

## 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.

 **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 and NewboRN Home Visiting.

**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)

## Travel Safety Tips for the Road

**Check Your Car Seat.** Did you know that 73 percent of car seats are not used or installed correctly? Before you hit the road this season, please take 15 minutes for an at-home car seat checkup using the Safe Kids downloadable checklist from [www.SafeKids.org](http://www.SafeKids.org). The checklist offers ways to make sure your car seat is right for your child and that the seat is installed properly. These tips are important because we know that when used correctly, child safety seats can reduce the risk of death by as much as 71 percent.



**Use Booster Seats.** Safety in the car goes beyond your little ones. Kids who have outgrown a forward-facing harness seat are not ready for a seat belt or front seat yet. They are safest in a booster seat that enables the adult seat belt to fit properly. Even when children have outgrown booster seats, they are safest in the backseat until the age of 13.

**Have an Exit Strategy.** So the car is packed, the kids are in the right seat, the seats are installed properly, and you're on the open road. Nothing can stop you now, right? Wrong. That's when you hear that all too familiar howl that means "I want food" or "Change my diaper." When it happens, please don't worry about making good time. Instead, get off at the next exit and find a safe area to feed or change your child.

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

# **Healthy Start**

BULLETIN Volume 122

## Becoming a Dad | DURING PREGNANCY

*Being a dad begins even before your baby is born. The things you do to keep you and your partner healthy before and during pregnancy can help your baby be born healthy and strong.*

### GO TO HER PRENATAL CARE CHECKUPS

Prenatal care is medical care to check the health of your partner and the baby during pregnancy. When you go to her checkups, you can meet her healthcare provider and ask any questions about pregnancy. Make sure your partner goes to all her prenatal care checkups, even if she's feeling fine.

### REMIND HER TO TAKE A PRENATAL VITAMIN

Before pregnancy, she needed 400 micrograms of folic acid. Now that she's pregnant, she needs more. Her healthcare provider can prescribe a prenatal vitamin for her.

### HELP HER REST AND LOWER HER STRESS

You can help by keeping the house clean, shopping for groceries and making meals.

### BE AWARE OF CHANGES IN YOUR PARTNER

She may be happy one minute and sad the next. She may be tired a lot. She gets tired because it's hard work to carry a growing baby inside her body. You and your partner may feel differently about having sex during pregnancy. As her belly gets bigger, try different positions. Find one that is good for both of you. It's ok for you and your partner to have sex during pregnancy, as long as her healthcare provider says it's OK.

### LEARN THE SIGNS OF PRETERM LABOR

Preterm labor is labor that starts too early, before 37 weeks of pregnancy.



Babies born early may have more health problems or need to stay in the hospital longer than babies born on time. Learn the signs of preterm labor and what to do if your partner has even one sign (see the article Preterm Birth on page 3).

### GET YOUR HOME READY

Decide where the baby will sleep. Start collecting baby things, like clothes, toys and diapers.

### FIGURE OUT YOUR FINANCES TOGETHER

If you're worried about spending money, here are some tips to help:

- Borrow baby things from friends or family. Many people are happy to lend you a crib, toys and baby clothes.
- Check out second hand stores and thrift shops. They often have baby things at low prices.
- Start saving money to help pay for the baby. Even \$10 a week can add up.

### LEARN ABOUT PREGNANCY, CHILDBIRTH AND BEING A PARENT

Watch videos, visit websites, read books and talk to your friends and family. *Cont.*





# Tobacco Use During Pregnancy



Smoking during pregnancy increases the risk of health problems for developing babies, including preterm birth, low birth weight, and birth defects of the mouth and lip. Smoking during and after pregnancy also increases the risk of sudden infant death syndrome (SIDS).

Additionally, e-cigarettes and other tobacco products containing nicotine (the addictive drug found in tobacco) are not safe to use during pregnancy. Nicotine is a health danger for pregnant women and developing babies and can damage a developing baby's brain and lungs. Also, some of the flavorings used in e-cigarettes may be harmful to a developing baby. Learn more about e-cigarettes and pregnancy.

Quitting tobacco can be hard, but it is possible. Quitting smoking is one of the most important ways you can protect your health and the health of your baby. Quitting early or before pregnancy is best, but it's never too late to quit smoking. Your Healthy Start Home Visitor can play an important role in helping you quit, including giving advice and support and connecting you to resources. Additional tips and advice to quit smoking can be found by calling 1-800-QUIT-NOW (1-800-784-8669) or by visiting *How to Quit* at [www.CDC.gov](http://www.CDC.gov) and *Pregnancy, Motherhood and Smoking* at [www.SmokeFree.gov](http://www.SmokeFree.gov).

Source: Centers for Disease Control and Prevention, [www.CDC.gov](http://www.CDC.gov)

## Becoming a Dad *Continued...*

### TALK ABOUT WHAT YOU WANT TO HAPPEN AT YOUR BABY'S BIRTH

Where do you want the baby to be born? Do you want to have friends and family with you? Do you want to cut the baby's umbilical cord? Fill out a Birth Plan with your partner. This is a set of instructions you make about your baby's birth. The Resources page at [EveryBabyDeservesAHealthyStart.org](http://EveryBabyDeservesAHealthyStart.org) has a sample Birth Plan you can download and print.

### DECIDE ABOUT BREASTFEEDING

Breastmilk is the best food for your baby. It has everything your baby needs to grow and be healthy. A dad's attitude about breastfeeding is one of the most important reasons why a mom does or doesn't breastfeed.

- Learn about breastfeeding together.
- Read books or go to breastfeeding classes.
- Ask your healthcare provider for information.

The best thing you can do for your partner is to respect her feelings about breastfeeding. When you decide about breastfeeding, put it on your Birth Plan.

*Lots of things happen to your partner during pregnancy. Her body changes to make room for a growing baby. She may be moody and tired. She may be worried about becoming a mom. She needs to know you're there for her and that you're in this pregnancy together. Learn more about becoming a dad—before, during and after your partner's pregnancy—at <https://www.marchofdimes.org/materials/Becoming-a-dad-2020-all.pdf>.*



Source: <https://www.marchofdimes.org/materials/Becoming-a-dad-2020-During-Pregnancy.pdf>

Preterm birth is when a baby is born too early, before 37 weeks of pregnancy have been completed. A developing baby goes through important growth throughout pregnancy—including in the final months and weeks. For example, the brain, lungs, and liver need the final weeks of pregnancy to fully develop.

### What are the warning signs of preterm labor?

In most cases, preterm labor (labor that happens too soon, before 37 weeks of pregnancy) begins unexpectedly and the cause is unknown. Like regular labor, signs of early labor are—

- Contractions (the abdomen tightens like a fist) every 10 minutes or more often
- Change in vaginal discharge (a significant increase in the amount of discharge or leaking fluid or bleeding from the vagina)
- Pelvic pressure—the feeling that the baby is pushing down
- Low, dull backache
- Cramps that feel like a menstrual period
- Abdominal cramps with or without diarrhea

### What should I do if I think I'm experiencing preterm labor?

If you think you are experiencing preterm labor, it is important that you see a healthcare provider right away. If you are having preterm labor, your provider may be able to give you medicine so that the baby will be healthier at birth.

# Preterm Birth



### Are some women more likely than others to deliver early?

Many times we do not know what causes a woman to deliver early, but several known factors may increase the likelihood that a woman could deliver early:

#### Social, Personal and Economic Characteristics

- Teens and women over age 35
- Black race
- Women with low income

#### Pregnancy and Medical Conditions

- Prior preterm birth
- Infection
- Carrying more than 1 baby (twins, triplets or more)

#### Behavioral

- Tobacco use
- Substance use
- Stress

### Can anything be done to prevent a preterm birth?

Preventing preterm birth remains a challenge because there are many causes of preterm birth, and because causes may be complex and not always well understood. However, pregnant women can take important steps to help reduce their risk of preterm birth and improve their general health. These steps are to—

- Quit smoking
- Avoid alcohol and drugs
- Get prenatal care as soon as you think you may be pregnant and throughout the pregnancy
- Seek medical attention for any warning signs or symptoms of preterm labor
- Talk with your healthcare provider about the use of progesterone treatment if you had a previous preterm birth
- Wait at least 18 months between pregnancies

Source: Centers for Disease Control and Prevention, [www.CDC.gov](http://www.CDC.gov)

## NUTRITIOUS FOODS FOR A HEALTHY PREGNANCY



### VEGETABLES

Carrots  
Cooked greens  
Pumpkin  
Spinach  
Sweet potatoes  
Red sweet peppers  
...  
*Benefits*  
Vitamin A  
Potassium



### FRUITS

Apricots  
Bananas  
Melon  
Grapefruit  
Mangoes  
Oranges  
Prunes  
Tomatoes  
...  
*Benefits*  
Potassium



### DAIRY

Skim or 1% milk  
Soy milk  
Fat-free or low-fat yogurt  
...  
*Benefits*  
Calcium  
Potassium  
Vitamin A & D



### GRAINS

Ready-to-eat cereal  
Cooked cereal  
...  
*Benefits*  
Iron  
Folic Acid



### PROTEINS

Beans and peas  
Lean beef  
Lamb and pork  
Nuts and seeds  
Poultry  
Salmon, trout, herring, sardines and pollock  
...  
*Benefits*  
Amino Acids

Source: John Hopkins Medicine, [www.hopkinsmedicine.org](http://www.hopkinsmedicine.org)