



# Motherhood Matters!

A free newsletter for young, expectant & parenting mothers compliments of:

[www.healthystartfv.org](http://www.healthystartfv.org)  
Client Service Center  
Toll Free 1-866-301-2066

The Healthy Start Coalition of Flagler & Volusia Counties, Inc.  
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## In This Issue

### Page 2:

Immunization Info  
Baby Blues  
Breastfeeding Info  
Iron-Fortified Formula

### Page 3:

Playtime with Baby  
Coping with Crying  
Reading with Baby  
Especially for You

### Page 4:

Important Numbers  
Baby Safety Tips  
Mental Development  
Baby Spacing



## Folic Acid

ALL Women Need Folic Acid

**What is folic acid?** A Vitamin B that may prevent:

- Heart disease
- Cervical cancer
- Colon cancer
- Breast cancer
- Birth defects in your baby's brain & spine



**When should I start taking folic acid?**

- Before, during, and after pregnancy

**What are good sources of folic acid?**

- Rice and whole wheat bread 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 and turnip greens
- Oranges, orange juice, pineapples, or pineapple juice, mangos, papayas, avocados
- Asparagus, broccoli, beets, green peas, cauliflower, corn
- Peanut butter, nuts, seeds...

## Your Body After Pregnancy

### Symptoms to Expect:

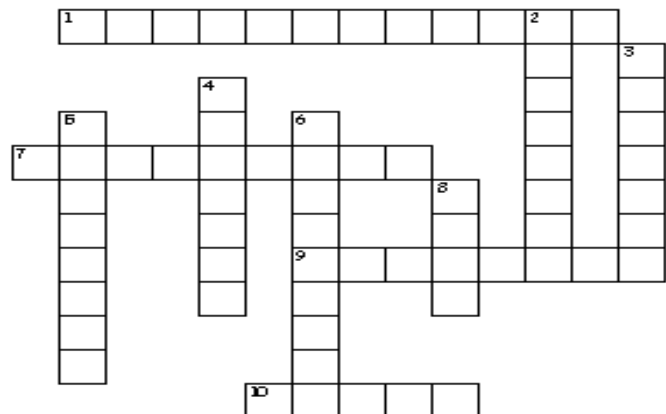
- Shrinking and contracting of the uterus
- Cramping known as afterpains
- Shedding of the uterine lining as a bloody discharge (lochia) lessening over 6 weeks

### 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
- A discharge with an unpleasant odor
- Constipation that lasts three days or more
- Redness and pain in your breasts, accompanied by fever
- Tender, swollen, or red area anywhere in your leg or calf
- Persistent headaches or vision changes
- Or intense sadness or feelings of powerlessness

Call your doctor immediately if you experience any of the symptoms on the list.

## Folic Acid Fun!



Across:

1. Goes well with jelly
7. You'll read this word at breakfast
9. The main ingredient in guacamole
10. Sunflowers have these, and they're not just for the birds

Key on Page 4

Down:

2. On food labels, this word makes you think there's money inside
3. These are on Florida's license plate
4. Popeye's favorite food
5. A southern food
6. A "tree-fruit"
8. A grain you eat in sushi dishes

# Be Wise...Immunize

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

## Vaccinations help prevent the following:

Haemophilus Influenza Type B    Mumps    Measles  
 Hepatitis A (chickenpox)    Varicella  
 Pertussis (whooping cough)    Tetanus (lockjaw)  
 Hepatitis B    Polio  
 Rotavirus    Diphtheria    Influenza  
 Pneumococcus    Rubella

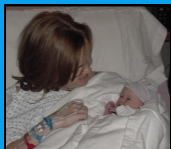
Even healthy babies need vaccinations! Local health departments give free immunizations to you and your baby.



## Should I or Shouldn't I Breastfeed?

### If you Can...

- Boosts immunities for both baby and mom
- Boosts neurological development in infants
- Strengthens bones and possibly protects against osteoporosis
- Protects against allergies & diabetes
- Helps sustain normal weight in children
- Reduces risk of Sudden Infant Death Syndrome (SIDS)
- Reduces the risk of breast, uterine, and ovarian cancer
- Helps fight against postpartum depression
- Reduces risk for ear infections
- Helps mother lose weight
- Helps financially— cost effective



### If you Can't...

- Babies should be fed iron-fortified formula
- Mother's diet will be less restricted
- Babies and mothers share bonding during feeding

### Remember!

Never feel guilty or let someone make you feel like you are making the wrong choice in the way you decide to feed. There is no long term difference in a child if you decide to breast-feed or bottle-feed.

Just remember to **always** love your child!



## 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, why does everything feel so wrong?"*

- Studies have shown new moms to be at risk for mental conditions.
- About 1 in 8 women suffer from some form of postpartum depression. Postpartum depression (PPD) affects thousands of women and can be treated successfully.
- These feelings are more common than one would expect. You are not alone.
- PPD can be mild, moderate or severe. Treatment can help prevent the symptoms of PPD. In rare cases, the symptoms are severe and indicate potential danger to the mother and baby. It is very important to get help for PPD this severe.
- PPD can occur during pregnancy or within a year after the end of your pregnancy. Postpartum depression is a health problem; therefore, it is not your fault.
- Having these feelings is common and treatable. For the health of you and your baby, seek help today.



**Local Support Group: 386-252-5785**  
**Postpartum Support International:**  
**800-944-4PPD (4773) [www.postpartum.net](http://www.postpartum.net)**

## Iron-Fortified Infant Formula

### How to reduce lead in formula and the risk of lead poisoning:

- Let **cold tap water** run for 2 minutes before putting it in pan
- Bring to boil for no more than 1-2 minutes
- Remove from heat and allow it to cool
- Keep lid on while cooling
- **Boil water only once**
- Store prepared formula in a **clean**, glass or hard plastic bottle



## Babies Learn by Playing

### Quality time with your baby:

- The more they use their mouth, hands, feet, ears, and eyes, the more they learn
- Play is important for physical, mental, social, and emotional development
- Show them things to teach them until they are old enough to play with toys
- Make sure toys are baby friendly
- If your child likes the game, they will smile and laugh
- Limit each play activity because babies have a short attention span



## Read to Your Baby

### As easy as A, B, C, D..

- A. Babies love to observe.
- B. Every time you read to your baby, you reinforce basic reading concepts- such as turning pages and following text from left to right.
- C. As you read a book together, point to the pictures, name them, and talk about them.
- D. As your infant grows, she will imitate you by turning pages or making noises and pointing to pages.



## 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.

## Especially for You...

- Being young and pregnant can make you feel scared or lonely. There are people that can help! Try talking to your family, the baby's father, a school nurse, a school counselor, your health care provider, or other trusted adults.
- Talk to your school counselor about being pregnant and staying in school. Ask about ways to get help with classes, financial aide, or childcare services!
- Take care of yourself! Go to all of your prenatal visits, try to eat healthy foods (not fried foods or sodas), and try to attend childbirth or baby care classes. There may be some free resources in your community.

**Visit [www.healthystartfv.org](http://www.healthystartfv.org) for a list of resources.**

## 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 Rep.**

904-353-2100

### KidCare (Local)

1-800-236-0785

## Department of Children & Families

1-866-762-2237

(Call Center)

### Volusia County Health

#### Department

#### **DeLand**

386-822-6215

#### **Daytona Beach**

386-274-0500

#### **Deltona**

386-789-7507

#### **New Smyrna Beach**

386-424-2065

### Flagler County Health

#### Department

386-437-7350

### Domestic Violence

#### Hotline

#### **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

### Key to Crossword:

Across: 1- Peanutbutter 7- Fortified 9  
-Avocados 10- Seeds  
Down: 2- Enriched 3- Oranges  
4- Spinach 5- Collards 6- Pineapple  
8- Rice

## 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
- And 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 of the vehicle 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 will 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
- Do not use 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](http://www.cms-kids.com) or [www.babyhearing.org](http://www.babyhearing.org).

## We Need Your Help!

If you have an idea or opinion for our newsletter, please contact the Healthy Start Coalition at 386-252-4277.



## 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**