

INSPIRATIONS FROM THE HEART.....



Hello Families,

Drug abuse is on the rise in West Virginia and other states. While researching for this newsletter I was saddened by the number of infants born addicted to drugs. They are the innocent victims of this epidemic. We'll have a generation of children who will desperately need early intervention services. As a parent partner, I'm always available to the families who need support or information. You can contact me at 304-228-4795.

Your Parent Partner,

Tammy

***In West Virginia in 2006,

34.0% of women of childbearing age (18-44 years) reported smoking, compared to 20.6% of women overall in the US.

***In West Virginia in 2006,

11.6% of women of childbearing age (18-44 years) reported binge drinking in the past month, compared to 14.8% overall in the U.S.

***In West Virginia in 2006,

34.0% of men reported smoking compared to 21.9% overall in U.S.

Do you have an **ADDICTION?**

If you need help with an addiction call **ONE VOICE** at 304-682-8363 or toll free at 1-888-682-8364. They are located

ADDICTED BABIES

Technically, the term **addicted babies** should refer to infants who are born physically dependent on drugs. In practice, it is used to refer to all babies exposed to drugs before birth. According to a recent federal government report estimated that in the United States each year some 320,000 babies are born exposed to alcohol and illicit drugs while in the uterus; a far larger number have been exposed to sedatives and nicotine.

Drug-addicted women often use multiple substances—including **ALCOHOL, NICOTINE, MARIJUANA, TRANQUILIZERS, COCAINE, and OPIOIDS (HEROIN and METHADONE).**

The drugs carried across the placenta from mother to fetus. The clinical presentation of the newborn depends on the substance, the amount and frequency used during the pregnancy, and the time since last used. Withdrawal will occur in 55 to 94 percent of infants exposed to heroin and other opioids. Infants of regular heavy users usually have a low birth weight, because of intrauterine growth retardation and frequent premature births.

If the mother has used depressant drugs (alcohol, any number of sedative-hypnotics, or heroin) regularly during pregnancy, there may be a neonatal abstinence or withdrawal syndrome, which has as key features irritability, tremor, and increased muscle tone. Other symptoms include poor nervous system irritability, gastrointestinal disorders that lead to poor feeding, vomiting, and diarrhea; high-pitched cry; difficulty in sleeping; and sneezing, sweating, yawning, nasal stuffiness, rapid breathing, and seizures.

These babies often require ongoing medical, school, and social services to ensure that they reach their maximal potential.

FETAL ALCOHOL SYNDROME

Alcohol (wine, beer, or liquor) is the leading known preventable cause of mental and physical birth defects in the United States.

When a woman drinks alcohol during pregnancy, she risks giving birth to a child who will pay the price — in mental and physical deficiencies — for his or her entire life.

If you adopted a child or consumed alcohol during pregnancy and are concerned that your child may have FAS, watch for characteristics of the syndrome, which include:

- * low birth weight
- * small head circumference
- * failure to thrive
- * developmental delay
- * organ dysfunction
- * facial abnormalities, including smaller eye openings, flattening cheekbones, and indistinct philtrum (an underdeveloped groove between the nose and upper lip)
- * epilepsy
- * poor coordination/fine motor skills
- * poor socialization skills, such as difficulty building and maintaining friendships and relating to groups
- * lack of imagination
- * learning difficulties, including poor memory, inability to understand concepts such as time and money, poor language comprehension, poor problem-solving skills.
- * behavioral problems, including hyperactivity, inability to concentrate, social withdrawal, stubbornness, impulsiveness, and anxiety

FAS can be completely prevented by not drinking any alcohol during pregnancy. www.kidshealth.org



NEED HELP? PLEASE CONTACT:

SOUTHERN HIGHLANDS
COMMUNITY MENTAL HEALTH
CENTER

787 Virginia Ave Welch, WV
24801.....304-436-2106

102 Howard St Mullens, WV
24882.....304-294-5353

200 12th St Princeton, WV
24740.....304-425-9541

SMOKING DURING PREGNANCY

A 2003 study suggest that babies of mothers who smoke during pregnancy undergo withdrawal-like symptoms similar to those seen in babies of mothers who use illicit drugs. For example, babies of smokers appear to be more jittery and difficult to soothe than babies of nonsmokers.

www.marchofdimes.com Excerpts taken from article "Does smoking during pregnancy cause other problem in babies or young children?" K. L. Law, et al. Smoking During Pregnancy and Newborn Neurobehavior.

THE EFFECTS OF CRYSTAL METH DURING PREGNANCY

What is Crystal Meth?

Crystal methamphetamine gets its name from d-methamphetamine, an insanely dangerous synthetic drug. The other part of this drug's name is derived from the fact that it looks like a shiny crystal or glass rock, usually a pale blue-white color. Crystal meth is a stimulant which is likely why it's so alluring and extremely addictive to some individuals. Crystal meth is almost always smoked but it is sometimes snorted or injected.

How Does Crystal Meth Affect the Baby?

The effects of crystal meth can be devastating to both baby development and to later development. Research conducted in 2005 by University of Toronto researchers notes that if a pregnant woman takes just one dose of meth, it can have dire consequences for her baby. So it's not just women addicted that is an issue, but experimenters of drug use as well. The study points out that long-term neurodevelopment issues can develop in a baby due to that single hit. That is a scary statistic.

This study and numerous others point out that crystal meth use during pregnancy needs to be researched much more to determine the precise effect it will have on the fetus, but also that most research to date shows that meth can cause problems for a baby including:

- *Low Birth Weight
- *Cleft Palates
- *Premature Birth
- *Mental and Physical Disabilities
- *Increased Chances of Miscarriage
- *Later issues can occur for male babies. A recent study reports that male fetuses exposed to crystal meth who later take meth themselves develop brain disorders much quicker than if their mother had never taken the drug.

Excerpt taken from "What are the Effects of Crystal Meth during Pregnancy" at www.lovetoknow.com.



FMRS Health Systems Raleigh and Fayette Counties

101 S. Eisenhower Dr, Beckley WV 25801.....304-256-7100

209 W. Maple Ave, Fayetteville, WV 25840.....304-574-2100

NEED HELP? NEED HELP? NEED HELP? NEED HELP? NEED HELP? NEED HELP?

MERCER COUNTY
KIDDIE FAIR

THU, MAY 15, 2008

10:00AM-3:00PM

AT THE
MERCER MALL

Bridges is a newsletter from WV Birth to Three Region 7. WV Birth to Three is an early intervention program for children with developmental delays. If you have concerns about your child's development please contact us at:

1-866-207-6198

I MEANT TO DO MY WORK TODAY
BY RICHARD LE GALLIENNE

I meant to do my work today,
But a brown bird sang in the apple tree,
And a butterfly flitted across the field,
And all the leaves were calling me.

And the wind went sighing over the land,
Tossing the grasses to and fro,
And a rainbow held out its shining hand-
So what could I do but laugh and go?



WV Birth to Three/RAU 7
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Princeton, WV 24740
1-866-207-6198

Mailing Label

WV Birth to Three services and supports are provided under Part C of the Individuals with Disabilities Education Act (IDEA) and administered through the West Virginia Department of Health and Human Resources, Office of Maternal, Child and Family Health.

Regional Administrative Units VI and VII are coordinated by MountainHeart Community Services, Inc.