



It's Hot and You're Pregnant

by Laurie Chamberlin, CD, ICCE. Contact: (530) 477-5442 | chamberlinchildbirth.com

"I always have tremendous sympathy for women whose babies are due in the summer or early fall," says Debra Gilbert Rosenberg, LCSW, author of the recently released *The New Mom's Companion: Care for Yourself While You Care for Your Newborn*. Thank goodness there are ways to help you cope. Chances are you are already doing some of them. I asked 5 pregnant women yesterday what they were doing to keep cool and they all had the same response, "air conditioning." Here are some more ideas. Add these techniques to what you are already doing to feel more comfortable and get the most out of your pregnancy.

Be mindful of your body temperature

- Drink. Sip water all day. A well hydrated body can tolerate high temperatures better than a dehydrated body.
- Swim. It's refreshing and cooling. It also feels good to take the weight off your low back.
- Mist. Carry a mister with you at all times. A cool mist can keep you comfortable in between the car and the store, or waiting in lines in a hot store.

Be mindful of your body messages

- Rest. If you start to get tired, or thirsty, your body is talking to you. Go inside at the first sign of not feeling well and rest and relax. We often tend to ignore signs our bodies give us. During pregnancy, it's a great time to tune in and give it what it's asking for.
- Little girl's room. During pregnancy we have to urinate more frequently. Respond to this body message.
- Thirst. Preterm contractions increase during the summer months, often due to dehydration. Keep that glass of water nearby.

Do's

- Lie down. Nap every day if you can. If you can't nap, rest quietly for about 30-60 minutes a day. This will help your body rejuvenate and allow you to keep your energy up.
- Legs up. Elevate your legs if they start to feel "heavy" or "tired".
- Shoes. Wearing comfortable shoes is a must. Good arch support is imperative to lower back and hip comfort.
- Walk. Every day if you can.
- Yoga. Women who do pregnancy yoga keep comfortable throughout pregnancy and gain a quiet confidence in their body's strength that assists them during labor, birth and mothering.

Avoid

- Constrictive or uncomfortable clothing. We all have that one outfit that looks great, but is uncomfortable. Wear what feels good.
- Standing Still. Move about. Fidget. Sway. Movement increases circulation and helps reduce lower back and hip pain.

On Going Events

Every Wednesday

TDRPD Summer Music Series

Regional Park Amphitheatre, Truckee. 6:30-8:00pm. Free. Bring a picnic and come and enjoy live music down by the river. tdrpd.com

Every Thursday

Farmers Market &

Community Concert Series

6:00-9:00 p.m. in downtown GV. FREE.
Phone: 272-8315, historicgrassvalley.com

Every Friday

P.L.A.Y. Groups

(Parenting, Learning, Activities, Year-Round)
You can participate by dropping in any time or by joining a parent led group that meets on Fridays from 12-1:30 in the Family Resource Center. Just take a child development activity sheet and enjoy fun activities with your child while networking with other parents. SNCS Family Resource Center. For more information contact Cindy at: 272-8866 x 203

Every Saturday

Nevada City Farmers Market

Union Street between Broad and Commercial.
8:00 a.m. - 12p.m. Local farms, two stages of local music, artisans, children's activities, and educational demonstrations as well as prepared breakfast and lunch vendors.
ncfarmersmarket.org

Now Enrolling

Baby & Me

Join in for songs, playtime, and discussion while getting to know other parents and babies. Join an existing group now. Birth to 12 months. Weekday mornings at the Grass Valley Methodist Church in downtown Grass Valley. FREE to first-time participants, sliding scale fee up to \$50 for 10 sessions for subsequent groups. Phone: Meg 913-2745, website: first5nevco.org/programs.cfm

Summer Water Safety

The American Red Cross | RedCross.org

In Nevada County there are lots of opportunities for swimming. From pools, to the Yuba River, and Donner Lake, it's easy to find somewhere to escape the heat and swim with your kids. Stay safe this summer and follow these water safety tips:

Practice Water Safety

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone.
- Ensure that everyone in the family learns to swim well. Enroll in age-appropriate Red Cross water orientation and Learn-to-Swim courses.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.

Maintain Constant Supervision

- If you have a pool, secure it with appropriate barriers—many children who drown in home pools were out of sight for less than 5 minutes and in the care of one or both parents at the time.
- Actively supervise children whenever around water—even if lifeguards are present.
- Always stay within arm's reach of young children.
- Avoid distractions when supervising children around water.

Family Vacation: Stressful to a Newborn?

by Gayle Peterson, LCSW, PhD. Contact (530) 346-2534 | MakingHealthyFamilies.com

QUESTION: My wife and I have a large extended family. We are planning a family vacation (approximately 20 people) and at that time our son will be two-months-old. Will it be stressful for our baby to experience this change in his environment?

ANSWER: Babies differ in their individual preferences, but regardless, your baby must adjust to you, too. Generally, young babies of this age are simply content to be wherever you are. Their home is in your arms.

When traveling, it may be necessary to hold your baby more than you would at home. In his own environment, he will come to know the familiarity of his bed, the room and even the smells of your family home. *(continued)*

Read the complete article at: <http://www.makinghealthyfamilies.com/html/qa227.htm>

Toddler & Me

Join in for songs and playtime in a preschool setting while getting to know other parents and toddlers. We are creating new groups now for children 12 to 24 months. Monday mornings at the T.K. McAteer Family Resource Center in Nevada City. FREE to first-time participants, sliding scale fee up to \$50 for 10 sessions for subsequent groups. Phone: Samie 265-0611 x223 website: first5nevco.org/programs.cfm

Oakhaven Montessori School

Enrolling now for the school year, 2 - 6 year olds, year round extended care. Phone: 271-1258 oakhavenmontessori.com

Early Pregnancy Consultation

Mention the First 5 Newsletter to receive 50% off. Now only \$27.50. For women in their first or second trimester. Consultations scheduled regularly. Call to schedule: 477-5442 lauriechamberlin.com

"Your Amazing Infant" - Truckee

A series for parents and their infants, ages birth through 3 months. These classes increase bonding through nurturing touch and physical interaction between parent and child. Call the Early Learning Project at 582-2583.

Toddler Gym Time - Truckee

Toddlers and their parents enjoy free play in the big gym with an array of exciting developmental equipment. Have fun, meet new friends and build new skills. Call the Early Learning Project at 582-2583.

Music Together - Truckee

Children birth to 4 and their parents will enjoy this research-based program that includes songs, instrument play and movement in a relaxed and playful setting. Call the Early Learning Project at 582-2583.

"Baby and Me" - Truckee

These popular classes provide education, support, informal discussion and interactive fun for parents and non-ambulatory infants, 3 months to 1 year old. Call the Early Learning Project at 582-2583.



You are reading a printed version of our new on-line newsletter Little Steps.

To see this in full color, and save a few trees, we encourage you to sign up for the on-line version.

Visit www.first5nevco.org

Enter your e-mail address in the box on the home page and you will be e-mailed an edition of Little Steps at the beginning of each month.