



Swine Flu

by First 5 Nevada County

What can you do to protect your babies and young children from Swine Flu? Follow Center for Disease Control guidelines: wash your and your child's hands frequently, stay away from anyone you know is sick, and do the things that generally help to keep us in good health: get plenty of sleep, be physically active, manage your stress, eat nutritious food and drink plenty of fluids.

If you are nursing your child, continue to do so: this is the best protection you can give your child. If you are thinking of weaning, think about waiting until this epidemic has passed.

According to the Center for Disease Control, the symptoms of Swine Flu are "similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. In children emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

For more information, visit http://www.cdc.gov/h1n1flu/swineflu_you.htm

Is Anger a Symptom of Postpartum Depression?

by Gayle Peterson, MSSW, LCSW, PhD

QUESTION: I feel happy most of the time, but I become angry at my husband over very trivial things. He is loving, but I make him feel as if nothing he does is good enough. I NEVER get angry at my baby; for her I have an abundance of patience. Do I have postpartum depression?

ANSWER: Perhaps your "blow-ups" have more to do with adjustment to motherhood rather than "depression" per se. Because you are under pressure to be eternally patient with your baby, you may have to "let off steam" with your husband because this is more acceptable than expressing it to your child. It would be more likely to

Events & Classes

Kindergarten Registration

Children who will be 5 years of age on or before December 2, 2009, are eligible for kindergarten. For dates and times call: Grass Valley/Nevada City: 478-6400 Truckee: 582-2500

Enrolling Now 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

Enrolling Now Toddler & Me

Join in for songs and playtime in a pre-school 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 \$45 for 9 sessions for subsequent groups. Phone: Samie 265-0611 x223

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

Mother Dance

Dance class for moms and pre-walking babies designed to nourish and nurture both Mom and baby with an opportunity to connect intimately through touch, movement, rhythm and dance! Mondays 10:30-11:30. Cost \$10/class. Moving Ground Studio, Grass Valley. Phone: 272-4240

fall under “postpartum depression” if you were directing it at your child. However, because you are not, I prefer to label it “postpartum adjustment syndrome.” While the term “depression” may fit the definition of feelings that are suppressed, “adjustment” reflects the normalcy of a wide range of feelings that come up for women during this period of enormous physical and emotional change. Society fails to support women at this time because normal feelings do not get addressed unless they are labeled “depression!”

Your body has endured many changes, hormonally and otherwise. New motherhood means that you have less time to take care of yourself or your husband. And it is natural for you to focus your energies primarily on your baby in the beginning as you get to know her and what she needs from you. But as you master the complexity of this profound change in your life, you will be able to again turn your energy to the marriage.

Begin by evaluating whether you have been able to recover your sense of self from the pregnancy. How do you feel about your relationship to your body since your daughter was born? How did the childbirth go for you? Have you recovered from the psychological and physiological impact of the previous year? It is essential to take care of yourself as a mother. Often, continued agitation with others masks unresolved loss that has not found expression. And because you may feel so blessed with your child, the downside of motherhood may not be acknowledged.

Speak with your husband about your joy and losses in becoming a mother. Ask him to share both the happiness of new fatherhood and the ways it has changed his life that he misses. Grieving together and being aware of the downside of these changes in no way reflects on your love and happiness for your baby, or the “rightness” of your decision to become parents. You may also benefit from joining a new-mother’s group and developing friendships with other women going through similar life changes.

Once you have found some time for yourself, you may also discover that you have more patience for your husband. Consider scheduling some quality time alone together. Refocus your attention on your relationship. Your couples’ bond forms the garden in which your child grows. She will experience the increased harmony in the home that results from the realignment of her parents’ relationship, as well as her mother’s self-care!

Gayle Peterson, MSSW, LCSW, PhD is a family therapist specializing in prenatal and family development. Visit her website at www.makinghealthyfamilies.com

“Your Amazing Infant”

A series for parents and their infants, ages birth through 3 months. On Wednesdays, noon to 1:15pm at Sierra Mountain Community Education Center in Truckee. These classes increase bonding through nurturing touch and physical interaction between parent and child. Drop-in at any time. Cost for a series of 6 classes is \$72.00 with scholarships available. Call the Early Learning Project at 582-2583.

Toddler Gym Time

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. Sierra Mountain Community Education Center in Truckee. Ongoing sessions follow the school schedule. Parent-facilitated and free to families. Wednesdays and Fridays, 10-Noon. Call 582-2583 for information.

Music Together

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. Thursdays at the Sierra Mountain Community Education Center in Truckee. \$130 for the series and materials. Scholarships available. Call 582-2583 to save a spot.

“Baby and Me”

Ongoing series through out the year. Fridays, 9:30-10:45 at Sierra Mountain Community Education Center in Truckee. These popular classes provide education, support, informal discussion and interactive fun for parents and non-ambulatory infants, 3 months to 1 year old. The class fee is \$84.00 with scholarships available. Call: Early Learning Project: 582-2583.



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