



Good Beginnings  
of the Upper Valley



## DOROTHY CAMPION CORCORAN FALL PARENTING WEBINAR

### READY OR NOT: PREPARE YOUR CHILD TO THRIVE

WEDNESDAY, OCTOBER 19, 2022 AT 7:00–8:15PM ON ZOOM

Our Fall 2022 Dorothy Campion Corcoran Fall Parenting webinar will feature Madeline Levine, Ph.D. Dr. Levine is a psychologist with almost 40 years' experience in private practice, consulting, education and writing. Her books give solid advice on parenting that help children become independent and to learn from their mistakes. Her New York Times bestseller, *The Price of Privilege*, explores the reasons why teenagers from affluent families are experiencing epidemic rates of emotional problems. Her follow up book, *Teach Your Children Well*, also a New York Times bestseller, tackles our current narrow definition of success – how it unnecessarily stresses academically talented kids and marginalizes many more whose talents and interests are less amenable to measurement. Her current book, *Ready or Not*,

focuses on how to best prepare our children and ourselves for an uncertain and rapidly changing world.

For many years, Dr. Levine has been a consultant to various schools, from preschool through high school, public as well as private, throughout the country. She is frequently the go-to person on issues of parenting for both print media and radio.



Currently, she spends most of her time speaking to parents, educators, students and business leaders as well as consulting with major corporations and high net worth individuals.

Dr. Levine and her husband of 40 years, Lee Schwartz, M.D., live in San Francisco and are the incredibly proud parents of three adult sons and three newly minted grandchildren.

Visit [gbuv.org](https://gbuv.org) for a link to Dr. Levine's webinar on 10/19.





## BEHISHTA SADAAT

On August 16, 2021, one day after the Afghanistan government fell to the Taliban, Behishta Sadaat received a phone call. The official who called urged her to leave her home and board a plane for Qatar immediately. At the time, Behishta was eight weeks pregnant with twins and already having complications. She contacted her husband, who was employed in Turkey, and together they decided she must leave Afghanistan for her safety, as well as the family's.

Behishta had worked as a strong supporter of women and civil rights and had won international awards for her work. She had been a US ally for years and had US connections from a 2020 fellowship. With a final intended destination of the US, she left behind her dad, home, belongings, and the life she knew. She took her four year old daughter, two sisters, one brother and her mom, a laptop and a phone.

In the August heat of Qatar the six slept on the floor in a tent intended for 1000 people but sheltered 3500 people for 21 hours. After three days of travel, dehydration, hunger and nausea, she arrived at a military containment camp in New Mexico. In New Mexico, she and her family were housed in a space with seven families (35 multi-aged refugees) with no privacy for 45 days. Under those conditions, and minimal computer access, Behishta applied to Dartmouth College's Master of Liberal Arts Studies, prompted by the urging of a friend at Dartmouth. Behishta's family was relocated to Michigan, and there, she received her notification of admission to Dartmouth. After accepting her Dartmouth admittance, Behishta, her preschool daughter and one teenage sister moved to the Upper Valley. In January 2022 she began her first Dartmouth class, during the final trimester of pregnancy. On February 14th, she gave birth to her twins and took two weeks of leave from her online Dartmouth class, before finishing the term and starting the next term.

Once in New Hampshire, Behishta received support from many local services. Good Beginnings' first connection was to give her a pregnancy pillow to help her get some much needed sleep! The relationship has grown with multiple in-home volunteer and staff respite visits, conversations, drives to appointments or to stores and donations of baby items such as supplemental formula, diapers, wipes and swaddling blankets. Behishta's major supporters are the Upper Valley Neighborhood Support Team

and Community Care of Lyme which have provided her housing, food, furnishings, clothing, childcare and much more.

Behishta's husband was able to visit for two months in February to meet their twins and to help with their preschool daughter; a visit that might not happen again for many months. For now, sending financial support and conversations are the only connection to his family.

Behishta's story is a real-life story of one woman's strength and one community's role in reaching out to lend many hands. As Behishta raises three children, earns her Masters degree on top of two Bachelor's degrees, and waits for when she can be with her husband, the community support has made a world of difference. When asked if she feels they made the right decision to leave Afghanistan, Behishta replied, "I think I made the right decision. I started college. Although sometimes it feels like for now I should only take care of my children, in fact I'm doing this for my children to make an independent life. Now I have support, but it's not forever. To be self-sufficient, to provide a good life for my children and myself, I am happy with my decision."



Good Beginnings' volunteer Sara with Behishta's twins

## SECOND TIME AROUND VOLUNTEER

### CAITLIN, MOM OF THREE CHILDREN AND HER VOLUNTEER, NANCY

In 2018, volunteer and current co-president of Good Beginnings, Nancy Johnson visited with new mom Caitlin. It was the first child - a daughter - for Caitlin and her husband. Over the years, they kept in touch occasionally and in December of 2021 Caitlin reached out to Nancy with the news she was due to deliver twins after the first of the year.

Nancy has had many experiences with twins over the years and was sure to plan the time to be Caitlin's volunteer again. "I love that you always have a baby to hold when there are two!" Nancy said.

Caitlin heard about Good Beginnings when pregnant with her first child through co-workers. Their experiences led her to inquire and eventually get paired with Nancy. "I had no family in the area and this was perfect for me. An adult to talk to and help me get accustomed to motherhood. It also made it easier when our boy and a girl twins came along in February."

Nancy has enjoyed being a volunteer. "I love meeting new moms and enjoy spending time with such confident and capable women as well as offering much needed help and support."

### CONSIDER BECOMING A VOLUNTEER.

Volunteering is flexible: **weekdays, weekends, mornings, evenings or afternoons**, and only **2-3 hours per week** and usually provides 12 visits per family. If you're interested in volunteering, contact: Denise Garipey at [info@gbuv.org](mailto:info@gbuv.org) or visit [gbuv.org](http://gbuv.org) for more information.



## DAD AT HOME

Larissa had heard about Good Beginnings in the past, but it wasn't until she attended the 4th Trimester Program at Dartmouth-Health Women's Health Resource Center with her first child, Ross, that she learned of its programs. When Larissa and her husband Bob were matched with Good Beginnings' volunteer Linda, their son Ross was 3 months old. Linda first supported Larissa and Ross, but spent the last few weeks of her matched twelve weeks with Bob as he transitioned to the stay-at-home parent.

After carefully considering their working situations, Larissa and Bob made the thoughtful decision for Bob to leave his job and be

at home with Ross. Ross was the focus of that decision. Bob grew up in a home where his Mom ran a daycare, so he had experience with babies and young children. In making this decision Bob commented that it is important to "go with your strengths" and consider what works best for you and your family.

Larissa pointed out that it is important to let others help - in small and big ways. While Larissa and Bob have many family members nearby to help, they welcomed the consistent weekly visits with Linda. Larissa especially enjoyed the one-on-one interaction with Linda and the flexibility of how Linda was willing to help with Ross.

VOLUNTEER WITH GOOD BEGINNINGS





# THANK YOU

## FOR YOUR GENEROUS SUPPORT OF OUR FAMILIES

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*In honor of Mr. Tom Laoueiro*  
Joani Yankee

Dear Good Beginnings Staff,

Words cannot express how grateful we are towards you, Judy [our volunteer] and Good Beginnings. All of our family live abroad and we had moved to the Upper Valley just over a year before our daughter's birth. We weren't sure how we were going to manage having our first child without a 'village' to support us. Since her birth, we were in our small bubble, somehow managing, but feeling that it was not sustainable. To be honest, we weren't even sure what kind of help we would need or what we could expect.

When Judy started coming, we weren't sure what to ask her to do. Judy somehow understood it all and provided the perfect support each week. She was very attentive to what we were going through each week, and gently suggested how she might be helpful. She took her time getting to know our daughter and she was a pro at understanding how long to play with her and at what timing to put her to sleep. Each week, after Judy's visit, our daughter would sleep well at night and we noticed she was generally much happier.

We, the parents, were also much happier, too. Judy helped me start my work again. Before Judy started coming, I wasn't able to do anything work related, and just writing one email felt like a huge task. Judy gave me the time and peace of mind to start working again -- and to get our lives together more generally! Judy also gently gave us helpful suggestions and pointed out things that we were too exhausted to notice -- for example, she helped us notice when the car seat and swaddle were getting too small for our daughter! She also told us how our daughter was different from the previous weeks, which made us have a fresh perspective on her and her growth. I cannot imagine those newborn days without Judy. I have been recommending Good Beginnings to my friends who are expecting, and secretly hoping that they will also have Judy!

Many, many thanks again for the invaluable support you have provided us!! If there is anything we can do to pay this forward, please let us know! Please take care and stay well.

Best,  
Hina



# MOMMA'S 7 MUST-HAVES

## AS TRIED AND TESTED BY L'TONYA JOHNSON AND FAMILY

*As a Family Social Worker and a Good Beginnings' Board Member, two things come to mind, as I write this article: Safety and Developmental Appropriateness. I want to provide you with a list of items that literally saved "this momma" so much trouble and made "this momma's baby" so happy! As I make these recommendations, please know that not all products are for you and your family's experience and products recommended are designed to be used with the safety parameters specified with the manufacturer chosen.*



### 1. NEWBORN LOUNGER

As a new mom having my hands free to do anything was a grace! So often I find myself reaching for my phone to instacart groceries, type an email or fold some clothes only to have my brown eye boy cooing, reaching, and wanting to be held. A friend of mine sent us a Newborn Lounger, and my son loved it! He would lay and look, coo, listen to music all while I was able to pump, fold clothes, and pay bills online! Newborn Loungers are really only useful until your baby can "roll", many have a weight maximum and all must be used as instructed! This product should be reviewed carefully when purchasing and never used for sleeping. Great purchase and saved momma big time!



### 2. HIGH CONTRAST BOOKS AND FLASHCARDS

As a family Social Worker working with child development, I am a HUGE fan of reading and pictures for small babies. We have to take good care of our children's brains, and one way to do that is through high contrast books and flashcards. Three helpful tips:

- Read books that have well-defined shapes and pictures in black in white. When babies are very new, they can barely see more than black and white images at a short distance
- Buy board books with thick pages and rounded edges so they can explore as they grow
- When the baby is a bit older, use high contrast flash cards or items during tummy time

### 3. JINGLE SOCKS

I call them jingle socks, but they are known by many different brands and names. They were engaging for our child so early in his infancy; moving his feet to hear the sounds. He loved them, and we used them daily until he was big enough to crawl.



### 4. CONVERTIBLE HIGH CHAIR

A convertible high chair that grows with your child is an absolute win! Ours is made of solid wood that is sturdy and comes with a removable tray which washes well. Developmentally, it is only appropriate to use a high chair when a baby can sit up on his/her own, so our son started using it at 6 months. We use this chair regularly to encourage use of his hands and core muscles and object play. We also use the chair to help him have a positive association with our table experience as a family. He happily sits in the chair from 6 months until now eating with us and while doing developmentally appropriate activities.



### 5. SOFT STRUCTURED CARRIER

Personally, I am into baby wearing; admittedly, it's not for everyone. My husband, also, comes from a culture where you wear your babies and toddlers with fabric wrappers. So we knew that we would choose to baby wear, but I struggled to find a carrier that was "for me." I highly recommend finding a local mom's group or family center to "try on" carriers. Ask for other moms' advice or if you can try on their carrier before you purchase. I chose the Moby wrap and the soft moderately structured carrier from Moby. If you are in need of a carrier that suits a variety of body sizes



and structures, I would explore these brands: Moby, Boba, Ka'tan, Tula, Dudymos, Lillebaby, and Ergo. These are good options for a diverse group of people and some come with extenders to make waist, hip and height fit more comfortably.

## VOLUNTEER WITH GOOD BEGINNINGS

Do YOU have a couple of hours each week to offer encouragement and respite to parents with a newborn? Do YOU remember the exhausting but exhilarating time of bringing home a newborn? Do YOU enjoy playing and reading with babies and young children?

Just 3 months of your choice per year will help a new family in YOUR community and provide you with an opportunity to give back!

- Flexible volunteer scheduling
- Weekdays or weekends
- Mornings, afternoons or early evenings
- 2-3 hours per week
- 12 visits



Email [info@gbu.org](mailto:info@gbu.org) or visit [gbu.org](http://gbu.org) for more information

### 6. GLASS BOTTLES

Whether choosing to bottle feed formula, supplementing or pumping breast milk to bottle feed, I highly encourage skin to skin interaction and glass bottles for feeding. We liked glass bottles so that we could sterilize them by boiling. They don't stain and are easily cleaned. I know that glass seems easily broken, but to our surprise we lost very few bottles! Our child dropped them and tossed them on hardwood regularly, and they survived.

### 7. STERILIZATION BAGS

These bags saved our lives while traveling or on the go! You can clean and sterilize any bottle or pacifier in two minutes or less using a couple of ounces of water and a microwave. You have to be careful with the steam of the bags, but once you get the hang of it, you will LOVE it!

*As a new family, we were bombarded with all the new gadgets or suggestions, but these seven truly helped us. What I have learned is to simplify and honor your family's core values. When our babies are little, time is precious. All these items helped us make the most of the time we had in that first year. Enjoy every moment of those days!*





**Good Beginnings  
of the Upper Valley**

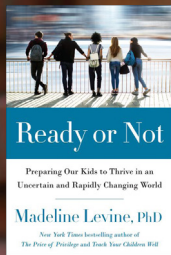
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**WED, OCT 19<sup>TH</sup>  
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LECTURE**

**DR. MADELINE LEVINE, PHD,**  
AUTHOR OF *THE PRICE OF PRIVILEGE,*  
*TEACH YOUR CHILDREN WELL, AND*  
*READY OR NOT*

**FOLLOWED BY Q&A**



**Good Beginnings  
of the Upper Valley**  
Helping local families with new babies since 1986