



# Healthy Start

BULLETIN SUMMER 2017

Healthy Start  
can help you  
have a healthy  
pregnancy, baby  
and family!



We offer FREE services  
for pregnant women and  
families with children up  
to age 3.

NEWBORN CARE

CHILDBIRTH EDUCATION

BREASTFEEDING  
EDUCATION AND SUPPORT

PARENTING  
EDUCATION AND SUPPORT

TOBACCO  
EDUCATION AND SUPPORT

HEALTH AND WELL-BEING



## Stress and Pregnancy

TIPS TO  
DE-STRESS

Pregnancy is a time of many changes. Your body, your emotions and your family are changing. You may welcome these changes, but they can add new stresses to your life.

Feeling stressed is common during pregnancy, and stress is not all bad. If you handle it right, a little stress can help you take on new challenges. But too much stress can make you uncomfortable. Stress can make you have trouble sleeping, have headaches, lose your appetite or overeat.

High levels of stress that continue for a long time may cause health problems, like high blood pressure and heart disease. When you're pregnant, serious stress can increase the chances of having a premature baby (born before 37 weeks of pregnancy) or a low-birthweight baby (weighing less than 5½ pounds). Babies born too soon or too small are at increased risk for health problems.

### How can you reduce stress during pregnancy?

- Figure out what's making you stressed and talk to your partner, a friend or your doctor or midwife about it.
- Know that the discomforts of pregnancy are only temporary. Ask your doctor or midwife how to handle these discomforts.

- Stay healthy and fit. Eat healthy foods, get plenty of sleep and exercise (with your doctor or midwife's OK). Exercise can help reduce stress and also helps prevent common pregnancy discomforts.
- Cut back on activities you don't need to do.
- Have a good support network, including your partner, family and friends.
- Ask for help from people you trust. Accept help when they offer. For example, you may need help cleaning the house or you may want someone to go with you to your prenatal visits.
- Try relaxation activities, like prenatal yoga or meditation.
- Take a childbirth education class so you know what to expect during pregnancy and when your baby arrives. Practice the breathing and relaxation techniques you learn in your class.
- If you're working, plan ahead to help you and your employer get ready for your time away from work.
- If you think you may be depressed, talk to your doctor or midwife right away. There are many ways to deal with depression. Getting treatment and counseling early may help.

*Source: March of Dimes*

# Common Discomforts

COMMON DISCOMFORTS DURING PREGNANCY AND WHAT TO DO ABOUT THEM



**Morning sickness:** Eat several small meals instead of three large meals. Eat dry toast, saltines or cereal before getting out of bed in the morning. Eat bland foods that are low in fat and easy to digest. Call your doctor or midwife if nausea is constant and you experience vomiting several times a day.

**Constipation:** Drink eight to 10 glasses of water daily. Eat fiber-rich foods, such as fruit, raw vegetables and whole-grains. Get mild exercise.

**Swelling:** Drink eight to 10 glasses of fluids daily. Don't drink caffeine or eat salty foods. Rest and elevate your feet.

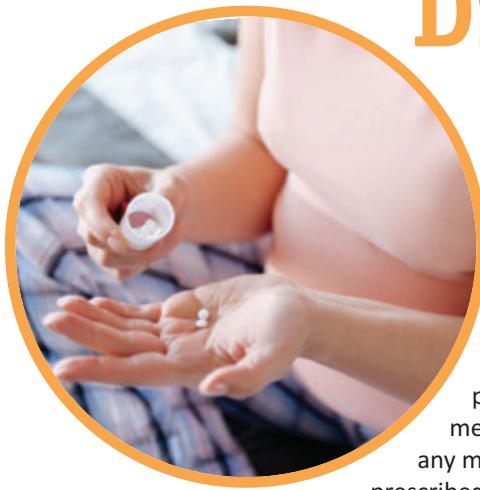
Slight swelling is common. Call your doctor if your hands or feet swell suddenly or you rapidly gain weight—it may be preeclampsia.

**Leg cramps:** Gently stretch muscles. Eat calcium-rich foods. Get mild exercise. Ask your doctor or midwife about calcium supplements.

**Sleep problems:** Use pillows for support, such as behind your back, tucked between your knees and under your tummy. Practice good sleep habits—go to bed and get up at the same time each day, and use your bed only for sleep and sex.

Source: Office of Women's Health, U.S. Department of Health and Human Services

## Drugs during Pregnancy



**Always talk with your doctor or midwife before taking any medicines during pregnancy.** Read drug labels for risks for pregnant or breast-feeding women. Do not take more than the prescribed dose of any medication, and do not take any medication that is not prescribed to you.

Drugs include street drugs, prescription and over-the-counter drugs, supplements and herbal products. **Babies born to moms who use drugs during pregnancy can have serious problems including premature birth, low birthweight, heart defects and birth defects.**

The best way to keep your baby safe from drugs is to avoid them! If you feel you have a problem, please contact your doctor, midwife or Healthy Start Care Coordinator for help.

**How can you make sure a prescription drug is safe to take during pregnancy?** Ask your doctor or midwife. She can tell you if a prescription medicine is safe to take during pregnancy. She may want you to stop taking a medicine or switch to one that's safer for you and your baby. Don't stop taking a prescription medicine without talking to your doctor or

midwife first. And make sure that any doctor or midwife who prescribes medicine for you knows that you're pregnant.

**To find out more about the safety of prescription medicines during pregnancy, go to: [www.mothertobaby.org](http://www.mothertobaby.org).**

Source: March of Dimes

### ABOUT OPIOIDS

- Prescription opioids are painkillers used to treat pain after an injury or surgery. Opioids include codeine, fentanyl, morphine and oxycodone.
- If you take opioids during pregnancy, they can cause serious problems for your baby, like premature birth and drug withdrawal called neonatal abstinence syndrome (NAS).
- Even if you use an opioid exactly like your doctor or midwife says to, it still may cause NAS in your baby.
- Don't stop taking an opioid without talking to your doctor or midwife first. Quitting suddenly can cause severe problems for your baby.
- If you're not pregnant and taking an opioid, use effective birth control until you're no longer taking the medicine. This can help prevent complications when you do get pregnant.

Source: March of Dimes



# Milestones for Baby

WHAT TO EXPECT

Babies develop in their own way, so it's impossible to know when your baby will achieve each milestone. The developmental milestones listed here give you an idea of what you can expect. Check the milestones your child has achieved and talk with your child's healthcare provider at every well child visit about the milestones your child can do and what to expect next.

## Help baby grow:

Read and talk to your baby

Play peek-a-boo

Put baby close to things that he can pull up on safely

Sing to your baby and play music

Praise your baby and give her lots of loving attention

Spend time cuddling and holding your baby

## What most babies do by 2 months:

- Begin to smile at people
- Briefly calm themselves by bringing hands to mouth and sucking
- Try to look at parent
- Coo and make gurgling sounds
- Turn head toward sounds
- Pay attention to faces
- Hold head up and begin to push up when lying on tummy
- Make smoother movements with arms

## What most babies do by 6 months:

- Respond to other people's emotions and often seem happy
- Like to look at self in a mirror
- String vowels together when babbling ("ah," "eh," "oh")
- Respond to own name
- Bring things to mouth
- Show curiosity about things and tries to get things that are out of reach
- Begin to pass things from one hand to the other
- Roll over in both directions
- Begin to sit without support

## What most babies do by 12 months:

- Get to sitting position by themselves
- Move from sitting to a crawling position
- Pull self up to stand
- Walk holding on to furniture
- Stand momentarily without support
- Walk two or three steps without support
- Try to imitate scribbling
- Respond to simple requests
- Respond to "no"
- Use simple gestures, such as shaking head for "no"
- Say "dada" and "mama"
- Use exclamations, such as "uh-oh!"
- Try to imitate words
- Explore objects in many different ways (shaking, banging, throwing, dropping)
- Find hidden objects easily
- Look at correct picture when the image is named

*Source: Centers for Disease Control and Prevention*



# Goals for a Healthier Me | A CHECKLIST FOR MY GOALS



Life offers many opportunities. Take time to think about your goals for school, for your job or career and for your health. Your physical and mental health are important in helping you achieve the goals you set for yourself. And, if you decide you want to have a baby sometime in the near future, be sure to plan your pregnancy and get your body ready before you get pregnant. To be ready for any path you choose, start making healthy choices.

- **Prevent unplanned pregnancies.** Make sure I have my chosen method of birth control and use it correctly and at all times.
- **Eat healthy foods.** Shop the outside edge of the store where the healthiest food is sold. Include plenty of vegetables and fruits.
- **Be active.** Try to get 150 minutes of moderate intensity physical activity each week.
- **Take 400 micrograms (mcg) of folic acid daily.** Taking folic acid daily will help prevent birth defects of the brain and spine if I should decide to or accidentally get pregnant.
- **Protect myself from sexually transmitted infections (STIs).** Buy a supply of condoms and use them correctly and every time. Get checked to see if I have been exposed to STIs.

- **Manage and reduce stress and get mentally healthy.**
- **Stop smoking.** Call the quit line: 1-800-QUIT-NOW.
- **Won't use street drugs and won't take other people's prescription medication.**
- **Reduce my alcohol intake.** Stop drinking immediately if I find myself pregnant. Drinking during pregnancy can cause birth defects. There is no known safe level of alcohol in pregnancy.
- **Stop partner violence.** No one deserves to be abused. Talk with my doctor or a counselor.
- **See my doctor for regular checkups and if I have questions.**

*Source: Centers for Disease Control and Prevention*

## Be Safe: In Your Car

### CAR SEAT TIPS

#### Choose the Right Direction: Rear- or Forward-Facing

**1. For the best protection, keep your baby in a rear-facing car seat for as long as possible—until at least 2 years old.** You can find the exact height and weight limit of your car seat on the side or back label. Kids who ride in rear-facing seats have the best protection for the head, neck and spine. It is especially important for rear-facing children to ride in a back seat away from the airbag.



**2. When your children outgrow a rear-facing seat around age 2, move them to a forward-facing car seat.** Keep the seat in the back and make sure to attach the top tether after you tighten and lock the seat belt or lower attachments (LATCH). Many car seat labels will tell you exactly how much your child can weigh and still use the lower attachments and top tether.

73% of car seats are not installed correctly.

#### Make Sure Your Car Seat is Installed Correctly

**1. Inch Test.** Once your car seat is installed, give it a good tug at the base where the seat belt goes through it. Can you move it more than an inch side to side or front to back? A properly installed seat will not move more than an inch.

**2. Pinch Test.** Make sure the harness is tightly buckled and coming from the correct slots (check your car seat manual). With the chest clip placed at armpit level, pinch the strap at your child's shoulder. If you are unable to pinch any excess webbing, you're good to go.

*Source: SafeKids.org*

## Healthy Start

of North Central Florida Coalition

Every baby deserves a healthy start

[www.HealthyStartNCF.org](http://www.HealthyStartNCF.org)

Alachua	Lafayette
352-337-1200	386-294-1321
Bradford	Levy
904-964-7732	352-486-5300
Columbia	Marion
386-758-1065	352-629-0137
Dixie	Putnam
352-498-1360	386-326-7391
Gilchrist	Suwannee
352-463-3120	386-362-2708
Hamilton	Union
386-234-0560	386-496-3211

## Central Healthy Start

COALITION

Every baby deserves a healthy start

[www.CentralHealthyStart.org](http://www.CentralHealthyStart.org)

Citrus	Lake
352-513-6078	352-314-6933
Hernando	Sumter
352-848-3977	352-569-2998



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An Affiliate Partner of WellFlorida Council [www.WellFlorida.org](http://www.WellFlorida.org)