Pregnancy & Infant Health

Helpful tips for your health & your baby's

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Michigan Department of Community Health

MDCH

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FAMILY PLANNING

WHAT IS FAMILY PLANNING?

- Family planning means using birth control to space your pregnancies.
- It's best to wait at least 18 months after giving birth before getting pregnant again.
- There are many different methods of birth control (the pill, patch, shot, sponge, condom, etc.).
- You can choose the method that's best for you.

WHY SHOULD I USE FAMILY PLANNING TO SPACE MY PREGNANCIES?

- It's better for your health.
- It's better for your baby's health.
- It's less stressful for you when pregnancies aren't too close together.

WHERE CAN I GET FAMILY PLANNING SERVICES?

- Your doctor's office.
- Planned Parenthood.
- Your local health department.

HOW CAN I AFFORD FAMILY PLANNING SERVICES?

- Family planning is covered by Medicaid.
- If you are not on Medicaid, your costs may be covered by another state program called "Plan First!"

WHERE CAN I GET MORE INFORMATION ABOUT FAMILY PLANNING?

- Your MIHP worker
- Your doctor
- Your local health department.
- Online at http://www.fda.gov/womens/healthinfomration/birthcontrol.html.

PRENATAL CARE

WHAT IS PRENATAL CARE?

- Prenatal care is the health care you receive from your doctor during pregnancy.
- At prenatal care visits, your doctor will:
  - Check to see that you are healthy.
  - Find out how your baby is developing.
  - Let you know what to expect during pregnancy and birth.
  - Explain how to take good care of yourself and your baby.

WHY SHOULD I GET PRENATAL CARE?

- So that you and your baby will be as healthy as possible.
- So that you can get answers to your questions. Don't be afraid to ask!
- So that if a problem comes up, your doctor can take care of it right away.
- Be sure to:
  - Keep all prenatal care appointments
  - Follow all of your doctor's recommendations

HOW OFTEN ARE PRENATAL CARE VISITS?

- Weeks 1 – 28: Every month
- Weeks 29 – 35: Every two weeks
- Week 36 – delivery: Every week

WHAT ARE SIGNS THAT SOMETHING COULD BE WRONG?

- Persistent or severe headache
- Dizziness or fainting
- Double or blurred vision; seeing spots
- Sudden swelling of face, hands, or feet
- Sudden weight gain
- Vaginal bleeding
- Fever and/or chills
- Severe or constant vomiting
- Sudden gush or steady trickle of water from the vagina
- Steady abdominal pain – not relieved by a bowel movement
- Frequent and/or burning urination

PRENATAL CARE (continued)

WHAT SHOULD I DO IF I HAVE ANY OF THESE SIGNS?

- Call your doctor.
- If necessary, call 911.

WHERE CAN I GET MORE INFORMATION ABOUT PRENATAL CARE?

- Your doctor
- Your Medicaid Health Plan
- Your MIHP worker
- Online at: http://www.nlm.nih.gov/medlineplus/prenatalcare.html.

FOOD

DOES WHAT I EAT WHILE I'M PREGNANT REALLY MATTER?

- Yes! Your baby needs nutrition to form a healthy brain and strong bones and muscles.
- Eat more healthy food: fruits, vegetables, grains, pasteurized dairy products, lean meats and beans.
- Eat less "junk" food: store-bought cookies, chips, candy, etc. Junk food is high in fat, salt and calories and it doesn't help your baby grow.
- Ask your doctor about foods you should avoid altogether.
- "Eating for two" doesn't mean pigging out. It means choosing nutritious foods for your baby.

HOW AM I SUPPOSED TO EAT HEALTHY FOOD WHEN IT COSTS SO MUCH?

- One way to get healthy food is to sign up for WIC food coupons. WIC is short for "Special Supplemental Nutrition Program for Women, Infants and Children."
- WIC can also help you learn more about:
  - Nutritious food intake during pregnancy
  - Gaining the right amount of weight
  - The importance of prenatal vitamins
  - Breastfeeding
  - What to do if you have special nutritional risks (anemia, obesity, gestational diabetes, a food disorder, etc.)

WHAT DO I DO IF I RUN OUT OF FOOD BEFORE I HAVE THE MONEY TO BUY MORE?

- It's critical to have a back-up plan in case you get low on food. Your baby needs nutritious food <u>every</u> day.
- Find out about food banks and other emergency food programs in your area.

IS THERE A WAY FOR ME TO LEARN MORE ABOUT HOW TO BUY, STORE AND PREPARE HEALTHY FOODS?

- The Expanded Food and Nutrition Education Program (EFNEP) can help you with this. EFNEP is run by Michigan State University Extension.

FOOD (continued)

- If you don't have a stove or refrigerator, there may be community resources to help you with this.

WHERE CAN I GET MORE INFORMATION ABOUT NUTRITIOUS FOOD?

- Your MIHP worker
- Your doctor
- WIC. To find your local WIC agency, call: 1-800-26-BIRTH.

HOUSING

WHAT IF MY BABY AND I DON'T HAVE A PLACE TO LIVE?

- There are agencies that can help you find housing.
- They can help you find a temporary place to live if you have no place to go.
- They also can help you find a permanent place to live.

WHAT IF MY HOUSE OR APARTMENT IS IN AN UNSAFE NEIGHBORHOOD?

- If you live in a high-crime neighborhood, you should have a safety plan in mind.
- This means knowing exactly what you would do if you were threatened – who you would call and where you would go.
- Always lock entry doors, car doors, windows, etc.

You may be able to get your local police to come and do a safety inspection.

HOW DO I KEEP MY BABY SAFE FROM ENVIRONMENTAL HAZARDS IN OUR HOME?

- Find out how to prevent lead poisoning. Lead can be found in old paint, household dust, soil, and some ceramics.
- Find out how to prevent problems caused by toxic household chemicals. These chemicals are in cleaning products, pesticides, paint, and automotive products.

WHERE CAN I GET MORE INFORMATION ABOUT FINDING HOUSING AND KEEPING MY BABY SAFE FROM ENVIRONMENTAL HAZARDS?

- Your MIHP worker
- Your local health department.

TRANSPORTATION

HOW IMPORTANT IS TRANSPORTATION NOW THAT I'M PREGNANT?

- It's very important for you to have transportation while you are pregnant.
- You need transportation you can count on.
- You need it to get to prenatal care and to WIC.
- You also may need it to get to childbirth classes, mental health, or substance abuse services.

WHAT IF I DON'T HAVE TRANSPORTATION I CAN COUNT ON?

- Your MIHP and your Medicaid Health Plan:
  - Can get you to pregnancy-related services.
  - Can't get you to the grocery store or laundromat.
- Department of Human Services also may be able to set up transportation.
- Also, some volunteer groups may provide rides.

WHAT IF I HAVE A RIDE SET UP, BUT IT FALLS THROUGH AT THE LAST MINUTE?

- You need to have a back-up plan.
- Keep phone numbers for:
  - MIHP transportation person
  - Medicaid Health Plan transportation person
  - Family, friends and neighbors with cars
  - Someone at your place of worship
  - Cab companies
  - Public transportation
- You should also have a plan in case you need emergency transportation.

WHERE CAN I GET MORE INFORMATION ABOUT TRANSPORTATION?

- Your MIHP worker
- Your Medicaid Health Plan.

SOCIAL SUPPORT

WHAT IS SOCIAL SUPPORT?

- Social support means having people to turn to when you need them.
- Supportive people:
  - Listen to you.
  - Treat you with kindness and respect.
  - Help you figure out how to solve problems.

WHY IS SOCIAL SUPPORT IMPORTANT DURING PREGNANCY?

- We all need social support, especially when we go through big life changes.
- Pregnancy is a very big life change and can be stressful at times.
- It can be extra stressful when you don't have enough money.
- It can also be extra stressful when you don't have a partner or your partner doesn't support you.
- It's very important to find people who will support you.

ARE THERE DIFFERENT TYPES OF SOCIAL SUPPORT?

- Yes, there are three different types:
  1. **Emotional Support** – The person listens, shows they understand what you're going through, encourages you, and reminds you that you're a good person.
  2. **Informational Support** – The person gives you information and ideas, and helps you think through different ways to solve a problem.
  3. **Hands-on Support** – The person gives you money or food, takes care of your kids, gives you a ride, etc.).
- You may or may not get all three types of support from the same person.
- Who gives YOU each of these three types of support?

WHAT IF I'M NOT GETTING ENOUGH SOCIAL SUPPORT?

- Then you're not the only one. There are many pregnant women and moms without a supportive partner, family member or friend.

SOCIAL SUPPORT (continued)

- If you don't have enough social support right now, your MIHP worker can "be there" for you and help you find other people or programs to support you.
- Sometimes, a pregnant woman or mom who doesn't have enough social support can start to feel very alone and down. You need to know who you will call in case this ever happens to you.

WHERE CAN I GET MORE INFORMATION ABOUT SOCIAL SUPPORT?

- Your MIHP worker

SECONDHAND SMOKE EXPOSURE

WHAT IS SECONDHAND SMOKE?

- Secondhand smoke is smoke that a second person breathes in when someone else is smoking.
- It is harmful to infants, children and adults.

HOW DOES SECONDHAND SMOKE EXPOSURE AFFECT MY BABY?

- Secondhand smoke during pregnancy can cause a baby to be born at low birthweight. This can lead to life-long health problems and learning delays.
- Exposing your baby to secondhand smoke when you're pregnant is just as harmful as if you were smoking yourself.
- Secondhand smoke is also dangerous after your baby is born.
- Babies exposed to secondhand smoke:
  - Are more likely to die from SIDS (Sudden Infant Death Syndrome).
  - Are at greater risk for asthma, bronchitis, pneumonia, ear infections, and respiratory symptoms.
  - May experience slow lung growth.
  - Get more asthma attacks as children.
- There's no safe level of exposure to secondhand smoke.
- Would you want your baby to smoke a cigarette? Remember that secondhand smoke exposure is just as bad.

WHAT AM I SUPPOSED TO DO WHEN JUST ABOUT EVERYONE I KNOW IS A SMOKER?

- As a pregnant woman, you have the responsibility to ask others not to smoke around you.
- It's hard at first, but you're the mom! You're the one who has to protect your baby. You're the one who will have to care for the baby when he or she has asthma or other problems due to secondhand smoke.

SECONDHAND SMOKE EXPOSURE (continued)

- You need a clear plan to avoid secondhand smoke in your home:
  - Ask family members and visitors to please smoke outdoors.
  - Thank them for smoking outdoors. Tell them you really appreciate it.
  - If someone gives you a hard time about it, say "Sorry, but I'm not taking any chances with my baby's health."
- Stay away from other places where people are smoking.

WHERE CAN I GET MORE INFORMATION ABOUT SECONDHAND SMOKE?

- Your MIHP worker

SMOKING

I KNOW LOTS OF WOMEN WHO SMOKED WHILE THEY WERE PREGNANT, AND THEIR BABIES ARE OKAY. WHY SHOULD I HAVE TO QUIT?

- We have lots of proof that smoking while pregnant is very harmful to your baby. In fact, it's one of the worse things you can do.
- Just because another smoker's baby seems to be okay, doesn't mean your baby will be okay.
- Also, you don't really know what long-term health problems another smoker's baby will end up having.

HOW DOES SMOKING WHILE PREGNANT HURT MY BABY?

- Your baby's brain gets less oxygen, which can impair your baby's growth.
- It can impair your baby's breathing after birth.
- It increases the risk that your baby will be born too early.
- It increases the risk of Sudden Infant Death Syndrome.
- It increases the risk that your baby will have learning problems.
- It increases the risk that your baby will have behavior problems, including hyperactivity.

I TRIED TO QUIT BEFORE AND I JUST COULDN'T DO IT. WHY SHOULD I THINK IT WILL BE ANY DIFFERENT IF I TRY AGAIN?

- Because this time you have the most important motivation of all - your baby's health is at stake.
- Because there are different ways to quit and you probably haven't tried them all.
- Because smoking isn't the only way to cope with stress – you can learn other ways that won't hurt your baby.
- Because you will save a lot of money that you can spend on your baby.
- Because it's always worth it to try to quit - you never know which time will be the time you that you succeed.

SMOKING (continued)

HOW CAN I QUIT WHEN MOST OF MY FAMILY AND FRIENDS ARE SMOKERS?

- It's hard, of course, but there are some things you can do:
  - Let your partner, family and friends know that you are quitting for your baby.
  - Ask for their support.
  - Thank them for not smoking around you and your baby.
  - Ask them to quit with you.

WHERE CAN I GET MORE INFORMATION AND SUPPORT TO QUIT SMOKING?

- Your doctor.
- Your MIHP worker Your Medicaid Health Plan.

ALCOHOL

WHAT HAPPENS TO MY BABY IF I DRINK ALCOHOL WHILE I'M PREGNANT?

- Alcohol can hurt your baby's brain, heart, kidneys and other organs.
- Your baby could be born with fetal alcohol syndrome (FAS).
  - Babies born with FAS have faces that do not look "normal."
  - They may be low-birthweight, so they may not be off to as good a start in life as other babies.
  - Some babies with FAS have mental retardation.
  - Others have learning or behavior problems.
- Even if your baby is not born with FAS, he or she still may have learning or behavior problems.
- These problems last a lifetime.
- Just because another drinker's baby seems to be okay, doesn't mean your baby will be okay.
- Also, you don't really know what long-term health problems another drinker's baby will end up having.

WHAT IF I JUST HAVE A BEER OR A GLASS OF WINE AND DON'T GET DRUNK?

- There's no safe level of alcohol you can drink during pregnancy.
- A 12-ounce can of beer has the same alcohol content as a 4-ounce glass of wine or 1-ounce of hard liquor.
- Some drinks, like wine coolers or malt or mixed drinks, may have more alcohol than a 12-ounce can of beer.
- The best choice is not to drink at all when you are pregnant.

WHAT IF I CAN'T STOP DRINKING WHILE I'M PREGNANT?

- It can be very hard to stop drinking. But there are many people and programs to help you.
- You can get free help from people who know what you are going through.

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ALCOHOL (continued)

- Even if you have tried to stop drinking before, try again. Don't give up.
- Michigan has special treatment programs for pregnant and postpartum women who want to quit drinking.
- Quitting drinking is one of the best things you can do for your baby and yourself.

WHERE CAN I GET MORE INFORMATION AND SUPPORT TO QUIT DRINKING?

- Your doctor.
- Your MIHP worker
- Your Medicaid Health Plan.
- Alcoholics Anonymous (AA). The number is in your phone book.

DRUGS

WHAT HAPPENS TO MY BABY AND ME IF I USE DRUGS WHILE I'M PREGNANT?

Street drugs

- Street drugs can be very dangerous.
- If you take street drugs while you're pregnant, they can result in:
  - Premature labor
  - Miscarriage
  - Low birth-weight (puts baby at risk for illness and delays in development)
  - Your placenta can separate from your uterus, causing:
    - Your baby's death
    - Your death

Legal prescription drugs

- Some prescription drugs clearly cause birth defects.
- Others may cause long-term effects that are harder to prove, such as behavior problems.
- Still others are absolutely necessary for your health or your baby's health.
- Always ask your doctor before you start, stop, or change the dosage of a prescription drug. All of these actions can cause big health issues for you and your baby.
- Always take prescription drugs as directed by your doctor.

Over-the-counter drugs

- Some of the best-known medicines from the drugstore can be harmful to your baby if you take them while you're pregnant.
- So what do you do if you have a bad cold, a splitting headache, or constipation?
- Always ask your doctor before using over-the-counter drugs while pregnant.

Dietary supplements

- Dietary supplements include vitamins, minerals, herbs and amino acids.

DRUGS (continued)

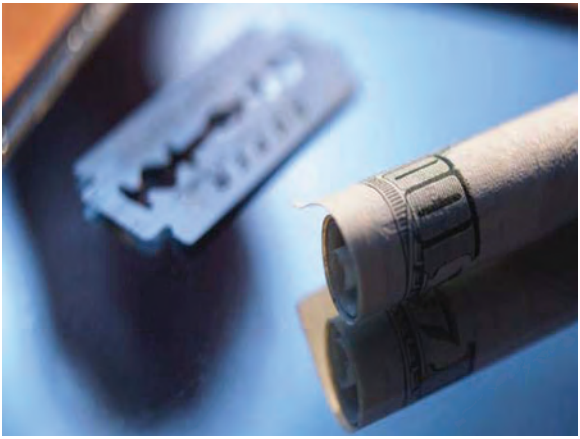
- Your doctor might have you take certain vitamins and minerals during pregnancy.
- Always ask your doctor before taking any other dietary supplements.
- Most dietary supplements have not been proven to be safe during pregnancy.

I KNOW WOMEN WHO USED DRUGS DURING PREGNANCY AND THEIR BABIES ARE OKAY. WHY SHOULD I BE WORRIED ABOUT USING DRUGS WHILE I'M PREGNANT?

- Just because another drug user's baby seems to be okay, doesn't mean your baby will be okay.
- Also, you don't really know what long-term health problems another drug user's baby will end up having.

WHERE CAN I GET MORE INFORMATION AND SUPPORT TO QUIT DRUGS?

- Your doctor.
- Your MIHP worker
- Your Medicaid Health Plan.



STRESS, DEPRESSION, AND MENTAL HEALTH

WHAT IS PERINATAL DEPRESSION?

- It's depression that occurs during pregnancy or postpartum. Postpartum means within a year after giving birth.
- It is VERY common.
- It can be mild, moderate or severe.

HOW DO I KNOW IF I MIGHT BE DEPRESSED?

- Women with perinatal depression usually sense that "something's not right."
- Would you answer "yes" to any following statements?
  - I feel very sad and hopeless more days than not.
  - I'm not enjoying life like I used to.
  - I blame myself for everything.
  - I worry about everything.
  - I'm afraid and I don't know why.
  - I feel overwhelmed and have a hard time coping.
  - I cry a lot.
  - I have trouble sleeping because I'm so unhappy.
  - I want to sleep all the time.
  - I'm confused and distracted.
  - I get angry very easily.
  - I don't think I will be a good mother.
  - I have thoughts of harming myself or others.
  - I hear voices or see things that aren't there.
- If you answered "yes" to any of these statements, you may be depressed. You -are not alone. Many pregnant women and new moms have these same thoughts and feelings.

HOW DOES PERINATAL DEPRESSION AFFECT MY BABY?

- Your baby could:
  - Be born too small or too early.

STRESS, DEPRESSION, AND MENTAL HEALTH (continued)

- Be fussy and jittery, have feeding or sleeping problems.
- End up with learning problems or with behavior problems
- It's harder for you and your baby to form a strong emotional attachment to each other. Attachment is important to your baby's development.

WHERE CAN I GET MORE INFORMATION ABOUT PERINATAL DEPRESSION?

- Your doctor.
- Your MIHP worker
- Your Medicaid Health Plan.
- Online at http://www.mededppd.org/

ABUSE/VIOLENCE

WHAT IS DOMESTIC VIOLENCE?

- It's physical, emotional, or sexual abuse by your current (or past) partner.
- Domestic violence:
  - Is about getting control over another person.
  - Can result in serious injuries and life-long disabilities.
  - Happens to people who are dating, living together, or married.
  - Happens to people of all ages, races, income levels, and faiths.
  - Happens over and over again, even if the abuser promises it won't.

HOW DO I KNOW IF I'M REALLY IN AN ABUSIVE RELATIONSHIP?

- If you answer "yes" to one or more of the following questions, are probably in an abusive relationship. Does your partner:
  - Embarrass you?
  - Call you names?
  - Put you down?
  - Shove you, slap you, kick you, or hit you?
  - Say "I'm sorry", but then do it again later.
  - Look at you or act in ways that scare you?
  - Make you feel worthless?
  - Say it's your fault, or blame you or others for everything?
  - Control what you do, who you see or talk to, or where you go?
  - Stop you from seeing or talking to friends or family?
  - Take your money or refuse to give you money?
  - Tell you you're a bad parent?
  - Threaten to take away or hurt your children?
  - Destroy your property or threaten to kill your pets?
  - Threaten to kill himself or herself?
  - Threaten to kill you?

ABUSE/VIOLENCE (continued)

HOW DOES IT AFFECT MY BABY IF I'M ABUSED WHILE I'M PREGNANT?

- Risks to your baby:
  - Brain damage
  - Broken bones
  - Slow growth
  - Hears, reacts and feels the violence the mother experiences

WHERE CAN I GET MORE INFORMATION AND SUPPORT TO QUIT DRUGS?

- The National Domestic Violence Hot Line can link you to the domestic violence program in your area. 1-800-799-7233 or TTY 1-800-787-3224.
- Your doctor.
- Your MIHP worker

ASTHMA

HOW WILL MY ASTHMA AFFECT MY BABY AND ME DURING MY PREGNANCY?

- During pregnancy, asthma can cut back on the oxygen your baby gets from you.
- If your asthma is properly controlled, it shouldn't be a problem for you or your baby.

WHAT HAPPENS IF MY ASTHMA ISN'T PROPERLY CONTROLLED?

- If your asthma is not controlled, risks to your health include:
  - High blood pressure during the pregnancy.
  - Preeclampsia, a condition that causes high blood pressure and can affect the placenta, kidneys, liver, and brain.
  - More than normal vomiting early in pregnancy
  - Labor that does not occur naturally (your doctor starts it) and may be complicated.
- Risks to your baby include:
  - Death immediately before or after birth
  - Abnormally slow growth of the baby.
  - When born, the baby appears small.
  - Preterm birth (before week 37).
  - Low birth weight.
- The more control you have over your asthma, the less risk there is.

HOW DO I MAKE SURE MY ASTHMA IS PROPERLY CONTROLLED?

- You need to have an asthma action plan and follow it carefully. This will help you control inflammation and prevent and control asthma attacks.
- Talk with your doctor about your action plan. It may include:
  - Drugs to control your asthma.
  - Drugs to control your allergies.

ASTHMA (continued)

- Identifying the things that trigger your asthma attacks and ways to decrease your exposure to them.
- Paying attention to fetal movements so you will notice if there's less fetal activity during an asthma attack.
- Having an emergency plan in case of problems.

◆ It's very important to keep your doctor's appointments and follow your doctor's recommendations.

WHERE CAN I GET MORE INFORMATION ABOUT ASTHMA AND PREGNANCY?

◆ Your doctor.
◆ Your MIHP worker
◆ Your Medicaid Health Plan.

DIABETES

WHAT IS DIABETES?

- A woman may have diabetes before she gets pregnant. This means that her body doesn't make enough insulin or that her insulin doesn't work right. So, her glucose (blood sugar) level gets too high.
- A woman may be told she has diabetes for the first time while she is pregnant. This is called gestational diabetes. It usually goes away after pregnancy.

HOW CAN DIABETES AFFECT MY BABY AND ME?

- Too much glucose in your blood can be harmful to you and your baby.
- Risks to your health include:
  - High blood pressure
  - Having a large baby and needing a C-section at delivery
- Risks to your baby's health include:
  - Being born very large and with extra fat. This can make delivery difficult and more dangerous for your baby.
  - Low glucose level right after birth
  - Breathing problems

WHAT ARE SIGNS THAT SOMETHING COULD BE WRONG?

- Vaginal bleeding
- Sharp back pain
- Burning or painful urination
- An infection
- Dizziness or fainting
- Rapid weight gain
- Swelling in the hands, face or feet
- Severe nausea with high blood sugar
- A decrease in your baby's movement

DIABETES (continued)

WHAT SHOULD I DO IF I HAVE ANY OF THESE SIGNS?

- Call your doctor.
- If necessary, call 911.

WHERE CAN I GET MORE INFORMATION ABOUT DIABETES AND PREGNANCY?

- Your doctor.
- Your MIHP worker
- Your Medicaid Health Plan

HYPERTENSION

(high blood pressure)

HOW WILL MY HYPERTENSION AFFECT MY BABY AND ME WHILE I'M PREGNANT?

- Chronic hypertension is high blood pressure (HBP) starting before pregnancy or before the 20th week of pregnancy. It doesn't go away after delivery.
- It can cause serious problems. However, problems can usually be prevented with proper prenatal care. Most women with HBP have healthy pregnancies.

WHAT ARE THE RISKS OF HYPERTENSION FOR MY BABY AND ME?

- You could have a heart attack or stroke.
- Your baby could be born too soon (preterm delivery).
- Your baby could weigh too little (low birth weight).
- Your placenta could separate from your uterus during delivery. This can cause heavy bleeding and shock. It can place you and your baby in danger.
- You could have a condition called preeclampsia. This happens to 1 of every 4 pregnant women with HBP. If untreated, this can lead to eclampsia. Eclampsia can cause seizures and coma. However, eclampsia is rare in women who get regular prenatal care.

WHAT ARE THE WARNING SIGNS OF PREECLAMPSIA?

- Headaches
- Vision trouble
- Quick weight gain
- Swelling of the hands and face
- Pain in the right upper belly

WHERE CAN I GET MORE INFORMATION ABOUT HBP AND PREGNANCY?

- Your doctor.
- Your MIHP worker
- Your Medicaid Health Plan.

INTERCONCEPTION HEALTH

WHAT IS INTERCONCEPTION HEALTH?

- Interconception is the time between pregnancies.
- Use this time to make sure you are healthy.
- This is especially important if you ever had a:
  - Baby with low-birthweight or health problems
  - Miscarriage
  - Stillbirth

WHAT CAN I DO TO IMPROVE MY HEALTH SO MY NEXT BABY WILL BE AS HEALTHY AS POSSIBLE?

- Your doctor can look at your risks and help you get the care you need before you get pregnant again. This will give you the best chance to stay healthy yourself and deliver a healthy baby.
- It's important to:
  - Keep your interconception care appointments.
  - Follow your doctor's recommendations.

WHAT DOES INTERCONCEPTION CARE INCLUDE?

- Family planning services. (Wait at least 18 months after giving birth to get pregnant again.)
- Updating vaccinations.
- Treating infections.
- Controlling chronic conditions, such as asthma, hypertension, and diabetes.
- Limiting contact with toxic substances, such as lead, mercury and pesticides.
- Counseling and support:
  - To eat right and take folic acid.
  - To gain or lose weight.

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INTERCONCEPTION HEALTH (continued)

- To get more exercise.
- To quit smoking.
- To avoid secondhand smoke.
- For possible genetic risks.
- For alcohol problems.
- For drug problems.
- For depression, anxiety or stress.
- For domestic violence.

HOW DO I GET INTERCONCEPTION CARE WHEN MY MEDICAID ENDS?

◆ Access to HealthCare Info on free and low-cost medical care providers is available on the MIHP website www.michigan.gov/mihp.

INFANT HEALTH

HOW DO I KEEP MY BABY HEALTHY?

- Baby's routine is important (including sleep/wake schedule, feeding strategies, hunger cues, hydration, physical activity, bathing).
- Don't let anyone smoke in your home, car, or anywhere near your baby. Secondhand smoke can cause breathing, learning, and behavior problems.
- Keep your baby away from people who have colds. Make sure that people who hold your baby have clean hands and wash your hands after every diaper change.
- Clean your baby's gums with a cloth dampened with water twice a day. This will help prevent tooth decay when her teeth come in. Also, don't give your baby sugary drinks or let her fall asleep with a bottle in her mouth.
- Gently hold, hug, cuddle, and comfort you baby. You can't overdo it. This is how your baby gets emotionally attached to you. Attachment is very important to your baby's long-term health and development.

WHEN DO I TAKE MY BABY TO THE DOCTOR?

- Take your baby to the doctor for well-child visits. These visits are usually at 1, 2, 4, 6, 9 and 12months. Medicaid pays for them.
- Keep your baby's immunizations up to date to protect against terrible diseases.
- Call the doctor if your baby:
  - Has a fever over 100.4 degrees
  - Refuses to eat
  - Has persistent vomiting or diarrhea
  - Is fussier than unusual
  - Is sleeping more than usual
  - Is wheezing or has trouble breathing
  - Is pulling on his ears a lot

INFANT HEALTH (continued)

- Follow the doctor's recommendations.
- Ask the doctor before you give your baby over-the-counter medicine.
- Always keep your doctor's phone number where you can find it. You might need it in a hurry.
- Your MIHP worker can help you find a baby doctor if you don't have one.

INFANT SAFETY

HOW DO I MAKE SURE MY BABY IS SAFE?

- Put your baby to sleep on his back EVERY TIME and in a crib – not on a couch, bed or pillow. Don't put stuffed toys, loose bedding or blankets in the crib.
- Do not sleep with the baby in your bed. You could roll over and smother her.
- Place your baby in a car safety seat EVERY TIME he/she rides in the car.
- NEVER hold your baby in your lap while you are driving or riding in a car.
- NEVER leave your baby alone in the car – not even for one second.
- NEVER shake your baby. Babies have very weak neck muscles that are not yet able to support their heads. If you shake your baby you can damage his brain and delay normal development.
- NEVER hit your baby.
- Never let anyone else shake or hit your baby. Be very careful about who you let babysit for you.
- Don't leave your baby alone in a room with small children or pets.
- NEVER leave your baby alone in bath water – even for a second.
- Keep the bathroom door closed. Your baby can drown in a toilet.
- Keep your baby away from pools, ponds, and creeks.
- Ask your doctor to test your baby for lead poisoning.
- Do not allow guns or drugs in your home.
- Keep knives and matches out of reach.
- Put child safety plugs in all open electrical outlets.
- Put gates across steps and stairs.
- Lock the doors to balconies and decks.
- Put baby locks on cabinets and tie up cords from mini-blinds and drapes out of baby's reach.

INFANT SAFETY (continued)

WHERE CAN I GET MORE INFORMATION ABOUT KEEPING MY BABY SAFE?

- Your MIHP worker
- Your local Safe Kids office
- Online at www.michigan.gov/mihp

FEEDING AND NUTRITION

WHAT IS WIC?

- WIC is a food program for families with low to middle incomes. Pregnant women, moms, babies, and children up to age 5 can get WIC food. WIC food is worth $30-$112 or more per month per person. WIC can also help with nutrition education and breastfeeding.
- WIC is a great deal for you and your baby!

WHY DO DOCTORS SAY THAT BREASTFEEDING IS BEST FOR MY BABY?

- Breast milk helps your baby's brain grow.
- It's easier to digest - your baby will have less diarrhea and won't spit up as much.
- Your baby will be healthier, with fewer colds, ear infections, and allergies.
- Your baby will be less likely to have asthma or juvenile diabetes.
- It's a special experience that strengthens the bond between you and your baby.
- There's no cost.
- You don't have to sterilize bottle and nipples.
- It burns calories and can help you lose weight.

WHAT ABOUT BOTTLE FEEDING?

- Ask your doctor what kind of formula is best for your baby.
- Follow formula mixing instructions carefully.
- Never heat formula in the microwave – it can get too hot.
- Always check the temperature by shaking a few drops on your wrist.
- Hold her head up a little higher than her tummy.
- Hold the bottom of the bottle up so that the nipple stays full of formula.

FEEDING AND NUTRITION (continued)

- Throw out any formula that's left after a feeding.
- Do not give your baby fluids other than breast milk – no fruit juice or other sugary drinks.
- Do not let your baby fall asleep with the bottle in his mouth.
- NEVER lay your baby down and prop her bottle.

WHERE CAN I GET MORE INFORMATION ABOUT FEEDING MY BABY?

- Your MIHP worker
- Your WIC office.
- Online at www.michigan.gov/mihp

GENERAL DEVELOPMENT

MIHP WILL DO DEVELOPMENTAL SCREENING FOR YOUR BABY.

SCREENING WILL COVER DIFFERENT AREAS OF DEVELOPMENT:

- ✔ Gross motor
- ✔ Fine motor
- ✔ Communication
- ✔ Problem-solving
- ✔ Personal-social
- ✔ Social-emotional

HOW CAN I HELP MY BABY'S SOCIAL-EMOTIONAL DEVELOPMENT?

- ◆ Your baby's very first relationship is with you. Your job is to teach her that her little world is a safe place and that she is loved. Quickly respond to her needs and be very gentle and loving. Then you and she will form a strong emotional attachment to each other. This is the most important thing you can do to help your baby's development.
- ◆ When your baby is fussy or crying, try to uncover real reason for his behavior (scared, hungry, thirsty, cold, hot, etc.).

WHAT SIGNS OF SHOULD I WATCH OUT FOR THAT COULD INDICATE MY BABY NEEDS A DEVELOPMENTAL EVALUATION?

- ◆ From birth to 12 months:
  - Has eating difficulties; is not gaining weight or is losing weight; not growing physically
  - Has sleeping difficulties (sleeps too much or too little)
  - Shows little preference for any particular adult
  - Resists holding
  - Cries for prolonged periods
  - Is hard to console
  - Rarely makes eye contact with others

GENERAL DEVELOPMENT (continued)

- Doesn't show interest in people or things going on around him or her
- Doesn't respond to simple games like peek-a-boo

WHERE CAN I GET MORE INFORMATION ABOUT HELPING MY BABY'S DEVELOPMENT?

- Your MIHP worker
- Online at www.michigan.gov/mihp

FAMILY SOCIAL SUPPORT, PARENTING AND CHILDCARE

WHAT IS FAMILY SOCIAL SUPPORT?

- Family social support means having people to turn to when you need help as a parent.
- Supportive people:
  - Listen to you.
  - Treat you with kindness and respect.
  - Help you figure out how to solve the problems that come with being a parent.
  - Give you practical help, such as taking care of your baby when you need a break.

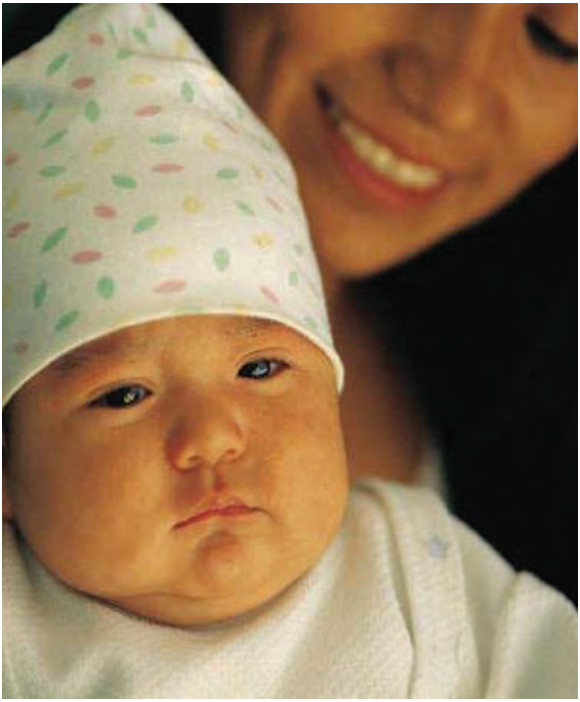
WHERE DO I GO TO GET HELP WITH CHILDCARE?

- You need people to care for your baby when you need to go somewhere without your baby or if you need a break from your baby. These people might include:
  - Father of baby
  - Baby's grandparents or other relatives (including older children)
  - Friends or neighbors
  - People at place of worship
  - Drop-in child care program
- The Dept. of Human Services (DHS) may help you pay for childcare if you work or go to school. DHS may pay for child care at:
  - Child care centers, family homes (up to 6 kids), and group homes (up to 12 kids).
  - A relative's home or in your home, if your provider goes to training.

FAMILY SOCIAL SUPPORT, PARENTING AND CHILDCARE (continued)

WHERE CAN I GET MORE INFORMATION ABOUT PARENTING AND CHILDCARE SUPPORT?

- Your doctor.
- Your MIHP worker
- DHS childcare web site.
- Online at www.michigan.gov/mihp.



TAKE CARE OF YOURSELF SO YOU CAN TAKE CARE OF YOUR BABY!

YOU ARE THE MOST IMPORTANT PERSON IN THE WORLD TO YOUR BABY. YOU NEED TO TAKE GOOD CARE OF YOURSELF, SO YOU CAN TAKE CARE OF YOUR BABY.

- See your doctor for your postpartum visit.
- Use family planning (birth control).
- Wait at least 18 months after giving birth before getting pregnant again.
- Find someone to care for your baby so you can take breaks
- When you feel down or alone, reach out for support

Maternal Infant Health Program (MIHP)

Michigan Department of Community Health

MIHP website: www.michigan.gov/mihp

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