



PARK. LOOK. LOCK.



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.

Florida Healthy Start

Central & North Central Florida Coalitions

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, Nurse-Family Partnership, Healthy Families, NewboRN Home Visiting and T.E.A.M. Dad.

Healthy Start of North Central Florida

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

Central Healthy Start Florida

Counties: Citrus, Hernando, Lake, Sumter

www.EveryBabyDeservesAHealthyStart.org



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."

A Healthy Start

BULLETIN Volume 0623

Swimming! | WATER 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.

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.

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

Learn more safety tips at www.safekids.org

**SAFE
KIDS**
NORTH CENTRAL
FLORIDA COALITION
CENTRAL FLORIDA
COALITION



What to Expect for You and Your Baby During Your Pregnancy

MONTHS
0-3

What to Expect: First Trimester

What you'll notice:

- Tiredness
- Headaches
- Nausea
- Increased urination
- More vaginal discharge
- Breast tenderness/heaviness

How your body's changing:

- Pelvic ligaments get softer/more stretchy
- Milk glands grow and milk ducts increase

Your baby:

- Heart is beating
- Face begins to form
- Can open/close mouth
- Bones, ankles, toes, fingers and wrists form
- Major organs and nervous system are forming
- Soft nails and muscles form
- Weighs 1 ounce, only 3 to 4 inches long



MONTHS
3-6

What to Expect: Second Trimester

What you'll notice:

- More energy
- Decreased nausea
- Constipation
- Cramps in legs and feet
- Dark splotches on face

How your body's changing:

- Uterus grows and waist becomes thicker
- Breasts are ready to breastfeed

Your baby:

- Begins to move around week 18 or 20
- Hair, nails and fingerprints form
- Eyes open and close
- Brain and sex organs are developing
- Kidneys are functioning
- Lungs are developed, but don't work yet
- Starts sleeping and waking at regular times
- Weighs about 2 pounds



MONTHS
6-9

What to Expect: Third Trimester

What you'll notice:

- Tiredness and/or extra energy
- Trouble sleeping
- Heartburn
- Frequent urination
- Uterus contractions

How your body's changing:

- Uterus gets larger and hard to the touch
- Pelvic bones separate
- Baby's head "drops" into pelvis, taking some pressure off stomach and diaphragm

Your baby:

- Bones are fully formed, but still soft
- Lungs are not fully formed, but practice "breathing" movements
- Stretches and kicks
- Can respond to sound
- Begins to store vital minerals, such as iron and calcium
- Might have hiccups
- Will grow a pound per week by the ninth month
- Weighs around 6 to 9 pounds



Source: <https://www.womenshealth.gov/pregnancy/youre-pregnant-now-what/stages-pregnancy>

PPD | UNDERSTAND YOUR FEELINGS AFTER GIVING BIRTH



WHAT IS POSTPARTUM DEPRESSION?

Postpartum depression (also called PPD) is a medical condition that many women get after having a baby. It is strong feelings of sadness, anxiety (worry) and tiredness that last for a long time after giving birth. Often starting within 1 to 3 weeks of having a baby—though it can happen any time—it's the most common medical complication for new moms. PPD can make it hard to take care of yourself and your baby. If you think you have PPD, tell your healthcare provider.

Is postpartum depression (PPD) the same as the baby blues?

No. PPD lasts longer and is more serious than baby blues, which are feelings of sadness you may have after having a baby. Baby blues can happen 2 to 3 days after you give birth and can last up to 2 weeks. You may have trouble sleeping, be moody or cranky, and cry a lot. If you have sad feelings that last longer than 2 weeks, tell your healthcare provider.

SIGNS AND SYMPTOMS OF PPD

You may have PPD if you have five or more signs and symptoms below that last longer than 2 weeks.

Changes in feelings

- Feeling intensely sad most of the day, every day

- Feeling shame, guilt or like a failure
- Feeling panicked or scared a lot
- Having severe mood swings

Changes in everyday life

- Having little interest in things you normally like to do
- Feeling tired all the time
- Eating a lot more or a lot less than normal
- Gaining or losing weight
- Having trouble sleeping or sleeping too much
- Having trouble concentrating or making decisions

Changes in how you think about yourself or your baby

- Having trouble bonding with your baby
- Thinking about hurting yourself or your baby
- Thinking about suicide (killing yourself). Seek help immediately from your medical provider if you feel this way.

Getting treatment for PPD can help you feel better and be able to care for your baby

TAKE ACTION

If you think you may have PPD, see your healthcare provider right away. You can also talk to your Healthy Start Home Visitor and learn more at marchofdimes.org/PPD.

Source: <https://www.marchofdimes.org/find-support/topics/postpartum/postpartum-depression>

Some Ways Dads Can Bond with Baby

The relationship between mom and baby is special, but so is baby's bond with dad. While breastfeeding may make you feel a little left out, here are some tips on how you and your baby can grow close:

1. Make time for hugs and cuddles.

Human touch is soothing for both you and your baby. Let your baby rest on your chest when lounging around at home.

2. Talk and sing.

Talk or sing to your baby throughout the day, keeping your face close and your eyes on baby.

3. Play games.

Make silly faces, play peek-a-boo, or sing songs for baby. Set aside regular time for this so that as baby grows, this special time becomes a part of your daily routine.

4. Keep it moving.

Carry your baby in a sling or front carrier on walks or as you go about your daily routine.

5. Help with baby care.

You can soothe, bathe, change, dress and burp your baby. You can also sit and keep mom company during feedings. This helps you bond with baby and supports your partner.

Source: <https://wicbreastfeeding.fns.usda.gov/some-ways-dads-can-bond-baby>

