

# EMH Breastfeeding Support Group October 2007



Support Group Reunion Picnic Sept. 2<sup>nd</sup>



Rob & Ethan Taylor  
World Breastfeeding Week  
Cleveland Zoo

## WELCOME!!!

Welcome to our first Newsletter. I am very excited to be involved in this great resource for a wonderful group of families. Please feel free to email me with opinions on the issue and information you would like to see included or excluded in next month's issue. I would also like to congratulate all of the new Moms and Dads that have joined us and hope to continue to see you at subsequent meetings. Thank you again for bearing with me throughout our first issue. ~Kristv Bialko



## *Birthdays & Anniversaries:*

*Please Email Me October/  
November Birthdays &  
Anniversaries to be  
included in the next issue!!!*

## Support Group Happenings

September has been an excellent month for our support group. Many of you know that we have out grown our current room with numbers topping 19 babies plus mommies, daddies, siblings, grandmothers, etc. If anyone has ideas of larger meeting places close to EMH please contact us by talking to Jan or Tina or replying to this email.

The support group reunion party on September 16<sup>th</sup> was also a hit! Probably close to 30 families attended with lots of great food! A special thanks to Pam & Rob



Taylor for organizing such a great party!

For anyone that would like to celebrate Halloween with us, parties will be held Monday, October 29<sup>th</sup> at 11 am & Wednesday, October 31<sup>st</sup> at 6 pm at our normal support group meetings. If you choose, dress your little Ghouls & Goblins in their cutest costumes. We would like to encourage parents to bring finger foods as treats.

## Breastfeeding In The News

Lately, Breastfeeding has seemed to make its way into the news often. While publicity is a great promoter for breastfeeding, some of the stories have been unfortunate. I would like to start out on a positive note talking about a new Act that is currently in congress. The Breastfeeding Promotion Act of 2007 was introduced to congress on May 10, 2007. This Act, which is currently in the Senate Subcommittee on Health, Employment, Labor and Pensions, is an amendment to the Civil Rights Act of 1964. The focus of the Act is to protect lactation, including expressing and pumping. Additionally, the act aims to provide tax incentives for businesses to provide private rooms with sterile breastfeeding equipment for breastfeeding mothers at their worksite and tax deductions of breastfeeding equipment for families. Finally, the Act would require breastfeeding equipment companies to meet and disclose safety and sanitary requirements. From the information I have found, only one Ohio representative has signed the act as a cosponsor and this rep was not from one of our districts. If you would like to contact your representative to ask them to sign the Breastfeeding Promotion Act of 2007, you can find your representatives' contact information by typing in your zip code at <http://www.house.state.oh.us/jsps/Representatives.jsp>.

September afforded an unfortunate breastfeeding incident out of Toledo. A breastfeeding mother was asked to leave PacSun in Toledo's Franklin Park Mall for breastfeeding her 1 year old son on a bench in the back of the store. While the mother and child were within their legal rights to breastfeed in the store, the clerk was obviously unaware of the breastfeeding law in Ohio that allows a mother to breastfeed her child in any place of public accommodation. The mother is proposing an educational law that would require businesses to educate employees about mothers' breastfeeding rights. She would also like businesses to be required to post signs, similar to minimum wage signs that inform employees of breastfeeding laws. To show your support for the educational law, please visit [ww.myspace.com/mflo1978](http://www.myspace.com/mflo1978).

### Deals of the Month!!!!

I have tried to compile a short list of coupons &/or sales for October. If you spot any great deals to include in November's Issue, please send them to me via email.

Free Huggies Sample Visit [http://walmart.triaddigital.com/enhancedrendercontent\\_ektid19510.aspx](http://walmart.triaddigital.com/enhancedrendercontent_ektid19510.aspx)

GapKids, BabyGap, & GapMaternity: \$10 off \$50 purchase

<http://www.gap.com/browse/info.do?cid=23443&amp;amp;amp;tid=57205013&ev=KD10172006&di=14612959&cd=NC>

GapMaternity \$10 off \$40 purchase:

<http://www.gap.com/customerService/info.do?cid=15119&tid=31496>

15% off Babies-R-Us Coupon- print when you click on it can only be printed ONCE!!! <http://printable-coupons.blogspot.com/2005/11/babies-r-us-coupons.html>

Grocery Coupons- Type in your Zip Code- FREE prevention magazine on last page

<http://print.coupons.com/gmsa/offers.asp?UID=0&lg=0&sgn=&pid=10594&ZID=zq67&NID=4&X=1>

Pet Coupons pet coupons [http://www.petsincredible.com/documents/coupon\\_book\\_v5\\_07.pdf](http://www.petsincredible.com/documents/coupon_book_v5_07.pdf)

## IMPORTANT!!! Please Read

As many of you know, a considerable amount of Simplicity cribs have been recalled. Many of the cribs were made by Simplicity but carry the Graco name. From what I have read there have been three infant deaths and multiple incidents of entrapment. The recall includes cribs from as far back as January 1998 and as recent as May 2007 and is so severe it is recommended that children do not sleep another night in a recalled crib. Here is a link to Simplicity's website which contains affected model numbers. [http://www.simplicityforchildren.com/ourproducts/notice\\_dropside/index.htm](http://www.simplicityforchildren.com/ourproducts/notice_dropside/index.htm)

Additionally, Baby's Bliss Gripe Water, apple flavor dated 10/08 has been recalled. It has been contaminated with a parasite, Cryptosporidium, which is linked to intestinal infections. Symptoms include: watery diarrhea, stomach cramps, fever, nausea, vomiting, dehydration, and weight loss. Here is a link to an article concerning the product. <http://www.parentdish.com/2007/09/25/product-recall-babys-bliss-gripe-water/>

## October Area Events

10/1: Westshore Mothers of Twins Club- 6:45pm at Prince of Peace church in Westlake (Center ridge road just east of schwartz road.)- Meets 1<sup>st</sup> Monday of every month.

<http://www.wmotc.homestead.com/>

10/2: KIDDIE CRAFT CLUB: FALL FOLIAGE FUN  
10-11 am or 2-3 pm Carlisle Reservation Nature-themed arts and crafts for preschoolers and their adult companions. This month, create a fall decoration to take home using leaves. EASY hike.

10/5: Family Hayride Night Lake Erie Nature & Science Center 5:30 - 9 p.m. at 28728 Wolf Road, Bay Village. Fee: \$15/adult; \$10/child; Center members \$10/adult; \$5/child. Info:440-871-290 or [www.lensc.org](http://www.lensc.org) please read if interested <http://www.lensc.org/documents/FallHayrideNights.pdf>

10/5-10/7: St Stanislaus Annual Polish Festival  
Cleveland Friday 10/5 from 5-11pm Saturday 10/6 4-11pm and Sunday 10/7: 12-8pm. All events are free of charge [www.ststanislaus.org](http://www.ststanislaus.org)

10/13:

- Fall Craft Bazaar- [Fields United Methodist Church 34077 Lorain Road](http://www.fieldsumc.org/) North Ridgeville, Oh 44039. 9am -4pm. \$1 donation (1/2 goes to community Care)
- Wolf Awareness Day Cleveland Metroparks Zoo You'll have a howling good time creating wolf-themed crafts and other activities inside the Zoo's Exhibit Hall and Wolf Lodge. Hear stories of wolf legends and see the Zoo's pack of gray wolves at Wolf Wilderness in Northern Trek. 11 a.m. - 3 p.m
- Harvest Festival October 13&14 \$14.50/adults \$12.50/seniors \$7.50/children from admissions to Hale Farm and the Auto Show offers wagon rides, yards of straw to

play in, pumpkin patches, cider, and treats

10/14:

- FALL HAY WAGON RIDES Noon-4 pm Carlisle Reservation Equestrian Center Celebrate the onset of fall on an old-fashioned hay wagon ride. Horse drawn wagons leave about every 15 minutes; short waits are common. The last wagon departs at 3:30. Weather permitting- please call ahead.10/18
- HALLOWEEN CINEMA: SPOOKY STORIES 1-4 pm [Sandy Ridge Reservation](http://www.sandyridge.com/) - Johnson Wetland Center Enjoy some videos about ghosts and monsters. Free popcorn provided!
- LEAF PRINTING FUN 2-3:30 pm [Vermilion River Reservation](http://www.vermilionriver.com/) - Carlisle Reservation RIAGE BARN Meet at the Carriage Barn to enjoy a hike in search of fall colors. We will also collect a few fallen leaves to make leaf printed cards. EASY hike
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10/17: PRESCHOOL CSI: SPIDERS 10-11 am and 2-3 pm [Carlisle Visitor Center](http://www.carlisle.com/) We will use CSI - Craft, Snack, and an Investigation - to learn more about our eight-legged friends. For 3-5 year olds and their parents.

10/18-10/21: Boo at the Zoo

10/18

- PRESCHOOL IN THE GARDEN: FALL 10-11 am Schoepfle Garden Visitor Center Preschoolers and parents learn about fall with a craft, story and hike.
- MOVIE 11 am French Creek Reservation - [French Creek Nature Center](http://www.frenchcreek.com/) Under 60 minutes for younger audiences.

10/19: HALLOWEEN FAIR 5-10 pm Carlisle Reservation

**EVENTS CONTINUED ON NEXT PAGE**

10/20:

- HALLOWEEN SCRAP FRENZY 10 am-10 pm [French Creek Nature Center](#) Scrap all day!
- FALL HAY WAGON RIDES Noon-4 pm Carlisle Reservation Equestrian Center Celebrate the onset of fall on an old-fashioned hay wagon ride. Horse drawn wagons leave about every 15 minutes; short waits are common. The last wagon departs at 3:30. Weather permitting-please call ahead
- HALLOWEEN FAIR 5-10 pm Carlisle Reservation- It said see attached article for more info but I did not see article. If interested I would try Lorain Metroparks website for more info!!!

10/21:

- Brunch to benefit Animal Spay/ Neuter Programs of Lorain, Erie, & West Cuyahoga- Sunday 9am to 1pm Adults \$12 Children \$8 [De Luca's Place in the Park](#)
- HALLOWEEN PARADE AND MORE 1-4 pm French Creek Reservation
- FALL HAY WAGON RIDES Noon-4 pm Carlisle Reservation Equestrian Center Celebrate the onset of fall on an old-fashioned hay wagon ride. Horse drawn wagons leave about every 15 minutes; short waits are common. The last wagon departs at 3:30. Weather permitting-please call ahead

10/23

- DOG HIKE 8:30-9:30AM French Creek Reservation
- NATURE KIDS: BATS 10-11:30 am [Amherst Beaver Creek](#) Bring your pre-school age child (ages 3-5) to learn about bats through a story, crafts, and a hike. EASY hike.
- MOVIE 11 am French Creek Nature Center  
Under 60 minutes for younger audiences.

10/24 PRESCHOOL SPECIAL:HALLOWEEN ANIMALS 10-11 am COL-Briarwood Lodge Learn that some animals such as owls, skunks, spiders, bats are not so scary!

10/26:

- HALLOWEEN FAIR 5-10 pm Carlisle Reservation
- Family Hayride Night Lake Erie Nature & Science Center 5:30 - 9 p.m.at 28728 Wolf Road, Bay Village. Fee: \$15/adult; \$10/child; Center members \$10/adult; \$5/child. Info:440-871-290 or [www.lensc.org](http://www.lensc.org) please read if interested <http://www.lensc.org/documents/FallHayrideNights.pdf>

10/27:

- FALL HAY WAGON RIDES Noon-4 pm Carlisle Reservation Equestrian Center
- HALLOWEEN FAIR 5-10 pm Carlisle Reservation
- Holiday Craft show at Midview High School. \$2.00 admission enters you into raffles drawn every 30 minutes!!!
- Holiday Craft Fair- [Wesleyan Village 807 West Ave](#) Elyria.admission \$1.00
- Pumpkin Patch Craft Bazaar-9:00am to 3:00pm. Old Stone Methodist Church. Amherst
- Lorain Falcons Baseball Club - Steak Fry - Dinner 6-8 p.m. Entertainment 8-11 p.m. - \$15.00 per person; \$5.00 kids 10 and under (hamburger or hot dog) Contact Judy Arroyo at (440) 277-0860 to purchase tickets

10/28:

- MAGIC SHOW 2-3 pm [Columbia Reservation](#) - Briarwood Lodge Halloween is just around the corner and what a great way to celebrate the magic of the season with a fun filled magic show. Watch closely to see if you can find the secret of the tricks performed by Bill Gang. Meet at Briarwood Lodge
- FALL HAY WAGON RIDES Noon-4 pm Carlisle Reservation Equestrian Center
- MEDICINAL TEAS FOR WINTER 2-3:30 pm [Vermilion River Reservation](#) - Carlisle Reservation RIAGE BARN Join local Herbalist Kim Rawlings for a program about useful teas for winter ailments. Make and take a quart-sized jar with dried herbs for winter teas. [Pre-register](#) by 10/25. PAY \$6 at door

10/30: MOVIE 11 am [French Creek Nature Center](#) Under 60 minutes for younger audiences. Halloween themed.

10/31:

- MOVIE 1 pm [French Creek Nature Center](#) Under 60 minutes for younger audiences. Halloween themed.
- Free Business Seminar "How the Media Manipulates the News"-American Red Cross West River Rd. Elyria- 8:00am-10:00am A Continental Breakfast will be served. Call 324-2929 to reserve a seat.

## Bumbo: Mom's Best Friend?

Along with many of you, I love my daughter's Bumbo seat. I usually put Alex in the seat on the floor so I can talk to her or so she can play with toys. I have also heard that you can put your baby in the seat and put it on the table. On the package, there are even pictures of babies in their Bumbo seats on a picnic table. While many moms have done this with their little ones with no problem, several babies have been seriously injured doing just what is pictured on the box! I was recently forwarded an email about my beloved Bumbo Seat saying there have been at least 3 serious infant injuries, one of which the child almost died. The incidents happened when the children were placed in the seats on tables and the bent back and the seat back folded allowing the babies to topple off the tables onto the floor. Here is a link to the article.

[http://abclocal.go.com/kgostory?section=7on\\_your\\_side&id=5664881](http://abclocal.go.com/kgostory?section=7on_your_side&id=5664881) While there is no current recall on the product, if you continue to use your Bumbo seat, I urge you to use it on the floor and watch your baby closely!

