



Prepared parents. Healthy families.

Parent Newsletter September 2021

September is National Baby Safety Month

There is no better time than now to brush up on some of the top safety tips for your baby. Babies and young children have the highest risk of being injured at home because that's where they spend the most time. A few simple steps can make your home much safer.

Never leave your child unsupervised. It just takes seconds for them to roll, fall, or get into something dangerous, even after babyproofing.

To prevent scalding, adjust your water heater to no more than 120 degrees Fahrenheit. Babies go through phases of being fascinated with knobs and turning things. Keeping your water at a safe temperature will prevent scalds at the sink or in the bathtub.



To prevent accidental drownings, keep bathroom doors locked or babyproofed with doorknob covers and get in the habit of closing the lid of the toilet and get a toilet lid lock. Do not leave buckets or containers of liquid down where your baby might be able to crawl or fall into them.



To prevent accidents, anchor or remove heavy furniture that your child has access to. By nine months old, a baby will begin pulling up on furniture, lamps, TVs, anything they can reach. According to [Safe Kids Worldwide](#), a nonprofit organization working to help families and communities keep kids safe from injuries, over the last ten years, a child has visited the emergency room approximately once every 45 minutes from injuries caused by a TV tipping over.

To prevent poisoning, move cleaning supplies, medicines, garden chemicals, toxic art supplies, and plants up high out of your baby's reach. Install safety latches on cabinets your child can reach. Know how to contact poison control just in case – [Oregon Poison Center](#), 1-800-222-1222

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Delilah's List of Favorites

October 11, 2021, Hailey Cain

A few weeks ago, I mentioned how much I noticed Delilah developing her own personality. As part of that, she started sharing a lot of her opinions and so we've been learning all of Delilah's Favorite Things. Having her share so many of her opinions and us talking about them has actually been great for developing her communication skills. Don't get me wrong, there are still moments where she's repeatedly shaking her head no at me while I try to figure out what she wants, but she has learned so many new words just from us talking about the things she likes. With all this, I've started writing things down and taking notes on all of Delilah's Favorite Things.



TV Show and Toys: Gabby's Dollhouse. This TV show has been Delilah's first true favorite, not like her favorite color which changes from day to day. She absolutely adores this show about a little girl and her magical cat-themed dollhouse. When she didn't know what to tell us to get us to put it on she made up her own way to tell us. By that, she excitedly shouts "Piel", at us because it's how she pronounces one of the characters' names (his



Pollywog Update

#55



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Pollywog to present at the Unite Us “Mid-Valley Spotlight”

In an effort to strengthen our relationship with Unite Us (Connect Oregon) and its partners, Pollywog has been asked to give a brief presentation about our services at the next Mid-Valley Spotlight meeting that Unite Us will be holding on Monday, October 25, from 11:00-12:00pm.

At this meeting several other Pollywog partners will also be presenting, including the Old Mill Center, the IHN-CCO, and the Community Doulas.

If you are interested in attending the Mid-Valley Spotlight meeting, you can email a request for the meeting registration form, joyce.stone@uniteus.com.

What's Happening

- ✓ The next Pollywog Partner Meeting is scheduled for Thursday, October 14, from 9-10:30am. This will be a remote meeting, using the Zoom platform. Meeting log-in information will be available on the Google meeting invitation- but NOT on the Early Learning Hub website, or you may call us to receive the information.
- ✓ Currently there are 2,001 individuals in the Pollywog database, as well as 23 prenatal and 25 parenting education classes being taught

Guest Bloggers

In September we were approached by a blogger from New York state who offered to write a guest blog for us. We agreed and it posted on the Pollywog Facebook page on September 20. The post got a great response, which led us to wonder if maybe we were missing out on this great idea.

Are there any Pollywog Partners out there who might be interested in sending us a guest blog? If so, please contact Pollywog at pollywog@linnbenton.edu

Guest Blogger, Colleen Stewart: A Survival Guide for Remote Working Parents With Young Children

September 20, 2021, Pollywog Staff

Working remotely from home is a great opportunity for parents with young children. It's a chance to be involved in your child's life every step of the way. Bringing work and life together so intimately makes for a balancing act with its own unique challenges, however. Remote working parents of toddlers and babies can lessen the burden by implementing a few handy survival tips from Pollywog.



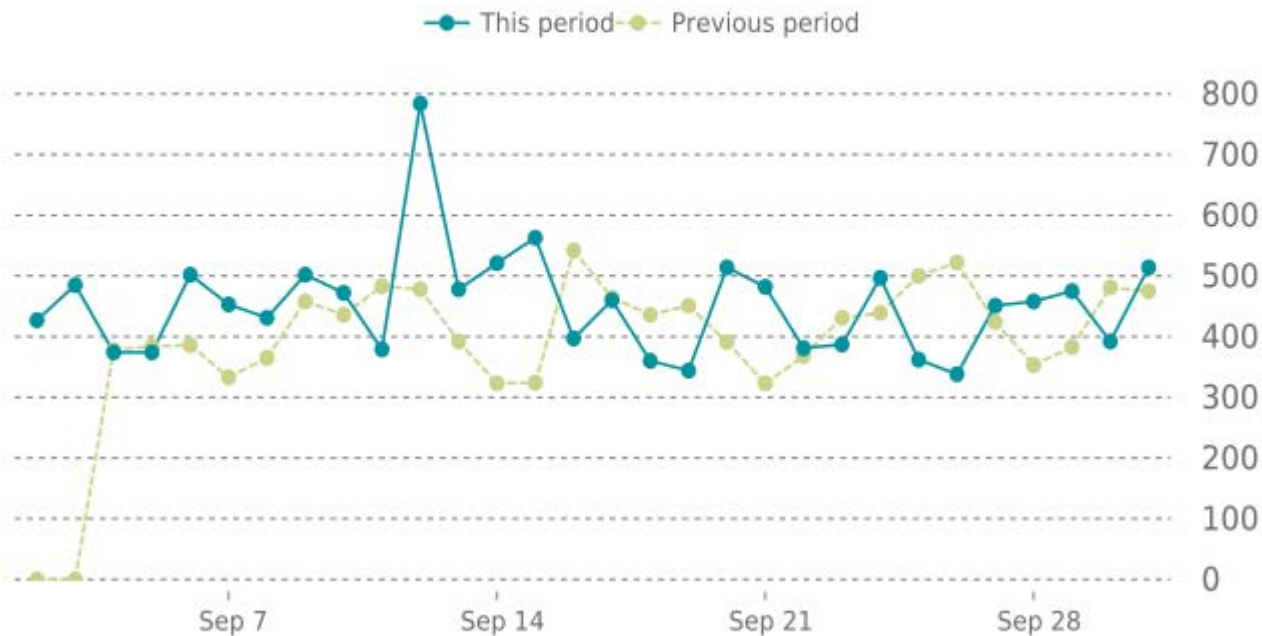
Prepare a Workspace and Schedule

The most important thing a work-from-home parent can do to maintain productivity is to create a distraction-free workspace. This can be an extra bedroom or another area of the home that your family or housemates respect as a "do not disturb" zone. Keep in mind that your virtual workspace is just as important as your physical space, which means clearing away unnecessary apps or browser windows during

New Pollywog Email Account

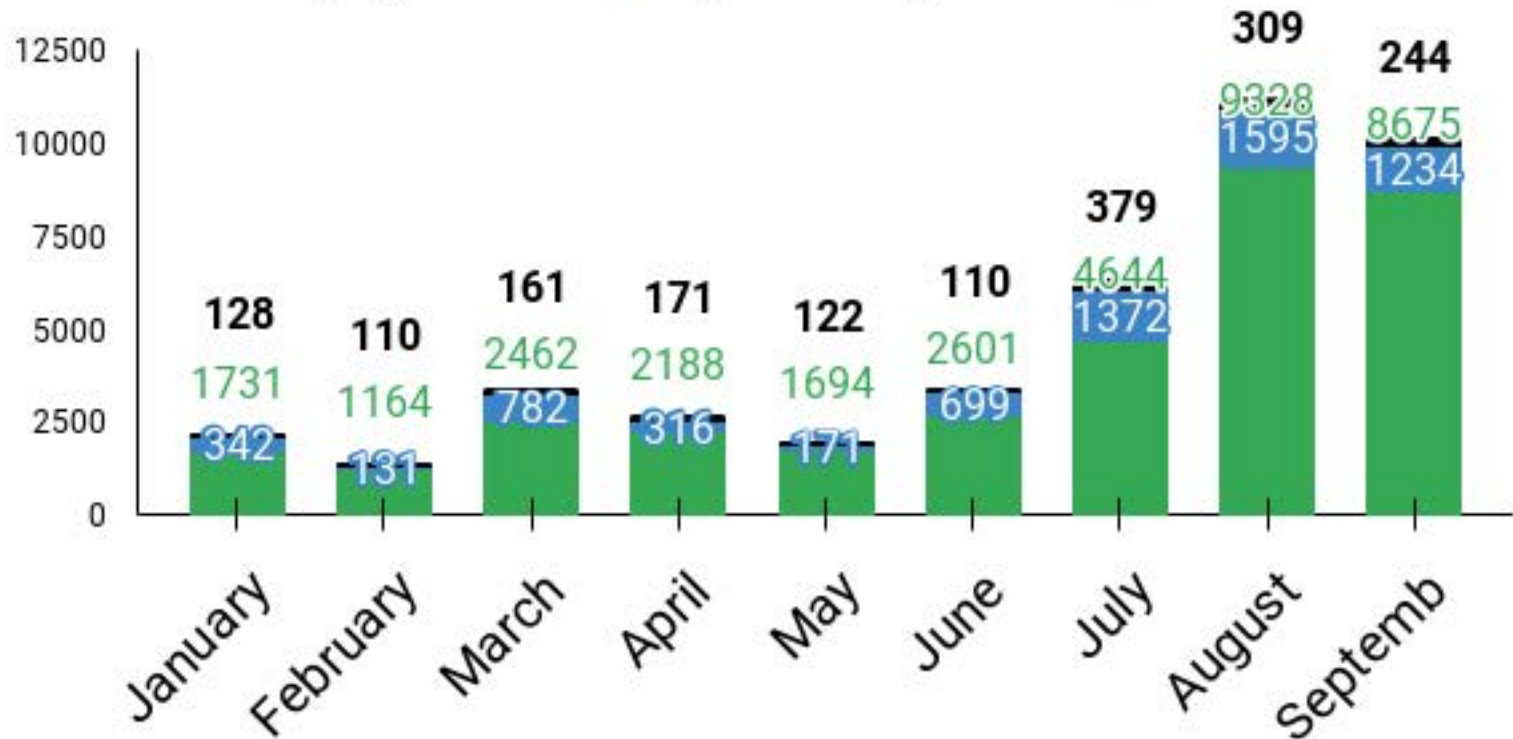
Due to the rising cost of having individual email addresses through Google, we have decided to cancel our current emails. We have talked to LBCC,

SESSIONS



Pollywog Facebook Data 2021

■ Total Engagements ■ Highest Daily Reach ■ Total Reach



42 (90,763)
Signups



0
Signups

Last 24 h

2,550 (25,586,590)
Program Messages



11
Program Messages

Last 24 h

357 (7,511,061)
Community Messages



0
Community Messages

Last 24 h

10 (37,122)
Stops



0
Stops

Last 24 h

Total Kids
56 (107,320)

Avg Kids Age
3.5 (4.7)

Completion rate
82.4%

Zip Code provided
97.6%

Program Msg CTR
5.5%

Community Msg CTR
7.0%



Starting a family?

Lean on community support

Starting a family can be an exciting and overwhelming time for new parents. There is so much to learn, countless items to purchase and a seemingly endless to-do list before and even after baby arrives. Samaritan Health Services has maternity coordinators in each community who can provide the help you may need.

A maternity coordinator will help you design a birth plan, inform you about hospital procedures, offer a tour of the birth center, assist with finding a pediatrician and connect you with local classes and resources.

Maternity coordinators can also connect you to **Pollywog**, a free service that offers an abundance of resources for mental health, nutrition, dental care, early childhood development and parenting networks. They also offer courses related to pregnancy, childbirth and early childhood. Some of these classes include:

- Labor Pain Relief Options.
- Breastfeeding Basics.
- Childbirth Preparation.
- Nurturing Attitudes.
- Make Parenting a Pleasure.
- Live and Learn with Your Wobbler.
- Parent Coaching.
- Creative Development.
- Early Literacy Class.

Family Connects Oregon is another valuable resource for growing families. Family Connects Oregon offers a free, in-home visit by a registered nurse three weeks after delivery. During the home visit, a nurse checks the weight and health of baby, provides tips on feeding and soothing your infant, and helps manage anxiety and postpartum depression. This service gives babies the best possible start in life and is available to all families regardless of income or background.

To learn more about all of these resources, visit samhealth.org/Baby, pollywogfamily.org and familyconnectsoregon.org.