

Resources Near You

- Norristown Family Center
1314 DeKalb Street
Norristown, PA 19401
(610) 279-2755
- Pottstown Family Center
1976 East High Street
Pottstown, PA 19464
610) 326-1610
- Family Services of Montgomery County
Administrative & Central Office
3125 Ridge Pike
Eagleville, PA 19403
(610) 630-2111
North Penn (215) 368-0985
Pottstown (610) 326-1610
- Aldersgate Youth Service Bureau
42 North York Road
Willow Grove, PA 19090
(215) 657-4545
- Carson Valley/Children's Aid
Main Office Flourtown
1419 Bethlehem Pike
Flourtown, PA 19031
(215) 233-1960
Norristown (610) 279-2755
- ACLAMO (Spanish)
512 West Marshall Street
Norristown, PA 19401
(610) 277-2570
- ACLAMO (Spanish)
515 Walnut Street
Pottstown, PA 19464
(610) 970-2134
- The Open Link
452 Penn Street
Pennsburg, PA 18073
(215) 679-4112
- The Lincoln Center
820 Adams Avenue, Suite 210
Norristown, PA 19403
610-277-3715

Important Numbers

- Behavioral Health/Developmental Disabilities:
Main-Norristown: 610-278-3642
- Child Care Information Services: 610-278-3707
- Children's Crisis Support: 1-888-HELP-414
- Domestic Violence Hotline: 1-800-773-2424
- Early Intervention Service Coordination:
(birth-36 months) 610-277-7176
- Healthy Kids Helpline: CHIP
1-800-986-KIDS (5437)
- Your Way Home (Homelessness): 1-877-646-6306
- Lead Information Hotline: 1-800-424-LEAD (5323)
- Montgomery County Assistance Office:
610-270-3500
- Montgomery County Health Dept.:
Main-Norristown: 610-278-5117
Norristown Health Center: 610-278-5145
Pottstown Health Center: 610-970-5040
Willow Grove Health Center: 215-784-5415
- Montgomery County Intermediate Unit:
(33 months-school age) 484-685-1856
- Parent and Infant Community Resources:
610-278-5117 x6822
- Special Kids Network: 1-800-986-4550
- Statewide Adoption Network: 1-800-585-SWAN (7926)
- VNA Personal Navigator: 1-800-591-8234
- W.I.C. (Women Infants and Children):
1-866-942-8463
- W.I.C. Abington Center: 215-887-8006
- W.I.C. Lansdale Center: 215-368-9826
- W.I.C. Norristown Center: 610-272-4042
- W.I.C. Pottstown Center: 610-323-8160



Montgomery County
Department of Health & Human Services
Office of Children & Youth
Montgomery County Court House - P.O. Box 311
Norristown, PA 19404-0311
(610) 278-5800
www.montcopa.org/mcoCY
Laurie O'Connor,
Administrator

Office of Children & Youth



**CONGRATULATIONS
ON YOUR NEW
BUNDLE OF JOY**

*Your Baby is Fragile
Handle with Care*



COUNTY OF MONTGOMERY
Board of Commissioners
Valerie A. Arkoosh, MD, MPH, Chair
Kenneth E. Lawrence Jr., Vice Chair
Joseph C. Gale, Commissioner

Child Development

It is important to remember that each child develops at his/her own pace.

Physical Development ages 0-2 Years

- By the end of the second year, babies will be able to sit, crawl, stand alone, walk, run, jump and climb.
- Teeth start to appear around 4 to 11 months of age.
- From birth, babies are alert and aware of what is around them. They are interested in things they touch, taste, see, hear and smell.
- Vision develops to full capacity by baby's first birthday.
- Babies develop the ability to move muscles on their own, instead of relying on reflexes.

Mental Abilities ages 0-2 Years

- Babies will recognize objects, i.e.(bottle, pacifier, crib)
- Babies will begin to sense happiness, sadness and feelings or emotions of others.
- During this time, your baby will attach to you and trust you and other close adults. This is the building block for your baby's relationships throughout life.

Language Development ages 0-2 Years

- The first type of language is crying. A child cries to express him/herself and to communicate that he/she is in pain, is too hot or too cold, hurt, hungry, etc.
- The next stage, age 2 months to 12 months, babies also babble and coo.
- Between 10 and 12 months babies can understand simple commands. They can let you know what they do and do not like.
- By 13 months, babies can start to speak their first word(s).
- Between 13 and 18 months babies learn simple vocabulary, up to 50 words.
- After 18 months children start to learn vocabulary at a fast rate, about three words per week.
- At around 21 months, children can put together a two-word sentence.
- By 2 years, children can use multi-word sentences, more than two-words.

Crying Babies

Calming a Crying Baby

- Babies will try to calm themselves by trying to fix whatever is making them uncomfortable. Take your cues from this. For example, if your child is flailing her arms and legs, she is trying to find a more comfortable position. Help her with that.
- When a baby is fussy, try feeding him slowly and burp often.
- Try to give the child a pacifier or your finger if a pacifier is not available. To babies, the motion of sucking is calming.
- Hold your child close to your chest while rocking or walking.
- Take the child for a ride in a car (in a proper car seat) or the stroller.
- Call someone who can help and comfort you.
- As a last resort, make sure the baby is safe and walk away from the child if the stress is causing you to want to force the child to stop crying.

What Not to Do

- Do not try to pick up a crying baby if you are mad at the child, yourself or someone else.
- Never pick a child up by the arms only.
- Never slap a baby.
- Never throw a child.
- Never shake the child, not even once.

Helpful Advice

- Baby's Own Bed—Babies should sleep in their own bassinets, cribs or beds in order to avoid roll-over deaths of babies who are inadvertently suffocated as a result of a parent rolling over on top of them while sleeping.
- Back to Sleep--Healthy infants should be placed on their back to sleep to help reduce the risk of Sudden Infant Death Syndrome (SIDS). SIDS is the sudden and unexplained death of an infant under one year of age.
- Always use an appropriate car seat when transporting a child in a motor vehicle.
- Never drink and drive.
- Reach out to a friend, relative or your doctor for support if you are feeling overwhelmed. Caring for a new baby can be stressful.

Shaken Baby Syndrome

Why would someone shake a child?

- Frustration and stress are the reasons someone shakes a child. A crying child is reported to be the number one reason why an adult shook a child.

What is it?

- Shaken Baby Syndrome is the term used to describe the injuries babies and very young children sustain from being violently shaken. Children who sustain life-threatening injuries from this syndrome are held by the arms and shaken back and forth in a quick, jerking motion.

Effects of Shaken Baby Syndrome

Children can suffer the following injuries:

- The collecting of blood between the brain and the skull---Subdural Hematoma
- A tearing of the child's brain tissues---Axonal Shearing
- The child's brain swells---Cerebral Edema
- Bleeding along the back inside layer of the child's eye---Retinal Hemorrhage
- The innermost layer of the eye detaches from the rest of the eyeball---Retinal Detachment
- Bone fractures of the skull and ribs, due to the way the child was held during shaking.
- Coma
- Death

Symptoms of Shaken Baby Syndrome

- Appears to be glassy eyed
- Convulsions
- Irritability
- Fixed pupils
- Seizures
- Sleepiness or inactivity
- Breathing problems
- Vomiting
- Choking
- Head is turned completely to one side
- Swelling of the head
- Pooling of blood in the eyes