



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

## Get Healthy Before You Get Pregnant

A HEALTHY LIFESTYLE CAN LEAD TO A HEALTHIER BABY

*Babies born to healthy women are more likely to be healthy. Now is the time to get healthy –before you get pregnant.*

### Plan for your pregnancy

- Plan your pregnancy so that you and your partner are in good health and prepared for having a child.
- Make sure you use your birth control correctly.
- Know that you can get pregnant if you forget or skip a birth control pill.
- Antibiotics and other medications can interfere with the effectiveness of your birth control pill.
- All women should take a multivitamin with 400 micrograms of folic acid every day. It can help prevent birth defects and may help protect you from heart disease.

### Aim for a healthy weight

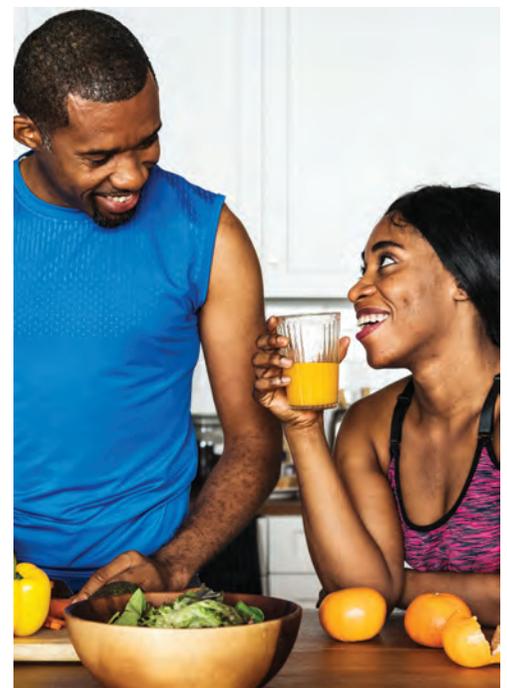
- Women who are underweight or overweight when they get pregnant are more likely to have a baby born too early.
- Overweight women are more likely to experience more problems during pregnancy and labor.

### Eat healthy foods

- Eat at least five servings of fruits and vegetables every day.
- Limit sweets, fats, salt and soda. Pay attention to serving sizes so you do not eat too much.
- Eat iron-rich foods like leafy green vegetables.
- Enjoy foods high in Vitamin C like oranges, grapefruit, strawberries, tomatoes, green peppers, broccoli, cabbage and cantaloupe.

### Prevent and treat infections

- Brush your teeth at least two times a day and floss once a day. See a dentist at least once a year to have your teeth cleaned and gums examined.



- Infections, such as periodontal (gum) disease, may contribute to preterm (too-early) labor.
- Sexually transmitted infections can cause a woman to have problems getting pregnant or cause preterm (too-early) labor once pregnant.

### Avoid harmful substances

- A pregnant woman never takes risks alone. If there's a chance you might be pregnant, do not drink alcohol or take drugs.
- No amount of alcohol is safe during pregnancy.
- Abuse of prescription and illegal drugs is not good for you or your baby.
- Tobacco use during pregnancy deprives your baby of the oxygen needed to develop properly. Your baby is twice as likely to be born with a low birthweight.



# Prenatal Care Checkups

**During pregnancy, regular checkups are very important.** This consistent care can help keep you and your baby healthy, spot problems if they occur, and prevent problems during delivery.

**Typically, routine checkups occur:**

- Once each month for weeks four through 28
- Twice a month for weeks 28 through 36
- Weekly for weeks 36 to birth

Women with high-risk pregnancies need to see their doctors more often.

**At your first visit,** your doctor will perform a full physical exam, take your blood for lab tests, and calculate your due date. Your doctor might also do a breast exam, a pelvic exam to check your uterus (womb), and a cervical exam, including a Pap test. During this first visit, your doctor will ask you lots of questions about your lifestyle,

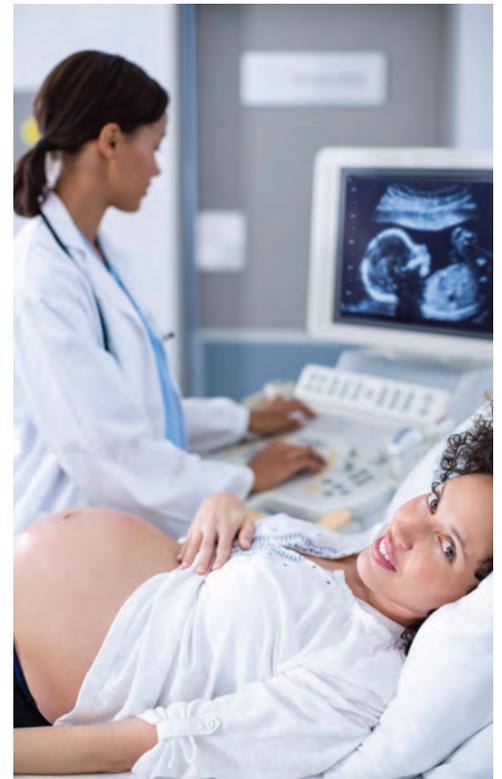
relationships, and health habits. It's important to be honest with your doctor. **You will also be asked to take the Healthy Start screen—be sure to say “Yes!” as this can help identify needs for you and baby.**

**After the first visit,** most prenatal visits will include:

- Checking your blood pressure and weight
- Checking the baby's heart rate
- Measuring your abdomen to check your baby's growth

You also will have some routine tests throughout your pregnancy, such as tests to look for anemia, tests to measure risk of gestational diabetes, and tests to look for harmful infections.

**Become a partner with your doctor to manage your care.** Keep all of your appointments—every one is



important! Ask questions and read to educate yourself about this exciting time.

Source: Office of Women's Health, U.S. Department of Health and Human Services, [www.WomensHealth.gov](http://www.WomensHealth.gov)



## Did you know?

In the U.S., more and more women are dying from complications related to pregnancy and childbirth. This is especially true for women of color. The maternal death rate for black women is more than three times higher than for women of other races.

## What can you do?



GET REGULAR HEALTHCARE BEFORE, DURING AND AFTER PREGNANCY.



DON'T SMOKE, DRINK ALCOHOL OR USE HARMFUL DRUGS.



AIM FOR A HEALTHY WEIGHT.



TELL YOUR DOCTOR ABOUT ANY MEDICINES YOU TAKE.



PROTECT YOURSELF FROM INFECTIONS.



UNDERSTAND YOUR RISKS.

If you have chronic conditions, such as diabetes, hypertension or heart disease, work with your physician to plan a healthy outcome for you and baby.



HAVING A CEASAREAN?

First, be sure it's absolutely necessary. If it is, ask your doctor if compression stockings or anti-coagulants after surgery are right for you.

Learn the warning signs of complications.

Some warning signs are:

- |                   |                      |
|-------------------|----------------------|
| Chest pain        | Extreme pain         |
| Trouble breathing | Fever                |
| Heavy bleeding    | Sick to your stomach |
| Severe headache   | Depression           |

## Speak up!

Don't accept that these signs are "normal" during or after giving birth. These can be signs of serious problems.

# Preeclampsia

Preeclampsia is a serious disease related to high blood pressure. It can happen to any pregnant woman during the second half of her pregnancy, or up to 6 weeks after delivery.

## Risks to You

Seizures  
Stroke  
Organ damage  
Death

## Risks to Your Baby

Premature birth  
Death

## Signs of Preeclampsia

Stomach pain  
Feeling nauseous or throwing up  
Swelling in your hands and face  
Headaches  
Seeing spots  
Gaining more than 5 pounds in a week

## What Should You Do?

Call your doctor or midwife right away. Finding preeclampsia early is important for you and baby.

# Postpartum Preeclampsia

You are still at risk after your baby is born!

## Warning Signs

Stomach pain  
Feeling nauseous or throwing up  
Swelling in your hands and face  
Severe headaches  
Seeing spots (or other vision changes)  
Shortness of breath

## Risks to You

Seizures  
Stroke  
Organ damage  
Death

## What Can You Do?

Ask if you should follow up with your doctor within one week of discharge. Keep all follow-up appointments. Watch for warning signs:

### Call your health-care provider right away

If you can't reach your health-care provider, call 911 or go to an Emergency Department

IF

Blood pressure at or exceeding 140/90  
Severe headache that won't go away  
Vision changes  
Stomach pain  
Swelling in your hands and face  
Feeling nauseous or throwing up

### Have someone take you to the ER or call 911

IF

Blood pressure at or exceeding 160/110  
Shortness of breath or trouble breathing  
Seeing spots  
Seizures

Source: Preeclampsia Foundation, [www.preeclampsia.org](http://www.preeclampsia.org)

# Breastfeeding in Daily Life | AT HOME AND IN PUBLIC

More and more women are breastfeeding when they are out and about. Breastfeeding in public is appropriate and protected by law in Florida. There are many ways that you can make yourself feel more comfortable when breastfeeding in public. If you choose to breastfeed, practice may help build confidence. Here are some thoughts to consider:

- **Learn to recognize your baby's early hunger cues so you can get your baby to the breast before fussiness takes over.**
- **Practice breastfeeding in a mirror.** You may be surprised by how little of your breast shows.
- **Timing is important to your breastfeeding routine.** It may help to plan your outings according to your breastfeeding routine.
- **Figuring out which hold works best for you and your baby is helpful when you are out of the house.**
- **To make breastfeeding easier, it may help to wear comfortable clothes** such as tops that pull up from the waist or button down, and to learn how to remove your nursing bra panel with one hand.
- **Consider wearing your baby in a sling or soft baby wrap** to help with your breastfeeding routine.
- **You have options as to where to feed your baby** and do not need to feel limited to going into a bathroom to feed your baby. In a restaurant or café, some women choose a booth or a corner table so they can face away as their baby latches.

If you choose to breastfeed, you have the right to breastfeed anywhere. Breastfeeding benefits both your child and you—so breastfeed in public with confidence!

Source: Office of Women's Health, U.S. Department of Health and Human Services, [www.WomensHealth.gov](http://www.WomensHealth.gov)



# Family Support | FOR PARENTS WHO WANT THEIR KIDS TO HAVE A HEALTHY START



## Would you like some support during your pregnancy or with your new baby?

We can answer your questions and help you stay healthy during your pregnancy and after your baby comes. **Our home visiting program can help you to...**

- Know what to expect during pregnancy
- Take care of your newborn
- Learn about breastfeeding
- Understand the growth and development of your baby
- Learn new ways to play and connect with your baby
- Get help to quit smoking

- Find help with paying bills or getting to a clinic
- Set career or educational goals
- Get support for feeling anxious, stressed or having the "Baby Blues"
- Be the best parent you can be

*"The best part is having someone to talk to. Everything I want to discuss gets discussed."*—Healthy Start Participant

Connect with us at 877-678-9355!

**Connect**  
877-678-9355

The Connect number is a one-stop entry point to services for pregnant women, caregivers and families with young children. *Participating programs: Healthy Start, MIECHV/Parents as Teachers, Healthy Families, MomCare and WIC.*



**Healthy Start of North Central Florida**  
[www.HealthyStartNCF.org](http://www.HealthyStartNCF.org)

Counties: Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Marion, Putnam, Suwannee, Union

**Central Healthy Start Florida**  
[www.CentralHealthyStart.org](http://www.CentralHealthyStart.org)

Counties: Citrus, Hernando, Lake, Sumter



Administrative Office: 1785 NW 80th Blvd., Gainesville, FL 32606  
An Affiliate Partner of WellFlorida Council [www.WellFlorida.org](http://www.WellFlorida.org)



## SAFETY CHECKLIST

- Install smoke alarms near bedrooms. Check batteries every six months.
- Place safety gates at top and bottom of stairs.
- Install window guards or stops.
- Add the Toll-Free Poison Help Number to your phone contacts: 1-800-222-1222.
- Put all medicines and vitamins up, away and out of sight.

Working smoke alarms reduce the risk of dying in a home fire by half.

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

- Move bleach, detergents and cleaning solutions out of children's reach. Keep poisonous products in their original containers.

- Put all button batteries out of reach.
- Use brackets, braces or wall straps to secure unstable furniture and TVs to the wall.
- 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.
- 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.
- To prevent hot food or liquid spills, use the back burner of your stove and turn pot handles away from the edge.

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

Source: Safe Kids, [www.SafeKids.org](http://www.SafeKids.org)