

BEGINNINGS



Keeping Your Unborn
BABY SAFE

.....
Dealing With Health
Issues During
Pregnancy

.....
After Baby Is Born
.....

**WHAT'S GOING
ON THIS MONTH?**

- > Baby's Progress
- > Nutritional Hints

**FEELING
GOOD**

While You're Pregnant

**EAT WELL
FOR BABY
& YOU**

**STARTING
A Healthy Lifelong
RELATIONSHIP
WITH YOUR CHILD**





WHAT IS HELP ME GROW?

Help Me Grow offers support for pregnant women or new parents in every Ohio county looking for advice and information. Choose from programs like Healthy Families Ohio, Nurse Family Partnership, and Moms & Babies First. Our well-trained professionals are non-judgmental and compassionate. You'll be empowered with the skills, tools and confidence to have a healthy pregnancy and to encourage healthy growth in your babies and young children.

We believe that all young children deserve to reach their full potential in life no matter their income, neighborhood, age or gender. Early experiences create the foundation for lasting success. That's why it's so important to take advantage of the parenting and child development resources Help Me Grow provides – to maximize this critical time in your child's life!

HOME VISITS FOR EXPECTANT PARENTS AND NEWBORNS

When you schedule a home visit with Help Me Grow, you'll have the opportunity to share your thoughts about parenting, ask questions, and receive reliable

information based on your specific family needs or interests. These may include but are not limited to:

- › Healthy Pregnancies
- › Baby and Child Health
- › Breastfeeding
- › Nutrition
- › Immunizations
- › Child Growth and Development
- › Discipline
- › Toilet Training
- › Child Safety
- › Household Safety
- › Local Resources

READY TO TALK WITH A PROFESSIONAL ABOUT HOW HELP ME GROW CAN SUPPORT YOU?

1-800-755-GROW (4769)
helpmegrow.ohio.gov

BEGINNINGS

WHAT'S INSIDE

PAGE

9



PAGE

16



PAGE

26



PAGE

7



PAGE

5



- DOCTOR VISITS 4
- HEALTH 6
- NUTRITION 8

- PRENATAL CONCERNS 12
- WHAT'S GOING ON THIS MONTH 16

- LABOR & DELIVERY 26
- BREASTFEEDING 28
- AT HOME WITH BABY 30



THINK YOU'RE PREGNANT?

See the Doctor. Getting Care Early Helps You Have a Healthier Baby.



PREPARATION >>>

YOUR FIRST OBSTETRICS APPOINTMENT

Ask your baby's dad and your relatives about health problems that run in the family. Share what you learn and any health problems you have with your doctor. List all medicines you take.

What Happens?

- > Your doctor will do a general physical, pelvic exam and maybe an ultrasound
- > You may get to hear the baby's heartbeat

HOW OFTEN? >>>

To give your child the very best start at life, go to all prenatal visits even if you're feeling fine. Scheduled visits are usually:

- > Every four weeks until week 29
- > Every two to three weeks after 30 weeks
- > Every one to two weeks after 36 weeks, until you go into labor

HEALTH PLAN CASE MANAGERS

Find one by contacting the case management department at your health plan to:

- > Help you understand what's going on with your body now
- > Get emotional support
- > Keep your medical team informed about problems
- > Prepare you to make the best health care decisions for you and baby
- > Answer questions about medicines, treatment, or just being pregnant
- > Find resources if you need help with personal or daily care needs
- > Give you extra attention so you have a healthy baby

PRENATAL TESTING

You'll Need to Get Special Types of Tests at Different Times During Your Pregnancy.

TESTS >>>

THEY TELL YOUR DOCTOR:

- > Your blood type and blood counts
- > Whether you're protected from diseases like German measles
- > If you have STDs or hepatitis
- > About the protein, sugar, or infections in your urine

GENETIC >>>

The risk of birth defects is based on your age, weight, race and health, among other things. Some tests come back "normal" yet babies are born with defects. Some women with "abnormal" tests have healthy babies. An incorrect due date can throw off test results.

First trimester screening tests include a blood test and ultrasound to measure skin thickness at the back of your unborn baby's neck. This tells the risk of birth defects as early as your third month.

Missed these early tests? Take the quad test between 16 and 20 weeks. It measures

proteins and hormones to check for Down syndrome, or problems with baby's spine, kidneys and intestines.

AMNIOCENTESIS

If the test for Down syndrome shows "abnormal," your doctor will likely suggest a second test. This test is called amniocentesis, or amnio for short. A small amount of water is removed from the surrounding sac to check the baby's chromosomes.

ULTRASOUNDS >>> (early to mid-pregnancy)

- > Shows baby's sex, size, heart, stomach, kidneys, spinal cord and placenta. The placenta connects you and your unborn baby to bring food in and take waste out
- > Tells how many babies you're carrying
- > Measures how long your cervix is
- > Tells the doctor about your chances of an early delivery
- > Checks your risk to miscarry
- > Shows your baby's growth, position and if your child is moving and healthy



“My doctor said, 'No question is silly.' She wants to know what's on my mind.”

BLOOD SUGAR/DIABETES >>>

Your blood sugar should be tested between 24 and 28 weeks. You'll drink a sugary drink and give a blood sample an hour later. If your blood sugar is high, you'll have what's called a three-hour test. Let your doctor know if you have high blood sugar or had diabetes when you were pregnant before. You might have to take this test earlier.

GBBS >>>

Your doctor will swab your vagina around weeks 34 to 36. This test is called the Group B Beta Strep test or GBBS for short. It looks for germs that can hurt the baby coming through your birth canal. If you have GBBS, you'll need antibiotics during labor to keep baby safe.

FLU SHOTS

More than 3 months pregnant during flu season (November to April)? Have a flu shot to protect yourself and baby.

KEEP YOUR UNBORN BABY SAFE

DRUGS AND MEDICATION >>>

NO ALCOHOL OR DRUGS

Drinking and street drugs can cause birth defects, sick and underweight babies.

STREET DRUGS ARE DEADLY

Your baby can get addicted and have to go through withdrawal. Even a little bit of a drug can hurt.

TALK TO THE DOCTOR BEFORE TAKING ANY MEDICINE

- > Over-the-counter drugs
- > Prescription drugs
- > Herbal medicines or supplements
- > Medicines meant for others
- > Medicines with hormones



QUIT SMOKING! It's Good for You Both

BABIES: POSSIBLE PROBLEMS

- > Slow growth and development
- > Less oxygen inside mom's womb
- > More risk of being born too soon
- > More fussing and crying
- > Harder to do well in school
- > More ear infections, colds, asthma
- > More risk of Sudden Infant Death Syndrome (SIDS)

MOMS: POSITIVE BENEFITS

- > More energy
- > Easier to breathe
- > More enjoyment of food tastes and smells
- > More breast milk made
- > Fewer wrinkles and cleaner teeth
- > More money to spend on you and baby

GET FREE HELP

quit4baby.com/SignUp,
smokefree.gov, 1-800-QUIT-NOW (784-8669)



STRESS >>>

LOWER IT

New studies show that stress and worry can cause your baby to be born too soon or too small. Stress also leads to asthma and allergies.

BEAT IT

- > Stay active and eat right
- > Do something fun every day - watch a movie, go for a walk, talk to a friend
- > Relax - take slow breaths, stretch, put your feet up and close your eyes



IN AN ABUSIVE RELATIONSHIP?

FREE National Domestic Violence Hotline
1-800-799-7233

EXERCISE >>>

MAKES LABOR AND DELIVERY EASIER

Talk with your doctor before starting any exercise program. If you exercised before you got pregnant, you should be able to do it now.

- > Find a TV show or library DVD with exercises, stretches and yoga that pregnant women can do at home
- > Go swimming. Try the YMCA or Department of Parks and Recreation for pools near you
- > Drink plenty of water before, during and after you exercise
- > Don't exercise outside on very hot days
- > Don't lift heavy weights
- > Don't play sports like soccer, basketball and softball
- > Don't do anything where you might fall

EXERCISE WEEKLY

2-3 : **20-30**
TIMES : **MINUTES**



EAT RIGHT

- › Water is the wonder drink. Drink 8 glasses daily. It helps with most everything and keeps you and baby healthier
- › Fresh or canned fruits for snacks. Dried fruits, like raisins, instead of candy
- › Fresh or frozen vegetables instead of canned
- › Skinless chicken and meat with the fat cut off
- › Avoid butter, margarine and fried foods
- › Eat less salty foods
- › Limit foods and drinks with little nutritional value

NUTRITION, EDUCATION & HEALTHY FOOD from WIC

WIC provides nutrition education, breastfeeding education and support, and highly nutritious foods such as iron fortified infant formula, cereal, eggs, milk, whole grain foods, fruits and vegetables.



›› IMPORTANT! ›› Prenatal Vitamins

Your doctor prescribes these vitamins to make sure your body has all it needs to carry a healthy baby. The extra calcium, iron and folate will help baby's brain and spinal cord form normally. Birth defects happen early so you need folate right away. Folate also helps keep babies from being born too soon.



Eat Foods WITH FOLATE

- › Enriched breads, pastas, rice, cereals
- › Beans, peas, lentils
- › Oranges, orange juice
- › Asparagus, broccoli, dark leafy green vegetables - spinach, mustard greens

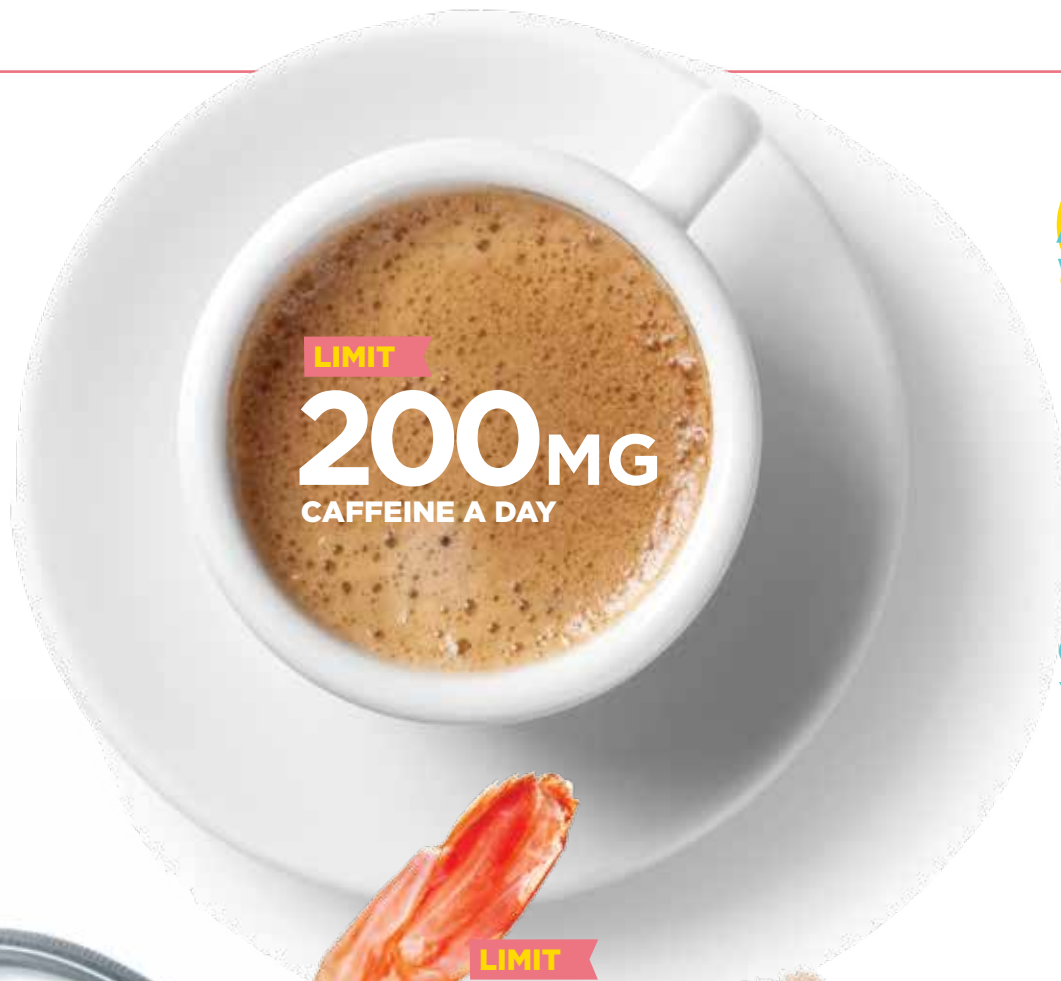
“

I try to stay away from fast food. Fruit and vegetables really help.

”



FOODS TO EAT SPARINGLY



LIMIT
200MG
CAFFEINE A DAY

LIMIT
5oz
TWO CANS OF TUNA
TWICE A WEEK



LIMIT
12oz
A WEEK
Includes shrimp, salmon, pollack, catfish or light tuna






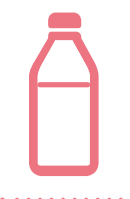

LIMIT
3oz
LIVER
ONCE IN
A WHILE



AVOID WHILE PREGNANT

- Raw or undercooked meats or fish
- Shark, swordfish, king mackerel, or tile fish (also called golden or white snapper)
- Over-easy or sunny-side-up eggs
- Raw vegetable sprouts
- Soft cheeses like feta, brie, camembert and blue
- Refrigerated deli meats or ready-to-eat meats like hotdogs
- Refrigerated pâté or meat spreads
- Refrigerated smoked seafood like salmon, cod, tuna, whitefish and mackerel. Only eat if just cooked
- Raw (unpasteurized) milk or foods made from it
- Unpasteurized fruit or vegetable juices (may say “fresh squeezed” on label)

CHOOSE FOODS GOOD FOR YOU & BABY TOO

 <p>GRAINS 6 SERVINGS DAILY</p>	<p>ONE SERVING IS</p> <ul style="list-style-type: none"> ➤ 1 slice bread or tortilla ➤ ½ bagel or hamburger bun ➤ ½ cup cooked rice, noodles, or cereal ➤ 1 cup flake-type cereal 	<p>TIP</p> <p>Eat whole grains like:</p> <ul style="list-style-type: none"> ➤ Corn or whole wheat tortillas ➤ Whole wheat or rye bread ➤ Brown rice ➤ Oatmeal
 <p>VEGETABLES 5 SERVINGS DAILY</p>	<p>ONE SERVING IS</p> <ul style="list-style-type: none"> ➤ ½ cup chopped or cooked ➤ 1 cup lettuce or other leafy greens ➤ ½ cup vegetable or tomato juice 	<p>TIP</p> <p>Eat many kinds and colors: dark green, orange, red, yellow, purple, and white. Add to: scrambled eggs, rice, noodles, salads, and casseroles.</p>
 <p>FRUITS 4 SERVINGS DAILY</p>	<p>ONE SERVING IS</p> <ul style="list-style-type: none"> ➤ ½ cup chopped or cooked ➤ 1 fruit - apple, orange, peach ➤ ½ cup 100% fruit juice 	<p>TIP</p> <p>Eat many kinds and colors: red, yellow, orange, blue, green, and white. Put sliced or chopped fruit on cereal, pancakes, pudding, and frozen yogurt.</p>
 <p>DAIRY 3 SERVINGS DAILY</p>	<p>ONE SERVING IS</p> <ul style="list-style-type: none"> ➤ 1 cup milk ➤ 1 cup yogurt ➤ 1 to 2 slices cheese 	<p>TIP</p> <p>Buy low fat (1%) or fat free milk and low fat cheese. If it is hard to drink milk, get ideas from WIC.</p>
 <p>PROTEIN 6 SERVINGS DAILY</p>	<p>ONE SERVING IS</p> <ul style="list-style-type: none"> ➤ 1 ounce of meat, chicken, turkey, or fish ➤ ¼ cup canned light tuna ➤ 1 egg ➤ ½ cup cooked beans or tofu ➤ 2 tablespoons peanut butter or nuts 	<p>TIP</p> <ul style="list-style-type: none"> ➤ A 3 ounce serving is the size of a deck of cards. ➤ Eat more beans. ➤ Ask WIC for recipes. ➤ Choose lean meats. Bake, broil, or grill them.

DEALING WITH PREGNANCY HEALTH ISSUES

“My Heartburn Was Awful”

I never had heartburn before. But the nurse said now food moves through my body slower and the area between my esophagus (food pipe) and my stomach is more relaxed. Another reason is because the baby is growing and pushing on my stomach. I asked the nurse what to do and she suggested some safe antacids. And to eat five or six small meals a day instead of three big ones. I've also learned not to lay down right after I eat. I wait an hour or two. When I do nap, I prop up my head and back with pillows. Other no-nos are smoking and alcohol, high fat foods, chocolate and spicy foods because they bother me. I don't drink caffeine in teas, coffee and colas either. ”



MORNING SICKNESS >>>

Feeling sick to your stomach or throwing up is normal. It can happen any time - not just mornings. How long it lasts changes from woman to woman and pregnancy to pregnancy. Generally, morning sickness starts in the first month and ends by the fourth.

WHAT HELPS

- > Get out of bed slowly and eat dry saltine crackers
- > Eat plain foods - broth, jello
- > Try caffeine-free drinks (ginger ale, ginger tea or peppermint tea)
- > No spicy, fried or greasy foods
- > Try not to get hot
- > Get plenty of rest each night
- > Don't lie down for a nap right after eating
- > Eat more whole grains, nuts, seeds and beans
- > Ask your doctor about getting extra Vitamin B-6 or a vitamin lower in iron
- > If strong odors make you sick, cut a fresh lemon and smell it, ask others to take out the garbage or pump your gas
- > Ask the doctor about getting some safe medicine

CALL YOUR DOCTOR IF YOU

- > Throw up blood
- > Can't keep food or liquids down for a whole day
- > Throw up more than 3 times a day
- > Lose more than 5 pounds
- > Feel dizzy or faint

BACK PAIN >>>

You may have to lean back to keep your balance as your belly grows. This makes a curve in your lower back that can lead to back pain.

WHAT HELPS

- > Get a “belly belt” at a maternity store
- > Stand up straight and push your shoulders back. Good posture helps lower backaches.
- > Keep your back straight up and down when you lift things off the ground
- > Wear low-heeled shoes with good foot support
- > Do pelvic tilts: stand with your back to a wall and pull your tummy muscles up and in. Now tighten your backside. Press your lower back toward the wall in back of you
- > Stretch your back with yoga

LEG CRAMPS >>>

Painful leg cramps can sometimes come during the last half of pregnancy. They come more often at night. Doctors aren't sure of the exact reason.

WHAT HELPS

- > Move! Try not to sit or stand in one position for a long time
- > Stretch each leg and your calf muscles for 20 to 30 seconds before you go to bed
- > Massage the muscle when you get a cramp
- > Stay active and try to take daily walks

HIGH BLOOD PRESSURE/PIH >>>

Blood pressure is the force of your blood against the walls of your arteries. PIH is short for pregnancy-induced hypertension also called toxemia, or preeclampsia. It can cause serious health problems for you and baby and is more common late in pregnancy. Get treatment right away if you're concerned you have it.

SIGNS OF TROUBLE

- > Swelling in hands, feet, face, or ankles
- > A lot of weight gain in just two or three days
- > Vision changes like seeing bright lights or dark spots
- > Pain on the upper right side of your belly
- > Headaches that don't go away with acetaminophen (Tylenol®)
- > Feeling sick to your stomach

“My Trouble is Constipation”

I was too embarrassed to say I was having trouble going to the bathroom but then I got hemorrhoids that really hurt! Drinking about eight 8-ounce glasses of water a day and eating lots of high fiber like whole grains, bran, vegetables and fresh or dried fruits helped a lot. So don't be like me. Tell your doctor before it gets bad and follow his advice. ”



“My Emotional Roller Coaster Ride

I'm normally pretty easygoing but felt like I was a mess during my pregnancy. I felt different ways at different times...I was so unpredictable! I'd be happy one minute and near tears the next. I'd feel myself getting tense for no reason. My doctor said it was all the hormones. He also stressed that these ups and downs happen to a lot of women. But his one word of caution was that if I was feeling very sad or anxious, I should call him. Luckily, I never had to.”



FEELING TIRED >>>

Many women feel exhausted in the first few months and during the last month.

WHAT HELPS

- > Take a nap or a few rest breaks daily
- > Get enough sleep. Go to bed earlier than you did before you had a baby on the way
- > Eat healthy, stay active
- > Ask for help with housework or tasks that wear you out now

DIABETES >>>

If you have high blood sugar during pregnancy, you are said to have gestational diabetes. It can cause serious problems or birth defects. So get treatment right away. It can happen to anyone, but some women are prone to it. Talk to your doctor about your health history.

SIGNS OF DIABETES

- > Being very thirsty all the time
- > Frequent urination
- > Being very hungry all the time
- > Losing weight even when you're eating
- > Blurry vision

PREMATURE LABOR >>>

Some women have babies born early known as “preemies.” Most pregnancies are full term and last 37 to 42 weeks. But if you have any of these signs more than 3 weeks before your due date, call your doctor or go to the hospital right away.

- > Contractions that come as often as 4 times an hour
- > Cramps that feel like you're having your period
- > A feeling of pressure in your pelvis or lower belly
- > Bleeding from your vagina, or a pink tinged discharge while you're cramping

YOUR DOCTOR MAY TELL YOU TO

- > Go to the office or hospital
- > Stop what you're doing and lie down on your left side
- > Drink 2 to 3 glasses of water or juice
- > Time and write down your contractions
- > Watch your symptoms for an hour. If they continue or get worse, call your doctor again, or go to the hospital

BLEEDING IN EARLY PREGNANCY >>>

Call your doctor right away if you're bleeding from your vagina. If you have more than a little spotting, your doctor may run tests like an ultrasound. Light bleeding in early pregnancy may be from having sex. More serious bleeding may be from having a miscarriage – when you lose the baby before the 20th week – or from an ectopic pregnancy, which is in your tube instead of your womb. If this is true, you'll be treated with surgery or medicine, but the baby can't survive.

HAVING TWINS OR TRIPLETS? >>>

- > Get extra rest and stay off your feet more
- > Ask for extra help with household chores if you need it
- > See your doctor more often than if you were carrying just one baby
- > Gain a healthy weight
- > Follow medical advice carefully because your odds of getting gestational diabetes (high blood sugar), high blood pressure, preterm labor and of giving birth too early increase

BABY BLUES THAT WON'T GO AWAY >>>

Women can become very depressed after giving birth. This is called postpartum depression. Some women find talking to a counselor helps. Others take medicine. This type of depression can be treated with great results.

TALK TO YOUR DOCTOR IF YOU

- > Feel very sad, “down,” or depressed
- > Have trouble sleeping (even when baby is asleep or when others are caring for your infant)
- > Lose interest in things you used to enjoy
- > Feel guilty
- > Lose energy
- > Have trouble keeping focus
- > Change your eating habits
- > Don't take care of yourself or your baby
- > Think about harming yourself or others

“When I Miscarried

I was really happy and feeling good when I went to see the doctor for an ultrasound about 12 weeks into my first pregnancy. I knew something was wrong when he said he couldn't hear the baby's heartbeat. Sadly, I'd lost my baby. I was so upset! Especially since my sisters all had lots of healthy babies.

I asked why it had happened to me. My doctor said no one really fully understands why women miscarry. Most times it's because of problems with the baby's genes and chromosomes. Sometimes it's because the baby just didn't implant and grow well.

I learned it was really important to see the doctor after a miscarriage. I was feeling so low and like a failure. I asked for help to cope with my feelings of loss. Both my local hospital and clinic offered a program I could attend.

When I felt better, I asked the doctor about getting pregnant again. He said the chances that everything will go well the next time are very good. And to make sure I saw him as soon as possible when that happens – which I totally plan to do.”





WHAT'S GOING ON THIS MONTH?

HIGHLIGHTS >>>

Changes to Your Body

Baby's Progress

Nutritional Hints

Do's and Dont's

MONTH 2

CHANGES TO YOUR BODY >>>

- > Breasts may be tender and increase in size
- > Vaginal discharge may become thicker, whiter and stickier
- > Bathroom trips may increase because your uterus is pushing on your bladder
- > May feel tired or sleepy
- > May feel sick in the morning or throughout the day and be sensitive to certain smells

BABY'S PROGRESS >>>

- > About one inch long
- > Weighs less than one ounce
- > Heartbeat starts around the 25th day of your pregnancy
- > Brain, muscles, bones and teeth develop



"I eat crackers to keep from feeling sick. I carry a bunch in my purse."

Do's

- > Get lots of rest
- > If you have a cat, have someone else change the litter
- > Stop smoking and using alcohol
- > Ask your doctor about getting a flu shot
- > Start thinking about child care, if you're a working mom. Some programs have very long waiting lists. ohiochildcarefinder.org and jfs.ohio.gov/CDC/childcare.stm
- > Remember to take your prenatal vitamins
- > Sign up for free texts to keep you and baby healthy at text4baby.org/SignUp

Dont's

- > Don't take any medicines or drugs, not even aspirin, without talking to your doctor or nurse
- > Don't take long, hot baths or sit in a hot tub, sauna or tanning booth



NUTRITIONAL HINTS

- > Ease morning sickness by eating five to six small meals a day. Eat a few crackers before getting out of bed
- > Drink liquids between meals instead of with meals
- > Drink 6-8 glasses of water a day
- > Eat plenty of foods that contain calcium
- > Fish provide omega-3 fatty acids which are important to health, but fish also contain mercury and should be eaten with caution

MONTH 3

CHANGES TO YOUR BODY >>>

- > Appetite may begin to increase as nausea decreases, or stay the same
- > Gums may bleed more easily because of hormonal changes
- > May have more energy
- > May gain a little weight

BABY'S PROGRESS >>>

- > Fully formed in body by the end of the first 12 weeks
- > Weighs more than 1 ounce
- > About 3 to 4 inches long
- > Moves and can even suck a thumb



"Drinking water made me feel better. I carry a bottle everywhere I go."

NUTRITIONAL HINTS

- > Eat foods that contain iron: raisins, peanut butter and spinach
- > Don't skip meals or diet
- > Some herbs should be avoided during pregnancy. Check with your doctor

Do's

- > Wear your seatbelt in cars. Put the lap belt under your stomach and across your upper thighs
- > Position the shoulder belt between your breasts
- > Get moderate exercise
- > Keep a journal of your pregnancy
- > Brush your teeth and gums to prevent gum infection



MONTH 4

CHANGES TO YOUR BODY >>>

- > Skin and muscles are starting to stretch to make room for your growing baby
- > May need extra iron. Your doctor may recommend iron supplements
- > Cravings may start for certain foods
- > Uterus begins to rise out of your pelvis, reducing pressure on your bladder
- > Breasts start to produce colostrum, a thick, milky, nutrient-packed fluid that will nourish your baby when you breastfeed right after birth
- > May feel your baby move

BABY'S PROGRESS >>>

- > About 6 to 8 inches long and weighs about 6 ounces
- > Facial features and unique fingerprints form
- > Eyebrows and hair begin to grow
- > Moves, kicks, swallows and can hear your voice



"It's funny to hear the doctor say I should gain weight to have a healthy baby. Probably the only time I'll hear that, right?"

Do's

- > Include your partner in the pregnancy, bring along on prenatal doctor visits
- > Start shopping for maternity bras for good support

- > Sleep on your left side. Lying on your back or stomach after the fourth month will put extra pressure on your growing uterus and cut down the flow of nutrients to your baby
- > Think about breastfeeding baby. Breast milk is the best food for your child

MONTH 5

CHANGES TO YOUR BODY >>>

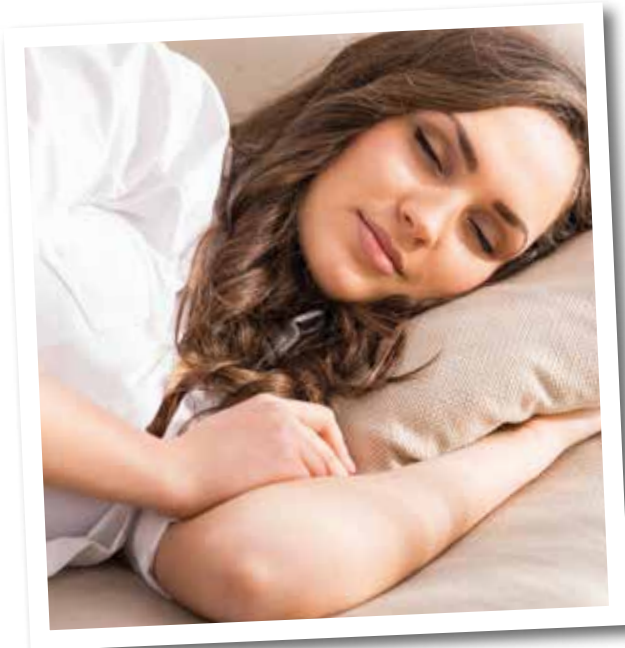
- > Breasts continue to grow larger and may start to get soft and show veins
- > May get skin blotches on your cheeks, nose and forehead

BABY'S PROGRESS >>>

- > About 8 to 12 inches long
- > Weighs about 1/2 to 1 pound
- > Busy developing muscles and is very active



"Time to start thinking about childbirth classes already."



Do's

- > Get lots of rest. Take breaks if you're tired
- > Ask your employer about maternity leave

Dont's

- > Don't push yourself. Rely on others to help you

FIND CHILD CARE IN YOUR AREA

- > Help Me Grow Helpline — 1-800-755-GROW (4769), ohiochildcarefinder.org or jfs.ohio.gov/CDC/childcare.stm
- > Use a checklist to compare programs — childcareaware.org
- > Check with your county Department of Job and Family Services to see if you qualify for assistance in paying for child care



MONTH 6

CHANGES TO YOUR BODY >>>

- > Fluid retention and extra body fat may change your foot size
- > Might feel pain down the side of your belly as your womb stretches
- > Pregnancy hormones affect your vision, making it less sharp

BABY'S PROGRESS >>>

- > About 14 inches long
- > Weighs about 1 1/2 to 2 pounds
- > Fully formed, can move around, hiccup, cry and close his/her eyes
- > Can hear your heartbeat



"I was surprised that my contacts hurt to wear, so I went back to glasses for now."

Do's

- > Sleep on your left side to help keep good blood flow to your uterus

Dont's

- > Don't take laxatives or antacids without asking your doctor or nurse

NUTRITIONAL HINTS

- > Drink more water if you plan on eating bran foods
- > Limit caffeine
- > Talk to your doctor, dietitian, lactation consultant or nurse about breastfeeding

CALL YOUR DOCTOR IF YOU HAVE >>>

- > Severe or continued vomiting
- > A sharp pain in your stomach
- > Stomach cramps
- > A low, dull backache that is not helped by bed rest or walking
- > Pain or burning when you go to the bathroom
- > Increased vaginal discharge that may look watery or pinkish
- > A sudden weight gain
- > Very bad or frequent headaches
- > Blurred vision, flashes of light or spots before your eyes
- > Vaginal bleeding

MONTH 7

CHANGES TO YOUR BODY >>>

- > Weight may increase more than you expect
- > May see stretch marks as your uterus grows
- > May get bad headaches, blurred vision or bad swelling of the hands, feet, ankles or face. Tell your doctor right away
- > Uterus is crowding your lungs, so you may find it hard to breathe easily

BABY'S PROGRESS >>>

- > About 15 inches long
- > Weighs about 3 pounds
- > Hearing is fully developed



"My baby's dad-to-be comes to childbirth and breastfeeding classes with me. I need that support."

MONTH 8

CHANGES TO YOUR BODY >>>

- > Feet and ankles may swell
- > May experience Braxton-Hicks or "false labor" contractions. These happen only once in a while. They last about half a minute and feel like cramps
- > May need screened for group B strep, the leading cause of life-threatening infections in newborns

BABY'S PROGRESS >>>

- > About 18 inches long
- > Weighs about 5 pounds
- > Can see, blink, recognize familiar voices and move to music



NUTRITIONAL HINTS

- > Your baby's nutritional needs are highest now as more than half of the birth weight is gained
- > Eat high quality protein foods: cooked meats, eggs, nuts, beans and dark green, leafy vegetables, fruits and orange juice

Do's

- > Stay alert when walking. As your belly gets bigger, you may lose your sense of balance.
- > Start childbirth classes with your partner
- > Tour labor and delivery at your hospital or birthing center
- > Choose a doctor for your baby and plan a meeting before you give birth
- > Get your baby's room ready
- > Prepare a birth plan with your partner



"I'm having trouble sleeping because it's hard to get comfortable."

Do's

- > Continue regular prenatal checkups twice this month
- > Practice childbirth techniques you've learned

Don't's

- > Don't lift anything heavy and risk straining your back
- > Don't do heavy work, such as pushing a vacuum, for more than 20 minutes without a break

MONTH 9

CHANGES TO YOUR BODY >>>

- > Breasts may leak in preparation for breastfeeding
- > Heart pumps 45% more blood than usual, you'll tire easily and feel sleepy
- > Uterus pushes everything out of the way so you may feel more uncomfortable
- > May have an increased backache, discomfort in your backside and pelvic region

BABY'S PROGRESS >>>

- > About 20 inches long
- > Weighs 7 to 8 pounds
- > Fat cells under the skin are getting plumper for life outside the womb
- > Gets antibodies from you to protect against illness
- > Responds to sounds, light and touch
- > Head is usually positioned down into the pelvis awaiting birth
- > Usually born two weeks before or after the due date



"I better get the infant car seat installed so we can bring the baby home from the hospital safely."

Do's

- > Think about the birth-control method you'll use after delivery
- > Have checkups once a week
- > If you have a boy, decide if you want to have him circumcised
- > Call your health and life insurance companies to find out how to add baby to your plan

CHECKLIST

Pack Your Hospital Bag

- Important numbers
- Relaxation items
- Camera/phone chargers
- Diaper bag
- Diapers
- Changing pad
- Pajamas for mom
- Baby clothes (weather appropriate)
- Boppy pillow (for breastfeeding)
- Clothes to wear home from the hospital

Get the Right Stuff for Baby

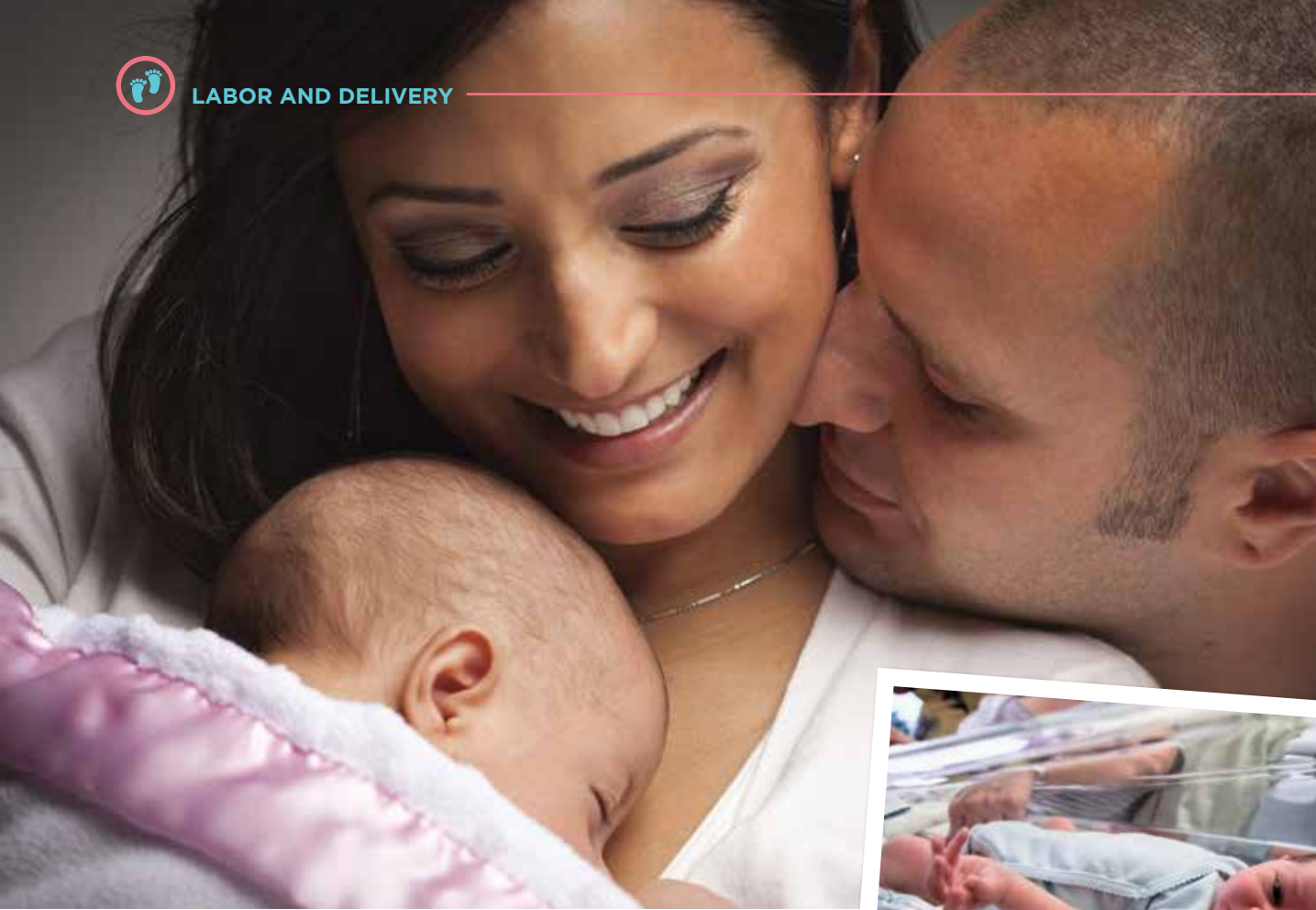
- Breastfeeding support group phone numbers
- A breast pump, if you're going back to school or work
- Baby bottles and formula
- Infant car seat (required by law)
- Crib, cradle or bassinet with tight sheets or sleep sacks that meet safe sleep guidelines
- Waterproof crib liner
- Sleepers or pajamas
- T-shirts and diapers
- Thermometer
- Working smoke detectors

USING PREVIOUSLY OWNED ITEMS?

Make sure cribs, strollers or car seats have all the necessary parts and haven't been recalled by the manufacturer.

>>> www.cpsc.gov





LABOR AND DELIVERY

CHILDBIRTH >>>

There are safe medicines to control pain during labor. A common one is called an epidural. Ask your doctor about it and other options during a prenatal visit. Sometimes your doctor gives you medicine to speed up or start your labor. This is called inducing.

A common medicine used for this is called Pitocin and you get it through an IV. Once in a while, a baby gets stuck in the birth canal. Safe ways to get the baby out include forceps, vacuum extraction and an episiotomy. Ask your doctor about these or go online for more information.

CESAREAN OR "C"-SECTION >>>

Most babies are born through their mother's birth canal, or vagina. But about one in every four babies in the U.S. is born by C-section. Sometimes problems before or during labor make vaginal delivery too risky. You may know ahead of time that you'll be having one. Or it may be an on-the-spot decision your doctor makes.

HOW TO TELL IF YOU'RE IN LABOR >>>

- > You have strong cramps that squeeze the uterus, making it tight and hard. These are called contractions
- > Contractions are evenly spaced (like every 10 minutes). They are timed from the start of one contraction to the start of another
- > Contractions happen more than 5 times an hour and last 30 to 70 seconds
- > Contractions are worse when you move around
- > Your mucus plug, which seals the cervix, comes out
- > Your water breaks causing a leaking or gush of fluid between your legs (contractions can start before the bag of water breaks and sometimes it doesn't break at all)

PARTNER COACHING DUTIES >>>

- > Check the way to the hospital for any detours or delays
- > Keep the gas tank full and be sure to have a back-up plan
- > Support your partner no matter what she wants
- > If your partner is bad-tempered with you during labor, don't take it to heart
- > Comfort and encourage Mom during labor and delivery



AFTER YOUR BABY ARRIVES

BREASTFEEDING AT THE HOSPITAL >>>

Breastfeeding is highly recommended by doctors, but it's your decision. At first, you'll make only a small amount of milk called colostrum. It's full of calories and nutrients. This may not seem like much, but it's usually all baby needs. The hospital staff will weigh baby and watch the number of wet and dirty diapers. This tells if your baby is doing well. Ask lots of questions. Some women stop nursing because of frustration, pain or discomfort that almost always can be easily fixed.

HOSPITAL NEWBORN SCREENINGS >>>

HEALTH

Ohio law requires newborn screenings to help find rare health conditions early. These occur between 1-5 days old. If your baby wasn't born in a hospital or you leave early, contact your midwife, doctor or local health department to arrange a screening. A few

drops of blood are taken from your baby's heel and tested. Results go to the hospital and your baby's doctor. Make sure they have your correct address and phone number. Ask about results when you take baby for the first checkup. Ohio screens for 36 different disorders. Search "Newborn Screening Program" on odh.ohio.gov for details.

HEARING

Hearing loss can really impact your ability to communicate with your baby, so early screening is a must. The ABR: Auditory Brainstem Response and OAE: Otoacoustic Emissions tests are safe. A pass means just continue to check your child's speech and hearing as time goes on. Talk to your doctor about any concerns. If the result is a non-pass, schedule a diagnostic evaluation by an audiologist (hearing professional) two to three weeks after birth. Use the list the hospital gives you or call the Ohio Department of Health 1-800-755-4769 for help. The Help Me Grow Birth to Three program will provide a service coordinator. Be sure to keep baby's doctor informed about everything.

BABY'S BIRTH CERTIFICATE >>>

You'll get a form to fill out at the hospital so a birth certificate can be processed for the local registrar and the Ohio Office of Vital Statistics at the Ohio Department of Health. You can choose to get baby a Social Security card automatically or apply for it later on your own. To get a certified copy of a birth certificate, go to your local registrar in 4-8 weeks or to the State of Ohio's Office of Vital Statistics in 8-12 weeks. There is a cost. You can't get a legal copy of a birth certificate from the hospital.

BREAST MILK / FORMULA



Breast milk is the perfect food for babies. It's packed with the nutrients and proteins that can keep your baby from getting sick. Studies show that breast milk can protect your baby from getting allergies, diabetes, heart disease and cancer later in life and from obesity. Experts recommend only breastfeeding for the first 6 months, then adding in other foods up to age 1. It's normal for babies to lose some weight during the first week. They should catch up and be their birth weight or above by week two. Breastfeeding works best if you're well rested.



BENEFITS >>>

Nursing can also help protect your health. Moms who breastfeed have a lower chance of getting breast cancer in the future.

- > Makes you feel closer to baby
- > Saves money, no formula or bottles to buy
- > Saves time. No washing bottles or going to the store. Breast milk's always ready
- > Shrinks your womb back to normal size

HOW OFTEN SHOULD YOU BREASTFEED? >>>

Breastfeed any time your baby seems hungry. No need to wait for crying. Babies often need to nurse 8-12 times each day the first few weeks. Wake baby up at least every 4 hours to nurse.

SIGNS BABY IS READY TO NURSE >>>

- > Wakes up and fusses
- > Moves head around to find your breast (rooting)
- > Sucks hands or smacks lips

“Breastfeeding has created a lifelong bond between me and my baby.”

Q&A

Q WHAT IF I DON'T WANT TO OR CAN'T BREASTFEED?

A Don't feel guilty. Make the decision that's best for you at this time in your life.

Q IS EVERY WOMAN ABLE TO BREASTFEED?

A Almost every mom can breastfeed. The size of your breasts doesn't matter. Talk to your doctor first if you have HIV or you use street drugs or alcohol. On prescription drugs? Talk to your doctor before you breastfeed. Let your doctor know if you've had breast surgery as this can lower the amount of breast milk you make.

Q I HAVE HEPATITIS. CAN I BREASTFEED?

A Moms with Hep B or Hep C can breastfeed.

Q I'M A VEGETARIAN, CAN I STILL BREASTFEED?

A You may need to take extra vitamins.

TAKING CARE OF SORE BREASTS >>>

Some women have nipple pain the first minute or so. This is normal and should get better within the first week.

- > Make sure baby latches onto enough breast tissue to make a tight seal
- > Place cold packs or a bag of frozen peas on your breasts between feedings if they feel too full of milk
- > Take mild pain medicine like acetaminophen (Tylenol®). It may be covered by your health plan if you get a prescription
- > Apply lanolin cream after nursing to keep your nipples from drying or cracking. Only use what your doctor recommends
- > Wear a supportive bra that's not too tight
- > Relax when nursing so the milk comes easily. Take deep breaths and drop your shoulders
- > Let baby suck as long as it's strong. If baby starts to doze or nibble, stop feeding. Put your finger in baby's mouth alongside your nipple to get baby to let go. Don't just pull your baby off
- > Rinse your nipples with clear water after nursing. Don't use soap. Leave your bra off or open so your nipples can air dry for a short time





STARTING A HEALTHY LIFELONG RELATIONSHIP

Bonding is an intense feeling about your baby that's like falling in love. You never knew you could love anyone so much! For some parents, it only takes a few minutes, for others, a few days or weeks. It happens naturally as you live with and get to know your baby. Early, close physical contact helps your child stay healthy.

TIPS

- › Focus your attention on baby during feedings
- › Cuddle, sing and talk to baby
- › Limit the number of persons that care for baby
- › Have a set caretaking routine to help baby learn to trust and love you
- › Hold baby skin-to-skin right after baths

WHY'S MY BABY CRYING?

Crying is normal. Think about it: it's the only way babies can communicate until they learn to talk. They cry to tell you they're hungry, need to be burped or changed, are too hot or cold, are lonely or scared, are over-tired or over-stimulated, they're in pain or uncomfortable. Sometimes, a crying baby just can't be soothed. It's okay to ask for help.



HOW TO SOOTHE CRYING >>>

- › Hold baby close and walk or gently rock
- › Wrap baby snugly in a soft blanket
- › Find a calm, quiet place. Turn off lights, loud music and the TV
- › Offer a pacifier
- › Take baby for a ride in a stroller or car
- › Play soft music, hum or sing to baby
- › Run the vacuum, dryer, dishwasher or fan to make background noise
- › Put baby in a baby swing
- › Lay baby across your lap and gently rub or tap baby's back
- › If nothing works, put baby on her back in a safe crib or playpen. Walk away and check back every 5-10 minutes
- › Calm yourself, take several deep breaths and count to 100. Go outside for fresh air. Wash your face, or take a shower.
- › Exercise: do sit-ups, or climb the stairs a few times. Go in another room and turn on the TV or radio
- › If you get stressed out, call a trusted friend or relative for help
- › Call the Ohio Department of Health during business hours for tips at 1-800-755-GROW (4769)
- › Learn more and have a plan
- › Call the doctor if baby seems sick

NEVER SHAKE YOUR BABY!

Tell caregivers NOT to shake your baby.

IT CAN LEAD TO:

- › Blindness
- › Deafness
- › Epilepsy (seizures)
- › Cerebral palsy
- › Mental retardation
- › Learning problems
- › Behavior problems
- › Poor coordination
- › Death

Has Your Baby Been Shaken? Call 911.

ALL OF THESE ARE POSSIBLE, SERIOUS SIGNS OF INJURY

- › Limp, like a rag doll
- › Poor sucking and swallowing
- › Trouble breathing
- › Unable to wake up
- › Irritability or crankiness
- › Seizures or trembling
- › Vomiting
- › Skin looks blue or feels cold

CHECKLIST FOR CHOOSING BABY'S CAREGIVERS >>>

Even when you aren't with baby, you're responsible for your child's safety. Here's what to look for in a caregiver:

- See if this person wants to watch your baby
- Watch this person interact with your baby
- See if this person is good with babies
- Check to see if this person has been a good caregiver to other babies
- Make sure your baby will be in a safe place with this person
- Tell this person never to shake your child
- Trust your instinct. If it doesn't feel right, don't leave your baby!

AVOID ANYONE WHO:

- › Is impatient or annoyed when your baby cries
- › Says your baby cries too much
- › Will become angry if your baby cries or bothers them
- › Might treat your baby roughly because they're angry with you
- › Has a history of violence
- › Has lost custody of their own children because they couldn't care for them
- › Abuses drugs or alcohol



SCHEDULE YOUR POSTPARTUM CHECKUP >>>

- › Make an appointment with your OB-GYN doctor. It should be 4-6 weeks after baby's born.
- › Talk about feeding your baby, birth control, exercise and diet, work, your baby's health and anything else you don't understand or have questions about.

GET HEALTH CARE COVERAGE >>>

Healthy Start Healthy Families offers health insurance for eligible families with limited income. It's free or low-cost and covers medical needs, including immunizations and well baby care, for families and children up to age 19. Call 1-800-324-8680.