



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.

HOME VISITING

PRENATAL EDUCATION AND SUPPORT

FREE SCREENING AND SERVICES

PARENTING EDUCATION AND SUPPORT

CARE COORDINATION

HEALTH AND WELL-BEING

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



Never leave a child alone in a car.



Remember to **A C T**

A Avoid Heatstroke

Avoid heatstroke-related injury and death by never leaving a child alone in a car, not even for a minute. And make sure to keep your car locked when you're not inside so kids don't get in on their own.



C Create Reminders

Keep a stuffed animal or other memento in your child's car seat when it's empty, and move it to the front seat as a visual reminder when your child is in the back seat. Or place and secure your phone, briefcase or purse in the backseat when traveling with your child.



T Take Action

If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations.



SAFE
KIDS
WORLDWIDE.

Supported by
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Sleeping Baby | IN CAR SEATS AND OTHER DEVICES

Car seats save lives, but car seats—outside of traveling in motor vehicles—are not safe for naps or overnight sleep for the first 6 months of life. When baby sleeps upright or on an incline, their head can fall forward causing difficulty in breathing or suffocation. Strollers, swings and bouncers can also be dangerous if baby sleeps in them for an extended period of time.

Be safe:

- Upon reaching your destination, remove a sleeping baby from the car seat and place them in their crib.
- Always follow the manufacturer's safety recommendations and learn how to properly strap baby in.
- Keep an eye on baby when they are in one of these devices.
- Follow the ABC safe sleep guideline: Always sleep **ALONE** on **BACK** in **CRIB**.



Source: American Academy of Pediatrics

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!



SWIMMING | Safety Tips

Whether it's a trip to the beach or a dip in the community pool, you can ensure that swimming is as safe as it is fun by following a few basic safety tips.

- Actively supervise children in and around open bodies of water. Give them 100 percent of your attention.
- Whenever infants or toddlers are in or around water, an adult should be within arm's reach. Small children can drown in as little as one inch of water.
- You can start introducing your babies to water when they are about 6 months old. Remember to always use waterproof diapers and change them often.
- Every child is different, so enroll children in swimming lessons when you feel they are ready. Teach children how to tread water, float and stay by the shore.
- Make sure kids swim only in areas designated for swimming. Teach children

that swimming in open water is not the same as swimming in a pool. They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.



- Remember that swimming aids such as water wings or noodles are fun toys for kids, but they should never be used in place of a U.S. Coast Guard approved personal flotation device.
- We know that you have a million things to do, but learning CPR should be on the top of the list. It will give you peace of mind—and the more peace of mind you have as a parent, the better.

Water Safety | AT HOME



Water is great fun for kids. But it's also a place where safety must come first, so here are a few tips for kids who love to get wet.

- Never leave your child unattended around water. Babies can drown in as much as one inch of water.
- Put the cell phone away, forget about all the other things you have to do and give young children all of your attention when they are in or around water.
- Empty all tubs, buckets and wading pools immediately after use. Store them upside down and out of children's reach.
- Keep toilet lids closed and use toilet seat locks.
- Keep doors to bathrooms and laundry rooms closed.
- Teach children to never play or swim near drains or suction outlets. Pools that pose the greatest risk of entrapment are children's public wading pools, in-ground hot tubs or any other pools that have flat drain grates or a single main drain system.



I remember being so nervous about having my toddler in the water that I took CPR lessons and she took swimming lessons. Now she swims like a fish, and I feel confident that I could help her if anything happened.

Drowning is the leading cause of injury-related death among children ages 1-4.

Learn more safety tips at www.safekids.org



Is your baby sleeping safely?

Give your baby a healthy start by following these safe sleep guidelines.

Remember the ABCs of safe sleep.

A *Alone*

B *on Back*

C *in Crib*



Always place baby on their back to sleep, for naps and at night, to reduce the risk of SIDS.

Use a firm and flat sleep surface covered by a fitted sheet with no other bedding in the crib.

Share your room with baby. Keep baby in a crib close to your bed for the first 6 months. Do not fall asleep holding baby.

Do not put soft objects, toys, crib bumpers or loose bedding anywhere in baby's sleep area.

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 and WIC.*



Healthy Start of North Central Florida
www.HealthyStartNCF.org

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

Central Healthy Start Florida
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

Milestones for Baby

WHAT TO EXPECT

Check the milestones your child has achieved and talk with your child's healthcare provider at every well child visit about the milestones your child can do and what to expect next.

What most babies do by 6 months:

- Respond to other people's emotions and often seem happy
- Like to look at self in a mirror
- String vowels together when babbling ("ah," "eh," "oh")
- Respond to own name
- Bring things to mouth
- Show curiosity and try to get things that are out of reach
- Begin to pass things from one hand to the other
- Roll over in both directions
- Begin to sit without support

What most babies do by 12 months:

- Get to sitting position by themselves
- Move from sitting to a crawling position
- Pull self up to stand
- Walk holding on to furniture
- Stand momentarily without support
- Walk two or three steps without support
- Try to imitate scribbling
- Respond to simple requests
- Respond to "no"
- Use simple gestures, such as shaking head for "no"
- Say "dada" and "mama"
- Use exclamations, such as "uh-oh!"
- Try to imitate words
- Explore objects in many different ways (shaking, banging, throwing, dropping)
- Find hidden objects easily

*Source: Centers for Disease Control and Prevention.
Find more milestones at www.CDC.gov and search "Developmental Milestones."*