

Please read inside.

Dear Parent,

Please accept this invitation to receive at no cost valuable information about the most important aspects of parenting your child, from birth to 3 years old. You will receive, 24 newsletters: 12 monthly issues the first year and 12 more (bi-monthly) the following two years.



5 Essential Facts:

1. Crying is normal for a baby. Never, never, shake a baby. Call 2-1-1, your physician, or a friend if you are feeling frustrated with your crying baby.
2. "Back to Sleep" Place your baby on his/her back to sleep for naps and night time.
3. Place you baby on a firm, safety-approved, sleep surface that is covered by a fitted sheet. Baby's sleep area should be close to, but separated from where you or others sleep.
4. Keep soft objects, toys, and loose bedding out of baby's area.
5. Do not allow smoking around your baby: in homes, cars, childcare environments, etc.

Questions? Please contact Barbara Stoffel-Emde
 Racine County UW-Extension, Family and Community Educator
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 (262) 833-8732 · email: Barbara.Stoffel-Emde@goRacine.org



You will receive the first issue of the ***Parenting the First Year*** newsletter, with an **attached, stamped postcard** in the mail, from the Health Departments.

To receive the remaining 11 monthly newsletters for the first year of your baby's life, and the 12 bi-monthly issues for the second and third year of your child's life:



Fill out and **return the stamped postcard**, or



Go green and register at www.RacineParentNews.org

Topics include:

- | | |
|-----------------------|-------------------------|
| ☞ Car Seats | ☞ Thumb or Pacifier |
| ☞ Crying and Sleeping | ☞ Safe Toys |
| ☞ Feeding and Weaning | ☞ Discipline and Safety |
| ☞ Immunizations | ☞ Toilet Training |
| ☞ Choking Prevention | ☞ Games for Growing |
| ☞ Premature Babies | ☞ Choosing a Preschool |
| ☞ Child Care | ☞ Birthday Party |

Parenting the First Year and ***Parenting the Second and Third Years*** newsletters, will arrive just when you need the information!

The newsletters are especially focused on sensitive, responsive parenting that leads to secure attachment and promotion of early language stimulation.



Distribution

The first issue of *Parenting the First Year* will be distributed to all families of newborns residing east of I-94 in Racine County, by the City of Racine Health Department and the Caledonia/Mt. Pleasant Health Department within 10 to 14 days after the birth of the child.

West of I-94 Racine families may view the newsletters by registering on-line at www.RacineParentNews.org

Collaborators

The *Parenting the First Year* Racine County Advisory Team, represented by Racine County UW-Extension, Caledonia/Mt. Pleasant Health Department, City of Racine Health Department, and Next Generation Now, collaborated to provide *Parenting the First Year* and *Parenting the Second and Third Years* newsletters to Racine County families. Racine County UW-Extension, in collaboration with Racine United Way and the Kiwanis Club-West Racine, provide the financial resources for this project.