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• Free health screenings
• Fun social events
• And more!

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Visit nepafamily.com to view a digital version of the NEPA Family Baby & Toddler Guide. Additional copies are available by calling 714-2828 or through the NEPA Family website.
Letter from the Publisher

NEPA Family Magazine is proud to introduce the 3rd annual Baby & Toddler Guide. This valuable resource for new parents has truly been a labor of love. We strive to make each year’s guide better than the last. This year, we’ve reduced the page size of the Guide so it fits perfectly tucked into a diaper bag pocket or purse. At the same time, we have included more articles than ever – providing you with more information on caring for your baby.

In addition to our New Mom Directory, which is a detailed listing of local resources to help guide NEPA parents through the first five years of their child’s life, the Baby & Toddler Guide articles cover a variety of topics.

We offer tips from the pros on how to increase your chances of breastfeeding successfully, in addition to formula-feeding basics. As your baby grows, you’ll want to be sure to track his developmental progress, so be sure to review the Milestones Matter simple checklist on page 16 (supplemented by information on our website nepafamily.com).

Also, to learn more about your child’s immunization schedule and address common questions about vaccines, we offer a quick primer on page 9. For a free printable immunization schedule and blank chart in which to record your child’s vaccines, visit our website nepafamily.com.

Finally, it’s never too early to begin planning for the future – your baby will grow up fast! Read up on how and why you need to begin saving for college today with our feature article on 529 College Savings plans.

The Baby & Toddler Guide is just the beginning! NEPA Family is here to grow with your child. Be sure to pick up a copy of our quarterly NEPA Family Magazine to stay informed on the best our area has to offer.

Pam
Is your baby just being fussy or could it be colic? It’s been over three hours and your baby is still crying uncontrollably. This is the 3rd or 4th day this week of extended fits of crying and screaming. It seems like more than just typical baby crying. Your baby is well fed and has been to the pediatrician for a check-up and is healthy. There is a good chance your baby has colic.

### Symptoms of Colic

- Loud, continuous crying lasting 1-3 hours at a time, 3 to 4 days per week
- Baby’s face gets red, her hands are clenched, and she pulls her legs up to her stomach and then fully extends them
- Crying occurs mainly in late afternoon or evening
- Baby’s feet may be cold
- Baby refuses to eat or becomes more fussy after eating
- Baby has difficulty falling or staying asleep
- Baby lifts head or legs to pass gas
- Baby appears generally uncomfortable and in pain

---

### What’s a parent to do?

#### Feeding suggestions:

- If breastfeeding, try eliminating gas-producing foods from your diet. Foods like onions, cabbage, cauliflower, spicy foods, caffeine, or beans may be the culprits. Consider limiting your dairy consumption, but check with your doctor first before eliminating dairy.

- If bottle feeding, reduce amount of air the baby swallows when eating by using a curved bottle or bottle with collapsible, disposable liners. Or, talk to your doctor about changing the type of formula. Feed baby in an upright position, do not overfeed your baby, and burp baby more frequently.

#### Rhythmic motion suggestions:

- Repetitive motions such as rocking, swinging (make sure baby can hold up her head with own strength), stroller walking, or driving (securing baby safely in a car seat) may soothe baby.

- Wrap baby snugly in a blanket and walk around in a smooth, steady motion.

- Rhythmic sounds like vacuum cleaner, dishwasher, hair or clothes dryer can be calming.

#### Other suggestions:

- Move to a different part of your home with less visual stimulation, noise, and lighting.

- Give baby a tummy massage.

- A warm bath or a warm, not hot, water bottle placed on baby’s stomach may calm him.

- But, most importantly, remember: you did not cause the colic, giving a colicky baby more attention will not “spoil” the baby, your baby is still a healthy baby, even with the colic, and there is an end in sight. In general, colic begins at about three weeks of age, peaks at about six weeks of age, and the baby outgrows it in three to four months.
If you have decided that breastfeeding is your chosen method of providing your baby’s nutrition, there is no shortage of information and support. The La Leche League, a national breastfeeding support organization, offers several local group meetings or individual support from accredited leaders. Many pediatric physicians also offer breastfeeding support and consultations.

Mary Ann Rogan, a certified La Leche League leader from Scranton, is quick to list several benefits to breastfeeding. “For the baby, breast milk provides the most superior nutrition,” Rogan claims. “It has everything the baby needs!” Breast milk equips your baby with inherent immunities. It contains just the right blend of fat, protein, and antibodies to help your infant develop and protect her against disease.

Mom’s milk is also brimming with omega-3’s, essential for healthy brain development. However, breast milk does not contain vitamin D, so the American Academy of Pediatrics now recommends that babies who breastfeed receive vitamin D supplements. Check with your child’s physician to be sure your baby is receiving all the nutrients he needs.

Kathy Lloyd, lactation consultant with Pediatric Associates in Kingston, also notes other advantages for mom, “Breastfeeding burns calories and shrinks the uterus, so it’s a great way for mom to get back in shape after delivery. It also protects women from breast and ovarian cancer.”

And, while breastfeeding is the most natural way to feed your baby, it doesn’t always come naturally. Below are a few tips from parents.com to help guide you toward breastfeeding success:

**Prepare to breastfeeding before your baby is born.** Before you give birth is a good time to start thinking about whether you prefer to breastfeed or bottlefeed your newborn. If you decide to breastfeed, inform your doctor and the hospital staff -- they can give you information about breastfeeding and can often set you up with a lactation specialist who can coach you until you feel comfortable.

**Start nursing right away.** If you’re able, try breastfeeding your baby within the first hour or so after he is born. This is a good opportunity to establish your breastfeeding pattern while your newborn is alert. Babies who are nursed within the first hour of birth are more likely to become successful breastfeeding and can often set you up with a lactation specialist who can coach you until you feel comfortable.

**Breastfeed about every two hours.** Nurse your baby when she lets you know she’s hungry -- generally, between every 1 1/2 to 3 hours. Crying is a late sign of hunger, so try to interpret your baby’s earlier cues and feed her before she cries. Some common signs that your baby is hungry: Looking alert, putting her hands near her mouth, making sucking motions, whimpering, flexing arms and hands, and nuzzling against your breast.

**Hold off on the pacifier.** Introducing a pacifier or bottle can interfere with your baby latching on to your breast, so hold off until his breastfeeding routine is going well and your milk supply is well established.
For one or several reasons, your personal decision on how to feed your baby might result in bottle-feeding with formula. Although no formula is exactly like mother’s breast milk, baby formula manufacturers are constantly updating their formula recipes to account for new research.

There are many types of formula from well-known brands like Similac and Enfamil. Specialized mixes like lactose-free and hypoallergenic are available, and new to the market are more choices in organic formula mixes from company’s like Nature’s One, Earth’s Best, and Baby’s Own. Parents’ Choice also rated Wal-Mart’s private label organic formula as one of the best organic formulas. Other stores, like Wegman’s, also carry their own private labels of formula mixes.

Formulas are available in three forms: Powders that require mixing with water are the most economical; Concentrates are liquids that require diluting with water; and Ready-to-Use, or Ready-to-Feed liquids that can be poured directly into bottles. Ready-to-Use is the most convenient, but also the most expensive, formula. These are good if you’re traveling and don’t have access to a water supply.

The main difference between formulas is the source for the base of nutrients. The most common base is cow’s milk, but other sources include soybeans, organic lactose or brown rice syrup. Manufacturers then adjust carbohydrates, proteins and fats and add vitamins and minerals until the formula simulates human milk as closely as possible.

Regardless of the type of formula you and your pediatrician determine is the best for your baby, always check the expiration dates on the package and verify that your breast milk to “let down” by finding a quiet spot to nurse. Sit in a comfortable chair and try listening to some soothing music.

There are many local resources to assist and support you in this journey. Check with your pediatrician for the name of a lactation consultant or call Kathy Lloyd at 288-6543 ext. 247 or email kathy@pak.pcc.com. Contact the La Leche League at 563-0976 or on the web at llusa.org/web/ScrantonPA.html for breastfeeding support group information.

If Bottle Feeding is the Right Formula For You
By Sue Gannis

For additional information on formula feeding and nutrition, visit askdrsears.com.
Keeping Baby Safe: Car Seat Basics

Each year thousands of children are injured or killed in automobile accidents. As a parent, it’s your job to make sure your child is as safe as possible when riding in a vehicle. The first step is to choose the correct safety seat. In general, the type of seat your child needs depends on the child’s size and age. Below are some basic recommended guidelines on selecting the correct car seat for your child. For more detailed information, go to healthychildren.org and search car seat safety.

**Infants**

Infants should ride in infant seats or rear-facing convertible seats. They should face the rear of the vehicle until they weigh at least 20 pounds and reach one year of age.

**Toddlers and Preschoolers**

When children outgrow rear-facing seats, they should ride in a forward-facing seat with a full harness. Check the car seat manufacturer’s recommendations, but a child should ride in a forward-facing seat with a harness until she outgrows it – usually at around age 4 and about 40-80 pounds.

**School-Age Children**

School-aged children should ride in booster seats until adult seat belts fit correctly. This is usually when the child reaches 4’ 9” in height and is between 8 and 12 years of age.

**Older Children**

Once children outgrow their booster seats, they should ride with a lap and shoulder seat belt in the back seat of the car until 13 years of age.
Keep Your Baby Healthy:  
**Childhood Immunizations**

By Megan Butler, Pharm.D. Candidate 2010, Jennifer Dress, Pharm.D. Candidate 2010, Brian Taylor, Pharm.D. Candidate 2010, and Tricia M. Russell, Pharm.D., BCPS, CDE, Wilkes University, Nesbitt School of Pharmacy and Nursing

It is extremely important to keep your child up-to-date with their vaccinations, also known as immunizations, to stay as healthy as possible. Always remember to record your children’s vaccinations in a record card or book. Keep this record in your purse or diaper bag – that way you’ll remember to take it to your baby’s doctor visits. Keep this record in a safe place, as your child will need this as they grow into adulthood.

**Are Vaccines Safe For Your Child?**

In general, vaccines are a safe and effective way of limiting the contraction and spread of illness among children.

Vaccines are tested and monitored for safety by the U.S. Food and Drug Administration (FDA). Once in use, the Centers for Disease Control and Prevention (CDC) and the FDA continue to monitor vaccine side effects.

One specific concern is that vaccines cause autism. No definite link has been found between receiving a vaccine and autism.

Some believe being sick means they cannot get vaccinated. Most children, who have a mild, common illness (e.g., common cold), can be vaccinated. Always talk with your child’s physician about any specific concerns you may have.

**What Are the Side Effects of Vaccines?**

It is important to know that every child is different and may experience different effects from receiving a vaccine.

In most cases, vaccines are effective and do not cause side effects. If a reaction does occur it is usually minor, such as fever or soreness at the injection site. This does not require any further follow-up by a healthcare provider.

Be sure to let your child’s physician know of any health problems or allergies to medications or food before getting vaccinated, as this may help prevent any allergic reactions or side effects from occurring.

For a printable immunization schedule and record card, visit nepafamily.com and go to the Baby & Toddler Guide page.
So, you’re the parent of a toddler? I know how far away kindergarten seems, let alone college! It seems like not that long ago my main concerns for my son were potty training and preschool. Suddenly, he’s in middle school, and time is marching forward faster than I can say “SATs, anyone?”

College costs are marching along, too — upward. And parents need to be prepared, says Ron Goldner, a fee-based financial planner with Wealth Strategies Group, Inc. in Memphis, Tennessee. A 529 plan can help, he says. And while these are tough financial times, even a $25- or $50-per-month contribution can add up to a nice college nest egg over the years, thanks to compounding of interest.

What are 529 plans?
These plans offer tax-deferred savings for future college costs. They’re sponsored by states or educational institutions and are authorized by the Internal Revenue Service. Utah, Nebraska, Massachusetts, Virginia and New York are known for having particularly good plans, according to Russell Wild, a fee-only financial advisor (meaning that he advises clients but sells no investment products himself) in Allentown (globalportfolios.net).

“Parents can save up to around $300,000 in a 529 plan, depending on each state’s plan,” says Goldner. Each plan has a cap. You are not required to invest in the plan from your state, he adds. Not all 50 states sponsor plans. Goldner notes that, while the best time to start such a plan is when your child is born, it’s never too late to start, even if your child is already in college.

A 529-plan account can’t be owned by both parents jointly, Goldner notes. It must be listed under just one owner. But you can always buy more than one account per child. There are two types of 529 plans:
Pre-Paid Tuition Plans
These plans allow parents to purchase credits at participating colleges and universities for future tuition and, in some cases, room and board. Most are sponsored by state governments and have residency requirements. Many states guarantee investments in their pre-paid tuition plans, according to the U.S. Securities and Exchange Commission (SEC).

College Savings Plans
These plans allow parents to establish an account to save for their child's eligible college expenses at any college or university. Parents can choose among several investment options, which include stock mutual funds, bond mutual funds and money-market funds. While the plans are state-sponsored, parents don’t have to sign up for the plan in their state.

Goldner notes that parents can set up age-related 529 plans that become more conservative as the child gets closer to college age. “The portfolio would be aggressive (with a higher percentage in stocks) from birth to around age 8, moderate from age 9 to around age 15 and conservative (with a higher percentage in bonds and cash) from age 16 on,” he explains.

Coverdell Education Savings Accounts
These are a bit different from 529 plans. Coverdell ESAs may be appropriate for families that wish to save for elementary- and secondary-school expenses in addition to college, says Goldner. Even if you buy a 529 plan, you can still contribute to a Coverdell account, notes Savingforcollege.com, a website that offers independent information about saving for and paying for college. Check out their terrific college-costs calculators and 529-comparison charts.

Why Are 529 Plans So Important?
There are several advantages to these plans, our experts say:

• Everyone is eligible. Generally, there are no income limitations or age restrictions.

• Parents get tax breaks. Contributions aren’t deductible on your federal tax return, but your investment grows tax-free, provided that the distributions are used to pay for your child’s college costs. Also, most states allow deductions on your state taxes when you sign up for your own state’s 529 plan, says Wild.

• The parent controls the purse strings. Your child has no rights to the funds. You decide when withdrawals are taken and for what purpose. Most plans even allow parents to reclaim the funds for themselves any time they desire, no questions asked. (However, the earnings portion of the “non-qualified” withdrawal will be subject to income tax and an additional 10-percent penalty tax).

• It’s an easy, hands-off way to sock away college dollars. According to Savingforcollege.com, once you decide which 529 plan to use, you complete an enrollment form and make your contribution (or sign up for automatic deposits). Your investment is managed either by the state treasurer’s office or by an outside investment company hired as the program manager. You may change your savings option annually (program permitting) or you may move your account to a different state’s program every year.

(Continued on page 12)
Penalties, Fees and Restrictions
“Costs matter greatly,” says Wild. You can save a lot of money over the long haul by carefully choosing your plan. Prepaid tuition plans typically charge enrollment and administrative fees. Broker-sold plans will include commissions. And college-savings plans may charge enrollment fees, annual maintenance fees and asset-management fees. Make sure you thoroughly understand the plan you’ve chosen before signing up. Savingforcollege.com has information on the fees associated with various plans.

What if You’ve Waited—and Waited—to Get Started?
What if you’ve been saving for college with mutual funds or a savings account — but you never got around to starting that 529 plan? Should you sell those mutual funds (and pay capital-gains taxes — ugh) to kick start your 529 plan with a chunk of money? “Yes, says Wild. “Take the hit,” he advises, noting that “you’ll have to take it when you withdraw the (regular mutual fund) money for college, anyway.”

The age of your child when you buy a 529 plan also will have some bearing on the type of plan you buy, of course. If your child is within five years of heading off to the dorm, you’ll probably want to choose a plan that offers that state tax deduction (assuming there’s a plan available in your state), as that will mean more to your bottom line than will the long-term performance of the plan, Wild says. But if your child is more than five years away from starting college, you’ll probably care less about the tax deduction and more about the long-term costs and performance of a particular plan.

Just Do It
If you’ve been putting off buying a 529 plan because the whole thing seems overwhelming, it’s time to put those fears aside. “It’s really simple,” says Wild. “Choosing one is not that difficult with the help of websites like Savingforcollege.com. Buying a 529 plan isn’t rocket science,” he adds. “In fact, it’s not even paper-airplane science.”

Kathy Sena is a freelance writer who frequently covers parenting issues. Her son starts high school next year. Yikes. Visit her blog at parenttalktoday.com.

Questions to Ask
Before Investing in a 529 Plan
Keep this list of questions handy when choosing a 529 plan:

- Is the plan available directly from the state or the plan’s sponsor?
- What type of college expenses are covered?
- What types of investment options are offered?
- Does the plan offer special benefits for state residents?
- If my state’s plan charges higher fees than another state’s plan, do the tax advantages or other benefits offered by my state outweigh the benefit of investing in another state’s less-expensive plan?
- What limitations apply to the plan? When can I change investment options, switch beneficiaries or transfer ownership to another account holder?
- What fees are charged?
- Are there withdrawal restrictions?

For more information about Pennsylvania 529 Savings Plans:
makecollegepossible.com
Use Everyday Tasks to Teach Your Toddler Valuable Skills

Incorporating learning into everyday tasks will help your child practice valuable skills. Children learn best by watching you, so take advantage of your daily chores. Your child will develop language, math, and social skills while learning responsibility. Here are a few ideas:

At the Grocery Store – count your items for the express lane, point out letters and practice their sounds, or begin teaching them to order lunchmeat (be sure to compliment them on asking nicely)

While Cleaning – allow them to vacuum or sweep, put items away, or fold clothes

While in the Car or On a Walk – name and describe items you see, point out colors, numbers, and letters on a license plate

For more everyday learning tips, contact the Children’s Alliance at the United Way of Wyoming Valley at 829-6711.

More Than Massage: Craniosacral Therapy

We are all aware of various rhythms in our body: the cardiac rhythm circulates blood through our body, and the respiratory rhythm is the exchange of oxygen and carbon dioxide within the body.

But, there is a lesser-known rhythm called the craniosacral rhythm. This is the gentle expansion of your head and the lengthening of your spine that allows for the exchange and circulation of cerebrospinal fluid (the fluid that is tested after a spinal tap) to the brain and spinal cord. This fluid acts as a buffer to the brain and spinal cord from force and is important for optimal growth and development of infants and children.

Infants may experience a change in their craniosacral rhythm through a difficult birthing experience. In toddlers and young children, this change may occur as a result from injuries sustained while walking or running. A change in their craniosacral rhythm may affect their best growth and development, and craniosacral therapy may help correct this imbalance.

Craniosacral therapy, which is practiced locally at the Life Expression Wellness Center in Sugarloaf, is the use of light contact to gently correct and balance the craniosacral rhythm. Joanne Gallagher, CMT and cardiosacral therapist at Life Expression says, “Children find the session to be deeply relaxing and will often sleep for a longer stretch than usual after a session.”

For more information on craniosacral and other therapies, contact Life Expression Wellness Center at 708-0808.

Bathtime for Baby…Naturally

Want to make a soothing baby wash for your baby from all organic ingredients? Try this…. Organic Baby Wash

1 cup organic dry milk

1 cup organic buttermilk powder

¼ cup finely ground oatmeal

¼ cup organic dried chamomile flowers

Blend all ingredients together and store in a wide jar. Add 1 to 2 tablespoons to baby’s bath.
Diapering Baby:

By Alysia Clancy

Cloth vs. Disposable

“**You use cloth diapers?**

[pause] Really? [longer pause] WHY?” That’s the typical reaction I get when someone learns I use cloth diapers on my youngest son. I don’t blame them really. I mean, when one of my sisters-in-law mentioned she was thinking of using cloth diapers (or CDs for short) I had the same reaction.

I was pregnant with my third child when my sister-in-law told me about her research into the world of modern cloth diapers. I don’t consider myself a Greenie (you know, the uber-environmentally conscious), however, what really got me was the cost savings.

At the time I was a pregnant stay-at-home mom of a 2-year-old who had absolutely no interest in potty-learning, and the thought of buying cases of diapers for two kids each week made me a little light headed.

All I could think of when I heard “cloth diaper” were those flat, white, towel-like squares I knew as burp cloths ... and PINS. Yes, those do still exist, and I admit that I am now a fan of these diapers (known in the CD world as prefolds or flats) and I do use pins too. However, there are so many cloth diapers now, and most are as easy to use as disposable diapers, with velcro and everything. So I went ahead and used CDs on my newborn, and then, because I liked them so much, I started using them on my 2-year-old too.

Are cloth diapers really environmentally friendly? I think the jury is still out on this, or at least it’s not a landslide victory for either side. Disposable diapers get put into landfills where it takes decades for them to break down, you have the oil and pollution involved in making and shipping the diapers to the stores. But cloth diapers require a lot of washing. We’re lucky that we have well water, so we have a renewable resource there, but the electricity to run the washer/dryer adds up.

Are cloth diapers really cheaper? YES -- if you go with the least expensive versions. Like anything else, there is a wide variety of cloth diapers. At the low end are prefolds, which run a few dollars each. At the other end are the easier-to-use diapers.
similar to disposables that can run $16, $25, $30 or more each. There you are paying for convenience. All in all, I've saved money using cloth.

Do you have to cloth diaper all the time? Heck no! I recently spent two weeks in Florida with my kids and was perfectly happy using disposables. I know a lot of people that cloth diaper during the day, but use disposables at night. Or use disposables during the day at day-care and cloth at night. The key is to do what works for you.

**Pros:**
My sons, who have very sensitive skin, have had considerably less rashes since switching to cloth.

I don’t throw out bags of diaper garbage each week, and where I live you have to pay for each bag of garbage, so that is a savings too.

I have not bought a diaper-related item in the past 6 months (well, I bought special laundry detergent, but I don’t count that).

**Cons:**
Laundry -- If I thought figuring out the kinds of diapers was hard, figuring out the wash routine was worse. So many variables factor in -- the hardness of your water, the age of your child, is the baby breastfed or bottlefed?

Convincing my husband. Now while I was all gung-ho on using cloth, my dear husband couldn’t figure out why I would want to do such a thing. If there are disposables in the house, he will always reach for one of those first.

The wonderful world of CDs is overwhelming (at first). In addition to the various styles of diapers, there are diaper covers, and snappies (a wonderful invention to replace steel pins) and doublers and boosters and wetbags. But if you are even the slightest bit interested, do your research, you may be surprised at how cloth diapers have changed, and you might be even more surprised to learn how many people use them!

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Alysia Clancy is the NEPA Family webmaster and mother of three (now diaper-free) children.

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**Some Web sites to get you started:**

**Clothing Diapering Tutorial** jilliansdrawers.com/newtocloth

**Diapering Basics** pinstripesandpolkadots.com/basics.htm

**DiaperSwappers Online Community** diaperswappers.com/forum/
As your baby ages, he’ll develop physically, socially, emotionally, and cognitively. These little “stepping stones” are referred to as developmental milestones.

According to Dr. Jeff Kile, pediatrician with Pediatric Associates of Kingston, “About 90% of human brain development occurs by the age of five. So, it’s important that parents and caregivers are in tune with how their child is progressing as he ages.”

Dr. Kile recommends that parents watch for and record changes in their children. One way to do this is by going to nepafamily.com and downloading easy-to-use developmental checklists. “Parents should follow their child’s development and share any concerns they may have with his doctor.”

Parents may also contact an Early Intervention Agency for a free evaluation. Early Intervention agencies in Luzerne, Wyoming, Lackawanna, and other counties offer support and services to help families with children who exhibit developmental delays (see side box with contact information). A physician referral and health insurance are not necessary, and services are free, regardless of income.

While developmental checklists serve as a guideline, not all children progress at the same rate. However, “If you sense that your child isn’t doing what he should be doing for his age, it is important to have your child evaluated,” Dr. Kile recommends. “Early detection and therapy can help children develop to their full potential and be the best they can be.”

If you think you’re child may have a developmental delay, contact your county’s Early Intervention Agency for guidance.

Luzerne/Wyoming Counties Early Intervention
800-816-1880

Scranton Counseling Center (Lower Lackawanna County)
348-6100 ext. 3308

Tri County Human Services Center (Upper Lackawanna & Susquehanna Counties)
800-982-4344 ext. 385

Wayne County Early Intervention
866-558-0735

Carbon/Monroe/Pike Counties Early Intervention
420-1900

About 90% of human brain development occurs by the age of five.

Milestones Matter: Tracking Your Child’s Development

When your baby first arrives, it seems that all he does is eat, sleep, and wet more diapers than you think possible. But before you know it, he’ll begin to smile, reach for objects held in front of him, and sit on his own.
Selected milestones include:

<table>
<thead>
<tr>
<th>By the age of 4 months:</th>
<th>By the age of 2 years:</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Smiles when spoken to or smiled at</td>
<td></td>
</tr>
<tr>
<td>□ Turns head to look at people and objects</td>
<td></td>
</tr>
<tr>
<td>□ Follows moving objects with eyes</td>
<td></td>
</tr>
<tr>
<td>□ Makes a variety of sounds</td>
<td></td>
</tr>
<tr>
<td>□ Grasps and shakes rattles</td>
<td></td>
</tr>
<tr>
<td>□ Eats with a fork and spoon</td>
<td></td>
</tr>
<tr>
<td>□ Walks and runs</td>
<td></td>
</tr>
<tr>
<td>□ Puts two words together</td>
<td></td>
</tr>
<tr>
<td>□ Builds a tower with blocks</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>By the age of 9 months:</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Enjoys social play (peek-a-boo, pat-a-cake)</td>
</tr>
<tr>
<td>□ Sits on own</td>
</tr>
<tr>
<td>□ Recognizes and responds to different facial expressions</td>
</tr>
<tr>
<td>□ Responds to name</td>
</tr>
<tr>
<td>□ Reaches for and holds toys with one hand</td>
</tr>
<tr>
<td>□ Shows affection</td>
</tr>
<tr>
<td>□ Goes up stairs alternating feet</td>
</tr>
<tr>
<td>□ Recognizes and identifies almost all common objects</td>
</tr>
<tr>
<td>□ Counts to five</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>By the age of 12 months:</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Repeats sounds and/or gestures for attention</td>
</tr>
<tr>
<td>□ Stands briefly</td>
</tr>
<tr>
<td>□ Explores the shapes and forms of toys</td>
</tr>
<tr>
<td>□ Imitates simple words</td>
</tr>
<tr>
<td>□ Takes toys out of and puts them back into containers</td>
</tr>
<tr>
<td>□ Dresses and undresses self</td>
</tr>
<tr>
<td>□ Throws a small ball overhand</td>
</tr>
<tr>
<td>□ Strangers understand most words</td>
</tr>
<tr>
<td>□ Can name at least nine colors</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>By the age of 3 years:</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Eats with a fork and spoon</td>
</tr>
<tr>
<td>□ Walks and runs</td>
</tr>
<tr>
<td>□ Puts two words together</td>
</tr>
<tr>
<td>□ Builds a tower with blocks</td>
</tr>
<tr>
<td>□ Shows affection</td>
</tr>
<tr>
<td>□ Goes up stairs alternating feet</td>
</tr>
<tr>
<td>□ Recognizes and identifies almost all common objects</td>
</tr>
<tr>
<td>□ Counts to five</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>By the age of 4 years:</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Dressed and undresses self</td>
</tr>
<tr>
<td>□ Throws a small ball overhand</td>
</tr>
<tr>
<td>□ Strangers understand most words</td>
</tr>
<tr>
<td>□ Can name at least nine colors</td>
</tr>
<tr>
<td>□ Cooperates with other children</td>
</tr>
<tr>
<td>□ Runs to kick a rolled ball</td>
</tr>
<tr>
<td>□ Answers questions about a story</td>
</tr>
<tr>
<td>□ Draws a person with a body</td>
</tr>
</tbody>
</table>

Milestones Matter is a public service campaign spearheaded by the United Way of Wyoming Valley’s Success By 6 initiative with the support of NEPA Family Magazine.

The goal of the campaign is to raise public awareness about the importance of early identification of critical childhood milestones.

For a complete set of Milestones Matter developmental checklists, go to [nepafamily.com](http://nepafamily.com) and click on the Milestones Matter logo.
Attend mother-to-mother support meetings and say yes! to:

- Optimal infant nutrition
- Fewer ear infections
- Reduced risk of allergies
- Lower risk of breast cancer
- Increased postpartum weight loss
- A unique closeness with your baby

www.lllofeasternpa.org
to find a La Leche League Leader near you call: 847-519-7730
Adoption/Foster Care

Bethany Christian Services
Wilkes-Barre ..........................................................606-8199

Catholic Social Services
Wilkes-Barre ..........................................................822-7118
Scranton .............................................................207-2283
Carbondale ............................................................282-0460
Tunkhannock .......................................................836-1101
Hazleton .................................................................455-1521

Children’s Service Center of Wyoming Valley
Wilkes-Barre ..........................................................825-6425

Families Caring for Children
Nanticoke .............................................................800-304-9779

Families United Network, Inc.
Scranton .................................................................340-1444

Family Care for Children and Youth
Dunmore ...............................................................613-6321

Friendship House
Scranton .................................................................342-8305 or 800-588-0058

KidsPeace Foster Care and Family Services
Scranton .................................................................342-5444 or 800-551-2238

PA Mentor
Pittston .................................................................654-0953

Statewide Adoption and Permanency Network
.............................................................................800-585-SWAN

The Institute for Human Resources and Services
Kingston .................................................................288-9386

Evergreen Behavioral Intervention for Children
Luzerne ........................................................................714-3860

Pediatric Associates of Kingston, LLC
425 Tioga Ave., Kingston ........................................288-6543
kinstonpeds.com
Identify and manage pediatric specific behavioral health issues.

See ad on page 18

Breastfeeding Support/Parenting Education

Geisinger Health Care System
Wilkes-Barre ..........................................................808-5534 or 808-7324

Hazleton General Hospital – Family Birthing Center
700 E. Broad St., Hazleton ........................................501-4200
ghha.org
Sibling classes (ages 3-8); breastfeeding support group; parenting class.

La Leche League of Eastern PA
Scranton .................................................................Georgeanne 348-0980,
.................................................................Mary Ann 563-0976, Ellen 563-2462,
.................................................................Jane 965-2371
Greater Pittston ........................................................Vicki 836-3013,
.................................................................Debbie 693-1072
Tunkhannock ..........................................................Vicki 836-3013,
.................................................................Joan 836-6783, Karen 388-2664
lllofeasternpa.org
Monthly meetings for all breastfeeding mothers and mothers-to-be.

See ad on page 18

Moses Taylor Hospital
Scranton .................................................................340-2229

Pediatric Associates of Kingston, LLC
425 Tioga Ave., Kingston ........................................288-6543
kinstonpeds.com
Breastfeeding class and parenting education programs addressing issues from birth to teen.

See ad on page 18

Wilkes-Barre General Hospital
575 N. River St., Wilkes-Barre ..................................552-3416
wvhcs.org
Breastfeeding education classes and support, sibling class, and post-natal information.

See ad on Inside Front Cover
Luzerne County Head Start, Inc.
A private, non-profit community resource since 1965

Nationally Accredited Classrooms, Keystone Star 4 Center in Wilkes-Barre,
Pre-K Counts Classrooms
For eligibility information and income guidelines, call 829-6231/800-551-5829

Preschool Program
- Developmental and school readiness services for 3 and 4 year olds
- Centers throughout Luzerne and Wyoming Counties
- Disability Services
- Family educational and parenting programs

Early Head Start
- Developmental and family support services
- Prenatal to age 3
- Services provided in-home by nurse and family educators
- Available in greater Wilkes-Barre, Wyoming Valley West, Pittston, Wyoming, Hanover, Hazleton, and Tunkhannock areas

Giving Toddlers Building Blocks
Programs from 18 months to 6th grade.
To schedule a tour call 570.288.3708.

Stepping Stones Therapy Center
Specializing in physical and occupational therapy for children from birth to 21 years of age.
165 S. Memorial Hwy.
Suite 2C, Trucksville, PA 18708
p: (570)696-2359 f: (570)696-2367
www.steppingstonestherapycenter.com

DON’T MISS OUT! Be sure to get your ad in next year’s Baby & Toddler Guide or in any of our other quarterly NEPA Family magazines or our annual NEPA Family Find It Book. Visit nepafamily.com or call 570-510-2527 for more information.
Childcare and Preschools

(Advertiser only)

Au Pair Services - Legal Agency
Helen Cook....................................................... 610-797-5887
hcour.aupairnews.com
Live-In, Affordable, Flexible Childcare. Personalized Attention (Infant Care, All Ages).

Back Mountain Day Care
161 N. Main Street
Shavertown ...................................................... 674-4030
Infants to School age childcare -- The Next Best Place to Home!

Building Blocks Learning Center
Rt 315 Plaza, Wilkes-Barre................................. 970-8511
Twin Stacks Center, Dallas................................. 674-5326
309 N. Main St, Plains........................................ 823-8885
502 S. Mountain Blvd., Mountaintop.............. 474-2250
BuildingBlocksLearningCenter.com
Childcare and preschool for children 6 weeks to school age.
See ad on page 18

Cookie Corner
272 West 8th St.
West Wyoming .................................................. 693-3556
Full or part time licensed toddler and preschool programs.

Coordinated Childcare
Wilkes-Barre.......................................................... 822-6500

Hildebrandt Learning Centers
Dallas ................................................................. 675-8860
Hildebrandtlearningcenters.com
Centers in various locations in Columbia, Luzerne, and Lackawanna counties.
See ad on page 22

East Mountain Child Care Center
1150 East Mountain Drive
Wilkes-Barre .......................................................... 831-1541

Hildebrandt Learning Centers at the Glenmaura Corporate Center
99 Glenmaura National Blvd.
Moosic ............................................................... 963-5600

Gordon Thompson Learning Center
25 Naus Way, Bloomsburg .................................. 759-9543

King's College Early Learning Center
177 North Main Street, Wilkes-Barre .................. 371-3600

King’s/St. Mary’s Child Care Center
134 South Washington Street
Wilkes-Barre ......................................................... 823-4656

Little Meadows Learning Center
1073 Memorial Highway
Dallas ................................................................. 675-4392

Rainbow Hill
397 Shickshinny Lake Road
Shickshinny .......................................................... 864-2881

Luzerne County Head Start/Early Head Start
Wilkes-Barre ......................................................... 829-6231
Hazleton ............................................................... 453-0532
Edwardsville ...................................................... 714-3970
lchs.hsweb.org
Preschool program with centers throughout Luzerne and Wyoming counties.
See ad on page 20

Mt. Top Kids
1 Marian Ct - Kirby Estates
Mountaintop .......................................................... 474-KIDS
Building Blocks Learning Center
Keystone STARS childcare and preschool with flexible schedule and summer day camp.

The Learning Station
48 South Main St., Suite 101
Pittston ................................................................. 602-7913
thelearningstationpittston.com
A Keystone Stars participating provider of childcare and preschool programs.

The Schoolhouse
270 S. River St., Plains ........................................ 819-3800

Wyoming Valley Montessori School
851 W. Market St., Kingston .............................. 288-3708
wvms.org
Where our children (18 months to 6th grade) love learning!
See ad on page 20

Children’s Boutiques/Toys

Another Quilt
Mountain Top/Wapwallopen .......................... 868-7344
AnotherQuilt.com
Personalized/custom baby quilts, quilting services, fabric, threads, classes, workshops.

Children’s Bootery
Kingston ............................................................... 287-8764

Giggles
Clarks Summit .................................................... 587-2131

Gino’s Fairview Shoe Store
Mountain Top ...................................................... 474-6051
Child abuse crisis intervention center.

Children’s Advocacy Center
969-7313
1710 Mulberry St., Scranton
nepacac.org

Grow, learn, and have fun at one of our local learning centers!
Nurturing, caring staff ♦ Low child to teacher ratios ♦ Safe, secure facilities ♦ Innovative learning environments

Hildebrandt Learning Centers, LLC - www.hildebrandtllc.com
See our center directory listings under ‘Child Care Services/Preschools’
“Touching Minds – Shaping Futures”™
Gino’s Shoe Store
Dallas.................................................................675-2029

Gumdrop Grove
Clarks Summit......................................................587-1276

Humphrey’s Apparel
Back Mountain Shopping Center
Shavertown..........................................................674-3377

Children’s clothing (including christening and specialty outfits) and toy retailer.

See ad on page 20

Kathy Karen Children’s Shoppe
Dunmore...............................................................343-1383

Kidazzle Children’s Boutique
Clarks Summit......................................................586-9792

Luna Bleu Children’s Boutique
Clarks Summit......................................................586-5463

Molly b
Scranton.................................................................341-2120

Small Frye’s Boutique
Scranton.................................................................344-6565

The Learning Tree Educational Toys
and More
Hazleton.................................................................455-4334

Children’s Museums

Crayola Factory at Two Rivers Landing
Easton.....................................................................610-515-8000

Discovery Center
Binghamton, NY..................................................607-773-8661

Everhart Museum
Scranton.................................................................346-7186

Please Touch Museum
Philadelphia..........................................................215-581-3181

The Children’s Museum
Bloomsburg...........................................................389-9206

Timmy’s Town Center
Scranton.................................................................585-2931

Consignment Shops

Baby and Beyond
Luzerne.................................................................283-5233

Flynn’s Kids Clothes Consignment
Wilkes-Barre..........................................................822-4624

Here We Grow Again
Hanover.................................................................970-7866

Kids Quality Consignments
Clarks Summit......................................................586-4020
Scranton.................................................................207-4024

Kid’z Klothes & More
Wilkes-Barre..........................................................270-5439

Little Treasures
Hanover Twp............................................................735-0202

R Kids 2 Yours
Wyoming...............................................................693-1477

They Grow So Fast
Dallas.................................................................675-5911

Crisis Intervention Services

Children’s Advocacy Center
1710 Mulberry St., Scranton................................969-7313

Child abuse crisis intervention center.

See ad on page 22

Domestic Violence Hotline
.................................................................800-799-7233 (available 24/7)

Domestic Violence Services
Luzerne/Carbon County........................................823-7312
.................................................................or 800-424-5600

Lackawanna/Susquehanna County
........................................................................346-4671 or 800-257-5765

Wyoming County...................................................866-206-9050

SCAN: Suspected Child Abuse and Neglect Plan
Hotline.................................................................800-932-0313

Women’s Resource Center
...........................................................................346-4660

Developmental Evaluation

Early Intervention
.................................................................826-3030 or 800-816-1880

mhmr.luzerne.pa.us (Service-Early Intervention Services)

Helps families with children with developmental delays (free from birth to age 2).

See ad on page 24

Lackawanna County Head Start/Early Head Start (Lackawanna/Wayne/Pike/Susquehanna counties)
Scranton...............................................................963-6836 or 800-717-4224
Where Health is Built Within

Make Positive Choices for a Wellness Lifestyle!
Join families under the living roof.

Come and Experience:
- CranioSacral Therapy
- Chiropractic Care
- Acupuncture
- Massage Therapy

The experience of natural healing arts should be considered a necessary and regular experience of a wellness based lifestyle.

Early Intervention Program
For children birth through Kindergarten age
Sponsored by:
Luzerne-Wyoming Counties
Office of Child Development and Early Learning

As a parent, you delight in watching your little one grow in inches and pounds. And also developmentally ... a first smile, a first step, a first word.

If you find you have any questions about your child’s abilities to move, see or hear, talk or express needs, to relate to others, to think and learn, or need more information on your child’s development, please contact the Luzerne-Wyoming Counties Early Intervention Program.

For information on FREE Early Intervention Services
Children: Birth through 2 years
Phone 570-826-3030 or 1-800-732-6330 or
e-mail: Judy Kresky at jkresky@mhmrluzerne.pa.us
Web site: www.mhmrluzerne.pa.us

Children: 3 to Kindergarten age
Phone 570-826-0850 or 570-454-1870 or
e-mail: Debbie Shemansky at shemanskyd@hsd.k12.pa.us
Web site: www.hasd.k12.pa.us/schools/special/earlyinter3.htm
Luzerne County Head Start/Early Head Start (Luzerne/Wyoming counties)
Wilkes-Barre .......................................................... 829-6231
Hazleton ................................................................. 453-0532
Edwardsville .......................................................... 714-3970
ichs.hsweb.org
Programs to enhance children’s physical, social, emotional, and intellectual development.
See ad on page 20

Kindergarten Readiness Program
Hazleton .................................................................. 436-8748

Milestones Matter
nepafamily.com .......................................................... 829-1341
Awareness program identifying developmental delays before age 5.
See ad on Inside Back Cover

Preschool Early Intervention
hasd.k12.pa.us/schools/special/earlyinter3.htm
Developmental screenings and parent training for ages 3-5 with special needs.
See ad on page 26

Stepping Stones Therapy Center
165 S. Memorial Highway, Suite 2C
Trucksville ................................................................. 696-2359
steppingstonestherapycenter.com
Comprehensive physical and occupational therapy for children birth to age 21.
See ad on page 20

Success By 6
Wilkes-Barre .......................................................... 829-6711, ext. 225
Community collaboration for children’s success.

Wyoming Valley Children’s Association
Forty Fort ................................................................. 714-1246

Healthy Beginnings Plus
ghha.org .................................................................. 459-0082
Pre-natal medical care (Medical Assistance eligible).

Help Line of NEPA
helpline-nepa.info ................................................... 829-1341 or 888-829-1341
Referral service for any emergency, medical or financial need.

PA Healthy Baby Helpline
helpinpa.state.pa.us ................................................... 800-986-BABY
Health and human service information for newborns and babies.

PA Healthy Kids Helpline
helpinpa.state.pa.us ................................................... 800-986-KIDS
Families in need of medical or financial assistance.

Maternal & Family Health Services
mfhs.org ................................................................. 826-1777 or 800-367-6347
Prenatal information, Nurse-Family Partnership and WIC program

Family Counseling Services

Catholic Social Services
Wilkes-Barre .......................................................... 822-7118
Scranton ................................................................. 207-2283
Carbondale ............................................................. 282-0460
Tunkhannock ........................................................... 836-1101
Hazleton ................................................................. 455-1521

Children and Youth Services
Wilkes-Barre .......................................................... 826-8710
Hazleton ................................................................. 454-9740
Lackawanna County ................................................... 963-6781

Family Service Association
Wilkes-Barre .......................................................... 823-5144

Planned Parenthood of Northeast
Wilkes-Barre .......................................................... 824-8921
Scranton ................................................................. 344-2626

Wyoming Valley AIDS Council
Kingston ................................................................. 823-5808

Emergency/First Aid

American Red Cross
Luzerne County .......................................................... 823-7161
Lackawanna County ................................................... 207-0100

Poison Control Hotline ........................................... 800-222-1222

CHIP Program
chipcoverspakids.com ............................................ 800-986-KIDS
Health insurance program for children not qualified for Medical Assistance.

Infant Massage

Life Expression Wellness Center
298 Rock Glen Road, Sugarloaf .................................. 708-0808
lifeexpression.com
Specializing in craniosacral therapy.
See ad on page 24
Every Birth is a Miracle.
However, when a birth injury occurs the lives of all involved change forever. Every birth injury deserves to be investigated. If you had emergency C-section or other complications and your child has cerebral palsy, brain injury, brachial plexus injury or any other serious birth injury Latona Law can fully evaluate your case in order to determine your rights. You may still be able to recover even if the medical error occurred up to 20 years ago.

Call Latona Law today
570-825-9000
Our consultation is FREE.

latonalaw.com

We’re here for your Infant & Toddler

24/7 Pediatric coverage
Evening & Saturday appointments available
Immunizations, Well & Sick Visits

PEDIATRIC ASSOCIATES OF HAZLETON
1000 Alliance Dr., Hazleton, PA

James F. Caggiano, MD
Irene Man-Hsiao, DO
Jeff Kulsa, Certified Nurse Practitioner

Call 570.501.6400
www.hazletonpediatrics.com

Take your first steps with us
Mommy and Me and Tiny Ballerina Classes

Ballet Theatre of Scranton / The Dance Studio
Joanne D. Arduino • Artistic Director

310 Penn Ave., Scranton
www.balletheatre.com | 347-0208
Pediatric Associates of Kingston, LLC
425 Tioga Ave., Kingston ........................................... 288-6543
kingstonpeds.com
See ad on page 18
Time Out Care Spa and Doula Practice
Forty Fort ............................................................... 824-2030

Medical Malpractice
(Advertiser only)
Latona Law
Arena Hub Business Complex
275 Mundy St., Suite 102
Wilkes-Barre ............................................................. 825-9000
Latonalaw.com
Medical malpractice and birth injuries attorney.
See ad on page 26

Mommy & Me Classes
Arts YOUUniverse
Wilkes-Barre ............................................................. 970-ARTS
Ballet Theatre of Scranton
310 Penn Ave., Scranton ........................................... 347-0208
Balletheatre.com
Mommy and Me dance classes.
See ad on page 26
Creative Kids FARM
Trucksville ............................................................... 690-4301
Faberge Follies Dance ‘n Tumble
Hazleton ................................................................. 454-1418
Greater Pittston YMCA
Pittston ................................................................. 655-2255
Gymboree of Clarks Summit
1145 Northern Blvd.
Clarks Summit ............................................................. 586-5880
Gymboreeclases.com
Classes from birth to 5 years in music, art, and play.
See ad on page 28
Hazleton YMCA/YWCA
Hazleton ................................................................. 455-2046
Kindermusik of Wyoming Valley
Hanover Twp ............................................................. 239-7573
The Learning Tree Educational Toys and More
Hazleton ................................................................. 455-4334
Misericordia University
Dallas ................................................................. 674-6331

My Gym
Ice Box Complex, Scranton ..................................... 558-1311
Mygym.com
Children’s fitness center for ages 6 weeks to 13 years.
See ad on page 28
Northeast Gymnastics
Hanover Twp ............................................................. 826-7090
Shooting Starz
250 Johnston St.
Wilkes-Barre ............................................................. 822-1212
shootingstarzgym.com
Fun gymnastics classes for toddlers and preschoolers.
See ad on page 28
United Sports Academy
Dunmore ................................................................. 963-5477
Waverly Community House
Waverly ................................................................. 586-8191
Wilkes-Barre Family YMCA
Wilkes-Barre ............................................................. 823-2191
Wilkes-Barre Jewish Community Center
Wilkes-Barre ............................................................. 824-4646
Wyoming Valley CYC
Wilkes-Barre ............................................................. 823-6121
YMCA of the City of Scranton
Dunmore ................................................................. 342-8115

Pediatric Dentists
Affiliated Pediatric Dentists
Ross M. Wezmar, DDS; Katherine W. Poeperling, DMD; Erick M. Goldberg, DMD
1118 Rt. 315 Plaza, Wilkes-Barre ................................ 822-4181
313 Mulberry St., Scranton ...................................... 346-7760
Smiles4keeps.com
Pediatric dental office for ages one and beyond.
See ad on Back Cover
Richard Brown, DMD
Kingston ................................................................. 288-4591
Alan H. Firestone, DMD
Scranton ................................................................. 347-3323
Anthony Kuprionas, DDS
Wilkes-Barre ............................................................. 822-4140
Kristin Paoli, DMD
Clarks Summit ............................................................. 587-5541
Nancy Willis, DDS
Scranton ................................................................. 343-8885

NEPA Family Baby & Toddler Guide 2010 - 27
Your Baby deserves the best!

We take pride in providing the most comprehensive Physical, Occupational, and Speech Therapy for Babies and Children of all ages.

For more information, contact our Pediatric Departments at:

(570) 348-1360 Scranton
(570) 826-3795 Wilkes-Barre

www.shootingstarzgym.com

Shooting Starz Gymnastics

Bring Your Little One and Join the FUN!

We offer a variety of fun classes in a safe environment for toddlers and preschoolers. Children learn socialization skills and how to work in groups, build confidence and self-esteem, and are introduced to gymnastic fundamentals and equipment.

★ Mini Starz and Me
(walking to age 2, parent participation)

★ Twinklers
(ages 2 to 3, parent assisted)

★ Little Leapers
(ages 3 to 4 – toilet trained only, no parental involvement)

All classes are 45 minutes in length.

For more information, contact Joelle D’Arco 822-1212
250 Johnson St., Wilkes-Barre, PA

• Award-winning classes for children 6 weeks-13 years
• Noncompetitive gymnastics, fitness, sports, games, song, dance and more

Call For a FREE Trial Class Today!

MY GYM
3 West Olive Street
Scranton, PA 18508
mygymscranton@aol.com
(570) 558-1311
www.mygym.com
**Pediatric Physicians**

- **Dr. Bassam Bittar**  
  Hazleton  
  ................................................................. 455-9531

- **Dr. Robert Childs**  
  Hazleton  
  ................................................................. 455-9589

- **Dr. Sanjay Gandhi**  
  Scranton  
  ................................................................. 344-9684

**Geisinger Health Care System**  

- **Hazleton, Kingston, Mountain Top, Nanticoke, Wilkes-Barre, Wyoming**  
  ......................... 888-675-5437

- **Dr. Joan Greulick**  
  Dallas  
  ................................................................. 675-7955

- **Dr. Rebecca Grimaud-Chilson**  
  Factoryville  
  ............................................................ 945-3300

- **Dr. Michael Imbrogno**  
  Wilkes-Barre  
  .......................................................... 822-7070

- **Dr. Arnold Kramer**  
  Edwardsville  
  ............................................................ 288-1188

- **Dr. Marie Lena**  
  Carbondale  
  .............................................................. 282-6660

- **Dr. Violeta Lizano, Lackawanna Medical Group**  
  Scranton  
  ............................................................. 961-0171

- **NE Pediatrics**  
  Scranton  
  ............................................................... 347-5605

- **Partner in Pediatrics**  
  Forty Fort  
  ............................................................... 718-4140

**Pediatric Associates of Hazleton**

- **Drs. James Caggiano and Irene Man-Hsiao**  
  Jeff Kulsna, CNP  
  1000 Alliance Dr, Hazleton  
  ......................................................... 501-6400
  Hazletonpediatrics.com
  24/7 pediatric coverage, evening appointments, Saturday sick visits.  
  See ad on page 26

**Pediatric Associates of Kingston, LLC**

- **John Gaudio, MD, Machael Harris, MD, Jeffery Kile, MD, John Rogers, MD, and Azra Sehic, MD**  
  425 Tioga Ave., Kingston  
  ......................................................... 288-6543
  Kingstonspeds.com
  Full spectrum pediatric physician group practice.  
  See ad on page 18

**Pediatrics of Northeast PA**  

- Dickson City  
  ............................................................... 346-1464

**Physicians Health Alliance**  

- Dickson City  
  ............................................................... 207-4360

**Special Needs and Disabilities**

- **Allied Services**  
  Scranton  
  ................................................................. 348-1332
  allied-services.org
  Rehabilitation therapies, treatment programs for dysphagia and sensory integrations, and ADD/LD testing.  
  See ad on page 28

- **Friendship House**  
  Scranton  
  ................................................................. 342-8305
  Autism treatments and services.

**Hazleton Health and Wellness Center**  

- **Hazleton**  
  ................................................................. 501-6770
  ghha.org
  Pediatric therapy for Down Syndrome, autism, genetic and sensory disorders and orthopedic conditions.

**John Heinz Rehab**  

- **Wilkes-Barre**  
  ................................................................. 826-3795
  Drums  
  ................................................................. 788-0542
  allied-services.org
  Rehabilitation therapies, treatment programs for dysphagia and sensory integrations, and ADD/LD testing.  
  See ad on page 28

- **Muscular Dystrophy Association of Northeastern PA**  
  Taylor  
  ................................................................. 562-1745

**NeuroSensory Center of Eastern Pennsylvania**  

- **Kingston**  
  ................................................................. 763-0054
  Diagnostic testing for sensory integration and autistic spectrum disorders.

**New Story**  

- **Wyoming, Throop**  
  ................................................................. 714-2350
  Private school and services for children with behavioral and educational challenges.
Pediatrics
Wilkes-Barre ..........................................................371-5600
Pediatric day healthcare for medically complex children.

SAFE (Supporting Autism and Families Everywhere), Inc.
Wilkes-Barre ..........................................................877-510-7233 or 822-7259
Special needs network.

St. Joseph’s Center
Scranton .................................................................342-8379
Pregnancy, family and adoption services; mental retardation programs.

Step by Step, Inc.
Wilkes-Barre ..........................................................829-3477
Mental illness, mental retardation and autism services.

The ARC of Luzerne County/
The ARC of NEPA
Kingston .................................................................970-7739
Scranton .................................................................346-4101
Developmental disabilities or mental retardation services.

The DePaul School for Children
Scranton .................................................................341-4398
allied-services.org
Specialized education for children with dyslexia and related learning disabilities.

The Graham Academy
Luzerne .................................................................283-0641
School for children with sensory processing or developmental challenges.

Holistic Moms Network of Wyoming Valley
wyomingvalleypa@holisticmom.org

La Leche League
Greater Pittston—St. Maria Goretti Church
42 Redwood Dr. Laflin .............................................Vicky, 836-3013
Second Tuesday each month at 10am.

Scranton—Mary Ann’s home ................................563-0976
Fourth Thursday each month at 10:30am.

Tunkhannock—United Methodist Church,
Church St., Tunkhannock ...................................... Joan, 836-6783
Third Tuesday each month at 10am.

See ad on page 18

Lackawanna Mothers of Twins and Triplets
.................................................................562-3864

Luzerne County Down Syndrome Network
Wyoming .................................................................693-3743

MOMS (Moms Offering Moms Support)
Club of Scranton
Scranton .................................................................Jacqui 586-0224

SAFE (Supporting Autism and Families Everywhere), Inc.
Wilkes-Barre ..........................................................877-510-7233 or 822-7259

Shriners Hospitals for Children Outreach Program
Wilkes-Barre ..........................................................800-281-4050

The Dads Group
Scranton, Jason ..........................................................348-6493

STATE INFORMATION FOR EARLY YEARS

Pennsylvania Pre-K Counts
pde.state.pa.us ....................................................717-783-6788
PA Department of Education information to prepare children ages 3-5 for kindergarten and school success.

Childcare Information Services
Luzerne County ....................................................963-6644
dpw.state.pa.us
Information on quality childcare and personalized referrals.

Keystone STARS ..................................................pakeys.org
Learning improvement program for childcare educators with a rating system.

Support/Parent Groups

Children’s Association’s Orthopedic Clinic
Wilkes-Barre ..........................................................714-1246

Epilepsy Monthly Support Group
Wilkes-Barre ..........................................................830-2039 or 800-887-7165, ext.108

Families with Children from China (and Asia)
Amy .................................................................963-1000

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