

Fall 2009
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Good Nights:

*Helping Infants, Toddlers
and Their Parents Sleep
Through The Night*

Good Beginnings

of the Upper Valley



Helping local families with new babies

The 2009 Dorothy Campion-Corcoran Lecture "Good Nights: Helping Infants, Toddlers and Their Parents Sleep Through The Night"

October 26, 2009 ~ 7:00 pm (Refreshments served at 6:30 pm)

Filene Auditorium, Dartmouth College • Free and Open to the Public

Jodi Mindell, PhD is the author of *Sleep Deprived No More: From Pregnancy to Early Motherhood - Helping You and Your Baby to Sleep Through the Night* (Marlowe, 2007), *Sleeping Through the Night: How Infants, Toddlers, and Their Parents Can Get a Good Night's Sleep* (HarperCollins, 2005), and co-author of *A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems* (Lippincott Williams & Wilkins, 2003) and *Take Charge of Your Child's Sleep: The All-in-One Resource for Solving Sleep Problems in Kids and Teens* (Marlowe, 2005)

Good night, sleep tight! We want to help your family sleep through the night.

Good Beginnings is delighted to present "Good Nights," an evening for pediatric sleep specialist Jodi Mindell, PhD to impart her wisdom and guidance to Upper Valley parents. She will speak at 7 p.m. on Monday, Oct. 26, at the Filene Auditorium on the Dartmouth campus on "Helping Infants, Toddlers and Their Parents Sleep Through the Night."

Mindell, Professor of Psychology and Director of Graduate Psychology at Saint Joseph's University in Philadelphia, is a clinical psychologist specializing in pediatric sleep medicine. She has written extensively on pediatric sleep disorders and presented over 100 papers at national and international conferences.

This lecture is sponsored in part by the Grimshaw-Gudewicz Charitable Foundation.

Mindell has made over 200 radio and television appearances discussing children's sleep disorders. She is on the Advisory Board of Johnson's Baby and the Board of Advisers of Parents magazine. She is also a member of the Medical Advisory Board for BabyCenter.com.

We welcome everyone to join us for the free lecture to learn Dr. Mindell's strategies for peaceful rest for parents and children.



Thank You for Your Support

Good Beginnings of the Upper Valley extends a heartfelt thank you to all of our donors for your investment in our friends and neighbors. Through your generosity, we have been able to serve an increasing number of local families, providing them with the needed care and support every young life should have. There is still time to contribute to our 2009 annual appeal, and we welcome new and additional contributions. To assist us in helping our local families, please visit our website, <http://www.goodbeginnings.net/uppervalley/>; send a check payable to Good Beginnings of the Upper Valley, P.O. Box 5054, West Lebanon, NH 03784; or call us at (603) 298-9524.

How We Have Grown to Serve More Local Families

OPERATING YEAR	2004 - 2005	2005 - 2006	2006 - 2007	2007 - 2008	2008 - 2009
Annual Operating Budget	\$109,365	\$105,310	\$112,207	\$121,562	\$122,508
Families Served	158	169	180	210	236
Volunteers	35 - 40	45 - 50	60 - 65	70 - 75	70 - 75

Spotlight on...Betsy McClain

Good Beginnings Volunteer

Betsy and Angela both await their weekly Saturday morning playdates. They mostly play outside; sometimes they just take walks together. Angela gets undivided attention from a beloved friend, and Betsy gets her fix of a toddler's magic.

Betsy McClain of Hanover has volunteered through Good Beginnings to help Wilder residents Karen Curay and Zvonko Ilic, parents of 2-year-old Angela and 4-month-old Lucia. Their family is Betsy's third family assignment during her 18 months as a volunteer with the program.



"I had the need to get more children in my life," said Betsy, whose son, Angus, is a college sophomore and daughter, Hannah, is a high school senior. "I started this very selfishly to get my fix of being around children once again. You see things magically through children's eyes, and as my children aged, I thought, 'I want to get some more of that.'" Betsy said that her role with two of the families she's visited is to play with an older toddler sibling to give the mother time to focus on the new baby or tend to chores.

"I get so much out of hanging out with a child who has nothing but wonder, innocence and joy," Betsy said. "I feel I get so much out of it because it does get me back with younger children. They remind me of what my children were like when they were that age."

Karen, who's gone back to work full time, finds the two-hour respite each week to be a godsend.

"We have no family around here," she said. "When I had my first daughter, at that time I didn't need help that much. But when I had the second one, I definitely thought I could use a second pair of hands. Any help would be good."

Karen's husband was skeptical when she first considered asking Good Beginnings for help.

"At first he thought no way, we don't need a hand, other people need it more than us," she said. "But it's different when you're at home alone with both of them. The older one is so active, and the baby is so demanding. I convinced him I could definitely use a couple of hours a week, for sure. Now he completely agrees."

Betsy also appreciates how hard it is for Karen to juggle work and two young children without a support network in the area.

Betsy and her husband moved to the Upper Valley 20 years ago from Washington, D.C. "Ten months later, I had Angus, and we didn't know a soul," she said. Eighteen months later, Hannah arrived. "I took the two of them to the Co-Op [food store]," Betsy said. "I remember thinking, 'I cannot do this,' and had a mini-meltdown. Just to have someone tell you that you will miss this time and give some encouragement is a nice augment to the whole frantic experience. I share my sage advice that work is always going to be there, but your kids won't be."

As much as Karen appreciates Betsy's perspective and the break from the demands of two children, she finds Betsy's connection with her daughter to be the true benefit for her family.

"I can see that my daughter loves spending time with her and gets very excited when she's coming, which in turns speaks volumes about how much Betsy enjoys Angela," Karen said. "Every time is special."

Bradford Babies Benefit from Good Beginnings!

Dozens of families in Bradford, Vermont and surrounding towns in Vermont and New Hampshire have been served by caring Good Beginnings volunteers over the past three years. If you or someone you know could use our services, or if you are interesting in volunteering, please call us at (802) 222-5787 or (603) 298-9524.



Good Beginnings of the Upper Valley
PO Box 5054
West Lebanon, NH 03784

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Fall 2009 Newsletter

Helping local families with new babies

Join us for the third annual
Dorothy Campion-Corcoran Lecture
"Good Nights: Helping Infants, Toddlers and
Their Parents Sleep Through The Night"

Presentation by:
Jody Mindell, PhD

October 26, 2009 • 7:00 pm
Refreshments served at 6:30 pm
Filene Auditorium, Dartmouth College
Free and Open to the Public



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