



Healthy Start

BULLETIN Volume 0118

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



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

CHILDBIRTH EDUCATION

NEWBORN CARE

BREASTFEEDING EDUCATION AND SUPPORT

PARENTING EDUCATION AND SUPPORT

TOBACCO EDUCATION AND SUPPORT

HEALTH AND WELL-BEING

Exercise Safely! | TIPS FOR SAFE PHYSICAL ACTIVITY WHILE PREGNANT



Pregnant? Follow these tips for safe and healthy fitness:

- When you exercise, start slowly, progress gradually and cool down slowly.
- You should be able to talk while exercising. If not, you may be overdoing it.
- Take frequent breaks.
- Don't exercise on your back after the first trimester. This can put too much pressure on an important vein and limit blood flow to the baby.
- Avoid jerky, bouncing and high-impact movements. Connective tissues stretch much more easily during pregnancy. So these types of movements put you at risk of joint injury.
- Be careful not to lose your balance. As your baby grows, your center of gravity shifts making you more prone to falls. For this reason, activities like jogging, using a bicycle or playing racquet sports might be riskier as you near the third trimester.
- Make sure you drink lots of fluids before, during and after exercising.

- Do not workout in extreme heat or humidity.
- If you feel uncomfortable, short of breath, or tired, take a break and take it easier when you exercise again.

Stop exercising and call your doctor as soon as possible if you have any of the following:

- Dizziness
- Chest pain
- Abdominal pain
- Vaginal bleeding
- Less fetal movement
- Headache
- Contractions
- Blurred vision
- Calf pain or swelling
- Fluid leaking from the vagina

Get started!

For most healthy moms-to-be, exercise is a safe and valuable habit. Even so, talk to your doctor or midwife before exercising during pregnancy.

Source: Womenshealth.gov/pregnancy/youre-pregnant-now-what

More Safety Tips ●●●●●



Sleep on Side



New research shows that sleeping on your side in the third trimester may help prevent stillbirth. You might end up in all sorts of positions when asleep. And that's OK. But the important thing to remember is to start on your side. If you wake up on your back, don't worry, just roll back to your side. Going to sleep on your side means you're helping to keep your baby safe.

Source: Tommy's, www.tommys.org/pregnancy-information/sleep-side-pregnancy-campaign

A Sleeping Baby | SLEEP SAFETY AND SUFFOCATION

There is nothing more beautiful than a sleeping baby, especially for parents who are often overtired themselves. By following a few simple tips, you can create a safer sleeping environment for your baby.

The Hard Facts

Unintentional suffocation is the leading cause of injury-related death among children under 1 year of age. Nearly three-quarters of suffocation deaths among infants are from accidental suffocation or strangulation in bed.

Top Safety Tips

1. Because most infant suffocation occurs in the sleeping environment, babies should always sleep in a safe crib, bassinet or pack-n-play.
2. Lay your baby on his or her back for every sleep.
3. We know that stuffed animals, bumpers and all those cute accessories make a baby's crib seem warm and cozy. Unfortunately, they can often do more harm than good. Soft bedding can block a baby's airway during sleep. A firm mattress

covered with a tight-fitting crib sheet is all you need to make your baby sleep like a baby.

4. Room-sharing is a safer option than having your baby sleep in bed with you. Place your baby's crib, play yard or bassinet in your room for more convenient feeding and close contact.
5. Remember to always return your baby to his or her own crib when you're ready to go back to sleep. This is tough sometimes because parents are often more tired than the babies, but it is much safer.

ABC:
Babies should sleep Alone on their Back and in a Crib



When to change car seats



TIP #1: DON'T RUSH FROM ONE SEAT TO THE NEXT

Use your current car seat until your child reaches the maximum weight or height limit listed on the label. There is no need to rush on to the next car seat or booster seat. Every step forward reduces safety a bit.

TIP #2: USE A REAR-FACING SEAT UNTIL AGE 2

Children should ride in a rear-facing car seat until they are at least 2 years old. Why keep your child in a rear-facing seat for as long as possible? If you are in a front-end crash (the most common type of crash) a rear-facing car seat allows your child's head, neck and spine to move evenly into the seat, not away from it.

TIP #3: CHANGE CAR SEAT TYPE OVER TIME

After your child is at least 2 years old and is too big for a rear-facing car seat, put him in a forward-facing car seat with a 5-point harness and top tether. Use that car seat until your child outgrows the weight or height limit allowed for that car seat. After your child gets too big for the weight or height limits of the forward-facing car seat, put your child in a booster seat used with the vehicle lap and shoulder seat belt. How do you know when your child is ready for a booster seat? See the next tip.

TIP #4: MOVING TO BOOSTER SEAT

Many parents aren't sure when to switch their child to a booster seat. Sometimes parents get pressure to use a booster seat from friends, relatives or the child. We understand that pressure and concern, but it is safer to move from a forward-facing car seat to a booster seat only when your child reaches the weight or height limit of the seat you are using. A child in a forward-facing seat with a harness and top tether is more protected than in a booster seat with lap and shoulder belt or when using just a seat belt alone.



Home Safety Tips

**SIMPLE AND
EASY STEPS**

Every parent wants their children to grow up healthy and strong in the place where they deserve to feel safest: at home. The good news is that there are simple and easy steps that families can take to protect their children.

Preventing Falls

- Use approved safety gates at the tops and bottoms of stairs and attach them to the wall, if possible. Remember to read the manufacturer's instructions to make sure you have the right gate for your needs. Not all gates are safe for use at the top of stairs.



- Keep babies and young kids strapped in when using high chairs, swings or strollers. When placing your baby into a carrier, remember to place the carrier on the floor, not on top of tables or other furniture.
- Properly install window guards and stops to prevent falls. Windows above the first floor should have an emergency release in case of fire.

Safety from Fire

- For the best protection, install smoke alarms on every level of your home, especially near sleeping areas. Test batteries every six months.
- Create and practice a home fire escape plan with two ways out of every room. In the event of a fire, leave your home immediately. Once you're out of the house, stay out.

Preventing Burns

- To prevent accidental scalding, set your water heater to 120 degrees Fahrenheit or the manufacturer's recommended setting. Check the water with your wrist or elbow before giving your baby a bath.

- To prevent hot food or liquid spills, use the back burner of your stove and turn pot handles away from the edge. Keep hot foods and liquids away from the edge of your counters and tables.

Water Safety

- Actively supervise children in and around water. Avoid distractions of any kind, such as reading or talking on the phone.
- Once bath time is over, immediately drain the tub. Keep toilet lids closed and keep doors to bathrooms and laundry rooms closed to prevent drowning.
- Make sure home pools have four-sided fencing that's at least 4 feet high with self-closing, self-latching gates to prevent a child from wandering into the pool area unsupervised.
- Every child is different, so enroll children in swimming lessons when you feel they are ready. Teach young children from an early age not to go near or in water without an adult. Older children should swim with a partner, every time.

Drowning is the leading cause of injury-related death in the home for children ages 1 to 4.

Safety from Carbon Monoxide

- Make sure your home has a carbon monoxide alarm. For the best protection, install a carbon monoxide alarm on every level of your home, especially near sleeping areas.
- Don't use a grill, generator or camping stove inside your home, garage or near a window. Don't use your oven or stovetop to heat your home.

Poison Prevention

- Store all household products and cleaning solutions out of children's sight and reach. Young kids are often eye-level with items under the kitchen and bathroom sinks.
- Keep cleaning products in their original containers. Don't put a potentially poisonous product in something other than its original container (such as a plastic soda bottle) where it could be mistaken for something else.
- Put the toll-free Poison Help Number into your phone in case of emergency: **1-800-222-1222**.

Poison centers answer more than 1 million calls a year about a child under age 5.

Preventing TV and Furniture Tip-overs

- Use brackets, braces or wall straps to secure unstable or top-heavy furniture to the wall.
- Install stops on dresser drawers to prevent them from being pulled all the way out. Multiple drawers can cause the weight to shift, making it easier for a dresser to fall.



Playground Safety Tips | HAVE FUN AND BE SAFE DURING PLAY

Supervise Kids Using Playground Equipment

1. Actively supervise children on playgrounds. It won't be hard – they'll probably be calling for you to watch them climb, jump and swing.
2. Check playgrounds where your children play. Look for hazards, such as rusted or broken equipment and dangerous surfaces. Report any hazards to the school or appropriate local office.
3. Teach children that pushing, shoving or crowding while on the playground can be dangerous.
4. Dress appropriately for the playground. Remove necklaces, purses, scarves or clothing with drawstrings that can get caught on equipment and pose a strangulation hazard. Even helmets can be dangerous on a playground, so save those for bikes.
5. Little kids can play differently than big kids. It is important to have a separate play area for children under 5.

Choose the Right Play Area Based on Your Child's Age

1. Ensure that children use age-appropriate playground equipment. Separate play areas for children under 5 should be available and maintained.
2. For babies who are learning to walk, the play area should have a smooth and easy surface to walk on.



3. If your baby has fairly good head control and can sit up with support (usually around 9 months old), give the baby (bucket-shaped) swings a try.

Ensure Safe Surfacing Beneath and Surrounding Playground Equipment

1. Avoid playgrounds with non-impact absorbing surfaces, such as asphalt, concrete, grass, dirt or gravel.
2. Recommended surface materials include: sand, pea gravel, wood chips, mulch and shredded rubber. Rubber mats, synthetic turf and other artificial materials are also safe surfaces and require less maintenance.

Toy Safety

Toys and games are tons of fun for kids and adults. Whether your kids are working on a puzzle, playing with building blocks or even inventing their own games, here are a few things to think about to help them stay safer and have a blast.



- Consider your child's age and development when purchasing a toy or game. Read the instructions and warning labels to make sure it's just right for your child.
- Before you've settled on the perfect toy, check to make sure there aren't any small parts or other potential choking hazards.
- Don't forget a helmet for riding toys. If your children have their hearts set on a new bike, skateboard, scooter or other riding equipment, be sure to include a Consumer Product Safety Commission certified helmet to keep them safe while they're having fun.
- After play time is over, use a bin or container to store toys for next time. Make sure there are no holes or hinges that could catch little fingers.

Go to www.recalls.gov for information about product recalls related to kids.

Source for Pages 2-3: SafeKids.org



www.HealthyStartNCF.org

Alachua 352-337-1200	Lafayette 386-294-1321
Bradford 904-964-7732	Levy 352-486-5300
Columbia 386-758-1065	Marion 352-644-2717
Dixie 352-498-1360	Putnam 386-326-7391
Gilchrist 352-463-3120	Suwannee 386-362-2708
Hamilton 386-234-0560	Union 386-496-3211

www.CentralHealthyStart.org

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



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