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New York Zero-to-Three Network

Fostering collaboration among those who work with infants, toddlers and their families

January 7, 2014

HAPPY NEW YEAR

May 2014 be a happy, healthy and successful year for all.

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CALENDAR HIGHLIGHTS

FULL CALENDAR [CLICK HERE](#)

Jan 10: [Streamlining Child Care Subsidies, examples from six states](#), Audioconference, CLASP and Child Care Aware of America, 3-4pm

Jan 16: [Promote Stability and Self-Sufficiency for Low-Income Families with Safety Net Programs](#), Webinar, Chapin Hall at the University of Chicago, 11am-12:30pm EST

Feb 6: Understanding Disorganized Attachment and Caregiving, [Adelphi University Parenting Institute](#) at the Conference Center, NY, NY

Want to add your event to our calendar? Email

Iron and Maternal-Child Attachment in the First Year



Richard Kahn, PhD, RD

Editor's Note: The [author](#) is a NYZTT Board Member and pediatric nutritionist with WIC and in [private practice](#).

Iron is a biological keystone in creating a bond between new mothers their new baby. Full term babies come loaded with iron. New mothers often have depleted iron stores. But iron sufficiency supports maternal emotional responsiveness, a foundation of attachment. Few, however, working in the realm of early childhood tell the new mothers that iron supports secure bonding, a source of lifelong well-being. This is easy to remedy.

Mothers during pregnancy as well as during delivery lose iron. Health care providers may inform the new mom about their [iron deficiency](#) but many moms leave the pills on the shelf. Sometimes the mother is not told about her need for iron. And, iron's reputation as a cause for [constipation](#) may also be a deterrent. Many moms need a special reason to continue. Telling a mother that taking iron will help support the bonding process is, in my perspective, a great motivator for moms to keep up with iron supplements and get help with bowel problems.

Ideally, a mother's iron stores replenish by the 6th month post partum. At this time, the infants who were born loaded with mom's iron become prone to iron deficiency. Even with plenty of iron in baby food cereal, formula and high absorption from breast milk, some babies are iron deficient. Public health nutrition approaches such as fortifying formula and food have been a great success. That is because it's been long known that sufficient iron is essential for intellectual and motor development in the early years. The incidence of anemia is highest in low-income infants and children and especially so in infants and children of color.

In response to early childhood iron deficiency, the federal Special Supplemental Nutrition Program for Women, Infants and Children ([WIC](#)) Program always offered [iron-rich foods](#) and acted as an adjunct bulwark against iron deficiency in prenatal

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MEDIA HIGHLIGHTS:

[It's Not Just Lead: Common Chemicals Threaten Childhood Development](#), OnEarth.org reprinted on Salon.com

[More Than Baby Talk: 10 Ways to Promote the Language and Communication Skills of Infants and Toddlers](#), 2013, Frank Porter Graham Child Development Institute

[Quality Early Learning Settings Can Transform Our Nation's Health: A Prescription for Growing Up Healthy](#) Dec, 2013, Docs for Tots

[The Youngest Americans: A Statistical Portrait of Infants and Toddlers in the United States](#), Nov 2013, Child Trends

Research Highlights from NTI: The [Zero to Three Conference](#)

Presenter: Dr. Nathan Fox, PhD. - [A Matter of Timing: Enhancing Positive Change for the Developing Brain](#)

Related Research:

- [The Timing and Quality of Early Experiences](#)
- [Bucharest Early Intervention Project](#)

Presenters: Linda Gilkerson, Deborah Harris, Mimi Graham, Cindy Oser - [Trauma-Informed Early Intervention](#)

Related Research:

and new moms, infants and children. New mothers present their [iron status](#) when they register soon after delivery. For babies, WIC begins iron assessments, optimally, at the 9th or 10th month. That helps the most vulnerable at a crucial time. But what about the babies not on WIC or whose insurance does not cover the 9-month test offered for free at WIC programs?

Early childhood practitioners can ask 3 simple questions to ensure iron sufficiency in the first year.

1. What does the new mom know about her and her infant's or toddler's iron status?
2. Is mother or child keeping up with their iron therapy?
3. If the family is low-income, do they receive WIC benefits?

The answers will lead to a happy present or an appropriate referral.

Resources for Further Reading

Black, M. M. (2009). [Micromineral deficiencies and child development](#). *Nutrition Today*, 44(2), 71-74. This article covers the attachment aspect in the early months relative to iron nutrition.

Murray-Kolb, L. E. & Beard, J. L. (2009). [Iron deficiency and child and maternal health](#). *American Journal of Clinical Nutrition*, 89(3), 946S-950S.

[Taking Iron Supplements](#). Medline Encyclopedia, 2011.

[Iron](#). Medlineplus Resources. U.S. Centers for Disease Control and Prevention.

Policy Update

State Issues:

EARLY INTERVENTION LEGISLATION

- [Legislation](#) was introduced in December in the NYS Assembly to ensure that EI providers get paid in a timely manner.
- The bill amends Public Health Law to provide that EI providers must be paid in full at the state EI rate by the state or the State Fiscal Agent (SFA) designated by the New York State Department of Health (NYS DOH) within 30 days of the receipt by the state or its SFA of an initial claim from a provider for evaluation or EI. services.
- Bill also provides for SFA to seek payment on behalf of EI providers directly from all third payors including the Medicaid program, track claims submitted to all third party payors and file and conduct all appeals of payment denials directly with all third partypayors.
- The SFA is also to conduct reconciliation at least quarterly and to reimburse the State and municipalities for their share.
- Actions needed:
 - [Check](#) if your Assembly person is a cosigner
 - Urge your Assembly and Senate representatives to pass the legislation

Federal Issues:

EARLY CHILDHOOD DEVELOPMENT

New Vision for Part C

ILC SELECTED RESOURCES

- [ILC 2011-2013: Building on Our Success](#)
- [ILC How to Guidelines](#)
- [ILC Brochure](#)
- [Niagara County](#)
- [Resource Directory for New Parents](#)
- [Recipes for Playbook](#)
- [I Taught My Child Today messages](#)

Click [here](#) for additional resources.

- Congress is working on the federal budget. We need to restore funding cuts and expand programs that offer positive early experiences for infants and toddlers and lay the foundation for school readiness.
- [Strong Start for America's Children Act](#) has been introduced. It contains:
 - A new federal-state partnership for Pre-K
 - Enable Early Head Start programs to reach more eligible children through innovative partnerships with child care programs to improve quality.
 - Allow states to use 15% of their Pre-K funds to provide services to infants and toddlers.
 - Endorses the expansion of evidence-based home visiting programs.
- The [Family and Medical Insurance Leave Act](#) or the FAMILY Act has been introduced and would create an independent self-sufficient trust fund within the Social Security Administration to collect fees and provide payments for family or medical leave, updating the 1993 law providing leave without pay.
- Actions needed:
 - [Send](#) your Senators and Representatives a message to show you support these actions.
 - [Urge](#) your Senators and Representatives to co-sponsor the Strong Start for America's Children Act and the FAMILY Act today

INFANCY LEADERSHIP CIRCLE HIGHLIGHTS

NYZTT has been building a network of Infancy Leadership Circles to be the communications pipeline for the infancy movement in New York State. To become part of this network and find or start a group in your local area, contact Jackie Jones upstate or Carole Oshinsky downstate at infancycirclenys@nyztt.org

Upcoming ILC and Related Group Meetings by County

Brooklyn/Manhattan: TBD

Cattaraugus: Jan. 15, 2 pm.YMCA, Olean

Chautauqua: Jan. 24, 9 am YWCA, Westfield

DOCS Counties above Albany: TBD

East Harlem 0-5 Network: Jan. 30, 9-10:30 am, Settlement Health

Erie County ILC: Jan. 28, 12 pm, Child Care Resource Network, Buffalo

Niagara: Jan. 21, 12 pm, Health Association of Niagara County, Inc, Niagara Falls

Nassau: TBD

Rockland: Wed. Jan 15, 8:30-10 am, 873 Route 45, Ste 103, New Hempstead

Suffolk: Tues., Jan. 7, 12:30-2:30 Stony Brook University RRAMP Research and Development Park Bldg 17

Westchester 0-5 Network: Wed., Jan 15: 1-2:30 pm Child Care Council of Westchester, Scarsdale,

Thompkins: TBD

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