Baby Parade

2017

FEATURING LOCAL BABIES BORN IN 2016

Brayden Pepper
Natalie Marie Pelletier
Brandon Eric Knox
Charlie Mae White
Credit union offers a fun way for children to learn about and save money

The KSW Federal Credit Union is offering a fun way for young people to learn about and save money. Monty Moose Accounts are open to youth 12 and under and require only a $5 deposit. With a Monty Moose Savings Account, children earn Monty Moose Bucks for each deposit of $5 or more to spend in the Monty Moose Showcase. The showcase offers a variety of toys, puzzles and art supplies. Any child opening a new Monty Moose account will receive $1 in Monty Moose Bucks, a KSW FCU piggy bank and a Club Wallet!

Monty Moose members also receive a birthday postcard of $5 in Monty Moose Bucks and an invitation to special contests and events during the credit union's annual Youth Week Celebration.

*Monty Moose dollars have no cash value. The Monty Moose Account holder must be present for Monty Moose dollars to be given.

If any member of the Credit Union suspects mistreatment of the program, the Credit Union reserves the right to deny program rewards.

We reserve the biggest rooms for our littlest patients.

At Inland Hospital and Inland Women’s Health Care, caring for moms and babies is a labor of love.

For a tour of our family-friendly Birthing Center, call 861-3100.

Inland Hospital
New parents can squeeze in physical activity

New parents face a host of challenges upon bringing their bundles of joy home for the first time. One of those challenges is altering their lifestyles so they can more capably tend to their child’s needs.

Though expecting parents no doubt anticipate changing their lifestyles to accommodate their growing families, few may know the specifics of how their lifestyles will change.

Finding time to exercise can be difficult for anyone. But new parents may find it especially difficult to get daily physical activity, whether or not they have grown accustomed to taking. For example, take the stairs up to your office instead of the elevator and park further away so you can squeeze in some cardiovascular exercise.

Spread your workouts out over the course of the day. Many people tend to get all of their daily physical activity in one fell swoop. But that’s mainly done for convenience and not necessarily effectiveness.

Workouts can still be effective if you spread them out over the course of the day. Exercising in small intervals throughout the day may help you maintain your energy throughout the day, and that should be especially appealing to parents of newborns. Squeeze in a quick workout each time your child naps throughout the day.

Continue setting fitness goals. Once your child comes home, it’s easy to fall into a routine that does not include exercise. But your long-term health depends on a host of factors, including how physically active you are. Keep setting fitness goals even if it seems like you will have no time once your child is born. These goals can motivate you to find time for exercise no matter how much your lifestyle has changed.

Take your child along. When the weather permits, include your child in your exercise routine by taking the baby along with you on walks or bike rides.

New parents need not abandon their exercise routines upon welcoming their child into the world. A concerted effort on the parts of moms and dads can ensure they continue to get adequate exercise each day.
AUTUMN ROBIN CONANT
8/22/16 • 6 lbs. 14 oz.
Parents:
Brad Conant and Shawntyl Miller
Grandparents:
David Miller, Misslia Merrow, Doug and Niomi Conant
Other Family:
Charles and Donna Pullen

AVERY NOELLE CONSTANTY
5/5/16 • 6 lbs. 1 oz.
Parents:
Jake Constanty and Hayley Tims
Grandparents:
Bill and Leslie Tims Jr. Tom and Deidra Constanty

NEVAYA ANNE-MARIE CULP
3/9/16 • 7 lbs. 1 oz.
Parents:
Justin Culp and Heather Marsden
Grandparents:
Barbara Halperin, Dennis Finnemore, Joe Marsden
Other Family:
Brother - Julian Simpson

NEVAYA ANNE-MARIE CULP
3/9/16 • 7 lbs. 1 oz.
Parents:
Justin Culp and Heather Marsden
Grandparents:
Barbara Halperin, Dennis Finnemore, Joe Marsden
Other Family:
Brother - Julian Simpson

QUINN RYAN DUCHARME
4/22/16 • 7 lbs. 6 oz.
Parents:
Ben and Heather Ducharme
Siblings:
Kaylyn, Brady, Owen, Evan
Grandparents:
Jack and Denise Ducharme
Sharon Burrill
Great Grandparents:
John Ducharme, Helen Carey
Eudell and Carol Ann Corson

JAX EMERY
9/7/16 • 10 lbs. 2 oz.
Parents:
Miles and Haley Emery
Grandparents:
David Phyllis Emery
Jerry and Debbie Madore
Great Grandparents:
Doug and Nancy Robertson
Larry and Jinnie Bourgoin
Anna Hodgkins

HENRY C. ERVIN
3/30/16 • 7 lbs. 13 oz.
Parents:
Ned and Erica Ervin
Grandparents:
Steve and Brenda Roy
Kelly Bonnell
Great Grandparent:
Edith McDonald

MACKENZIE CUMMINGS
6/23/16 • 7 lbs. 9 oz.
Parents:
Logan Cummings and Kaitlin Cosgrove

AVENYDAN MARIE CULP
3/9/16 • 7 lbs. 1 oz.
Parents:
Justin Culp and Heather Marsden
Grandparents:
Barbara Halperin, Dennis Finnemore, Joe Marsden
Other Family:
Brother - Julian Simpson

VIVIANNA ROSE DAVILA
11/30/16 • 7 lbs.
Parents:
Angel and Carrie Davila
Grandparents:
Linda Hadley-Rood
Gary Roed
Angie and Maria Davila
Other Family:
Sisters - Arianna and Christina Davila

DAWSON MICHAEL DUBE
8/4/16 • 7 lbs. 11 oz.
Parents:
Ryan Dube and Keely Padham
Grandparents:
Ken and Maryann Blood
Mike and Louise Dube
Donald and Liz Padham

ELLIOIT PHILIP FRENCH
12/25/16 • 7 lbs. 7 oz.
Parents:
Stephen French and Nicole Bonnell
Grandparent:
Kelly Bonnell
Great Grandparent:
Edith McDonald

MAYA LyNN DUPREY
9/2/16 • 8 lbs. 1 oz.
Parents:
Andrea Aldrich and Tyson Duprey
Grandparents:
Desiree Spencer, Reginald Duprey, Tarlicia Aldrich, Lawrence Booker
Great Grandparents:
Tanya Spencer, Brenda Webber, Tim and Barbara Porter
Great Great Grandmother:
Kathy Mortimer

MAYA LyNN DUPREY
9/2/16 • 8 lbs. 1 oz.
Parents:
Andrea Aldrich and Tyson Duprey
Grandparents:
Desiree Spencer, Reginald Duprey, Tarlicia Aldrich, Lawrence Booker
Great Grandparents:
Tanya Spencer, Brenda Webber, Tim and Barbara Porter
Great Great Grandmother:
Kathy Mortimer

BROCK EMERY
7/18/16 • 7 lbs. 3 oz.
Parents:
Ben and Sarah Emery
Grandparents:
Michael and Deb Hamel
Craig and Michelle Shores
Tim and Marsha Emery
Great Grandparents:
Jean Hamel
David and Sherlene Barnes
Carol and Carlene Shores
Ed and Barbara Emery
Paul and Lillian Karass

MAYA LyNN DUPREY
9/2/16 • 8 lbs. 1 oz.
Parents:
Andrea Aldrich and Tyson Duprey
Grandparents:
Desiree Spencer, Reginald Duprey, Tarlicia Aldrich, Lawrence Booker
Great Grandparents:
Tanya Spencer, Brenda Webber, Tim and Barbara Porter
Great Great Grandmother:
Kathy Mortimer

ELLIOT PHILIP FRENCH
12/25/16 • 7 lbs. 7 oz.
Parents:
Stephen French and Nicole Bonnell
Grandparent:
Kelly Bonnell
Great Grandparent:
Edith McDonald

EVELYN JOYCE GAGNE
8/30/16 • 6 lbs. 7 oz.
Parents:
Elijah Gagne and Abby Collier
Grandparents:
Chad and Lauralee Collier
Stanley and Lisa Mengendo
Simplify flying with babies

Flying with infants can be difficult, as airplane cabins can hurt youngsters’ ears and cause them to cry. In addition, parents may be nervous that something might go wrong when flying with infants, potentially making the flight less enjoyable for parents and their fellow passengers. The following are a handful of ways to simplify flying with kids less than two years of age.

- Choose an infant-friendly flight time. Flying at a time of day or night when infants typically sleep can increase the chance that babies will sleep through much of the flight. When booking flights, keep kids’ usual nap time in mind before selecting an itinerary.

- Prepare for takeoff and initial descent. Airline cabins experience pressure changes, and infants are no different. Some parents find that offering infants pacifiers or bottles as cabin pressure is about to change can help infants make it through such changes without crying.

- Choose an aisle seat. This means you and your baby will have easy access to the bathroom, and it also makes it easier to walk the aisle to calm your baby’s nerves. • Feed your child and check his or her diaper before takeoff. Hunger and/or wet, dirty diapers typically make infants cry no matter where they are. If you want your baby to fall asleep the moment you board your flight, make sure he or she is well fed and has a clean diaper prior to boarding. Close the window if the sun is shining through, as that can make such travel go smoothly.

- Have a clean diaper bag before booking your flight. It also pays to familiarize yourself with the airline’s policy regarding infants and carry-on bags before booking your flight.

It also pays to familiarize yourself with the airline’s policy regarding infants and carry-on bags before booking your flight.

- Choose an aisle seat. You and your baby likely won’t make it through the flight without having to stand up and walk to the bathroom or simply walk the aisle to calm your baby’s nerves. • Feed your child and check his or her diaper before takeoff. Hunger and/or wet, dirty diapers typically make infants cry no matter where they are. If you want your baby to fall asleep the moment you board your flight, make sure he or she is well fed and has a clean diaper prior to boarding. Close the window if the sun is shining through, as that can make it difficult for kids to fall asleep.
Tips for soothing a colicky baby

There’s no magic formula for parenting a newborn. Parents do their best to prepare for the moment they bring their new son or daughter home for the first time, but it’s only through trial and error that most parents learn which childcare techniques work on their children.

One condition new parents often face is infant colic. Spells of crying mixed with discomfort and inability to get settled can make for worn-out babies and equally frazzled mothers and fathers. ‘Colic’ is a term used to describe uncontrollable crying in an otherwise healthy infant. Babies who are younger than five months old and who cry for three or more hours per day during a period of three or more days a week, with such episodes lasting for at least three weeks, are classified as having colic. ‘Colic’ is a term, not a specific disease, and there are no long term health effects.

Parents often find that colic arrives when a baby is two or three weeks old, according to Baby Center. The American Academy of Pediatrics says it is quite common for episodes of colic to occur between 6 p.m. and midnight. Roughly one-fifth of all babies will develop colic.

Colic may be blamed on gas or sensitivity to milk protein in formula or breastmilk. But colic often occurs because the child’s nervous system is immature and the baby is sensitive to outside stimulation. The infant cannot self-console, and it could take several weeks or months for him or her to grow accustomed to outside stimuli.

Distracted parents may think there’s no end in sight when facing an infant with colic. But many cases of colic resolve by the time the child is three or four months old.

Parents who suspect their child has colic should first rule out any other medical conditions. If the child is otherwise healthy, one or more of these methods may help soothe a colicky baby.

• If you suspect gas, gas-relief medications can be administered under the advisement of a pediatrician. Probiotics also may help maintain a natural balance of good bacteria in a baby’s digestive tract.
• Hold the baby as upright as possible during feedings and burp him or her often.
• Avoid potential allergy-inducing foods if you are breastfeeding. Consider switching formulas to one with broken down proteins which are easier to digest.
• Use white noise, such as a fan, running clothes dryer or another steady, rhythmic sound, to help the baby fall asleep.
• Some children like to be held close or comforted. When you cannot hold your baby, try swaddling.
• Rocking motions or riding in the car can soothe some children.
• A warm bath may help calm a crying baby.
• Infants may sense if their parents are tense. So if you are feeling anxious, leave the room or get out of the house and ask a friend or family member to sit with the baby for a little while until you can calm down.

Colic is a mystery to parents and doctors alike. It can be a trying experience, but one that resolves itself in time.
Parents of young children know that getting kids to brush their teeth can sometimes feel like pulling teeth. Kids have a long history of disliking dental care, which can frustrate parents who know the importance and long-lasting benefits of proper dental hygiene.

While many youngsters may never excitedly run to the bathroom to brush their teeth, parents can try various approaches to get kids to embrace proper dental care.  

- **Start early.** Parents should not hesitate to begin cleaning kids’ teeth once the first tooth appears. The earlier dental care is part of a child’s routine, the more likely he or she is to accept it as part of everyday life. The American Academy of Pediatric Dentistry recommends using a soft-bristled brush with a small head. Ideally, use a toothbrush designed for infants, brushing teeth once per day at bedtime. The AAPD advises taking kids to visit a pediatric dentist when the first tooth appears, or no later than the child’s first birthday.

- **Make it a group effort.** Young children love to imitate their parents’ actions. Moms and dads can use that adoration to their advantage when trying to get kids to brush their teeth.

- **Involve kids in choosing their dental care products.** While parents should be mindful of the type of toothbrush their children use, let youngsters choose their toothbrush and toothpaste. Kids might prefer a particular flavor of toothpaste, and a colorful toothbrush with a favorite film or television character might make kids more enthusiastic and less fussy about brushing.

- **Compliment kids after positive dental appointments.** When pediatric dentist appointments go well, compliment children and express your pride in them for taking dental hygiene as seriously as they do.

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**Baby Parade Alumni**

- **OLIVIA GRACE WILBUR** 2/25/16 • 6 lbs. 15 oz.  
  Parents: Rob and Terri Wilbur  
  Grandparents: Ron and Sarah Wilbur  
  Claire and late Alfred Gamache

- **OLIVIA GRACE WILBUR** 2/25/16 • 6 lbs. 15 oz.  
  Parents: Rob and Terri Wilbur  
  Grandparents: Ron and Anna Wilbur  
  Claire and late Alfred Gamache

- **BLAKE IVY STETSON** 3/31/16 • 7 lbs. 14 oz.  
  Parents: Shawn Stetson and Jessica Murray  
  Grandparents: Bruce and Beth Stetson  
  Erica Gustafson and Bruce Paquette  
  David Fletcher and Ann Breton  
  Karl and Jennifer Murray  
  Great-Grandparents: Sheila Pepoli, Janice Stetson  
  Theresa Murray  
  Other Family: Big Sister, Veda Dunn

- **LYDIA ANNE WILLETTE** 12/20/16 • 6 lbs. 9 oz.  
  Parents: Jacob and Mallory Willette  
  Grandparents: Bob and Sue Willette  
  Matt and Lori Reed  
  Jeff and Stacie Linscott  
  Great-Grandparents: Bob and Pam Willette  
  Wardena Willette  
  Ron and Peg Caouette  
  Raymond and Nathalie Gray

- **ANTHONY SHAWN-THOMAS WITHEE** 11/27/16 • 6 lbs. 4 oz.  
  Parent: Kelley Withee  
  Grandparents: Joy Withee  
  Tom Meunier

- **ODEN MCNAUGHTON** 11/18/13  
  Parents: Wesley and Kristy McNaughton  
  Grandparents: Paul and Carleane McNaughton  
  Herbie and Mary Ferrer  
  Sister: Emma Rose

- **MAKENZIE BURTON** 3/20/14  
  Parents: Miles and Sara Burton  
  Grandparents: Todd and Bethany LeBrun  
  Great-Grandparents: Don and Kathy Sproul  
  John and Carolyn LeBrun  
  2012 Baby Parade Winner

- **OLIVIA GRACE WILBUR** 2/25/16 • 6 lbs. 15 oz.  
  Parents: Rob and Terri Wilbur  
  Grandparents: Ron and Sarah Wilbur  
  Claire and late Alfred Gamache

- **BIG SISTER MAYA MELANIE** 7/20/12  
  Baby Brother: Nolan  
  Parents: Todd and Bethany LeBrun  
  Great-Grandparents: Don and Kathy Sproul  
  John and Carolyn LeBrun  
  2012 Baby Parade Winner

- **RILEY MAE MCGRAW** 1/24/15  
  Parents: Brannen and Heather McGraw  
  Grandparents: Shawn and Charlene McGraw  
  Dean and Veronica Gonzior

- **MAKENZIE BURTON** 3/20/14  
  Parents: Miles and Sara Burton  
  Grandparents: Todd and Bethany LeBrun  
  Great-Grandparents: Don and Kathy Sproul  
  John and Carolyn LeBrun  
  2012 Baby Parade Winner

- **MAKENZIE BURTON** 3/20/14  
  Parents: Miles and Sara Burton  
  Grandparents: Todd and Bethany LeBrun  
  Great-Grandparents: Don and Kathy Sproul  
  John and Carolyn LeBrun  
  2012 Baby Parade Winner

- **BABY MARTIN** 12/20/16 • 6 lbs. 9 oz.  
  Parents: Jacob and Megan Martin  
  Grandparents: Rick and Deb Pomerleau  
  Great Grandparents: Jeff and Carolyn Varnerin

- **FIONA MARTIN** 3/9/15  
  Parents: Jacob and Megan Martin  
  Grandparents: Rick and Deb Pomerleau  
  Great Grandparents: Jeff and Carolyn Varnerin

- **CADENCE GENEVIEVE ANAGNOST GEORGE** 9/26/13  
  Parents: Darbe Anagnost and Eric George  
  Grandparents: Marise Anagnost and Bill Peaslee  
  Rachel and Ron Bisson

- **OLIVIA GRACE WILBUR** 2/25/16 • 6 lbs. 15 oz.  
  Parents: Rob and Terri Wilbur  
  Grandparents: Ron and Sarah Wilbur  
  Claire and late Alfred Gamache
All Families Deserve a Special Delivery!

The Birthing Center at RFGH is dedicated to providing you with an exceptional birth experience...

Every Patient, Every Family, Every Time.

The Birthing Center medical staff includes trained and certified OB/GYNs, Family Practice Providers and Pediatricians.

OB Providers:
Redington OB/GYN
Bruce Waite, DO
207-474-7131
Lekha Bhatta, MD
207-474-0290
Skowhegan Family Medicine
207-474-6201
Ann Dorney, MD
Alicia Forster, MD
Marya Goettsche Spurling, MD
Mike Lambke, MD
Abigail Masterman, DO

Pediatric & Nursery Providers:
Redington Family Practice
207-474-3320
Timothy Malyk, MD
Redington Pediatrics
207-474-6265
Miglena Kircheva, MD
RMPC Norridgewock Health Center
207-634-4366
Skowhegan Family Medicine
207-474-6201
Ann Dorney, MD
Alicia Forster, MD
Marya Goettsche Spurling, MD
Mike Lambke, MD
Abigail Masterman, DO

Call us at 207-858-2405 to set up a tour of our family-friendly Birthing Center!

Did you know?

Pediatric ophthalmologists are medical doctors who specialize in providing comprehensive eye care to children. In the first year of life, infants should receive routine screenings to determine their eye health, and such screenings can be performed by a pediatrician. However, newborns with a family history of eye problems may be considered “at-risk,” so their examinations should be conducted by a pediatric ophthalmologist.

Monty Moose Youth Savings Program!

Open to Children from birth to 12 years old
Any child opening a new Monty Moose account will receive $1.00 Monty Moose Buck, a KSW FCU piggy bank, and Club Wallet!
Come join our Monty Moose Savers Club and experience the difference at KSW FCU - we want to get to know you!!