



Healthy Start PLANNER

YOU'RE PREGNANT!



Congratulations!

You are about to experience a life-changing event. There will be a lot to learn. Use this planner to keep track of your appointments and gain tips about pregnancy and parenting. Take it with you to your doctor, midwife, or doula visits.

Learn how you and your baby are changing during your pregnancy. Once your baby is born, make sure to take this planner with you to the pediatrician — track your baby's first year of progress and save it as a keepsake.





ABOUT ME

Name _____

Date of Birth _____ Phone _____

Preferred Language _____

Gravida and Para _____ Estimated Due Date _____

Allergies _____

Medications _____

Are you a participant in any of these programs?

- Healthy Start Parents As Teachers
 Healthy Families Other: _____
 Nurse-Family Partnership

Case Manager's Name _____

Case Manager's Phone _____

Emergency Contact Information

Name _____

Relationship _____ Phone _____



HEALTHCARE INFORMATION

Doctor or Midwife Name _____

Phone _____

Hospital or Birth Center of Delivery _____

Phone _____

Pharmacy _____

Phone _____

Blood Type _____

Insurance Provider _____

Medicaid: Yes No

OB/Medical/Surgical History

- Hypertension
- Preterm Labor
- Diabetes
- Seizure Disorder
- Mental Health
- Pregnancy Induced Hypertension
- Epilepsy
- C/S Scar LTCS
- Indication for C/S
- VBAC
- Rhogram
- Other _____



What to do About COMMON DISCOMFORTS

Morning Sickness:

- Eat several small meals instead of three large meals.
- Eat dry toast, saltines or cereal before getting out of bed in the morning.
- Eat bland foods that are low in fat and easy to digest.
- Call your healthcare provider if nausea is constant and you experience vomiting several times a day.

Constipation:

- Drink 8 to 10 glasses of water daily.
- Eat fiber-rich foods, such as fruit, raw vegetables and whole grains.
- Get mild exercise.

Swelling:

- Drink 8 to 10 glasses of fluids daily.
- Don't drink caffeine or eat salty foods.
- Rest and elevate your feet.
- Slight swelling is common. Call your healthcare provider if your hands or feet swell suddenly or you rapidly gain weight — it may be preeclampsia.





Learn the Signs Early... PRETERM LABOR

Babies born too early may have more health problems and need to stay in the hospital longer. If you have any of these symptoms before 37 weeks of pregnancy, you may be having preterm (too-early) labor:

- Contractions that make your belly tighten up like a fist every 10 minutes or more often
- Change in vaginal discharge (leaking fluid or bleeding)
- The feeling that your baby is pushing down
- Low, dull backache
- Cramps that feel like your period
- Belly cramps with or without diarrhea

Call your healthcare provider, or go to the hospital right away, if you think you are going into preterm labor.



Additionally, if you experience any of these urgent warning signs, get medical care immediately.

- Severe headache that won't go away or gets worse over time
- Dizziness or fainting
- Thoughts about harming yourself or your baby
- Changes in your vision
- Fever of 100.4° F or higher
- Extreme swelling of your hands or face
- Trouble breathing
- Chest pain or fast-beating heart
- Severe nausea and throwing up (not like morning sickness)
- Severe belly pain that doesn't go away
- Baby's movement stopping or slowing down during pregnancy
- Vaginal bleeding or fluid leaking during pregnancy
- Swelling, redness or pain of your leg
- Overwhelming tiredness

This list may not list every symptom you may have. If you feel something isn't right, talk to your healthcare provider.





PRENATAL CARE CHECKUPS

When to expect them and what to expect.

Pregnant women who regularly visit a healthcare provider are more likely to have healthier babies and less likely to deliver prematurely.

A typical prenatal care schedule is:

Weeks 6 or 8 to 28 – One visit per month

Weeks 28 to 36 – Two visits per month

Weeks 36 to birth – One visit per week

The first prenatal visits are very thorough. Expect your healthcare provider to ask many questions about your health, and the health of your family and partner. Your healthcare provider will determine your due date and perform a physical exam, pelvic exam, blood test and pap smear. 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 your baby.



In future visits, expect to be weighed, have your blood pressure checked, urine sample tested, your belly measured and abdomen felt to assess the baby's position. As your pregnancy progresses, expect to listen to your baby's heartbeat, get screened for diabetes and discuss various recommended tests with your healthcare provider. Be sure to mention any lifestyle concerns that may affect your baby's health.

Things to Discuss with Your Provider

- Prenatal Care
- Nutrition
- Risk Factors/Health Promotion
- Family Planning



Ask 3 Questions

A good way to interact with your care provider is to prepare three questions before each visit.

1st Visit:

1. _____
2. _____
3. _____

2nd Visit:

1. _____
2. _____
3. _____

3rd Visit:

1. _____
2. _____
3. _____

4th Visit:

1. _____
2. _____
3. _____

5th Visit:

1. _____
2. _____
3. _____

6th Visit:

1. _____
2. _____
3. _____

Do you have access to your Patient Provider Portal?

Yes No

If no, please contact your health care provider to gain access to your medical records.



HEALTHY WEIGHT

- Healthy weight gain is an important part of pregnancy and gives your baby the healthiest start possible. It also gives you the kick-start to return to your pre-pregnancy weight.
- The amount of weight you should gain in pregnancy depends on your weight before you get pregnant.
- Women who are overweight before getting pregnant need to gain less weight during pregnancy.
- A healthy diet and exercise program, approved by your healthcare provider, may help you stick to the recommended weight gain.
- Never try to lose weight while pregnant.

Talk to your healthcare provider about the weight gain range that is best for you.





YOUR TEST RESULTS

Test	Date	Results	Comments
Blood Type/RH Type			
Antibody Screen			
Hematacrit/Hemoglobin			
Pap Smear			
Rubella			
RPR/VDRL			
TB/PPD			
Sickle Cell			
Bacterial Vaginosis			
12-24 Week			
SONO			
Triple Screen			
Amnio			
24-28 Week			
Hematacrit/Hemoglobin			
Diabetes Mellitus Screen			
GTT (if DMS abnormal)			
HgA1C			



YOUR TEST RESULTS

Test	Date	Results	Comments
32 - 36 Week			
Beta Strep			
VDRL			
GC/Chlamydia			
Hematacrit/Hemoglobin			
Optional			
HGB Electrophoresis			
SONO			
Other			



Protecting Yourself and Baby IMMUNIZATIONS

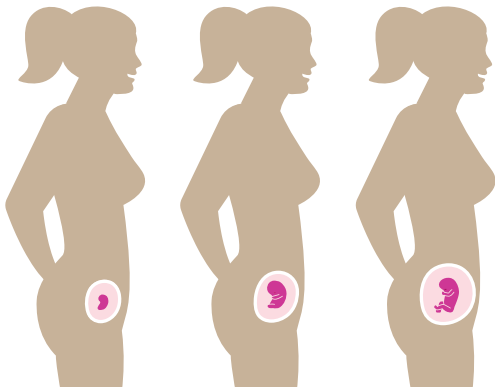
Newborns do not yet have fully developed immune systems. Your baby may be at risk for infections.

Scan this QR code with your phone to see the recommended immunizations from the Center for Disease Control.



Have you, your partner or caregiver received these immunizations?

Type	Yourself	Partner	Caregiver
Flu			
Tdap			
COVID-19 Immunized Date			
COVID-19 Boosted Date			
Recent COVID-19 Infection Date			



What to Expect: FIRST TRIMESTER

What you may notice:

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

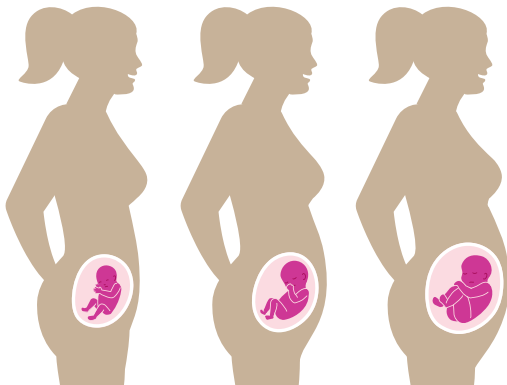
How your body is changing:

- Pelvic ligaments get softer/more stretchy
- Breasts become larger

Your baby:

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





What to Expect: SECOND TRIMESTER

What you may notice:

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

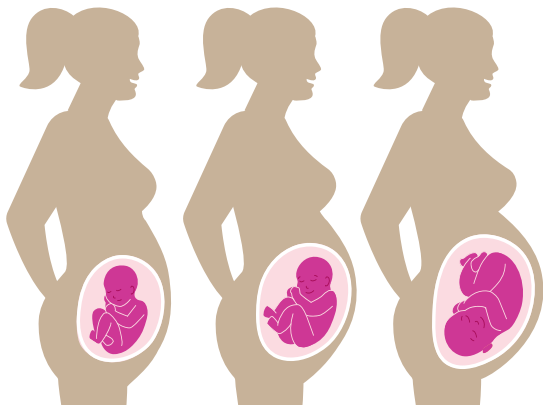
How your body is changing:

- 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
- Starts sleeping and waking at regular times
- May weigh about 2 pounds





What to Expect: THIRD TRIMESTER

What you may notice:

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

How your body is changing:

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

Your baby:

- Stretches and kicks
- Can respond to sound
- Might have hiccups
- Can grow a pound per week by the 9th month
- May weigh around 6 to 9 pounds



This is a great time to pick a pediatrician.



CHOOSING A PEDIATRICIAN

Pediatricians provide preventive care to healthy children and medical care to children with illnesses.

How to choose the right Pediatrician for my child?

Choosing a pediatrician might not appear to be important early in pregnancy, but selecting a pediatrician is very important. Asking friends, relatives, and your prenatal care provider for referrals is a good start.





CHOOSING A PEDIATRICIAN

Questions to ask my friends and relatives about their Pediatrician:

- Do you feel rushed at your appointments?
- Are all your questions and concerns addressed?
- Do your children like their pediatrician?
- How are emergencies handled on the weekend or after hours?
- Are you included in the decision-making process?
- Does your pediatrician explain the side effects and risks of various medications?
- Does your pediatrician respect your opinion?

Questions to ask the Pediatrician:

- Does your office accept my insurance plan or make other payment arrangements?
- What is your educational background and training?
- What hospital would you admit my child to in an emergency?
- What is your philosophy about breastfeeding?
- Do you have separate waiting areas for sick and healthy children?
- What is your philosophy about circumcision and the use of antibiotics?
- If you are unavailable when I call, will your nurse be available?



REASONS TO BREASTFEED

The joyful closeness and bonding with your baby: Physical contact is important to newborns. It helps them feel more secure, warm and comforted. Mothers also benefit from this closeness.

The health benefits for baby: Research shows that breastfed babies have lower risks of asthma, childhood obesity, ear infections, eczema, diarrhea and vomiting, sleep related deaths or injuries and type 2 diabetes.

The health benefits for mom: Breastfeeding is linked to a lower risk of type 2 diabetes, certain types of breast cancer, and ovarian cancer in mothers.

The cost savings: Formula and feeding supplies can cost more than \$1,500 each year. Breastfed babies may also be sick less often, which can help keep your baby's healthcare cost lower.

The convenience: When you breastfeed, there are no bottles and nipples to sterilize, and no bottles to warm in the middle of the night! You do not have to buy, measure and mix formula.

Be sure to tell your healthcare provider that you are planning to breastfeed and include it in your Birth Plan.



WHAT IS A BIRTH PLAN?

A birth plan is idea of how you would like your birth to go.

Share it with your healthcare provider and with the nurses at the hospital or your midwife. Though it's best for everyone to know ahead of time how you want labor and birth to be, keep in mind that childbirth can be uncertain.

Sometimes things don't go as planned, so be flexible.





MY BIRTH PLAN

What language do I prefer? _____

Where do I plan to have my baby? _____

Who is my primary support person during labor and birth?

Name _____ Phone _____

Who else may be a support to me?

Name _____ Phone _____

My preferred delivery method is: Vaginal C-section

What kind of help do I want during labor?

- Help with breathing
- Help working through contractions
- Massage
- Moving around
- Other _____



MY BIRTH PLAN

Do I want an epidural or other pain medication to help with labor pain?

- Yes No

Do I want to breastfeed my baby?

- Yes No

Are there any traditions I want to take place after birth?

- Yes No

If yes, describe:

If my baby is a boy, do I want him circumcised?

- Yes No

If there are any problems with me or with the baby, do I want to be told first, or do I want my support person told first?

- Tell me first
 Tell my support person first

Are there other issues the hospital or birthing center staff should know about me or my baby's birth?

- Yes No

If yes, describe:

Other: _____



SIBLING CHILD CARE PLAN

Things to consider:

Who will you call when you go into labor during the day, at night, or a weekend?

- Who else may be available to care for your child(ren)?
- How long will this person be available to care for your child(ren)?
- Is there any medical or general information about your child that this person needs to know? Allergies, medication, routines, special needs, etc.
- Will your child visit the hospital after delivery and does this person have a safe means of travel/ transportation?
- Provide a list of important numbers in case of an emergency.





PREPARE FOR DELIVERY

Checklist for what to pack for the hospital or birth center:

- Birth plan
- Sibling child care plan
- Picture ID
- Insurance card
- Cell phone, charger
- Camera
- Music, magazines, games
- Snacks
- Glasses, contacts
- Slippers, socks and/or flip-flops
- Comfortable underwear
- Nursing bras
- Pajamas
- Heavy menstrual pads
- Lip balm
- Lotion
- Toothbrush and toothpaste
- Hair brush
- Hair ties or clips
- Soap
- Shampoo
- Deodorant
- Going home outfits for you and your baby
- Receiving blanket
- Rear-facing car seat





What to know about: MEDICATIONS AND DRUGS

Always talk with your healthcare provider before taking any medications during pregnancy.

- Read drug labels for risks for pregnant or breastfeeding women.
- Do not take more than the prescribed dose of any medication.
- Do not take any medication that is not prescribed to you.

Drugs include:

- Prescription drugs
- Over-the-counter drugs
- Illegal/street drugs
- Herbal products
- Supplements

Babies born to moms who use drugs during pregnancy can have serious problem including premature birth, low birth weight, heart and other birth defects.

The best way to keep your baby safe from drugs is to avoid them! If you feel you have a problem, please contact your healthcare provider for help.



TOBACCO AND SECONDHAND SMOKE



Using tobacco can cause serious health problems for you and your baby.

Smoking while pregnant increases the risk of stillbirth, miscarriage, prematurity, cleft lip and sleep related deaths or injuries. E-cigarettes and vaping are unsafe while pregnant because they also contain nicotine, which can damage a developing baby's brain and lungs.

Breathing other people's smoke (secondhand smoke) is dangerous.

There is no safe level of exposure to cigarette smoke. The only way to fully protect yourself and your loved ones from the dangers of other people's smoke is through 100% smoke-free environments.

Learn more about how to protect your baby from secondhand smoke and how to quit tobacco use by talking to your healthcare provider or your Healthy Start Home Visitor.



ALCOHOL AND MISUSE



When a pregnant woman drinks alcohol, so does her baby.

There is no known safe level of alcohol use during pregnancy or while trying to get pregnant. All types of alcohol are equally harmful, including all wines and beer. Drinking alcohol during pregnancy can cause miscarriage, stillbirth and a range of life-long physical, behavioral and intellectual disabilities.

Remember, it is never too late to stop drinking.

Because your baby's brain growth takes place throughout pregnancy, the sooner you stop drinking the safer it will be for you and your baby. If you are unable to stop drinking, talk to your healthcare provider. Resources are available to help you.



FAMILY PLANNING

Would you like to become pregnant in the next year?

- Yes No Unsure

If you are unsure or the answer is no, then choose a family planning option below:

- Pill/oral contraception IUD
 Implant Birth control shot
 Vaginal ring Patch
 Condom Bilateral Tubal Litigation
 Vasectomy Other: _____

Date Received _____

My Postpartum Appointments

Date	Time	Concerns

BABY IS HERE



Congratulations, you have a new baby!

Taking care of a newborn can feel like an overwhelming responsibility. Have confidence in yourself — you know more than you think you do. Be sure to ask for help when you need it and accept help when it is offered.

Help can come in many forms — family, friends, doctors, your Healthy Start Home Visitor and this Planner. Use it to track doctor visits and immunizations, learn about baby's developmental stages and follow the safety tips to give your baby the best possible start in life.





ABOUT BABY

Name _____

Date of Birth _____ Time of Birth _____

Gender: Male Female Weeks' Gestation _____

Weight _____ Length _____ Head Circumference _____

Breastfeeding: Yes No Blood Type _____

Type of Delivery: Vaginal C-section

Circumcision: Yes No If yes, date _____

NICU: Yes No

Discharge Weight _____

Allergies _____

Medications _____

Medical/Special Conditions/Surgical History _____

Healthcare Information

Pediatrician _____ Phone _____

Name of Pediatric Practice _____



Get off to a start **BREASTFEEDING**



The following tips can help you, and your baby, get off to a great start:

- Cuddle with your baby, skin-to-skin, right away after giving birth and breastfeed as soon as possible. Let your baby stay with you, day and night, so you can breastfeed often.
- Have your nurse, midwife, or Lactation Consultant check your baby's breastfeeding latch while you are still in the hospital or birth center. Be sure to contact them if you have any problems or concerns.
- Try to avoid giving your baby any pacifiers or artificial nipples until he or she is skilled at latching on to your breast.
- Stay hydrated by drinking lots of water to ensure your body can make enough milk.

Healthy Start can help you learn techniques for successful and enjoyable breastfeeding.



How are you feeling? POSTPARTUM DEPRESSION

Many women experience anxiety or sadness after giving birth. If you're wondering whether your feelings are more than just the "baby blues," take the quiz below to learn the signs of postpartum depression—a serious, yet treatable, medical condition affecting one out of eight new mothers within a year after they give birth.

- I have felt sad or miserable
- I have blamed myself unnecessarily when things went wrong
- I have been anxious or worried for no good reason
- I have felt scared or panicky for no good reason
- I have had difficulty sleeping — even when my baby is sleeping
- I have been so unhappy that I have been crying
- I have no interest in caring for my baby***
- The thought of harming myself, my baby or others has occurred to me***

Did you check more than one item? Have the feelings lasted more than two weeks? If so, talk to your medical provider or Healthy Start Home Visitor today. Postpartum depression is an illness, not a weakness. You are not alone and there is help.

**** Seek help immediately from your medical provider if you feel this way.***



What can I do?

TOP TEN TIPS FOR DADS

1. Get in the game. Get involved right away
Change diapers, go to doctor's visits or give your baby a bath.
2. Hold and play with your baby.
3. Remember that a paycheck does not equal love. Your time is worth more to your child.
4. Men have difficulty dealing with this major life change as well, It's okay to ask for help.
5. Talk to your baby. Talking, naming things and repeating sounds helps your baby learn.
6. Be a teacher and a role model. Children learn basic lessons of life by watching what their parents do and say.
7. Read to your children.
8. Keep your home safe. Most injuries that happen to children occur right at home. Childproof your home and follow a safety check list.
9. Respect your child's mother.
10. Make time to do things together.





PEDIATRICIAN VISITS

Well Baby Visits	Date	Time	Weight	Length
2-5 Days				
1 Month				
2 Months				
4 Months				
6 Months				
9 Months				
12 Months				
15 Months				
18 Months				
24 Months				
30 Months				
36 Months				

Notes _____



Baby's First IMMUNIZATIONS

Name		Protects Against
Hep B	Hepatitis B	Liver disease, liver damage can lead to liver cancer
RV	Rotavirus	Severe diarrhea
DTaP	Diphtheria, Tetanus and Pertussis	<ul style="list-style-type: none">• Breathing, swallowing problems• Lockjaw, muscle spasms in the mouth• Whooping cough, swollen throat
Hib	Haemophilus Influenza Type b	Pneumonia in the lungs, meningitis in the brain. <i>It does not protect against viral influenza/flu</i>
PCV	Pneumococcal PCV13 or Prevnar13	Bacteria that causes meningitis, blood infections (sepsis) and ear infections
IPV	Polio	Nerve damage, muscle weakness, paralysis
MMR	Measles, Mumps and Rubella	<ul style="list-style-type: none">• Red/light red rash over body, non-itchy• Swelling in salivary glands, swollen glands• Fever• Loss of appetite
Varicella	Varicella, Varivax	Chickenpox, an itchy rash and red spots all over the body, very contagious, can be serious in newborns
Hep A	Hepatitis A	Liver disease, liver failure



Recommended for Children from Birth to 6 Years IMMUNIZATION SCHEDULE

As your child receives immunizations, place a checkmark in the appropriate box. Shaded boxes indicate when vaccines can be given — at a specific age or within an age range.

Birth	1 MO	2 MO	4 MO	6 MO	12 MO	15 MO	18 MO	10-23 MO	2-3 YRS	4-6 YRS
HepB <input type="checkbox"/>	HepB <input type="checkbox"/>			HepB <input type="checkbox"/>						
		RV <input type="checkbox"/>	RV <input type="checkbox"/>	RV <input type="checkbox"/>						
		DTaP <input type="checkbox"/>	DTaP <input type="checkbox"/>	DTaP <input type="checkbox"/>		DTaP <input type="checkbox"/>				DTaP <input type="checkbox"/>
		Hib <input type="checkbox"/>	Hib <input type="checkbox"/>	Hib <input type="checkbox"/>	Hib <input type="checkbox"/>					
		PCV <input type="checkbox"/>	PCV <input type="checkbox"/>	PCV <input type="checkbox"/>	PCV <input type="checkbox"/>					
		IPV <input type="checkbox"/>	IPV <input type="checkbox"/>	IPV <input type="checkbox"/>						IPV <input type="checkbox"/>
					MMR <input type="checkbox"/>					MMR <input type="checkbox"/>
					Varicella <input type="checkbox"/>					Var <input type="checkbox"/>
					HepA <input type="checkbox"/>					



What to Expect: MILESTONES FOR BABY

Babies develop in their own way, so it's impossible to know when your baby will achieve each milestone. The developmental milestones listed here give you an idea of what you can 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 2 months:

- Begin to smile at people
- Briefly calm themselves by bringing hands to mouth and sucking
- Try to look at parent
- Coo and make gurgling sounds
- Turn head toward sounds
- Pay attention to faces
- Act bored (cry and be fussy) if activity doesn't change
- Hold head up more steadily for a few seconds while on their tummy
- Make smoother movements with arms and legs



What to Expect: 6 MONTHS

What most babies do by this age:

- Know familiar faces and begin to know if someone is a stranger
- Like to play with others, especially parents
- Respond to other people's emotions and often seem happy
- Like to look at self in a mirror
- Respond to sounds by making sounds
- String vowels together when babbling
- Respond to own name
- Look around at things nearby
- Bring things to mouth
- Show curiosity and tries 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

Help baby grow:
Hold baby upright with feet on floor and sing or talk to baby as she "stands" with support.

Before your baby begins crawling and becoming more active, you will need to make your home as safe as possible.



What to Expect: 9 MONTHS

What most babies do by this age:

- Play with favorite toys
- Understand “no”
- Make different sounds like “mamamama” and “bababababa”
- Move things smoothly from one hand to the other
- Pick up things between thumb and index finger
- Copy sounds and gestures of others
- May be afraid of strangers
- Use fingers to point at things
- Look for things they know are hidden
- Play peek-a-boo
- Put things in their mouth
- Stand, holding on
- Sit without support
- Pull to stand
- Crawl

Help baby grow:
Read and talk to
your baby.

Play peek-a-boo.

**Put baby close to
things that he can
pull up on safely.**



What to Expect: 12 MONTHS

What most babies do by this age:

- Get to sitting position by themselves
- Move from sitting to a crawling position
- Pull self up to stand
- Walk holding on to furniture
- Walk two or three steps without support
- Use simple gestures, such as shaking their head for “no”
- Explore objects in many different ways
- Look at a picture when the image is named
- Try to imitate scribbling
- Respond to simple requests
- Respond to “no”
- Say “dada” and “mama”
- Use exclamations, such as “uh-oh!”
- Try to imitate words
- Find hidden objects easily

Help baby grow:
Ask your child to name body parts or things you see while driving.

Give baby pots and pans or small musical instruments and encourage her to make noise.



COPING WITH CRYING

Babies cry for many reasons. Tips for soothing or calming your baby:

- Check for basic needs such as hunger or a dirty diaper
- Check if they are too hot, too cold or in uncomfortable clothing
- Offer a pacifier
- Hold baby close to your chest and walk or rock baby
- Sing or hum to baby
- Take baby for a walk in a stroller or a ride in the car

**Never, never shake your baby —
even one second can harm baby's brain for life!**

Dealing with a crying baby can be very stressful. If you feel overwhelmed, lay your baby down in a safe place and walk away for a moment. Check on baby every 5-10 minutes. As long as your baby is safe, try the following to help your frustrations: ask a friend, relative, or neighbor to help by holding your baby; take a bath or shower, exercise or listen to music; close your eyes and take deep slow breaths; think about how much you love your baby.

If you become frustrated, do not take it out on your baby. Don't be afraid to call someone in your support system or your Healthy Start Home Visitor and ask for help.



DISTRACTIONS

Today, distractions are a constant in our lives. When you combine distraction with parenting, dangerous and fatal results can be the consequence.

Growing use of mobile technology, combined with the need to be continuously available, provides parents with many opportunities for distractions. This is referred to as “distracted parenting.”



Cell Phones & Bonding

Distraction causing lack of interaction during critical developmental stages.

Drowning

There is no substitution for constant supervision when a baby is in or near water, including the bathtub.

Fatal Distractions

When forgotten babies die in the backseat of a car. Remember to put your purse or another item in the backseat so you have to get it.



BE SAFE: IN YOUR HOME

Home Safety Checklist:

- Install smoke alarms near bedrooms. Check batteries every six months.
- Place safety gates at the top and bottom of stairs.
- Install baby locks on bathrooms, laundry rooms, or anything that could pose a threat to the baby.
- Install window guards or stops.
- Add the Poison Help Number to your phone contacts: 1-800-222-1222.
- Keep all medicines and vitamins out of children's reach and sight.
- Move bleach, detergents, and cleaning solutions out of children's reach. Keep poisonous products in their original containers.
- Put all plastic bags and batteries out of reach.
- Use brackets, braces, or wall straps to secure unstable furniture and TVs to the wall.

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

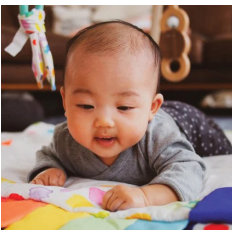
Drowning is the leading cause of injury-related death in the home for children ages 1 to 4.

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



BE SAFE: BABY'S SLEEP

- Always place baby on his or her back to sleep.
- Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet.
- Have the baby share your room, not your bed. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.
- Keep soft objects, such as pillows, loose bedding, soft toys and stuffed animals out of your baby's sleep area.
- Do not use blankets or crib bumpers anywhere in your baby's sleep area.
- Make sure nothing covers the baby's head.
- Dress your baby in sleep clothing, such as a one-piece sleeper and do not use a blanket.
- Do not smoke or let anyone else smoke around your baby to reduce the risk of sleep-related deaths or injuries.



Babies Need Tummy Time Too!

Tummy Time describes the times when you place your baby on his or her stomach while your baby is awake and while someone is watching. It helps prevent flat spots on baby's head and makes neck and shoulder muscles strong.



BE SAFE: BABY'S BED

Make sure baby's crib is safe

- Check that your crib meets safety standards of the Consumer Product Safety Commission and the Juvenile Products Manufacturers Association.
- If you can fit a can of soda between the slats of a crib, that means a child's head, hand or foot could get stuck.
- If the sides of the crib go down, don't use the crib.
- If you are getting a used crib, check to see if it has been recalled at www.recalls.gov.
- Do not hang anything on or above a baby's crib.



Remember the
ABC's of Safe Sleep:

Babies should
sleep **A**lone
on their **B**ack
and in a **C**rib



BE SAFE: IN YOUR CAR

Car Seat Safety Checklist:

- My child always rides in a back seat and never in front of an airbag
- Everyone in my car buckles up on every ride using the right car seat, booster seat or seat belt for each person's age and size.
- My child's car seat has all of its parts, labels, and instructions and has never been in a crash.
- I follow the instructions for my car and my car seat so that my child is buckled in correctly.
- I never leave my child alone in a car, not even for a minute.



For the best possible protection, keep your baby in a rear-facing car seat as long as possible. Be sure to check the height and weight limit of your particular car seat.

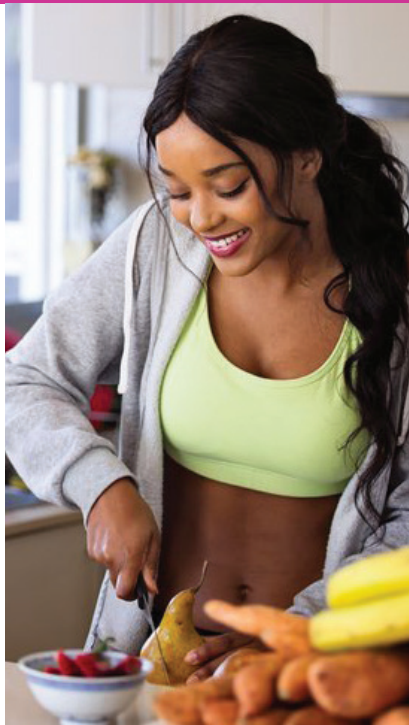


GOALS FOR A HEALTHY ME

Life offers many opportunities. Take time to think about your goals for school, for your job or career and for your health. Your physical and mental health are important in helping you achieve the goals you set for yourself. And, if you decide to have a baby in the near future, try your best to plan ahead and prepare your body beforehand. To be ready for any path you choose, start making healthy choices.

My Top 3 Goals for this year:

1. _____
2. _____
3. _____





MY GOALS CHECKLIST

- **Prevent unplanned pregnancies.** Make sure I have my chosen method of birth control and use it correctly and at all times.
- **Eat healthy foods.** Shop the outside edge of the store where the healthiest food is sold. Include plenty of vegetables and fruits.
- **Be active.** Try to get 150 minutes of moderate intensity physical activity each week.
- **Take 400 micrograms of folic acid daily.** Taking folic acid will help prevent birth defects of the brain and spine.
- **Protect myself from sexually transmitted infections (STIs).** Buy a supply of condoms and use them correctly and every time.
- **Manage and reduce stress** and get mentally healthy.
- **Stop smoking** with the help of a Quit Coach at 1-877-U-CAN-NOW
- **Don't use street drugs and don't take other people's prescription medication.**
- **Reduce my alcohol intake.** Stop drinking immediately if I find myself pregnant. There is no known safe level of alcohol in pregnancy.
- **Stop partner violence.** No one deserves to be abused. Talk with my doctor or a counselor.
- **See my doctor for regular checkups and if I have questions.**



Every Baby Deserves a HEALTHY START

We can **CONNECT** you with services to support your family at no cost to you, including:

- Home visiting programs to help you and your baby adjust to their new environment.
- Health and nutrition information to support your changing body before and after pregnancy.
- Newborn care and instruction to keep your baby healthy and safe.
- Stress management and counseling services.
- Breastfeeding education and support.
- Programs to improve health and decrease harmful practices, like smoking or substance misuse.
- Parenting resources to track your child's development and set them up for early learning success.





Healthy Start

Coalition of Hillsborough County

For more resources,
scan this QR code with your phone:



www.HealthyStartCoalition.org