

Baby Parade

Featuring local babies born in 2017

Advertising Supplement - Saturday, February 10, 2018
Kennebec Journal - Morning Sentinel



Greyson Jones



Julianna Pratt



Brady Holbrook



Morgan Ingersoll

Baby Parade

WINNERS!

Here are the winners of the 2018 Baby Parade advertising supplement. Each winner receives a \$25 gift card to the advertiser of their choice. Congratulations to all the winners and their families.



Greyson Paul Jones

was born April 18, 2017 to Jacob and Tami Jones. His grandparents are Paul and Jane Godbout and George and Rachel Jones. His brother is Landon.



Julianna Amara Pratt

was born January 7, 2017 to Judson and Jenna Pratt. Her grandparents are Janice Pratt, Harry Pratt, Louise Gosselin and Bruce Flagg. Her great-grandparents are Evelyn Banks and the late George Banks, Lucille Gosselin and the late J.P. Gosselin, Harry and Judy Pratt, the late Clayton and Loretta Flagg.



Brady Thomas Holbrook

was born June 15, 2017 to Chrissy Holbrook. His grandparents are Tom and Angie Holbrook. His uncle is Geoffrey and his aunt is Mikala.



Morgan Emily Ingersoll

was born January 30, 2017 to Troy and Monica Ingersoll. Her grandparents are Adam and Linda Ingersoll and Richard and Rachel Gilbert.

ABOUT THIS SECTION

This advertising supplement was produced by the Kennebec Journal and Morning Sentinel. Winners were drawn randomly. The cover design was by Alicia Tuttle, Graphic Artist.

Top 25 boys' and girls' names for 2018

Looking for inspiration for your new child's name? You're in the right place... This list is based on accumulated data from the current year and is updated every day from our network of over 1,500 hospitals across the US - so it is always showing the latest trends!

TOP 25 GIRLS' NAMES

Rank	Name	Origin
1	Emma	Latin
2	Olivia	Latin
3	Ava	Hebrew
4	Isabella	Hebrew
5	Sophia	Greek
6	Mia	Latin
7	Amelia	Hebrew
8	Charlotte	Norse
9	Abigail	Hebrew
10	Emily	Latin
11	Harper	English
12	Evelyn	Celtic
13	Madison	English
14	Victoria	Latin
15	Sofia	Greek
16	Scarlett	English
17	Aria	Latin
18	Elizabeth	Hebrew
19	Camila	French
20	Layla	Arabic
21	Ella	French
22	Chloe	Greek
23	Zoey	Greek
24	Penelope	Greek
25	Skylar	Dutch

TOP 25 BOYS' NAMES

Rank	Name	Origin
1	Liam	German
2	Noah	Hebrew
3	Elijah	Hebrew
4	Logan	Celtic
5	Mason	French
6	James	Hebrew
7	Aiden	Celtic
8	Ethan	Hebrew
9	Lucas	Latin
10	Jacob	Hebrew
11	Michael	Hebrew
12	Matthew	Hebrew
13	Benjamin	Hebrew
14	Alexander	Greek
15	William	German
16	Daniel	Hebrew
17	Jayden	Hebrew
18	Oliver	German
19	Carter	English
20	Sebastian	German
21	Joseph	Hebrew
22	David	Hebrew
23	Gabriel	Hebrew
24	Julian	Latin
25	Jackson	English

www.mom365.com/baby-names

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Follow these child safety seat regulations

Protecting young children in automobiles should be of the utmost importance for parents when on the road. Studies have shown that children who are seated in age- and size-appropriate vehicle restraint systems may be at a significantly lower risk of sustaining serious or fatal injuries during motor vehicle crashes, according to the National Highway Traffic Safety Administration.

Traffic crashes account for the leading cause of death among children in the United States. Because of their diminutive stature, kids who suffer injuries in motor vehicle accidents may fair far worse than adults who suffer similar injuries.

While many parents understand the need for proper child safety seats, keeping up-to-date on regulations can be challenging. However, infant seats, convertible seats and booster seats can mean the difference between minor injuries and fatality in the event of accidents.

The Insurance Institute for Highway Safety's Highway Loss Data Institute states that all 50 states and the District of Columbia have child safety seat laws. Child safety seat laws require that children travel in approved child restraints or booster seats, and some permit or require older children to use adult safety belts.

For up-to-date regulations regarding specific states or U.S. territories, drivers can consult with their state's or territory's Highway Safety Offices. These offices will provide detailed explanations of height and weight limits and when children can be moved between seats.

For example, in New Jersey, children under 2 years of age and under 30 pounds must ride in rear-facing infant seats. Children who are under 40 pounds and up to 4 years of age can be moved to forward-facing seats only if they have exceeded the weight limits of rear-facing seats. Children under the age of 8 and a height of 57 inches may move to a belt-positioning booster seat. Once children grow taller than 57 inches or reach age 8, it is safe for them to ride in properly secured seat belts.

Booster seats are the next stage (3). High-backed booster seats provide more support than backless seats. Booster seats should be used as long as possible, until children outgrow the height and weight for the seat. Even then, another booster seat may be necessary before straight seatbelt use — which is Stage 4.



Proper safety seat use reduces the propensity for child injuries.



RORY DIANE BRESSETT
8/15/17 • 7 lbs. 14 oz.
Parents:
Josh and Heather Bresett
Grandparents:
Edward and Leanne Stevens



CHARLIE OAKES DAVIDSON
8/30/17 • 8 lbs.
Parents:
Josh and Michelle Davidson
Grandparents:
Mike and Carla Gilley
Kevin and Amy Davidson



ELLIOT KEITH DEAN
7/25/17 • 7 lbs. 14.5 oz.
Parents:
Keith and Amy Dean
Grandparents:
Tom and Sally Greeley
Glen and Laurie Dean



JOSIE MAE COLLINS
12/26/17 • 7 lbs. 9 oz.
Parents:
Dylan and Kaitlyn Collins
Grandparents:
Ken and Andrea Smith
Tim and Tara Gallagher
Dan and Krista Collins
Great Grandparents:
Ken and Meme Smith
Clint and Joline Coolidge
Doug and Angela Smith
Art Lally

Tips to help new fathers bond with their babies

The birth of a child is a momentous occasion in the lives of parents. First-time parents may be especially moved upon seeing the birth of their child, having never before witnessed something so profound.

When the time comes for parents to leave the hospital and take their newborns home, new moms and dads take on different roles. Moms who are nursing or handling the bulk of the bottle-feeding while spending a few weeks or months on maternity leave may appear to have more opportunities than fathers to bond with their new babies. But there are many ways for new dads to bond with newborns as well.

- **Hold your baby as often as possible.** Pediatrician David Hill, author of the book "Between Us Dads: A Father's Guide to Child Health," says bonding between father and newborn has as much to do with contact as involvement. Many first-time parents are understandably nervous about holding their newborns, who seem so fragile. But newborns benefit from being held, and Hill notes that a bond will develop between father and baby if there is physical contact.

- **Find ways to spend time together.** Fathers might not be able to pitch in

at feeding time if mothers are nursing. Because newborns spend so much time being nursed and sleeping, fathers may feel as though they don't have much time to spend with their babies each day. But any time spent with a newborn can be a time for fathers to develop bonds with their children. Time spent changing diapers can prove to be a great time for fathers to bond with their newborns. Make eye contact with babies while changing their diapers, as Psych Central, an independent mental health social network run by mental health professionals, notes that babies have a preference for eye contact.

- **Spend alone time with your newborn.** Fathers of newborns who are being nursed may feel like their is no ideal time to spend along with their children. But mothers, especially those who work and intend to keep breastfeeding after their maternity leave ends, can learn to use a breast milk pump so dads can bottle-feed. Learning to eat from a bottle will help babies in the long run, and dads can get some quality alone time with their newborns while bottle feeding. Fathers of babies who are bottle-fed can spend more time alone with their children, and give moms a much-needed break, without the fear of having nothing



to feed them should they get hungry while mom is away.

- **Help your baby fall back asleep.** Nursing mothers may feel inclined to wake up with their newborns in the middle of the night and let dad keep

sleeping. But babies are not necessarily waking up in the middle of the night due to hunger. Some might simply need to be comforted, and dads can comfort their children just like moms can, all the while strengthening their developing bond.

Helping multiples feel special

Seeing two or more babies on an ultrasound can change the lives of parents in many happy ways.

Twin and multiple births have been on the rise, thanks in part to a number of factors, including couples' willingness to undergo various fertility treatments to improve their pregnancy odds. The Centers for Disease Control and Prevention says 135,336 twins were born in the United States in 2014, the most recent year on record.

Multiples can sometimes lose their identities when they are broadly referred to among family and friends as "the twins" or "the triplets." But all children, whether they shared a womb or a home, are unique, and it's important that parents treat them as such.

- Rather than focusing on multiples' similarities,

celebrate their differences. This can help them develop their unique talents and personalities.

- Let multiples express their individual style rather than dressing them in the same clothes.
- For identical multiples, clue others in to recognizable features that distinguish them from one another.
- Plan special days when multiples have alone time with friends or family members. This way they do not have to always do things jointly.
- Avoid comparing multiples as much as possible so jealousy and rivalry does not become an issue.
- Purchase separate birthday cards, cakes and items that cater to multiples' desires.
- Define multiples by who they are rather than their twinhood (or triplethood).



OLIVER MATTHEW DIXON
11/22/17 • 8 lbs. 4 oz.
Parents:
Josh and Ashlee Dixon
Grandparents:
Dominic and Kathy Hunt
David and Holly Cote
Sister:
Charlotte Dixon



KEEGAN TYLER EVENSEN
3/14/17 • 7 lbs. 10 oz.
Parents:
Brian Evensen and Angel Stewart
Grandparents:
Fred Stewart and Debbie Frost
Ed and Barb Evensen
Sister:
Jazmyn Evensen



VIVIAN ROSE GREELY
11/7/17 • 8 lbs. 2 oz.
Parents:
Steve and Kohler Greely
Grandparents:
David and Anne Greely
Don and Liz Caron



PAITYN HARPER HAMEL
12/20/17 • 7 lbs. 1 oz.
Parents:
Nick Hamel and Jayde Fuller
Grandparents:
Heidi Sherburne, Dean Fuller,
Mary Kay Hamel
Great Grandparents:
Arvide and Christa Bumps



DARIUS SOLOMON-JOHN HILL
7/29/17 • 4 lbs. 9 oz.
Parents:
Samuel P. and Amandalee Hill Jr.
Grandparents:
Samuel P. and Sharlene Hill Sr.
Great Grandmother:
Ruth Murphy
Brothers:
Bryce and Triton

Pros and cons of bed sharing

Many couples sleep in the same bed as their partners, although there are plenty of couples who attest to the benefits of sleeping separately. When children are introduced into the family, sleeping arrangements may be revised once more. Some parents opt to have their child share their same bed space, while others feel children should be trained early to enjoy their own beds. The following is a look at the pros and cons of bed sharing.

Pros

Proponents of bed sharing say that it strengthens the emotional bond between parent and child. Some studies suggest that the proximity to a parent may also help an infant's immature nervous system learn to self-regulate during sleep and lessen anxiety.

Many mothers sleep with their children to facilitate feedings. It can make nighttime breastfeeding more convenient and also may help a mother's milk production increase with more frequent nighttime breastfeeding.

Bed sharing is the norm in many countries outside of North America. Children in Asia sometimes co-sleep with their parents into adolescence. Japan has one of the lowest infant mortality rates in the world.

When sleeping side-by-side, a baby may synchronize breathing and heart rates with his or her parents. The familiar warmth of a parent also can naturally calm a baby.

For those who decide to share a bed, certain safety precautions can help remove risk.

- Sleep on a firm mattress with a minimal amount of bed linens.
- Tie up long hair and remove jewelry.
- Do not drink alcohol or take drugs before bed, as these can



effect depth of slumber.

- Consider a co-sleeper crib, which attaches to the bed so the child is safer.

Cons

There are many things to consider before sharing a bed with a baby, and safety is of the utmost concern when doing so. The American Academy of Pedi-

atricians advises that babies should sleep in the same room as their parents for the first six months, or up to a year, of life, but not in the same bed, as adults may unknowingly trap a baby in the linens or in the space between the bed and wall. Parents also may roll over onto the child if they are sharing a bed. Some studies also suggest co-sleeping

increases the risk of SIDS.

Parents also must consider the potential for nighttime wakings before sharing their beds with children. Children who share a bed with their parents, whether infants or toddlers, may cause parents to spend extra time awake. This is especially true for light sleepers who can be awakened by the slightest

sounds or movements.

Some parenting experts also say that sleeping with a child may result in reduced opportunities for self-soothing. Super-attentive parents may pick up or feed the baby when it's not necessary to do so. Also, a child who requires nighttime parental comfort to sleep may then require it in the daytime to nap as well.



BRADY THOMAS HOLBROOK
6/15/17 • 5 lbs. 14 oz.

Parent:
Chrissy Holbrook
Grandparents:
Tom and Angie Holbrook
Uncle:
Geoffrey
Aunt:
Mikala



MORGAN EMILY INGERSOLL
1/30/17 • 6 lbs. 12.9 oz.

Parents:
Troy and Monica Ingersoll
Grandparents:
Adam and Linda Ingersoll
Richard and Rachel Gilbert



GREYSON PAUL JONES
4/18/17 • 6 lbs. 9 oz.

Parents:
Jacob and Tami Jones
Grandparents:
Paul and Jane Godbout
George and Rachel Jones
Brother:
Landon



DOMINIC SCOTT KARCZEWSKI
5/9/17 • 7 lbs. 1 oz.

Parents:
Todd Karczewski and Tabitha Heath
Grandparents:
Scott and Janice Karczewski
Lorna Heath



CHARLEE ELIZABETH LEACH
5/11/17 • 7 lbs. 8.9 oz.

Parents:
Jason and Heather Leach
Grandparents:
Lorraine Goodwin
Roland and Sandra Leach

Essential items to buy before bringing baby home

Is baby almost here? Be sure to pick up these 10 things before you head to the hospital; you'll want to have them on hand when you return home with your new little bundle of joy.

If you plan on breastfeeding, a breast pump is an essential assistant. It's great for helping do everything from stimulating milk production in those first days postpartum to allowing tired mamas to rest while their partner feeds baby with a bottle of breastmilk. If you'll be returning to work, consider investing in a hospital grade or hands-free pump to cut down on the time it takes to express milk; ask your lactation consultant or postpartum nurse if your hospital rents them. For moms who will be staying home, a single or manual pump is probably sufficient.

Whether you're choosing disposables or cloth, you'll want to have some diapers waiting at home for those countless changes you'll be tackling in the first few days of baby's life. Unless you're sure your baby will be teeny-tiny, don't buy more than a small package of the newborn-sized ones; if your baby is close to 10 pounds at birth, he'll have outgrown them before he even tries them on.

Even if you're planning on co-sleeping, your baby needs a bed of his own. Some things to consider when buying a baby bed: bassinets are nice to look at, but are quickly outgrown. Second-hand cribs and bassinets are not recommended since they are likely not up to the frequently-updated federal safety standards. To help prevent against Sudden Infant Death Syndrome (SIDS), be sure to purchase a firm mattress that is appropriately-sized for your crib, and make up the crib with



only a tightly-fitting sheet.

Most newborns take solace in the soothing act of swaddling. To make your baby burrito, you'll need blankets that are the right shape and size. You can either buy blankets specifically designed for swaddling, or choose lightweight square-shaped baby blankets and get wrapping.

It's the one baby item that your hospital might require you own before they'll discharge you: an infant car seat. This snugly seat could prove to be worth its

weight in gold as many infants find them to be cozy spots for napping. Be sure to thoroughly read through the instruction manual in the weeks before you're due, make sure you know how to adjust the straps, and install the base in your car well before baby is due to arrive.

Expect fairly heavy bleeding for three to five days after you give birth; this is the first stage of the postpartum vaginal discharge known as lochia. Depending on the woman, the bleeding and

discharge may last from two to six weeks, so be sure to stock your bathroom with plenty of maxi pads, not tampons. Ice packs are helpful for numbing any soreness and swelling you might experience from the delivery, or, if you have a C-section, for your incision site.

A new little brother or sister is a big change for any child. To help ease the initial adjustment period, wrap up a special new toy and present it to your child as a "gift from the baby." Associating the baby with generosity and fun in

your child's mind can only be a good thing!

You've stocked your baby's dresser with onesies, those ubiquitous baby jumpsuits, but consider also picking up a few two-piece kimono-style top and pant sets. We love them especially for that first week or two when newborns still have the umbilical cord stub, which can be rubbed the wrong way by a one-piece bodysuit. Plus, the kimono-style tops easily slip right on instead of needing to be pulled over baby's head.

Newborns spit up, a lot—after nearly every meal, and they eat every two hours! As a new parent, a burp cloth slung over your shoulder could be as close as you get to accessorizing for the next three months, so be sure to pick colors and patterns that you like. Buy enough to have a stack in every room, especially next to any spot where you'll be feeding baby; it's not an exaggeration to say you'll want one within arm's reach at all times.

If you're planning on breastfeeding, you'll want to drink plenty of water; filling up on H₂O can also help flush out some of the baby bloat and weight from pregnancy. Figure out the most convenient and enjoyable way for you to stay super-hydrated: if you're not a water bottle person, using a straw might be a good option. All that plain water might get a little boring, try adding a slice of lemon or other citrus fruit to your water or switch to flavored seltzer.

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MIA JEAN MARDEN
6/8/17 • 6 lbs. 10 oz.

Parents:
James Marden and Mikayla French
Grandparents:
Papa Chad and Gma Mikki
Mimi and Papa
Jim & Kristi Marden



LUCAS FRANCIS LESSARD
3/24/17 • 6 lbs. 11 oz.

Parents:
Amanda Lessard and
Frank Sprague

Grandparents:
Peggy and Paul Lessard
Rita Pomarico and
Rob Belanger

Great Grandparents:
Theresa Bennett
Molly Pomarico



CARTER JOSEPH PLISGA
7/6/17 • 7 lbs. 6 oz.

Parents:
Josh and Lee Plisga

Grandparents:
Beedee, Gigi Plisga,
Grammie Plisga, Grampie Plisga,
Grampy and Grammy Bell



SUMMER LYNN POULIN
11/27/17 • 6 lbs. 9 oz.

Parents:
Tony Poulin and Stormi Binette

Grandparents:
David, Vickie Binette
Jason Poulin



JULIANNA AMARA PRATT
1/4/17 • 3 lbs. 2 oz.

Parents:
Judson and Jenna Pratt

Grandparents:
Janice Pratt, Harry Pratt
Louise Gosselin and Bruce Flagg

Great Grandmothers:
Evelyn Banks and
the late George Banks
Lucille Gosselin and
the late J.P. Gosselin
Harry and Judy Pratt
the late Clayton and Loretta Flagg

How to make the post-maternity leave transition back to work go smoothly

The average length of maternity leave varies depending on geography, but the vast majority of new mothers take time away from work upon giving birth. Maternity leave affords women the opportunity to connect with and provide for their babies, while hopefully giving new mothers some time to recover from childbirth as well.

When maternity leave ends, the transition back to work can be difficult. New mothers often struggle when the time comes to leave their babies at daycare, with a nanny or with a relative. Adding to that emotional difficulty, women also face the task of diving back into their careers and all the responsibilities that come with those careers. While returning to work after maternity leave can be difficult, the following tips might help women make the transition go more smoothly.

• **Give yourself a grace period.**

Even if you're accustomed to going full bore at the office, the first days or even weeks after returning from maternity leave will be anything but ordinary. Give yourself a grace period upon returning to work, gradually easing back in rather than expecting to dive right in with both feet on your first day back. Not taking on too much too quickly can help you adjust to your new reality and give you time to cope with any emotions you might be feeling about leaving your child with a caregiver.

• **Arrange to work remotely one or two days per week.**

Another way to reduce the likelihood of being overwhelmed upon returning from maternity leave is to attempt to work remotely one or two days per week. Speak with your employer about making such an arrangement permanent or temporary, explaining how even working from home just a single day per week might help you calm your nerves about dropping a child off with a caregiver. Thanks to the cost savings and advancements in technology, many employers are now more amenable to allowing staffers to work remotely. But new moms won't know their employers' point of view on working from home unless they ask.

• **Take the full leave.** A 2013 study published online in the Journal of Health Politics, Policy and Law found a direct link between the length of maternity leave and the risk of postpartum depression. Researchers followed more



than 800 women in their first year after giving birth and found that women at six weeks, 12 weeks and six months of maternity leave had lower postpartum depression scores than their peers who

returned to work. Postpartum depression can produce a host of unwanted symptoms, including a lack of interest in daily tasks and too little sleep, each of which can affect a mothers' performance at

work. By taking the leave afforded to them by their employers and/or local laws, women may reduce their risk for postpartum depression, which can make their transitions back to work that much easier.

• **Take breaks during the day.** Frequent, short breaks during the workday can benefit all employees, but especially new mothers returning to work after maternity leave. Returning to work can feel

overwhelming, and routine breaks provide mothers with chances to catch their breath. Studies have indicated that such breaks also can reenergize workers, an especially useful benefit for new mothers who are likely not getting as much sleep as they were accustomed to prior to giving birth.

Returning from maternity leave can be hard on new mothers, but there are ways to make the transition go smoothly.



STEVEN QUINN
7/14/17 • 7 lbs. 9 oz.
Parents:
Nick Quinn and Tabitha Winkley
Grandparents:
Timothy and Sherry Winkley
Great Grammie:
Dianne Winkley



AURORA SKYE REISLER
9/5/17 • 7 lbs. 1 oz.
Parents:
Tradell Reisler and Meghan Nutter
Grandparents:
"Mim" - Melissa McIver
"Poppy" - Chuck Reisler
Rich Nutter
Great Grammie:
Linda McIver



ABBEY ROSE ROWE
2/2/17 • 5 lbs. 13 oz.
Parents:
Jon and Jessica Rowe
Grandparents:
Mike and Belinda Golden
Bill and Brenda Baker
Jon and Sheri Rowe
Brother:
Archer Rowe



LAURALI MILLIE THOMPSON
8/27/17 • 7 lbs. 8 oz.
Parents:
Daniel and Britney Thompson II
Grandparents:
Laura Salley, Millie Thompson and Daniel Thompson I
Brothers:
Ricky and Landon
Sister:
Livian

Eco-friendly suggestions for expecting parents

Expecting parents want their babies to be born healthy and stay healthy throughout their lives. The environment into which children are born can go a long way toward determining the health of newborns.

Before the news that a child is on the way arrives, men and women may give little thought to the products they use around their homes. But the moment expecting parents learn their families are about to get bigger is a great time to begin re-examining certain practices around their homes and instituting some changes where necessary.

- **Reconsider lawn care practices.** While past studies exam-

ining a link between pesticide exposure and birth defects were less than definitive, researchers at the University of California, Santa Barbara examined birth certificate records of more than half a million single births and found that babies born to mothers with high pesticide exposure levels suffered a host of birth defects, including low birth weight. Parents should exercise caution and avoid using pesticides when caring for their lawns.

- **Purchase solid wood furniture.** Volatile organic compounds, or VOCs, are chemicals that enter the air as gases from some solid or liquids. When purchasing furniture for their children's nurseries, expecting parents should avoid buying

pressed wood products, which may contain the VOC formaldehyde. Instead, look for solid wood furniture made with a low-emitting finish.

- **Make children's food as they begin eating solids.** Children begin eating solid foods such as fruit and vegetables even before they have teeth. Rather than buying baby food from the store, parents can purchase organic fruits and vegetables that were grown without the use of pesticides. Parents who buy and then prepare organic foods are doing all they can to ensure their babies are not exposed to pesticides through their diets.

BABY PARADE ALUMNI



BRYCE ANTHONY HILL
6/02/12 • 3 lbs. 3 oz.

Parents:

Samuel P. and Amandalee Hill Jr.

Grandparents:

Samuel P. and Sharlene Hill Sr.

Great Grandmother:

Ruth Murphy

Brothers:

Triton and Darius



RILEY MCGRAW

Parents:

Brannen and Heather McGraw

Grandparents:

Shawn and Charlene McGraw
Dean and Veronica Gonsior

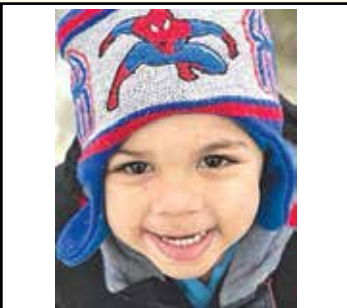


GABRIELLE AND SADIE ST. PETER

2/14/06 and 3/25/09

Beedee Loves You

Gabrielle was a 2006 winner



TRITON ALEON HILL
8/11/15 • 8 lbs. 4 oz.

Parents:

Samuel P. and Amandalee Hill Jr.

Grandparents:

Samuel P. and Sharlene Hill Sr.

Great Grandmother:

Ruth Murphy

Brothers:

Bryce and Darius

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Alicia Forster, MD

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Mike Lambke, MD

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Mike Lambke, MD

Abigail Masterman, DO

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