

Babies of

2020

TUESDAY, FEBRUARY 9, 2021

PRESENTED BY
THE BANNER
McKenzie, Tennessee
The Book of Lamentations, History and Mystery Unraveled in Tennessee Since 1796

Thankful for the Babies of 2020

Oh baby, 2020 was a long, tough year! With March came a whole new set of worries for parents about their little ones' health and wellbeing. However, 2020 wasn't all bad. Despite a global pandemic, these little miracles

blessed the lives of local families. With new life comes new hope and a promise for better days ahead. This special edition focuses on the good that came from 2020. We asked families to tell us what they are thankful for; many said health,

miracles and family. We couldn't agree more. Thank you for sharing your miracles with us. The Banner staff wishes you many years of health and happiness. We hope all enjoy this special tribute to the Babies of 2020.

Great Ways to Bond With Your New Infant

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 hu-

man 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. 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.

Breastfeed 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 has already 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.



Declan Harrison

BORN: September 22, 2020

PARENTS: Megan and Jeremy Harrison

THANKFUL: I am thankful he is healthy and had no problems. He's our rainbow baby.



Knox Tyler Douglas

BORN: March 6, 2020

PARENTS: Tara Ward and Zac Douglas

THANKFUL FOR: I'm thankful for this little blessing that completed our family!



Rowan Rae'elle Reyna

BORN: February 27, 2020

PARENTS: Kara Reyna and Rico Reyna

THANKFUL FOR: I am thankful for her, she made our family complete!



Cora Gail Tippitt

BORN: June 16, 2020

PARENTS: Zach and NiCole Tippitt

THANKFUL FOR: God giving us two.

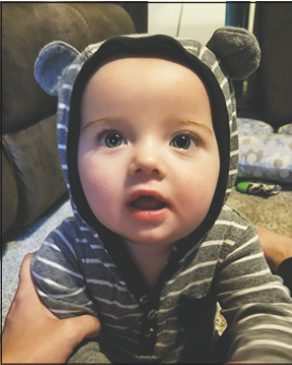


Della Joyce Tippitt

BORN: June 16, 2020

PARENTS: Zach and NiCole Tippitt

THANKFUL FOR: God's provision.



Karter Grant Phillips

BORN: March 18, 2020

PARENTS: Brian and Whitney Phillips

THANKFUL FOR: Our four little boys.



Hazel Rae Eads

BORN: February 28, 2020

PARENTS: Kelly and Justin Eads

THANKFUL: I'm thankful our prayers were answered the day you were born. We love your contagious laughter and your sweet, nurturing personality! We love you so much!



Cora Jo Eads

BORN: February 28, 2020

PARENTS: Kelly and Justin Eads

THANKFUL: I'm thankful our prayers were answered the day you were born. We love your curious nature and your smile brightens our day! We love you so much!



Amelia Brooke Moore

BORN: July 13, 2020

PARENTS: Christi Moore and Barry Moore

I AM THANKFUL: That my baby girl was born healthy and I and my family have remained healthy throughout the pandemic so far.

Parents,
Congratulations
on your new
bundle of joy.

from City of

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Welcome all babies of 2020 and congratulations to the new parents!

JOSEPH G. BUTLER

CARROLL COUNTY MAYOR



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Sophie Mae Dodd
BORN: December 10, 2020
PARENTS: Michael and Angela Dodd
I'M THANKFUL FOR: My family and health.



Auden Ronald Williams
BORN: September 17, 2020
PARENTS: Shaun and Morgan Williams
THANKFUL FOR: A happy and healthy baby.



Carolyn Jean Dew
BORN: October 21, 2020
PARENTS: Stephen and Jordan Dew
I'M THANKFUL FOR: Miracles



Kaison Kirby
BORN: March 15, 2020
PARENTS: Ashley Lyles and Neco Kirby
I'M SO THANKFUL FOR: My ray of SONshine and being able to be your mother. You'll never know just how truly loved you are!



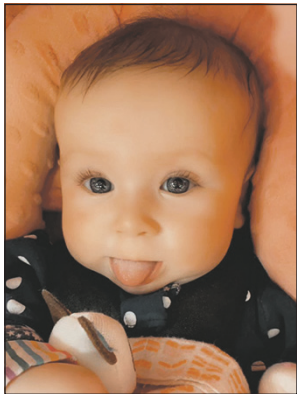
Carver Greyson Mann
BORN: February 5, 2020
PARENTS: E.J. and Nikki Mann
THANKFUL FOR: I'm thankful for the joy he brought to us through this hard year.



Oliver Scott Minton
BORN: March 14, 2020
PARENTS: Brad and Terriann Minton
I'M THANKFUL FOR: A happy baby boy.



Jenesis Josclyn Taylor
BORN: November 30, 2020
PARENTS: Weltonette and Jermaine Taylor
I'M THANKFUL FOR: My baby being healthy strong.



Emma Jane Carveiro
BORN: August 18, 2020
PARENTS: Jessica Carveiro & Brandon Tyler
THANKFUL FOR: Having a precious little girl and her brother adores her.



Jaxxten Ray Dunn
BORN: September 3, 2020
PARENTS: Thomas and Desirae Dunn
THANKFUL FOR: Being our rainbow baby and his sister Janelea Mae.



Ryker Nathanael Hunt
BORN: January 27, 2020
PARENTS: Dylan Hunt and Taylor Davis
THANKFUL FOR: Thankful for family.



John Wyclef Carroll
BORN: January 17, 2020
PARENTS: John and Chelsey Carroll
I'M THANKFUL FOR: God and Family.



Blaze Maddox Magill
BORN: September 28, 2020
PARENTS: Olivia and Michael Magill
I'M THANKFUL FOR: My little blessing who keeps me going everyday!

Thank you to all parents who submitted photos and information of your child. We hope you enjoy this special keepsake dedicated to your loved one.

Congratulations to all new parents of 2020!

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Mattilyn Jo Bennett
BORN: July 7, 2020
PARENTS: Nicki Harrison and Austin Bennett
THANKFUL FOR: Our sweet healthy baby girl!



Ella Grace Shands
BORN: July 5, 2020
PARENTS: Robert and Jeri Shands
I'M THANKFUL FOR: Miracles



Myles Lee Cozart
BORN: October 7, 2020
PARENTS: Jacob and Jesalyn Cozart
THANKFUL FOR: Our loving families.



Isla Raylee-Gail Arnold
BORN: July 3, 2020
PARENTS: Brittany Arnold and Randal Arnold
I'M THANKFUL FOR: Answered prayers



Addalyn Kay Lewis
BORN: February 19, 2020
PARENT: Asia Lewis
I'M THANKFUL FOR: Beautiful, fun-loving, healthy baby.



Korbyn Alexander Traywick
BORN: May 24, 2020
PARENT: Bobbie Traywick
I'M THANKFUL FOR: A Healthy Baby.



Rhodes Shahan Reed
BORN: April 20, 2020
PARENTS: Airan Reed and Hadley McIvor
I'M THANKFUL FOR: Family



Josiah Zander Hill
BORN: April 22, 2020
PARENTS: Hailey Hill and Christopher Hamilton
I'M THANKFUL FOR: My family.



Leighton Grace Ezell
BORN: October 27, 2020
PARENTS: Cody and Hayley Ezell
I'M THANKFUL FOR: Healthy and happy baby



Everleigh Rymalean Lindsey
BORN: January 5, 2020
PARENTS: Levi Lindsey and Mikayla Mort
THANKFUL FOR: You being our sunshine and lighting up our world!



Finley Winifred Palmer
BORN: January, 13, 2020
PARENTS: Tiffany and Greg Palmer
WE ARE SO THANKFUL FOR: This little blessing that completes our family!



Hannah Bess Sweatt
BORN: December 16, 2020
PARENTS: Mathew and Christy Sweatt
I'M THANKFUL FOR: Our Christmas miracle

How First-time Parents Can Cope with Colic

First-time parents face many challenges upon bringing their new babies home. One of the more frustrating challenges new parents may face is colic, a confusing condition that can be uncomfortable for both parents and their babies.

What is Colic?

According to the American Academy of Pediatrics, roughly 20 percent of all babies will develop colic, a condition in which children may cry inconsolably, scream, extend or pull up their legs, and pass gas. When a baby develops colic, the causes of which are unknown, his or her stomach may be enlarged or distended with gas.

What are the Symptoms of Colic?

Babies tend to be finicky, so those that are fussy are not necessarily dealing with colic. But when healthy babies who are well-fed experience the following symptoms, colic might be the culprit.

Predictable periods of fussiness: Babies who have fussy periods each day during similar time frames may be experiencing colic. The AAP notes that these periods of fussiness are particularly common among babies with colic between the hours of 6 p.m. and midnight.

Intense or inconsolable crying: The Mayo Clinic

says babies with colic may experience intense, high-pitched crying that sounds distressed. During these bouts of crying, babies' faces may be flushed, and it may be nearly impossible for parents to console their babies.

Inexplicable crying: Babies tend to cry when they are hungry and when they have soiled themselves. But babies with colic will cry for no apparent reason.

Changes in posture: During a colic episode, babies' legs may curl up and they may clench their fists. Abdominal muscles also may tighten during colic episodes.

Post-Pregnancy, Exercise

Upon giving birth, women typically have pretty lengthy to-do lists. Caring for their newborns might take the top spot on such lists, but new mothers must not downplay the importance of taking care of themselves as well.

According to the latest guidelines established by the Institute of Medicine, women who are considered to be normal weight should gain between 25 and 35 pounds during their pregnancies if they are pregnant with only one child.

Women will lose some but not all of their pregnancy weight during childbirth. Many women hope to begin losing their remaining

pregnancy weight as soon as possible after their children are born. Exercise can help accomplish that goal.

Why Exercise?

The Mayo Clinic notes that exercising after pregnancy provides a host of benefits. Healthy diets can help women lose pregnancy weight, but exercise plays a crucial role in healthy weight loss. Exercise can help women boost their energy levels after childbirth while also improving their cardiovascular fitness. Exercise also can help to strengthen and tone abdominal muscles and alleviate some of the stress that may result from caring for new-

born children. Regular exercise can help women sleep better at night as well.

When Should I Begin to Exercise?

The American Council on Exercise notes that many of the physiological changes associated with pregnancy persist for four to six weeks after giving birth. Women should not expect or feel pressured to dive back into their vigorous pre-pregnancy exercise routines in the immediate aftermath of giving birth.

Speak with your physician and be fully honest about how you feel. Building an exercise tolerance will be gradual, so even when you get clearance from your doctor, take things slowly at first.

Welcome Babies of 2020!

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Harper Irene Moore
BORN: July 23, 2020
PARENTS: Colton and Cari Moore
I'M THANKFUL FOR: Having a happy healthy family that loves me so much!



Karmyn Elizabeth Taylor
BORN: May 8, 2020
PARENTS: Marquel Taylor and Madison Allen
I'M THANKFUL FOR: Family



Lainee Marie Brown
BORN: October 29, 2020
PARENTS: Matt and Leslie Brown
I'M THANKFUL FOR: A happy and healthy baby.



River Joel Stowell
BORN: May 5, 2020
PARENTS: Lacy and Brett Stowell
I'M THANKFUL FOR: Baby Giggles



Payton Elaine Gowan
BORN: November, 25, 2020
PARENTS: Jon-Marc and Megan Gowan
I AM THANKFUL FOR: A healthy baby.



Hudson James McClain
BORN: July 5, 2020
PARENTS: Clint and Sara McClain

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Welcome to the World Babies of 2020 – The Banner Staff

Welcome Babies of 2020!



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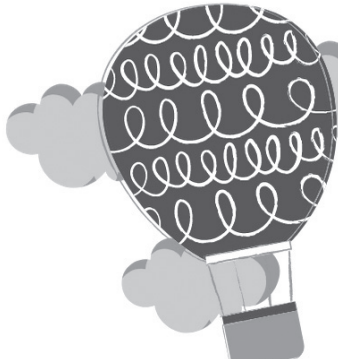
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