



Motherhood Matters!

A free newsletter for **new mothers** compliments of:

www.healthystartfv.org
Client Service Center
Toll Free: **866-301-2066**

The Healthy Start Coalition of Flagler & Volusia Counties, Inc.
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386-252-4277

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Your Body after Pregnancy

Symptoms to Expect

- Shrinking and contracting of the uterus
- Cramping known as after-pains (like menstrual cramps)
- Shedding of the uterine lining as a bloody discharge (lochia)
- And lessening of the bloody discharge over six weeks

Symptoms to Watch Out For

- Chills or fever of 100.5 degrees or higher
- Severe pain or redness surrounding, or discharge, from a c-section incision or an episiotomy
- Fainting, nausea, or vomiting
- Frequent urination or burning with urination
- Constipation that lasts three days or more
- Swelling, redness (or red streaks), and pain in your breasts, accompanied by fever
- Tender, swollen, or red area anywhere in your leg or calf
- A discharge with an unpleasant odor
- Persistent headaches or vision changes
- Excessive swelling of the face, fingers, or feet
- Or intense sadness or feelings that you can't care for yourself or your baby

Call your doctor immediately if you experience any of the symptoms to watch out for during the six weeks after you give birth, since they can signal a health problem.

Head to Your Local Health Department to Receive Free Immunizations!

Vaccinations protect your baby against serious childhood diseases. Your baby needs more than one dose of most vaccines before the age of two.



Folic Acid

All Women Need **400 Micrograms** of Folic Acid Daily

Benefits of Folic Acid:

- B Vitamin that can prevent heart disease, cervical, colon, and breast cancer
- May reduce baby's risk for birth defects of the brain and spine

Good Sources of Folic Acid:

- Rice and whole wheat breads that say "enriched" on the label
- Breakfast cereals that say "fortified" on the box
- Cooked dried beans, peas, lentils
- Dark green leafy vegetables such as spinach, collards, turnip greens
- Asparagus, broccoli, beets, green peas, cauliflower, corn
- Oranges, orange juice, pineapple juice, mangos, papayas, avocados
- Peanut butter, nuts, and seeds



P.S. Tell a Friend!

Importance of Playing with Your Baby

Babies learn by playing; it is important for physical, mental, social, and emotional development. The more they use their mouth, hands, feet, ears, and eyes, the more they learn. Help your baby play and practice new skills.



Play with Your Baby

Sing to them, dance around with them, and show them things to help them learn until they are old enough to play with toys. If your child likes the game, then she will smile and laugh. Limit each play time activity because babies have a much shorter attention span than older children or adults.



Breastfeeding Supports a Bright Future

Research about breastfeeding continues to show important health benefits for baby and mom. By nursing, mothers are offering their baby protection against allergies, diabetes and even obesity later in life. Breastfed babies also have a reduced risk for ear infections and SIDS (sudden infant death syndrome).

Even if a mother breastfeeds for a short time after giving birth, she is giving her baby a huge health boost that also benefits her as well. Some research shows that nursing can reduce the risk of breast, uterine and ovarian cancer. It can also strengthen mom's bones, which may offer future protection from osteoporosis. Nursing also makes it easier to lose weight after giving birth. Breastfeeding has also been shown to help fight against postpartum depression.



Is It More Than Baby Blues?

"I have trouble eating and sleeping. I feel lonely, sad, and don't have the energy to get things done. Sometimes I don't even want to hold my baby. If this is supposed to be the happiest time of my life, then why does everything feel so wrong?"

A lot of new moms get the "baby blues." However, some experience symptoms that are more severe than tiredness, irritability and mild anxiety. Postpartum Depression (PPD) can occur within days of the delivery or appear gradually, sometimes up to a year after birth. The term is used to describe a variety of moderate to severe symptoms of depression and/or anxiety. Often women may only experience symptoms of anxiety, panic attacks or obsessive thoughts and show no signs of depression.



Warning Signs of PPD

- Problems sleeping.
- Poor appetite.
- Irritability.
- Sad feelings every day.
- Crying often.
- Staying in bed all day.
- Recent weight gain or loss.
- Inability to concentrate.
- Fears about the health of the baby.
- Fears of harming one self or the baby.



If you are experiencing any of these symptoms, you should check with your doctor or health care provider to discuss your situation and any problems you may need help with.

Between 10-20% of new mothers experience Postpartum Depression. It is not your fault, and you are not alone!
Postpartum Depression is treatable.



Local Support Group: 386-252-5785
Postpartum Support International: 1-800-944-4PPD (4773)
www.postpartum.net

Bottle Feeding - The Safe Way

It is recommended that babies who are not breastfed should be fed iron-fortified infant formula. Prepare the formula as instructed on the can and as instructed by your baby's doctor.

To reduce the amount of lead in the formula:

1. **Use cold tap water** when preparing formula. Let the cold water run for 2 minutes before using it.
2. Put the cold water in a pan and cover with a lid. **Bring the water to a bubbly boil; boil it for no more than 1 to 2 minutes.** Then, remove it from the heat and allow it to cool. Keep the lid the pan on until the water cools. Do not boil the same water more than once.
3. Store the prepared formula in a clean glass or hard plastic bottle.



Family Planning



It is best to space your babies at least two years apart to give you time to build a strong relationship with your child. Interconception care and counseling can help you plan for you and your baby's health now, so that if you decide to have another baby in the future, both mom and baby will be ready. In order to be sure you don't get pregnant in the mean time, you might consider one of the many birth control options available. For further assistance in deciding what's best for you, call the Family Health Line at **1-800-451-BABY**.

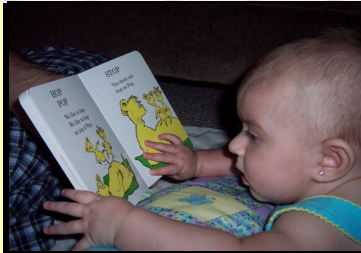
Being a Parent is a Big Job: We Can Help!

Healthy Start in partnership with Healthy Families provides free, voluntary programs that give families useful information on parenting and child development. Healthy Families will meet with you to find out if you are eligible for Healthy Families services.

You may be eligible for Healthy Families services if:

- You live in an area where the services are provided
- You are expecting a new baby
- You have a baby under 3 months old
- You have experienced or are currently experiencing stressful life situations that indicate you could benefit from home visiting services

If you are not eligible for Healthy Families services, we will refer you to other resources available in your community.



We Need Your Help!

If you have a story idea or opinion for our newsletter, feel free to contact the Healthy Start Coalition at 386-252-4277.

Coping with Crying

*"I just wanted the baby to stop crying." "I just couldn't take it any more."
"I only shook him for just a second."*

Do any of these statements sound familiar? Caring for a baby can be very stressful at times, but you have to always remember that crying is the only way a baby can tell you when something is wrong.

Why you should not shake your baby:

- Shaking a baby or young child can cause serious problems that can last the rest of a child's life.
- It can cause brain damage, blindness, seizures and broken bones.
- It could even result in death.
- **Shaken Baby Syndrome is 100% preventable.**

When your baby cries, try to find out why.

- Make sure the baby has a dry diaper
- Make sure the baby is not too hot or cold
- Try feeding or burping the baby
- Gently rock the baby
- Take the baby for a walk in the stroller
- Take the baby for a drive in a car seat
- Call the doctor if you think the baby is sick



Tips for coping with crying:

- Sometimes babies just need attention. **BE PATIENT!**
- Taking care of a small baby is a big job; it is okay to feel overwhelmed at times, but it is never okay to shake a baby.
- Place the baby in a safe place, like a crib, and leave the room for no more than 10 minutes.
- Sit down, close your eyes and take 20 deep breaths.
- Relax! Call a friend or relative for support.
- Drink a cool glass of water. Read a book.
- Think about how much you really love your baby and would not want to do anything to hurt him/her.
- Most importantly, do not pick your baby up again until you feel calm.

For more information or to talk to a counselor call: **1-800-FLA-LOVE**.

Genetic Counseling

Genetic counseling is a service to help individuals and families translate scientific knowledge into practical information. A genetic counselor helps you to understand your chances of having a baby with an abnormality.

You may want to consider genetic counseling if:

- Your child has a genetic disease diagnosed by routine newborn screening
- You already have a child with mental retardation, a birth defect, or an inherited disorder
- Or your family has a history of genetic disorders

Call your doctor for more information.

Important Numbers

Local WIC Centers

Daytona Beach

386-274-0676

DeLand

386-822-6223

Deltona

386-860-7150

New Smyrna

386-424-2074

Bunnell

386-437-7294

Florida WIC

1-800-342-3556

Medicaid (Main #)

1-800-273-5880

Volusia County Representative

904-353-2100

KidCare (Local)

1-800-236-0785

Department of Children and Families

1-866-762-2237

(Call Center)

Volusia County Health Dept.

DeLand

386-822-6215

Daytona Beach

386-274-0500

Deltona

386-789-7507

New Smyrna Beach

386-424-2065

Flagler County Health Dept.

386-437-7350

Domestic Violence Hotlines

Volusia County

386-255-2102

Flagler County

386-437-3505

Florida Domestic Violence Hotline

1-800-500-1119

Florida Health Line

1-800-451-2229

For more information about becoming tobacco free, call an **Anti-Smoking Hotline**

1-800-QUITNOW

1-800-784-8669



Baby Safety

A Safe Environment.....

Requires clean air. So try to keep your baby away from smoke. Clean air can ensure:

- A decreased risk of SIDS (sudden infant death syndrome)
- Fewer allergies and asthma
- Healthy gums
- Fewer cavities and dental problems for toddlers

Having trouble quitting smoking?

**Call Quitline:
1-877-822-6665**

Safe Travel.....

Requires a good car seat. Motor Vehicle crashes are the leading cause of death and injury for young children. A car seat should:

- Always face to the rear to avoid head, neck and spinal injury
- Always be in the back seat, and never in a seat with an airbag



If you can't get a car seat, call Healthy Start. We'll help you find one.

386-252-4277

Safe Sleep.....

Requires a safe crib, and good sleeping habits. These things can reduce the risk of SIDS, and ensure sweet dreams.

- Always place baby on his or her back to sleep
- 1 crib, 1 baby: each baby must have his or her own crib
- Use only tight fitting crib sheets and a light, tucked-in blanket.
- No fluffy pillows or heavy/loose blankets

For more info on safe sleep, ask your doctor, or call Healthy Start.

Watch for Signs of Mental Development as your Baby Grows

A baby with normal development should be able to....

Birth to 3 months of age:

- Jump or blink to loud sounds
- Wake up to loud sounds
- Quiet or smile when spoken to
- Make vowel sounds

6 to 9 months of age:

- Turn head toward loud sounds
- Respond to his or her name
- Begin to imitate speech sounds



3 to 6 months of age:

- Look for sound with eyes
- Start babbling "baba" or "mama"
- Respond to your voice even when you cannot be seen
- Enjoy toys

9 to 12 months of age:

- Repeat simple words and sounds you make
- Correctly use "mama" or "dada"
- Respond to singing or music

Have your newborn screened. Visit www.cms-kids.com



Baby Spacing

Waiting at least two years before getting pregnant with your next child is healthier for Mom and Baby!

For more information call
Family Health line:

1-800-451-BABY