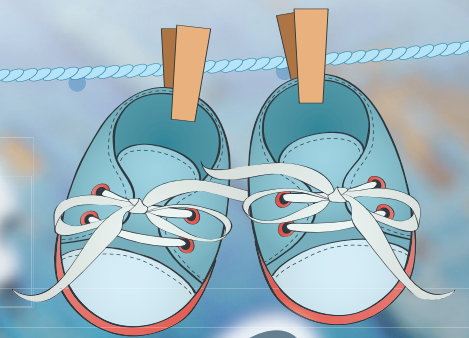


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Bright Futures, courtesy

Bennett Greuter plays with toys at Bright Futures' Family Engagement Center. The center has play areas for children ages 0-3 and 3-5, an art and book area, parent space for interaction and skill building, lending library for parenting and children's books, development toys and educational toys.

# Bright starts with Bright Futures

KPS preschool uses variety of programs to serve families who have infants and toddlers

**KH** By **ASHLEY BEBENSEE**  
Hub Staff Writer

KEARNEY — Giving babies and toddlers a bright start using a variety of programs is the goal of Kearney Public Schools' Bright Futures Preschool.

The school offers an array of opportunities for families, including the Family Engagement Center and a Home Visitation

Program. COVID-19 has forced Bright Futures staff to get creative.

"We have seen lots of challenges, but I'm really proud of our team as far as thinking outside the box," said Megan Schmidt, principal at Bright Futures. "We are finding ways to support them in many different ways."

The Home Visitation Program serves

Continued on page 4



Bright Futures, courtesy

Paraprofessional Jaqui Klopp reads a story to Tinley Schroeder in the book center at Bright Futures Preschool in Kearney. The Kearney Public Schools Preschool offers a variety of programs for families, including the Family Engagement Center and a Home Visitation Program.

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# All About Baby

*“(Home visitation specialists have) been great helping support our families through difficult times with COVID, focusing on that parent really interacting with that child, providing lessons and resources along the way.”*

**Megan Schmidt, principal at Bright Futures**

At right, Bennett Greuter and his mother, Stephanie Greuter, play with toys at Bright Futures' Family Engagement Center. The Family Engagement Center is a place for families to learn more about child development, parenting strategies and developmentally appropriate ways to play with their children.

Below, Shawna Linder with Kearney Public Library reads to students last year at Bright Futures Preschool in Kearney. The staff at Bright Futures have had to get creative this year to continue to offer programs for families and students in Kearney.



Bright Futures, courtesy

## Continued from page 2

families with infants and toddlers who are most at risk of falling behind in school. Three home visitation specialists typically see families in their homes once a week to support them and their child before birth until age 3. The specialists assist children with early language development, social and emotional development, and equip parents with the skills and knowledge to support their child's growth.

“They’ve been great helping support our families through difficult times with COVID, focusing on that parent really interacting with that child, providing lessons and resources along the way,” Schmidt said.

The home visitors have video calls every week with families, and drop off materials every month. They can help parents acquire materials they need such as baby monitors or swings.

Children in the program often move into the toddler program, which is part of Bright Futures Preschool. Children in the preschool continue to meet in person, but they’ve had to make some changes as well.

“We try to do a field trip every month. We have been Zooming with different community people,” Schmidt said. “It’s great to let kids go to these

places, but trying to incorporate where we can bring it to them has been great.”

The Family Engagement Center is a place for families to learn more about child development, parenting strategies and developmentally appropriate ways to play with their children.

“It started a while back where they wanted to offer a place where families could come for lots of different reasons. Sometimes our home visitors would use it for visits. Kiddos could try out new toys or have a new space to explore,” Schmidt explained. “We also use the Family Engagement Center for opportunities to try out different resources like toys or literature that they can check out.”

The center has play areas for children ages 0-3 and 3-5, an art and book area, parent space for interaction and skill building with a family engagement specialist or computer programs, lending library for parenting and children's books, development toys and educational toys.

There are also computers available for parents to apply for jobs or print parenting resources and resumes.

Before the pandemic, the center was a site for a

Continued on page 5



Bright Futures, courtesy





Bright Futures, courtesy

Calliope Weiss plays with magnetic blocks at Kearney Public Schools' Bright Futures Preschool. The school offers an array of opportunities for families, including the Family Engagement Center and a Home Visitation Program.

#### Continued from page 4

monthly social event for the home visitation program and early childhood program. It's also sometimes used by COMPASS or other agencies that supervise visits for families.

Despite the challenges the coronavirus has provided, there also have been benefits. Teachers have worked with technology like Google Classroom and are prepared to work remotely if necessary.

"In the event if we were able to go remote, we have remote learning bags. If something were to ever happen, we are ready," Schmidt said. "It's a good thing to

have in place in any year. (There are) nice resources and materials."

The pandemic hasn't slowed down interest in the programs, as families on the waiting list are eager to get their children in the Bright Futures program, and they continually are getting more referrals for the Home Visitation Program, Schmidt said.

"I think we have learned a lot more about our community resources. Our community has been so wonderful about families going through these tough times. We've been able to connect with the community more than ever," she said.

ashley.bebensee@kearneyhub.com

# How finances change when starting a family

*Metro Creative Connection*

Financial changes are a fact of life. Changes occur at every turn, including when students leave home for the first time, people get married and when families purchase their first home.

One of the biggest financial changes occurs when starting a family.

Starting a family can come with a measure of sticker shock, particularly for young couples without much financial history. Since the 1960s, the costs associated with raising a family have risen exponentially, says the financial resource MarketWatch. Between 2000 and 2010, costs rose by 40%.

Data from Money.com indicates that, as of 2015, American parents spent, on average, more than \$230,000 on child costs from birth until age 17. The U.S. Department of Agriculture says that today that number is closer to \$245,000 per child, which does not include the cost of college.

BabyCenter.com offers a cost comparison tool to help prospective parents get started on creating family budgets.

When mulling the cost of starting a family, prospective parents can ask themselves the following questions to get a handle on their finances.

■ Can I afford big-ticket baby items related to safety and comfort? Items may include a new vehicle with high crash-

test ratings, or renovations to a home to provide a safe nursery. If renovations are unlikely, then would-be parents may need to consider the costs of moving.

■ Have I considered daily child expenses? Diapers, formula, laundry detergent, clothing for each stage of growth and various other items are necessary when raising a child. Make a list of such items and their potential costs.

■ Do I have adequate health insurance? Pew Research states that expenses for a delivery can range from \$3,000 to upward of \$37,000 per child for a normal vaginal delivery, and from \$8,000 to \$70,000 if a C-section or special care is needed. Consider how much your health insurance will cover and how much adding a child to a policy will increase your rates.

■ Will I need day care? In order to afford added expenses, both parents may have to work. BabyCenter.com states that a family's average child care costs are roughly \$755 per month.

■ Can I afford life insurance? Once you begin a family it is important for both parents to have a life insurance policy in place to provide for surviving family members in the event of an untimely death.

Couples who want to start a family can make the transition go smoothly by figuring out their finances before welcoming a baby into the family.

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# Well visits important part of child health care



*Metro Creative Connection*

## Checkups a chance to ask questions

*Metro Creative Connection*

Expecting parents soon will discover that having a child sparks many changes in their lives.

As infancy rolls into toddlerhood and beyond, there is usually one constant in the busy lives of new families: the pediatrician. Children visit their pediatricians at regular intervals, and these doctors are invaluable sources of support and care.

Pediatricians provide well-child services throughout youngsters' childhoods. Health checkups start from the day the baby is born and continue until a child reaches adulthood. JAMA Pediatrics says there are many benefits of well-child visits.

One of the key aspects of these checkups is tracking a child's growth and development, including physical, cognitive, emotional and social progress. Another component of well-child visits is to prevent injury and illness.

When parents come in for these visits, the staff likely will go over the appropriate safety protocol for that child's age and milestone. This may include car seat safety checks, preventing falls, choking hazards and safety when entering school.

Bright Futures/American Academy of Pediatrics developed a set of comprehensive health guidelines for well-child care, and many pediatricians follow these

schedule and screening guidelines. Visits often start at one-month intervals, and then increase by two- and three-month durations until the child is 2 years old.

After 2.5 years of age, annual visits become the norm. The reason that earlier visits occur so often is because early childhood is a period of rapid development.

In addition, various vaccinations are recommended to protect children from communicable diseases. These immunizations must be administered according to schedule to be most effective.

Well-child visits are also opportunities for screening tests and physical examinations. Exams typically involve checking blood pressure, vision, hearing, and general blood tests and urinalysis.

Many parents use checkups as an opportunity to ask questions about development and ensure that children are safe to participate in school sports and extracurricular activities as well. Parents can come equipped with questions to ask the doctor during well-child appointments to make the most of their visits.

The AAP says well-child visits should begin from 3 to 5 days old. Therefore, expecting parents should find a pediatrician for their child as soon as possible to ensure that well-child visits can begin immediately after the child is born.

### WHAT CAN I DO IF MY BABY HAS AN UNUSUALLY SHAPED HEAD?

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# 6 myths about colic

*Metro Creative Connection*

Children who are too young to communicate through language often relay their needs through crying.

A piercing cry is designed to get mom and dad's attention and is an effective way to convey hunger, soiled diapers and/or illness. Many parents have become adept at reading the subtle differences between cries to better understand their children's needs.

One cry that often can baffle caregivers is the cry that seemingly never stops: colic. Colic is an inconsolable cry that lasts for up to three hours a day, three days a week for longer than three weeks.

Parents magazine states up to 25% of all babies between the ages of 2 weeks and 3 months develop colic. A colic diagnosis might be given after medical providers rule out a medical reason for the crying.

In their attempts at getting some peace and quiet, parents may look to the internet to learn more about colic. Unfortunately, many myths prevail about colic, and that can make it even harder to understand this difficult condition.

## 1. Myth: My baby is in pain.

Truth: According to Barbara Prudhomme White, PhD, an assistant professor of health and human services at the University of New Hampshire, colicky babies experience no greater increase in the levels of the stress hormone cortisol than those without colic. Any grimacing or other faces that appear like pain are probably not.

## 2. Myth: All babies will grow out of it.

Truth: Although many children outgrow colic by the time they're 6 months old, that's not the case for everyone. If colic is resulting from tight clothing, allergy, intolerance, gas or some other small discomfort, it will not resolve magically by a certain time.

## 3. Myth: Manipulative therapies help relieve colic.

Truth: Physical therapies like chiropractic manipulation, acupuncture or massage do not demonstrate



*Metro Creative Connection*

Colic is an inconsolable cry that lasts for up to three hours a day, three days a week for longer than three weeks.

consistent positive results for colicky babies, according to American Family Physician.

## 4. Myth: Dietary changes will not help.

Fact: There is some evidence that breastfeeding mothers who change to low-allergen diets have babies with significantly less colic. Switching to hydrolyzed infant formulas also may help reduce colic episodes. Standard formulas can be restarted between 3 months and 6 months of age.

## 5. Myth: Colic can't be controlled.

Fact: A study by Bradley Thach, M.D., a professor of pediatrics at the Washington University School of Medicine, found that wrapping colicky infants snugly in a blanket (swaddling) may soothe them. Other doctors suggest the 5-S method. This includes side/stomach positioning, shushing, swinging and giving the baby something to suck on.

## 6. Myth: Medications can help.

Truth: Do not try an over-the-counter product or something like gripe water without consulting with a pediatrician. Some solutions do not have any demonstrated effectiveness and may cause harm.

Understanding colic and learning to disseminate fact from fiction can help parents and their babies get through this potentially difficult time in their lives.

# Teething troubles: How to protect oral health

*Metro Creative Connection*

The period when babies are teething can be tough on children and their parents.

While parents who have dealt with teething infants in the past might be able to recognize when their new babies' teeth are coming in, first-time parents may wonder why their baby suddenly seems so uncomfortable and irritable. In a 2016 study published in the journal *Pediatrics*, researchers who analyzed studies from eight countries determined that teething can make babies feel miserable.

Thankfully, the researchers also found that teething usually does not make babies sick. An examination of 10 major studies found that the most frequent symptoms of teething in infants and toddlers were gum irritation, irritability and drooling.

Because teething can be so uncomfortable for babies, parents must be patient as their children's teeth slowly come in. As babies begin to exhibit signs of teething, parents also can take steps to protect their babies' oral health.

■ Discuss fluoride with your child's pediatrician. A naturally occurring mineral that's found in many foods, fluoride can benefit babies' teeth in various ways.

According to the American Academy of Pediatrics, fluoride can strengthen tooth enamel and make it more resistant to acid attacks that contribute to tooth decay. Fluoride also makes it more difficult for plaque bacteria to produce acid. Parents of infants can discuss fluoride with their children's pediatricians, who may recommend prescription drops or chewable tablets as babies' teeth begin to grow in.

■ Inspect and clean babies' teeth. Babies can't brush their own teeth, so parents must perform this task for them. The AAP notes that healthy teeth should be all one color.

Any spots or stains should be brought to the attention of a dentist. Once a baby gets his or her first tooth, parents can use a smear of fluoride toothpaste that's roughly the size of a grain of rice to clean the teeth at least twice daily. The AAP recommends clean-

ing teeth right after breakfast and before bedtime.

■ Feed babies healthy diets. Another way parents can protect their babies' teeth is to feed their children healthy diets. The AAP recommends foods and drinks that do not contain a lot of sugar, such as fruits and vegetables. When feeding babies fruit, be mindful of dried fruits, such as raisins, which can stick to babies' teeth and may contribute to cavities if not thoroughly cleaned off the teeth.

■ Do not put babies to bed with bottles. The AAP advises against parents putting babies to bed or down to nap with a bottle. Milk, formula and juice contain sugar, and babies who suck on bottles with liquids that have sugar in them before going to sleep may suffer from tooth decay.

When babies begin teething, parents can take various steps that can safeguard their children's oral health for years to come.



*Metro Creative Connection*

As babies begin to exhibit signs of teething, parents also can take steps to protect their babies' oral health.





Metro Creative Connection

**AGE IS** of no consideration when it comes to benefiting from and appreciating music, but it seems that young people in particular have a lot to gain from music education.

Music enriches people's lives in myriad ways.

Age is of no consideration when it comes to benefiting from and appreciating music, but it seems that young people in particular have a lot to gain from music education.

According to the New England Board of Higher Education, various studies have found that consistent music education can improve vocabulary and reading comprehension skills. In addition, the National Association for Music Education says that research has found a significant relationship between arts participation at school and academic success.

Parents who want their children to reap the benefits of being involved with music can try the following strategies aimed at fostering a love of music in young people.

■ Turn the television off and turn music on. Exposing youngsters to music is one of the simplest and most effective ways to get them to embrace it. For example, in lieu of turning on the television while preparing meals, parents can play music instead.

Let youngsters pick their own songs or mix it up by including some of mom and dad's favorites as well. Such exposure can be incredibly valuable for youngsters. In fact, a 2016 study from researchers at the University of Southern California found that musical experiences in childhood accelerate brain development.

Music is especially effective at helping children in language acquisition and reading.

#### Metro Creative Connection

# Foster love of music early

■ Replay kids' favorite songs. Another way to build kids' enthusiasm for music is to replay some of their favorite songs. While mom and dad may cringe at the prospect of hearing "Baby Shark" several times in a row, they should take note of how enthusiastic their kids become when hearing a favorite song.

And that enthusiasm can benefit their language skills as they listen closely to the lyrics in an effort to memorize the words.

Youngsters may not be so receptive if they don't like what they're hearing.

■ Dance to music. Kids are bundles of energy, and dancing is a fun way for them to expend some of that energy. Dancing also provides a great reason to play music. Physical activity set to music can help kids burn off some extra energy as they develop their brains, making dance sessions a win-win for both

parents and children.

■ Embrace opportunities to see live music. Kids often are captivated by seeing musicians perform in person. When possible, take youngsters to concerts, local music festivals and/or restaurants that showcase local musicians.

Such excursions may prompt youngsters to want to learn how to play, which can provide a host of additional benefits, even for especially young children. In fact, a 1996 study published in Nature found that first grade students who took part in music classes during art study programs experienced marked improvement in reading and math proficiency. Music enriches people's lives in various ways, and exposure to music at a young age can be especially valuable to children.

*While mom and dad may cringe at the prospect of hearing "Baby Shark" several times in a row, they should take note of how enthusiastic their kids become when hearing a favorite song.*



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The Australian parenting website Raising Children Network says repeated human contact like singing, cuddling, talking, touching and gazing into each other's eyes enables a newborn's brain to release hormones that help his or her brain to grow.



Metro Creative Connection

# Bond with your new infant

*Metro Creative Connection*

A parent's job begins the moment a woman learns she is pregnant.

Upon receiving such news, women typically make important changes to ensure the well-being of the fetuses growing inside them.

Once a child is born, the first few weeks with baby certainly can be a whirlwind. During this period, pediatricians note how important bonding with parents is for a baby's development.

Parents may be unaware that the touches, cuddles and feelings of safety and security provided by them help set a foundation for emotional well-being, which can last throughout their child's life.

According to Jeff Simpson, Ph.D., adjunct professor of psychology at the University of Minnesota and an author of a study about childhood attachment, babies who were securely attached to their mothers by 12 months old (turning to her for comfort when exploring an unfamiliar place) were more likely to come out of an argument in their early 20s still feeling connected to their partners. Simpson surmises that the ability to trust, love and resolve conflict develops in part from how people are treated as infants.

The Australian parenting website Raising Children Network says repeated human contact like singing, cuddling, talking, touching and gazing into each other's eyes enables a newborn's brain to release hor-

mones that help his or her brain to grow. This, in turn, helps to develop memory, thought and language.

New parents may wonder what they can do to foster strong bonds with their babies. The following are some strategies to build those bonds.

■ **Breast-feed baby.** Breastfeeding provides more than nutrition. The close contact during nursing helps the child to hear mom's heartbeat and gets skin-to-skin contact.

■ **Make eye contact.**

Parents should keep eye contact with baby when engaging in feedings and other care. This helps the baby remember who their parents are and reassures them that their parents can be trusted.

■ **Read baby's messages.** A child who wants to engage will make little noises, such as cooing or laughing sounds. He or she also may look relaxed and interested, while some may seek out their parents. React to these messages promptly.

■ **Respond to cries.** Parents can do their best to always respond to cries for attention as it helps the baby to feel safe. This is key during the first three months of the baby's life. As the baby ages and already has developed a bond, parents can encourage more self-soothing.

Bonding is important for babies and parents. Developing a connection early on can provide a safe and nurturing environment that can set the course for the child to feel loved and supported throughout his or her lifetime.

*Parents may be unaware that the touches, cuddles and feelings of safety and security provided by them help set a foundation for emotional well-being, which can last throughout their child's life.*

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**Cohen Anderson**  
May 7 20" 6lb 14oz  
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April 5 19-1/2" 7lb 11oz  
Jordan & Ariane Arensdorf



**Emmett Arnold**  
July 6 21-1/2" 8lb 6oz  
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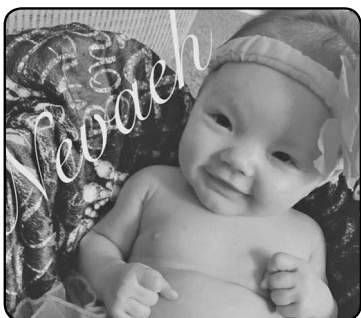
**Kannon Ayres**  
May 15 19-3/4" 6lb 13oz  
Alexander & Alex



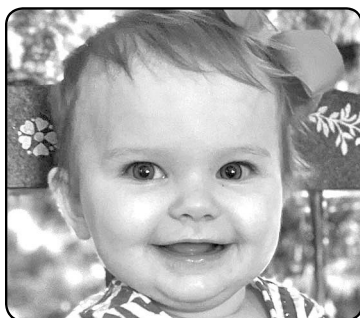
**Leighton Batty-Bevard**  
July 20 21" 8lb 14oz  
Lindsie Breazeale & Dallas Batty-Bevard



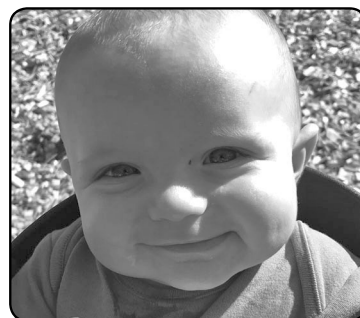
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July 2 18-3/4" 6lbs 7oz  
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**Nevaeh Bond**  
July 2 8lb 11oz  
Brittany Bond



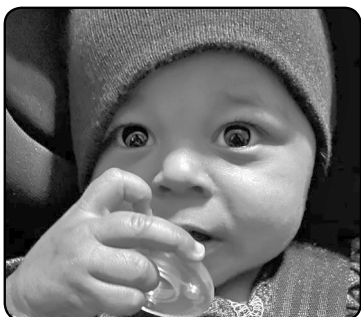
**Lauren Budden**  
March 17 19-1/2" 7lb 2oz  
Josh & Stephanie Budden



**Wiley Burr**  
June 5 21-1/4" 7lb 13oz  
Kendra & Terry Burr



**Dawson Chamberlain**  
September 16 21-1/2" 10lb 1oz  
James & Megan Chamberlain



**Kanan Collins**  
August 3 21" 8lb 4oz  
Cynthia Myers



**Paisley Crocker**  
August 24 20-1/2" 7lb 15oz  
Merissa Crocker



**Kora Czarnek**  
October 5 17-1/2" 4lb 10oz  
Jasmin Braun & Cody Czarnek



**Brooke Daake**  
October 27 18-3/4" 6lb 3oz  
Adam & Jennifer Daake





Eloise Dack  
June 12 21-1/2" 7lb 12oz  
Micheal & Abby Dack



Liza Dobish  
March 11 18" 6lb 5oz  
Caleb & Tessa Dobish



Hayden Doxon  
September 19 21-1/4" 8lb 7oz  
Aaron & Starla Doxon



Jacob Dutton  
February 8 20-1/2" 8lb 3oz  
Nick & Amy Dutton



Miles Erwin  
October 24 20" 6lb 10oz  
Chase & Maria Erwin



River Jo Evans  
November 15 19-1/2" 7lb 8oz  
Casey & Brittany Evans



Aero Feldman  
June 26 19-1/4" 6lb 14oz  
Josh Feldman & Amanda Lienemann



Hailey Gancos  
May 15 22" 9lb 2oz  
Joey & Sonya Gancos



Cade Gardels  
March 30 21-3/4" 7lb 14oz  
Matthew & Melanie Gardels



Kamila Gomez  
April 6 18" 5lb 14oz  
Raul & Desirea Gomez



Connor Griffith  
January 30 18-1/2" 5lb 4oz  
Josh & Heather Griffith



Zane Hester  
August 7 20" 7lb  
Alex & Cheyenne Hester



Penny Hinrichsen  
January 6 19" 6lb 7oz  
Jordan & Abi



Dutton Hubbard  
October 19 19" 5lb 15oz  
Derek & Morgan



Booker Hueser  
October 17 21" 7lb 2oz  
Jalen & Erica Hueser



Reese Hughett  
April 23 20" 7lb 4oz  
Jordan & Kacia Hughett





**Mackinley Jackson**  
September 1 18-1/2" 6lb 13oz  
Emily & Sean



**Jaspwe Janssen**  
October 2 18-1/2" 6lb 1oz  
Jade & Aubrea Janssen



**Jhett Johnson**  
January 22 21-1/4" 9lb 5oz  
Scott & Savannah Johnson



**Lennuxe Johnson**  
June 1 19-1/2" 7lb 4oz  
Alex & Alyssa Johnson



**Ellis Junge**  
August 19 21" 8lb 3oz  
Todd & Chelsea Junge



**Watson Kamler**  
August 17 20-1/2" 7lb 10oz  
Michael & Brianna Kamler



**Ellie Keating**  
July 7 19-1/2" 7lb 8oz  
Jacob & Amanda Keating



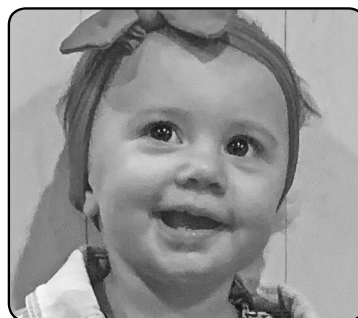
**Brayden Kersting**  
July 9 7lb 3oz  
Megan Bond & Cody Kersting



**Kitt Kleidosty**  
March 19 19" 8lb 9oz  
Nicholas & Allison



**Connor Knaggs**  
August 18 19-3/4" 8lb 11oz  
Rodger & Angela Knaggs



**Sloane Krenik**  
January 24 20" 7lb 7oz  
Jordan & Joanna Krenik



**Lucy Kuehn**  
February 5 20" 8lb 6oz  
Jim & Lenetta Kuehn



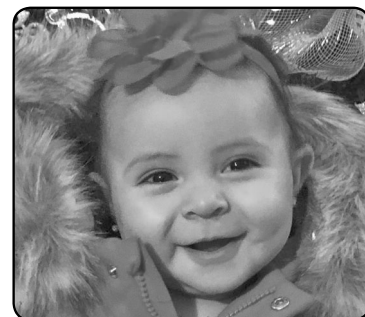
**Barrett Kvasnicka**  
August 8 20-1/2" 7lb 9oz  
Ashley Bevard & Derrick Kvasnicka



**Addalynn Kwiatkowski**  
September 29 21-1/2" 8lb 10oz  
Lance & Carlie



**Leighton Lindsey**  
October 20 19" 6lb 13oz  
Tristen & Shelby Lindsey



**Emilia Loza**  
April 16 19" 6lb 9oz  
Stef & Manny





**Maddy**  
October 12 20" 5lb 14oz  
Joe & Dani



**Mayven McNea**  
March 13 19-1/4" 6lb 9oz  
Alex & Amanda McNea



**Landon Mewhinney**  
February 8 18" 5lb 5oz  
Darin Mewhinney & Christina Walters



**Jack Micek**  
September 23 21-1/2" 9lb 6oz  
Nelson & Bethany Micek



**Maccabee Myers**  
November 9 20-1/2" 7lb 8oz  
Kyle & Julie Myers



**Analia Navarrete**  
August 10 21" 10lb 5oz  
Arturo & Alexis



**Shiloh Odle**  
December 2 18-3/4" 7lb 13oz  
Caleb Odle & Tiffany Reed



**Nash O'Neill**  
March 4 20" 6lb 7oz  
John & Brittany O'Neill



**Riese Kyran Parks**  
18-1/2" 6lb 4oz



**Mia Marie Poorman**  
May 9 18-1/4" 6lb 5oz  
Rachal Skeen & Alex Poorman



**Hayes Pritchard**  
March 16 20-1/2" 7lb 13oz  
Kyle & Jenna Pritchard



**Leo Prusia**  
July 20 20-1/2" 6lb 9oz  
Blake & Sheila



**Kinsley Rodriguez**  
November 6 21" 7lb 14oz  
Sidney



**Ree Ronning**  
February 29 19" 6lb 6oz  
Justin & Katrina



**Lilliana Samuelson**  
May 11 22-1/2" 7lb 9oz  
Austin Samuelson & Janis Clinebell



**Nixon Slaymaker**  
October 15 22-3/4" 9lb 6oz  
Bob & Kiley Slaymaker





**Emerson & Gage Smallcomb**  
May 26 17-1/4" 4lb 14oz  
Hunter Smallcomb & Hannah Schroeder



**Starling Snyder**  
December 21 22" 8lb 3oz  
Sheldon & Ivy Snyder



**Leo Stickney**  
July 30 20" 7lb 6oz  
Mackenzie & Logan Stickney



**Callen Stones**  
March 14 17-1/2" 4lb 8oz  
Allen & Amanda Stones



**Logan Tappan**  
April 21 19" 7lb  
Mercedes Bevard & Matt Tappan



**Jax Taubenheim**  
January 24 20-3/4" 6lb 13oz  
Jeremy & Sarah Taubenheim



**Remi Trampe**  
March 27 20" 7lb 3oz  
Harrison & Kelsi Trampe



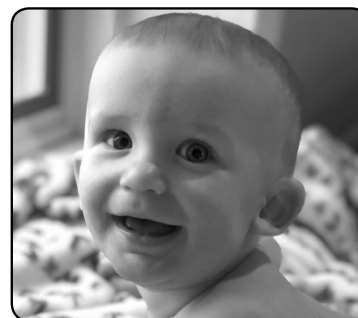
**Cesia Rosalia Velásquez**  
August 21 19" 5lb 12oz  
Jose & Abigail Velásquez



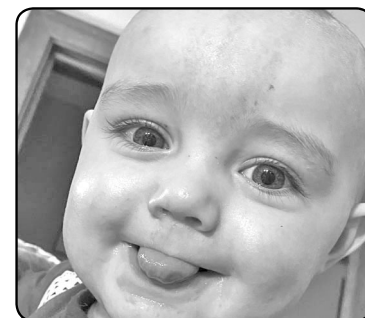
**Kaysin Vollbrecht**  
September 20 20" 8lb 1oz  
Heather & Jeremy Vollbrecht



**Baylor Weber**  
September 16 20-1/2" 7lb 12oz  
Jeff & Michelle Weber



**Emmett Wiechman**  
June 5 21" 8lb 4oz  
Joe & Jen Wiechman



**Rexten Williamson**  
April 8 19" 6lb 11oz  
Zane & Amanda



**Declan Woodside**  
December 14 21-1/2" 8lb 1oz  
Luke & Lisa Woodside



**Braelyn Wright**  
September 2 20-1/2" 6lb 8oz  
Travis & Jerilyn Wright



**Autumn Zavadil**  
October 23 20-1/2" 7lb 14oz  
Bryce & Katy Zavadil



**Gracelynn Zeller**  
October 13 19-1/2" 5lb 13oz  
Seth & Heidi Zeller





# Little things are a big deal.

At CHI Health Good Samaritan, we've thought of everything to make your delivery special. Our spacious birthing suites include a deep soaking tub, comfortable sleeper sofa and a rocking chair. Plus wireless monitoring lets you move around during delivery.

Our expert providers, nurses and certified lactation counselors are with you every step of the way. You can manage your labor the way you choose with access to pain control options, such as an epidural, nitrous oxide and laboring in the tub.

Also we are prepared if you or your baby need extra attention. Our Intensive Care Unit stands ready if a mother has complications, and we offer the region's most advanced NICU for babies that need extra care.

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