks and real veterans in the trenches—experienced dads who bring their young infants to class and share actual experiences with feeding, diapering and playing with their baby.

“The veteran dads are a highlight because it makes the expectant dads realize that if the veteran dads can do it, so can they,” Flacks says.

“The demands on dads are greater today than in the past; it’s not enough to just be a breadwinner,” Flacks says. “You have to be an involved father, available and active. If you’re not, it will hurt your relationship with your kids and your spouse. Parenthood is difficult, but you can’t give up. The rewards are too great.”

For more information, or to register for the “Basic Training for Dads” class, call The HealthSource at 800.628.2880.

Basic Training for Dads
Women’s Health Connection
9:30 a.m. – Noon
Saturday, March 10

Are you a first-time “dad-to-be” in need of some basic training? Your life is about to change drastically and if you don’t know what to expect, this is your opportunity to gain some informal, hands-on experience. This class is intended for expectant fathers in the second or third trimester of their baby’s pregnancy. It is a “fathers only” class featuring special guests—Veteran Dads (BT graduates) and their newborn babies. Learn what to expect during the last trimester of pregnancy, birth and the first few weeks at home. Plus, discover practical tips on diapering, feeding and soothing the newborn. Leave the class with a boost of confidence to be the best dad you can be!

FEE: $35 / dad

Watching Baby Grow
Months 7 - 9

Every child develops at his or her own pace. You and your pediatrician are in the best position to note your child’s development. Here are some milestones to look for when your baby is between 7 and 9 months.

By the end of their seventh month, most babies:
• Sit up briefly unsupported
• Support weight on legs when held upright
• Reach for object with one hand
• Transfer objects from hand to hand
• Begin to crawl
• Find partially hidden objects (peek-a-boo)
• Make noises to get attention, imitate sounds
• Respond to own name and recognize faces
• Understand cause-and-effect relationship (dropping toy; hearing it crash)

By the end of their ninth month, most babies:
• Can sit unsupported for long period of time
• Stand while holding on to something
• Crawl without difficulty
• Combine syllables into word like sounds (mama, dada)
• Understand link between words and gestures (wave bye-bye)
• Get first tooth
• Hold a bottle; start using a cup
• Mouth and chew on objects, eat finger foods
• Reach for spoon when being fed
• Turn away when finished eating
• Look for dropped objects
• Clap and bang objects together
• Begin to have separation anxiety
• Recognize their face in the mirror
• Show affection for loved ones

Missed previous parts of our series on developmental milestones? Visit www.pph.org for an online version of earlier issues of The BabySource. Look for more developmental milestones for your baby in the next issue of The BabySource.

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Infant and Toddler Care

Baby-Care Basics
12:30 – 3 p.m.

Women’s Health Connection
Choose one of the following four classes:

Saturdays
January 20, February 17, March 24, April 28

Since babies don’t come with instructions, this class will provide you with the guidance needed to experience a more confident beginning. Topics include basic physical care skills, growth and development, normal daily activities/habits, safe-proofing your home, nutritional needs and management of illnesses.

FEE: $30 / mom or couple

Soothing and Sleep Strategies
6:30 – 8:30 p.m.

Women’s Health Connection
Tuesday, February 13

Listening to your baby cry and cry without knowing what to do can try the patience of any new parent. Based on the best selling book, “The Happiest Baby on the Block,” this class reveals how calming even the fussiest infants is easy once you can see the world from their point of view. You’ll learn how to survive the “Fourth Trimester” through effective soothing techniques. Expecting and new parents are welcome to attend.

FEE: $25 / mom or couple

Infant Massage
Two-Week Series
6:30 – 7:30 p.m.

Women’s Health Connection
Tuesdays, March 13 and 20

Touch is the primal language of newborns. That’s why infant massage has become a popular method of bonding and relaxation between a baby and parent. Led by Certified Infant Massage Instructor Wendy Morris, this class will explore the many advantages of infant massage and provide hands-on instruction using a variety of easy-to-learn techniques. Please bring your baby to both one-hour sessions. Babies recently immunized should not participate.

FEE: $35/couple and baby

Baby Sign Language
6:30 – 9 p.m.

Women’s Health Connection
Tuesday, February 27

Starting as early as 7 months, before verbal skills are developed, your hearing baby can begin to learn to express his or her wants or needs through the art of signing. Studies have shown that signing babies may learn to speak earlier, develop larger vocabularies, have stronger parent/child bonds, show more interest in books, engage in more sophisticated play, have less frustration, crying and tantrums, and have increased IQ scores. Monta Briant, a Sign2Me Certified Instructor, will teach 50 to 60 signs during the class and provide couples with a copy of her book, “Baby Sign Language Basics.” Please note that this class is for parents and caregivers only. Space is limited so register today!

FEE: $40 / couple

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Packing a Healthy Lunch

With the start of a new year, it’s time to renew healthy eating habits for you and your children. The HealthSource has some tips for filling lunch boxes with nutritious food that your child will actually eat!

“Getting children to eat the recommended five servings of fruits and vegetables each day is not easy, but with some planning it is possible to pack a nourishing lunch,” says Audrey Barry, RD, clinical nutrition manager at Pomerado Hospital.

Barry’s ideal lunch box for youngsters would contain:

- Tuna kit with crackers that provides protein and grain
- Fruit cup
- String cheese and trail mix (more protein)
- Two 100% fruit juices to drink
- Water

“That’s probably more than your child will eat, but leftovers are excellent choices for an afternoon snack,” Barry says. “Avoid processed lunch meats and sugared drinks, especially sodas. Pack yogurt or other dairy products only if your child uses an insulated lunch box.”

Other healthful lunchtime foods include:

- Leftover chicken or turkey breast, cut into bite-size chunks
- Cheese sandwich with whole grain bread
- Carrot or celery sticks
- Cherry tomatoes
- Apples
- Fruit leather
- Nuts

For more ideas about nutritious meal planning for your child, visit www.eatright.org.
Building a Healthy Future
For Kids and Families
Pediatric Services Expand in North County

Parents throughout North County will soon enjoy specialized pediatric services close to home – avoiding the often grueling drive down the I-15 corridor.

Construction on a new, two-story medical office building in Escondido is scheduled to be completed by February 2007. Located on the east side of I-15 at Felicita Avenue and West Citracado Parkway, just two miles from where the new Palomar Medical Center West will reside, this 49,000-square-foot medical center will include pediatricians and pediatric specialists from Children’s Primary Care Medical Group (CPCMG), Children’s Specialists of San Diego (CSSD) and Rady Children’s Hospital San Diego (RCH). Each group will provide complimentary and coordinated pediatric services.

The primary care physicians of CPCMG are scheduled to move from their Grand Avenue office into the new building at the end of January. Rady Children’s Urgent Care Center will move from Hickory Street and will reopen at the new location. In addition, Pediatric specialists of CSSD will move from Hickory Street and Date Street into the new building by March.

In addition to providing expanded pediatric services in this new location, Palomar Pomerado Health is working with adult specialists to bring additional services to the community.

Earaches, Sniffles and Sneezes: Know When to See the Doctor

Colds, ear infections, sinuses and allergies are the four most common ailments among young children. Because the symptoms overlap, the only way to identify the condition is to have your child evaluated by your pediatrician.

**Colds**
Children have six to 10 colds each year on average. This is probably because children are in close contact with other children in day care centers or schools. Although the common cold is usually mild, with symptoms lasting up to two weeks, it is a leading cause of doctor visits and missed days from school, according to the Centers for Disease Control and Prevention.

“In most cases, providing reassurance to the parents and supportive care to the child is the best course to follow,” says Robert Barr, M.D., a board-certified pediatrician with Children’s Primary Care Medical Group in Poway.

Although there is no evidence that you can catch a cold from being chilled or overheated, it is true that more colds occur during the fall and winter. While there is no cure for the common cold, parents can help relieve symptoms by encouraging their child to rest in bed and drink plenty of fluids.

**Symptoms:** Nasal drainage, congestion, sneezing, scratchy throat or cough, fever

**Ear Infections**
Three out of four children experience otitis media (ear infection) by the time they are three years old. This infection usually happens as a result of a cold or other illness when viruses and/or bacteria get inside the ear. Because ear infections can sometimes affect hearing, it is important to have such problems evaluated by your pediatrician.

**Symptoms:** Nasal drainage, stuffiness, cough, pain, irritability, excessive crying, pulling of the ear in an infant, discharge from the ear

**Sinusitis**
When the sinuses are inflamed, you and your child feel miserable. Acute sinusitis can accompany a cold, while chronic sinus infections may be triggered by allergies.

**Symptoms:** A “cold” lasting more than 10 to 14 days, day and night cough, post nasal drip, headache, irritability or fatigue, swelling around the eyes

**Allergies**
The prevalence of childhood allergies has increased significantly in recent years. Allergens can be inhaled, eaten or injected (from stings or medicine). Common allergens include pollen, mold, house dust mites and animal dander.

**Symptoms:** Nasal congestion, nose rubbing, clear nasal drainage, sneezing, itchy eyes and nose, tearing eyes, dark circles around the eyes

Dr. Barr recommends three steps to help reduce common ENT problems:

- Breastfeed infants for at least six months
- Live in a smoke-free environment
- Keep the child out of daycare until age three, if possible
Sibling Education
Becoming a Big Brother/Big Sister
10 – 11:30 a.m.

Women's Health Connection
Choose one of the following two classes:
Saturdays, February 17 or April 28

Palomar Medical Center
Choose one of the following two classes:
Saturdays, January 27 or March 24

This 90-minute class offered at the Women’s Health Connection in Poway and Palomar Medical Center in Escondido will help big brothers and sisters prepare for the new baby’s arrival. Activities include safe ways to interact with the new baby, special art projects and diapering and feeding their “own” baby (please bring a doll or stuffed animal). This class is designed for children ages 3 to 5.

FEE: $15 / family

CPR & First-Aid Classes

American Heart Association Life Support and HeartSaver First Aid Courses
Call 800.628.2880 for dates, times, locations and registration information on the following classes.

HeartSaver Pediatric First Aid – NEW!
This new four-hour class includes instruction on first aid basics, medical and injury emergencies, environmental emergencies and optional topics. It meets state-specific requirements and is designed for childcare professionals, education and recreation staff, new parents, guardians and other caregivers who are responsible for children’s health.

The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association, and any fees charged for such a course do not represent income to the Association.

For information on additional CPR and First-Aid Classes offered at Palomar Pomerado Health, please see page 13 of this issue of The HealthSource.

FEE: $40 / participant

Child Safety Seats Save Lives
Child safety seats can reduce injury and death by up to 71 percent when used correctly. Be sure to buckle your child in a safety seat for every trip, no matter how short. Under California law, children must be secured in an appropriate child passenger restraint seat (safety seat or booster seat) until they are at least 6 years old or weigh at least 60 pounds.

Follow these guidelines to keep your child safe:

Infants
- Infants should ride rear facing and reclined at a 45-degree angle until 1 year old and at least 20 pounds.
- Never place an infant in the front seat of a vehicle with an airbag.
- Never hold your infant on your lap when riding in a vehicle.

Children
- Children who are over 40 pounds or have outgrown the harness system may use a lap and shoulder belt-positioning booster seat.
- Children who are over 80 pounds and at least 4 feet 9 inches tall usually fit in a lap and shoulder belt.
- Children age 12 and younger are safest in the back seat.

Installing a Safety Seat
- Select a seat that fits your child – one type does not fit all.
- Choose a seat that fits in your vehicle and is easy to install correctly.
- Always follow the child safety seat and vehicle instruction manuals.
- Be sure the vehicle’s seat belt is routed correctly.
- Fasten safety seat tightly with vehicle seat belt.
- Fit the child safety seat harness snugly to the child.
  - Never use a safety seat or booster seat if you don’t know its history or if it has been involved in a crash.

For more information on child safety seat installation programs throughout San Diego, call the Safe Kids San Diego Child Passenger Safety Line at 858.576.1700, Extension 5096.
Young Adult Classes

### Babysitting Basics*

**6 – 9 p.m.**

**Women's Health Connection**  
Choose one of the following two classes:  
Fridays, February 2 or March 30

**The HealthSource, San Marcos**  
Friday, April 27

This three-hour babysitting course is designed for boys and girls ages 10 to 14. Topics covered include babysitter responsibilities, caring for children, overview of first-aid, safety and accident prevention, handling emergencies, playing with children, behavior management, and tips for a professional babysitter. Those completing the course receive a certificate of completion to present to prospective employers.

**FEE:** $20 / boy or girl (includes course materials)

### Becoming a Young Woman*

**7 – 8:30 p.m.**

**Women's Health Connection**  
Friday, March 2

This informative class helps young women 10 to 12 years old explore the emotional and physical changes of puberty. Emphasis is placed on how each girl experiences changes in her own special way. Additional topics include challenges with competition and development, communicating with parents, menstruation, purchasing personal female items, cramps and other common menstrual discomforts, and emotional changes and hormones. Mothers are encouraged to attend and share this unique time with their daughters. Please note there is no discussion on sex.

**FEE:** $10 / daughter and mother

*The “Babysitting Basics” and “Becoming A Young Woman” classes are available for off-site instruction upon request. Please call 858.675.5376 for more information.

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New Vaccine Protects Against Cervical Cancer

Last year, the Centers for Disease Control recommended the HPV (human Papilomma virus) vaccine as highly effective in preventing infections that are the cause of most cervical cancers. The vaccine is recommended for girls between the ages of nine and 26.

### Why is the HPV vaccine recommended for such young girls?

Ideally, the vaccine should be given before a female is sexually active because that is when the vaccine is most effective.

### How effective is the vaccine?

Studies have found the vaccine to be almost 100% effective in preventing diseases caused by the four HPV types covered by the vaccine—including pre-cancers of the cervix, vulva and vagina and genital warts. The vaccine was less effective in young women who had already been exposed to one of the HPV types covered by the vaccine.

### How is the vaccine given?

The HPV vaccine is given through a series of three shots over a six-month period. The retail price of the vaccine is $120 per dose ($360 for full series). Check with your insurance company about coverage for this new vaccine. Federal programs such as Vaccines for Children also cover the HPV vaccine.

### What does the vaccine not protect against?

About 30% of cervical cancers will not be prevented by the vaccine, so it is important for women to have regular Pap tests once they become sexually active to screen for cervical cancer. Also, the vaccine does not prevent about 10% of genital warts—nor will it prevent other sexually transmitted infections.

**Source:** Centers for Disease Control, www.cdc.gov

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Cervical Cancer Facts

- Approximately 9,710 new cases of invasive cervical cancer were diagnosed in the US in 2006.
- About 3,700 women will die from this disease annually.
- Cervical cancer occurs most often in Hispanic women; the rate is over twice that in non-Hispanic white women. African-American women develop this cancer about 50% more often than non-Hispanic white women.
- When found and treated early, cervical cancer often can be cured.
- Cervical cancer was once one of the most common causes of cancer death for American women. But since 1955 the number of deaths from cervical cancer has declined significantly due to the use of the Pap test that can detect cervical cancer early.  

**Source:** Centers for Disease Control, www.cdc.gov
It seems like children always find a way to hurt themselves. Which is why we make sure we’re always ready. Our Emergency Department has a superior team of physicians, very short wait times and advanced technologies that rival some of the best in the county. Also, with a patient satisfaction score in the 99th percentile among hospitals surveyed nationwide, you can feel comforted knowing we’ll treat your family like they’re our own. We know you can handle the bumps and bruises that occur in everyday life. However, if something more serious ever comes up, our Emergency Department is just around the corner and ready to help.
For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.

If you would like to be removed from our mailing list, please contact The HealthSource at 800.628.2880.