

# Fall 2011

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*As Simple as a Day at the Beach*

# Good Beginnings of the Upper Valley



*Helping local families with new babies*

# The 2011 Dorothy Campion-Corcoran Lecture

## Creative Parenting... As Simple as a Day at the Beach

Tuesday, October 18, 2011 ~ 7:00 pm (Refreshments served at 6:30 pm)

Auditorium E, Dartmouth-Hitchcock Medical Center • Free and Open to the Public

Anyone who's ever tried to convince a toddler that a tantrum is a waste of time and energy knows that discipline can be a very touchy subject with the five and under set.



Ronald Schneebaum, MD can help. A pediatrician on the staff of the Children's Hospital at Dartmouth (CHaD) at the Dartmouth-Hitchcock Bedford Office, Dr. Schneebaum has focused his interest on childhood discipline and is currently working on a book titled "Creative Parenting... As Simple as a Day at the Beach." In his lecture of the same title, Dr. Schneebaum, who also holds a master's degree in education and worked as a school teacher before becoming a doctor, outlines ways caregivers can guide their children toward appropriate behavior, especially in public settings like restaurants, grocery stores, or... the beach!

Dr. Schneebaum's approach to discipline follows a path that lies between two parenting camps: that which demands respect for authority and that which believes constant nurturing to be the key to guiding children to happy, productive adulthood. "I thought there needed to be a third way," he says. "Think about a day at the beach – it takes a lot of planning. Before you go you decide what you want to achieve: be safe and have a good time. You see something that's not safe, you intervene." Dr. Schneebaum believes that the same principle can be applied to discipline; you decide on your goals and then when you see something that doesn't line up with those goals, you step in. "Actually, parents already know everything they need to know about discipline. They just don't know it."

Parents, grandparents, caregivers, medical professionals, anyone who works with children: here's a chance to discover new ways to bring out the best in our children.

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

## Good Beginnings 25<sup>th</sup> Anniversary Celebration

Everyone loves a birthday party! Last spring over 100 people came to the Black Center in Hanover to help Good Beginnings celebrate 25 years of serving families in the Upper Valley.

Board members, volunteers, past families, current families, new friends and old made great use of the Black Center's ever-popular bouncy house, gymnasium mats and soft climbing structures, taking breaks from playtime for healthy snacks like fruits, veggies and cheese from the kitchen.

"It was really fun to see the volunteers I don't see very often," says Jan St. Pierre, who has been volunteering with Good Beginnings since November, 1998. Jan also saw a few of the families she'd been assigned to in the past. "The dad of one of the families I once volunteered for came to thank



Bouncing, bouncing, and more bouncing

me and give me a video he had made of their kids."

"It was great to see families meeting each other and interacting," remembers Denise Gariepy, coordinator of volunteers. "It was a terrific spring day for a party."

What's a birthday party without presents? At the end of the afternoon each child chose a book to take home, most of them

donated by the Children's Literacy Foundation (CLiF). CLiF is a non-profit organization that works to ignite a love of reading in children all over Vermont and New Hampshire.

Another important part of birthdays: cake! Individually wrapped cupcakes – made by the famous Cupcake Queen – were offered to every child to bring home.

# Spotlight on Linda McWilliams

## President of Good Beginnings

When Linda McWilliams began her volunteer career sixteen years ago, it wasn't because she was combating empty nest syndrome. "I actually had small children at the time," she says, laughing. "But I had friends who volunteered with Good Beginnings, and I was aware there were families who needed that kind of help."

For the past 25 years Good Beginnings has thrived with the support of its volunteers, but Linda is one of those whose efforts has extended far beyond the call of duty. In addition to visiting families, Linda has served on the board for about twelve years, the last three of those as president, bringing strong leadership to the organization as it serves an ever-growing number of clients.

In addition to caring for her community through Good Beginnings, this Hanover resident also supports her town in her job as checklist supervisor for the town of Hanover. Now that her three children are grown and her two grandchildren live in Michigan, Linda finds that Good Beginnings does provide her with a connection to families that she'd otherwise miss.



The McWilliams Family

"The mothers I visit are basically the age of my children," she says. "It brings me closer to them."

When asked about what sort of things she's done for families of the Upper Valley, Linda answers, "Every family is so very different." Linda remembers taking mothers who didn't have cars to do errands, playing with older siblings while moms and dads spent time with babies, helping a single mom who worked full time get dinner on the table for

her three year old and newborn. "I love that Good Beginnings is for everybody."

Linda also appreciates the donors who make the organization possible. "People give \$25, \$50, \$100, all the way up to thousands of dollars. We have a wonderful, grassroots donor base that I'm very grateful for."

Linda has no crystal ball to tell her what Good Beginnings will look like in another five years, but she's sure she'll still be a part of it. "I love everything about Good Beginnings."

## Crib Notes

- Visit the Good Beginnings of the Upper Valley web site [www.goodbeginnings.net/uppervalley](http://www.goodbeginnings.net/uppervalley) or our page on Facebook! The web site has news and information about the organization and upcoming events, a long list of resources for parents and volunteers, and the volunteer application. You can also join our mailing list to get this newsletter and other updates via email.
- Thank you to the many individuals and foundations that so generously supported us last year, especially in these challenging economic times. Your generosity offers guidance and a solid foundation at a critical time for so many families. Your philanthropy is helping to shape the future of many Upper Valley babies.



Find us on Facebook!

### Families served from 7/31/10 - 6/30/11:

251 (466 Children; 442 Adults)

### Of these families, AT LEAST:

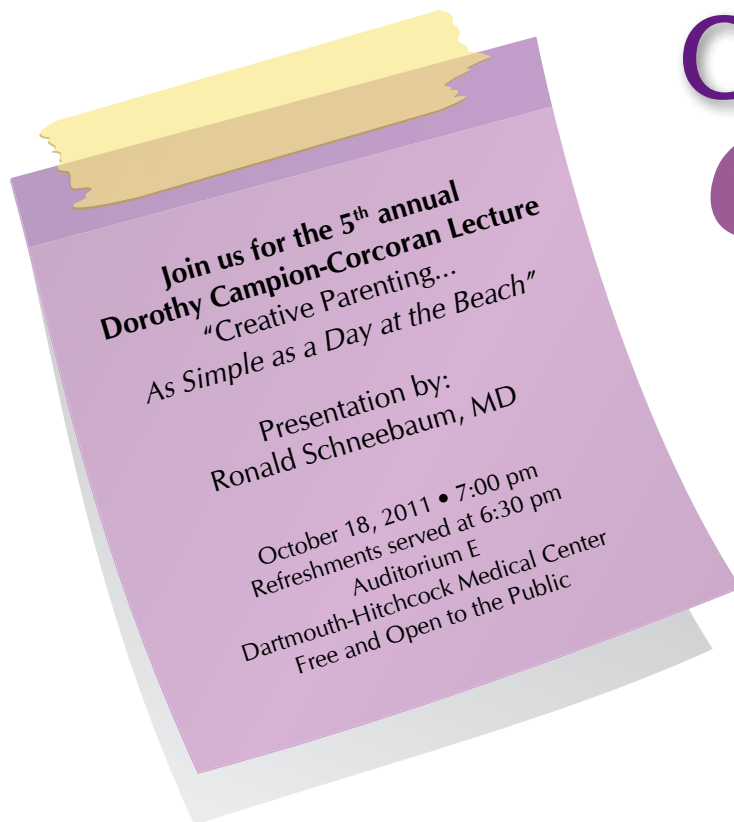
- 120 breast-feed their babies
- 105 are first-time mothers
- 80 are single mothers
- 35 births were by Cesarean section
- 11 are teen mothers
- 9 mothers had multiples (twin births)
- 3 are families with disabilities
- 111 are low income families



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

603-298-9524  
[www.goodbeginnings.net/uppervalley](http://www.goodbeginnings.net/uppervalley)

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of the Upper Valley

*Helping local families with new babies*

Fall 2011 Newsletter

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