

## 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-WELL

The Connect number is a one-stop entry point to services for pregnant women, caregivers and families with young children.

Participating programs: Healthy Start, Parents as Teachers, Nurse-Family Partnership, Healthy Families, NewBoRN Home Visiting, G.R.O.W. Doula 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](http://www.EveryBabyDeservesAHealthyStart.org)



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

Sponsored by State of Florida, Department of Health, HEALTHY START MOMCARE NETWORK, INC., and State of Florida, Agency for Health Care Administration.

## 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 safe 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, 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](http://www.recalls.gov) for information about product recalls related to kids.

Source: [SafeKids.org](http://SafeKids.org)

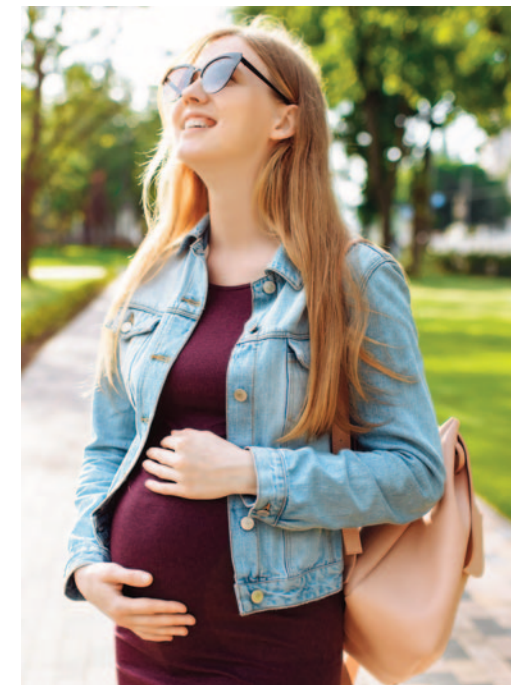
# A Healthy Start

BULLETIN Volume 1223

## Marijuana Use and Pregnancy

FAST FACTS

- Using marijuana during pregnancy may affect your baby's development and put you at risk of pregnancy complications.
- Marijuana may be bad for your baby no matter how you use it—this includes smoking, vaping, dabbing, eating or drinking, and applying creams or lotions to the skin.
- The potential health effects of using cannabidiol (CBD) products during pregnancy are currently unknown.
- We do know that chemicals from marijuana can be passed to a baby through breast milk. Persons who are breastfeeding are encouraged to avoid all marijuana use.
- If you are using marijuana and are pregnant, planning to become pregnant, or are breastfeeding, talk to your doctor or Healthy Start Home Visitor.



- Breathing marijuana smoke can also be bad for you and your baby. Secondhand marijuana smoke contains many of the same toxic and cancer-causing chemicals found in tobacco smoke. THC, the psychoactive or mind-altering compound in marijuana, may also be passed to infants through secondhand smoke.

### Can using marijuana during my pregnancy affect my baby's development after birth?

Although scientists are still learning about the effects of marijuana on developing brains, studies suggest that marijuana use by persons during pregnancy could be linked to problems with attention, memory, problem-solving skills, and behavior in their children later in life.

Source: [bit.ly/CDC\\_Pregnancy\\_SubstanceUse](https://bit.ly/CDC_Pregnancy_SubstanceUse)

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



### What are the potential health effects of using marijuana during my pregnancy?

Marijuana use during pregnancy can be harmful to your baby's health. The chemicals in marijuana (in particular, tetrahydrocannabinol or THC) pass through your system to your baby and may harm your baby's development.

Although more research is needed to better understand how marijuana may affect you and your baby during pregnancy, it is recommended that pregnant persons do not use marijuana.

- Some research shows that using marijuana while you are pregnant can cause health problems in newborns, including lower birth weight and abnormal neurological development.



# Preterm Labor and Premature Birth

## Are you at risk?

- Preterm labor and premature birth happen too early, before 37 weeks of pregnancy.
- Babies born prematurely are more likely to have health problems than babies born on time.
- Learn the signs and symptoms of preterm labor so you can get help quickly if they happen to you.
- We don't always know what causes preterm labor and premature birth. We do know certain risk factors may make you more likely to give birth early.
- Talk to your provider about what you can do to help reduce your risk for preterm labor and premature birth.

## Are you at risk for preterm labor?

No one knows for sure what causes preterm labor. But there are some things that may make you more likely than other pregnant people to give birth early. These are called risk factors.

### These three risk factors make you most likely to have preterm labor:

1. You've had a preterm baby in the past.
2. You're pregnant with multiples (twins, triplets or more).
3. You have problems with your uterus or cervix or you've had these problems in the past.

### Other risk factors include:

- You're overweight or underweight.
- Preterm birth runs in your family.
- You have certain health conditions, like diabetes, high blood pressure or depression.
- You smoke, drink alcohol or use harmful drugs.
- You have a lot of stress in your life.
- You get pregnant too soon after having a baby.



## Take Action!

Learn the signs and symptoms of preterm labor. Call your provider if you have even one sign or symptom:

- Change in your vaginal discharge (watery, mucus or bloody) or more vaginal discharge than usual.
- Pressure in your pelvis or lower belly, like your baby is pushing down.
- Constant low, dull backache.
- Belly cramps with or without diarrhea.
- Regular or frequent contractions that make your belly tighten like a fist. The contractions may or may not be painful.
- Your water breaks.

Your provider may check your cervix to see if you're in labor. If you're in labor, your provider may give you treatment to help stop labor or to improve your baby's health before birth. If you have preterm labor, getting help is the best thing you can do.

Source: March of Dimes, <https://www.marchofdimes.org/find-support>, search Preterm Labor



## The Role of the Partner in Breastfeeding

### HOW THE SUPPORT OF DADS AND OTHERS MAKE A DIFFERENCE

A dad's support can be one of the most important factors for a parent's breastfeeding success. Partners can have a strong influence on whether mothers choose to breastfeed. For example, in one study, when fathers were given a two-hour presentation on how to support breastfeeding, the mother was 1.8 times more likely to initiate breastfeeding.

Partners can also have a strong influence on the duration of breastfeeding. In another study, fathers learned—before baby was born—about how to deal with problems their partner could experience with breastfeeding. After baby was born, the mothers who did have difficulties were nearly five times more likely to still be breastfeeding at six months.

A baby's father is not the only kind of partner who can support breastfeeding. A partner may also identify as a co-mother or co-parent, or may be a grandparent or other relative, a close friend, a doula, or anyone else that the nursing parents identify as their partner in breastfeeding.



According to a recent study, mothers with doula support were significantly more likely to have their mature milk come in within the first 72 hours and be breastfeeding at six weeks. A doula is a professional trained in childbirth who provides emotional, physical and educational support to a mother who is expecting, is experiencing labor or has recently given birth.

Talk to your Healthy Start Home Visitor to learn more about ways to support your breastfeeding partner and/or doula services in your area.

Source: La Leche League International, <https://tinyurl.com/yckcr4hx>

## Travel Safety Tips for the Road

**Check Your Car Seat.** Did you know that 3 out of 5 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).