

Tilden Park – www.ebparks.org/parks/tilden.htm

Entrances off Wildcat Canyon Rd. and Grizzly Peak Blvd., Berkeley, (510) 562-PARK

A perennial favorite for kids big and small. Little ones can feed lettuce and celery to animals at the Little Farm, ride the classic merry-go-round, or take a steam train ride through the redwoods.

Places To Go — Indoors:

Habitot Children's Museum – www.habitot.org

2065 Kittredge St., downtown Berkeley (510) 647-1111

Hands-on exhibits, crawl area for infants and toddlers.

Local Libraries

Most libraries offer special free read-aloud programs for infants and toddlers.

The Museum of Children's Art (MOCHA) – www.mocha.org

538 9th St., downtown Oakland, (510) 465-8770

Drop-in art studios for children 18 months and up.

Selected Bibliography

Breastfeeding: Getting Breastfeeding Right for You by Mary Renfrew, Chloe Fisher and Suzanne Arms. Celestial Arts, 2003.

Dr. Spock's Baby and Child Care: 8th Ed. by Benjamin Spock, M.D.; updated and revised by Robert Needlman, M.D. Pocket Books, 2004.

Keys to Parenting Your One-Year-Old and *Keys to Parenting Your Two-Year-Old* by Meg Zweiback. Barron's Educational Series, 1992 and 1993.

Raising Black Children by James Comer and Alvin Poussiant. Plume, 1992.

Touchpoints by Barry T. Brazelton. Da Capo Lifelong Books, 2006.

What to Expect the First Year, 2nd Ed. and *What to Expect the Toddler Years* by Heidi Murkoff, Sandee Hathaway and Arlene Eisenberg. Workman Publishing Company, 2003 and Gardners Books, 2003.

Your Baby & Child by Penelope Leach and Jenny Matthews. Penguin Books Ltd., 2003.

Your One-Year-Old by Louise Bates Ames and Frances Ilg, and *Your Two-Year-Old* by Louise Bates Ames. Dell, 1983 and 1980.

Your Child at Play: Birth to One Year; Your Child at Play: One to Two Years and *Your Child at Play: Two to Three Years* by Marilyn Segal and Don Adcock. Newmarket Press, 1998.

Is This a Phase? Child Development & Parent Strategies: Birth to 6 Years by Helen F. Neville. Parenting Press, 2007

Safety-Proofing Your Home

Crib Safety

Avoid placing baby's crib too close to hot or cold air ducts; don't place it next to outside walls because these walls lose heat at night. Slats should be no more than 2 3/8 inches apart. No corner posts (finials) over 1/16 inch high so a baby's clothing cannot catch. If borrowing or re-using an old crib, make sure it is in good working condition – no loose screws or other hardware. Mattress should fit snugly. Damaged teething rails can and should be replaced. Don't put a pillow or puffy quilts in the crib with your baby. Babies can sleep in a blanket-sleeper outfit without any blanket at all in the crib. Never leave a baby unattended with a propped bottle. Lower the mattress as your baby gets older. When your baby starts to climb out of the crib (or reaches 35" tall), change to a youth bed or put the crib mattress on the floor.

General Home Safety

Remove breakables such as glass items, lamps, etc. Cover all electrical outlets. Install gates across stairs or appropriate doors. However, never use expanding accordion gates – they have been withdrawn from the market for safety reasons. Place a high latch on outside doors or doors to rooms you don't want baby to be in. Fence heating grates to prevent burns, and keep your water heater set on a low temperature (115° F) to prevent accidental scalding. Keep plastic bags or wrappings out of baby's reach; never use plastic bags to store baby's toys, diapers, etc. Check floors daily for small objects baby could swallow (pennies, bobby pins, buttons, etc.). LOCK all poisons out of baby's reach (medicines, household cleaners, bleach – any potential poison). Be sure your household plants aren't poisonous; keep all plants out of reach. NEVER leave baby alone in a tub or sink or on a changing table. Avoid toy boxes with heavy lids. Make sure rattles, teething rings, etc. are too large to be swallowed.

The Consumer Products Safety Commission (CPSC)

The CPSC has many useful safety brochures on their website, www.cpsc.gov, including *The Safe Nursery: A Booklet to Help Avoid Injuries from Nursery Furniture and Equipment*. For information on recalled toys or equipment, call the consumer hotline, (800) 638-2772, or visit the website.

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BANANAS HANDOUT

BANANAS' Mini-Guide For New Parents



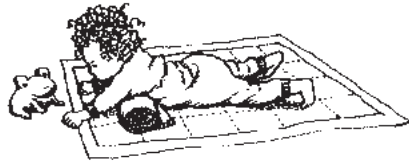
Being a new parent brings much joy and pleasure, but also many changes to your life – especially if you are a first-time parent. This handout seeks to provide you with the resources you need to be the best parent you can be.

We have other handouts that you might find helpful at this time. *Breastfeeding and Working* outlines how mothers can continue to nurse after returning to work. Our *Baby Briefs* series gives a quick overview of the developmental stages of children in the first 24 months. The *Exploring the Senses with Infants and Toddlers* series provides tips on how to stimulate children's sensory development. And the four-part series *What Children Need in Child Care* covers child care needs for children, from birth to two-years-old. See our *Publication List* for a complete list of available handouts. We also have a large video-lending library with many videos of interest to new parents. The video list and handouts are available at our office or by mail, or you can download them from our website, www.bananasinc.org.

We have classes on First Aid and Emergency Care for Children, which includes injury prevention and pediatric CPR. BANANAS hosts a free quarterly workshop series called Booties Camp for new and expecting parents. Call (510) 658-7353 to sign up. In general, if you have any questions or concerns about being a parent, or if you need help in finding child care for your little one, we're here to help!

Infant Stimulation

Give your baby lots of love, smiles, handling and encouragement. Useful sensory stimuli include mobiles, wind chimes, patterned crib sheets, brightly colored blankets, pictures (they can be cut from magazines, taped to the wall and changed often), posters, a mirror to see her/himself (helps in the development of self-image), a cradle gym for reaching, floating toys in the bath, texture books, blocks, stacking and nesting toys (plastic dishes, measuring cups), boxes, pots and pans, etc.



Talk to your baby – say what you are doing, repeat the sounds s/he makes, encourage your baby to make sounds. Have a safe place for your baby in each room so s/he is stimulated from a change in environment. Encourage muscle development by allowing freedom of movement. Remember: in addition to creative stimulation, babies, like the rest of us, also need quiet times.

Taking Baby Out

Contrary to old wives' tales, taking your newborn out into the world is both safe and stimulating. Provided your baby has been checked out by a doctor and is healthy, an outing can be a great change of scene for both of you. You can simply go for a little neighborhood stroll or head to a friend's house, a museum or a grocery store. When using a shopping cart, if you have older children never let them ride in the basket since shopping carts can easily topple and your child could fall out.

What Can You Find at BANANAS?

Referrals to child care centers, family child care homes and caregivers to come to your home; names of parents who want to share a caregiver or form playgroups or exchanges; support groups and workshops (Choosing Infant Care, Nursing and Working, etc.); handouts and videos on a variety of topics; a bimonthly newsletter; advice and support in choosing child care, and referrals to other family service programs, such as agencies offering activities for parents and babies (for example, baby swim and exercise groups).

BANANAS Resources For New Parents

Free child care referrals (510) 658-0381
Warm Line pre-crisis and health counseling..... (510) 658-7353
Information and free publications..... www.bananasinc.org

Additional Resources – 510 area code unless noted

Birth Ways, www.birthways.org 869-2797
Childbirth and parenting education, classes, referrals
Kaiser Breastfeeding Information 752-6204
For Kaiser members and non-members
La Leche League, www.lalecheleague.org..... (800) LA LECHE
Nursing Mothers Counsel (415) 386-2229
Breastfeeding information and support

Alameda County Health Programs

Baby Line (888) 604-4636
Connects people to health care services
WIC, www.fns.usda.gov/wic/ 595-6400
A Federal supplemental food program for low-income pregnant and breastfeeding women and their children under 5

Family Paths

24-hr. Hotline (crisis/info/referrals, Oakland) 893-5444
Hotline (outside Oakland) 829-3777
Business number 893-9230

Twins by the Bay, www.twinsbythebay.org..... 698-6229
Advice and support for families with twins/multiples

Diaper Services

Tiny Tots (800) 794-5437
ABC Diapers..... 549-1133

Sick Child Care 526-7425

Poison Control Emergencies (800) 222-1222

Fire and Emergency Rescue911

Parent Support Groups

Berkeley Parents Network<http://parents.berkeley.edu>
Free online newsgroup for East Bay parents
East Bay Moms.....www.eastbaymoms.com
Infant/toddler activities for paying members

Used Equipment, Toys and Clothing

Babyworld, 4400 Telegraph, Oakland 655-2828
Child's Play, 5858 College, Oakland 653-3989
Darla's Baby Boutique, 10400 San Pablo, El Cerr.... 526-5437

Goodwill, 1301- 30th St., Oakland..... 534-3037
6624 San Pablo, Oakland 428-4911
1220 Broadway, Oakland 834-6123
2058 University Ave., Berkeley..... 649-1287
2319 Lincoln, Alameda 337-2742

Hannah's, 1871 Solano, Berkeley 525-3488
Lora's Closet, 2926 College, Berkeley 845-3157
Lauren's Closet, 1420 Park, Alameda 865-2219
Fashion After Passion, 1205 Lincoln, Alameda..... 769-6667
Salvation Army, 601 Webster, Oakland 451-4514
Toy-Go-Round, 1361 Solano, Albany 527-1363
Toy Safari, Inc., 1410 Park, Alameda 522-1723

Places to Go — Parks With Well-Defined Toddler Areas:

Alameda – www.ci.alameda.ca.us

Franklin: 1432 San Antonio; Godfrey: Beach Rd., Bay Farm;
Leydecker: McCartney Rd., Bay Farm; Lincoln: High and Santa Clara; McKinley: Walnut and Buena Vista; Tillman: 220 Auginbaugh; Woodstock: 3rd and Cypress.

Albany – www.albanyca.org

Albany Memorial Park: Portland and Pomona Ave.

Berkeley – www.ci.berkeley.ca.us/parks

Aquatic Dreamland: Bolivar and Bancroft; Cedar-Rose: Cedar and Chestnut; Glendale-La Loma: 1339 La Loma; Haskell-Mabel Mini-Park: Haskell and Mabel; King School: Hopkins at Colusa; Live Oak: Shattuck and Berryman; Ohlone: Hearst and Bonita; San Pablo Park: Park and Russell; Thousand Oaks School Park: Tacoma and Ensenada; Totland: Virginia and McGee; Willard: Derby and Hillegass.

Oakland – www.ci.oakland.ca.us/parks

Avenue Terrace (Jordan): Jordan off Redwood Rd.; Dimond: Fruitvale and Lyman Rd., tot area near Rec. Ctr.; Frog Parks: Redondo (for tots): Redondo and Clarke; Hardy (for children and tots) Miles and Hardy; Lakeside: Grand Ave. and Park View Ter., ducks, Children's Fairyland; Mosswood: MacArthur and Broadway; Montclair: 6300 Moraga, duck pond, western store front; Roberts: Skyline Blvd., north of Joaquin Miller Rd., accessible to children with special needs, public pool, redwood grove.

Piedmont – www.ci.piedmont.ca.us

Beach: 100 Lake Ave.; Dracena: Dracena and Park; Piedmont: 358 Hillside Ave.; Wildwood: South end of El Cerrito Ave.

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