

POSTPARTUM DEPRESSION

Postpartum depression (PPD) is a psychological disorder that can happen days, weeks and even months after delivery. PPD is fairly common affecting 15 to 20 percent of new mothers. Some symptoms of PPD include: exhaustion, severe insomnia, crying spells without obvious cause, guilt, sadness, anger, withdrawal, inability to concentrate, feelings of hopelessness, and obsessive/compulsive behavior.

PPD and “baby blues” are not the same. “Baby blues” is described by an extreme sense of disappointment that lasts about two weeks. PPD is more complicated and longer lasting. PPD does not fix itself within a few weeks or a month and, if left untreated, may lead to a more severe disorder.

Visit www.postpartum.net or call Healthy Start 813-307-8016

HEALTHY WEIGHT

The best ways to lose weight following the birth of your baby includes: increasing your healthy meal choices, choosing healthy snacks, and increasing physical activity. Breastfeeding is not only best for your baby but also a great way for you to burn extra calories and lose weight. Many health issues are linked to obesity including heart disease, high blood pressure, Type 2 diabetes, and respiratory problems.

STOP SMOKING

Health risks for tobacco users may include lung cancer, oral cancers, emphysema, high blood pressure, heart attack, and stroke. Smoking causes millions of deaths every year. Anyone that is exposed to smoke can be harmed by its toxic chemicals. Smoking inside or around children puts them at risk for middle-ear infections and respiratory problems including asthma.

Visit www.tobaccofreeflorida.com or call 1-877-U-CAN-NOW.

ALCOHOL AND DRUGS

Substance misuse impairs your ability to care for your baby. Substances can include alcohol, prescription medications, marijuana, heroin, cocaine, methamphetamine, inhalants, and other drugs. There are many negative consequences for both children and parents when substance misuse occurs. Get help right away for yourself and your baby’s future.

Call Cove Behavioral Health at 813-384-4000.



WHY BABY SPACING IS SO IMPORTANT

Baby spacing is planning pregnancies with the optimal amount of time between births so that the baby and the mother can be as healthy as possible. Most experts recommend two years between pregnancies. Baby spacing helps:

- Increase the likelihood that the next baby will be born healthy.
- Replenish lost vitamins and iron from the first pregnancy.

- Decrease chances of medical complications in following pregnancies.
- Give you and your family time to bond with the baby.
- Reduce stress levels and prevent exhaustion.
- Give you time to work on personal goals and needs.
- Give your family time to become financially prepared for another baby.
- Give you time to lose the weight that was gained during pregnancy.

RECOMMENDED IMMUNIZATION SCHEDULE FOR CHILDREN BIRTH TO 6 YEARS

Birth	1 MONTH	2 MONTHS	4 MONTHS	6 MONTHS	12 MONTHS	15 MONTHS	18 MONTHS	19-23 MONTHS	2-3 YEARS	4-6 YEARS
Hep B	Hep B				Hep B					
		RV	RV	RV			DTap			DTap
		DTap	DTap	DTap						
		Hib	Hib	Hib	Hib					
		PCV13	PCV13	PCV13	PCV13					
		IPV	IPV		IPV					IPV
					Influenza (yearly)*					
					MMR					MMR
					Varicella					Varicella
					Hep A§					

Shaded boxes indicate the vaccine can be given during shown age range.

* Two doses given at least 4 weeks apart are recommended for children age 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.

§ Two doses of HepA vaccine are needed for lasting protection. The first dose should be given between 12 months and 23 months of age. The second dose should be given 6 months after the first dose. All children and adolescents over 24 months of age who have not been vaccinated should also receive 2 doses of HepA vaccine.

COMMUNITY RESOURCES

- 2-1-1 Crisis Center: confidential crisis intervention and referrals
- 9-8-8 National Suicide Prevention Line: mental health, substance use, or suicidal crisis
- Early Steps Program: 813-974-0602
- Safe Baby Plus Program: 813-849-7985
- Supplemental Security Income (SSI): 1-800-772-1213
- WIC: 813-307-8074
- Medicaid: 1-850-300-4323 or 1-877-254-1055
<https://dcf-access.dcf.state.fl.us/access/index.do>
- Florida KidCare: 1-888-540-5437, www.healthykids.org/apply
- Need Insurance? Call Family Healthcare Foundation: 813-995-7005
- Children’s Board of Hillsborough County: www.childrensboard.org
- Children’s Board Family Resource Centers: www.familysupporthc.org
- The Spring (domestic violence help): 813-247-SAFE (7233)
- Tampa Housing Authority: 813-341-9101, www.thafl.com
- Metropolitan Ministries: 813-209-1000, www.metromin.org

Open your camera on your cell phone and scan this QR code for more resources.



Healthy Start can CONNECT you to services to support your family at no cost to you:

- Healthy Start Program
- Healthy Families
- Nurse-Family Partnership
- Parents As Teachers
- And other resources

FAMILY GUIDE

After Your Baby is Born



CONGRATULATIONS ON YOUR NEW BABY!

The Healthy Start Coalition is here for you with this Family Guide including these helpful topics:

TAKING CARE OF BABY

Newborn Care, Medicaid for Baby, Bonding and Development, Breastfeeding is Best, and Father Involvement

KEEPING YOUR BABY SAFE

Safe to Sleep, Coping with Crying, Caregiver Safety, and Distracted Parenting

TAKING CARE OF YOU

Your Postpartum Visit, Postpartum Depression, Healthy Weight, Stop Smoking, Alcohol and Drugs, and Why Baby Spacing is So Important

CONNECT WITH US! CALL 813.307.8016
www.healthystartcoalition.org

TAKING CARE OF BABY

NEWBORN CARE

Bathing your infant can be a wonderful way to bond with your baby. It is not necessary to bathe your newborn every day. Two to three times a week is fine. Remember no tub baths until the umbilical stump comes off.



Washing the diaper area, hands and face should be done every day. Always make sure the room is warm and free of drafts. Never let go of the baby in the tub.

Newborns need diaper changes 10-12 times a day. Gather all supplies first: diapers, washcloth/wipes, and a

container for the used diaper. Babies should not be left alone on changing tables or beds because they can move, roll, or fall in a matter of seconds.

MEDICAID FOR BABY

Contact Medicaid right away to let them know you delivered your baby so that your baby can get medical care.

Visit <http://www.myflorida.com/accessflorida/> or call 866-762-2237.

BONDING AND DEVELOPMENT

Talk, read, and sing with your baby. Consider reducing your technology use each day to increase time to bond with your baby to create lifelong connections and build upon their cognitive and language development.

BREASTFEEDING IS BEST

A mother's milk has just the right amount of fat, sugar, water, and protein that is needed for a baby's growth and development. Most babies find it easier to digest breast milk than formula. Breast milk has antibodies to help babies fight off infection and disease. Human milk straight from the breast is always sterile.



Breastfeeding saves time and money because there is no need to purchase, measure, and mix formula. Breastfeeding also helps mom bond with her baby. This physical contact makes newborns feel more secure, warm, and comforted. Breastfeeding also burns calories which can help moms lose extra weight gained during pregnancy. Breastfeeding helps the uterus get back to its original size more quickly and lessens postpartum bleeding.

Breastfeeding may lower the risk of breast and ovarian cancers.

For more help with breastfeeding positions and concerns, ask your nurse for a lactation consultant while you are in the hospital and contact our community programs.

FATHER INVOLVEMENT

Positive father involvement has been associated with better outcomes for children both socially and emotionally. Building strong relationships with your child will shape your child's future.

Visit www.fatherhood.org for more information.

Local programs for dads: www.reachupincorporated.org, www.cfctb.org, and <https://bit.ly/HFFFatherhood>.

KEEPING YOUR BABY SAFE

SAFE TO SLEEP

Unsafe sleep practices are the leading cause of preventable infant deaths.

- Keep your baby safe during sleep by following these guidelines by the American Academy of Pediatrics (AAP).
- Always place your baby on its BACK to sleep.
- Your baby should sleep alone in their own crib, pack n' play, or bassinet. NO other items are approved for safe sleep.
- Sharing the room (not a bed) with your baby is beneficial for bonding, breastfeeding, and caring for your baby.
- Sharing a bed with your baby is dangerous and can cause the baby to suffocate.
- Your baby should not sleep on furniture, adult beds, pillows, or cushions.
- Use only a tightly fitted crib sheet and remove blankets, toys, pillows, and items that can block your baby's breathing.
- Second hand smoke increases the risks for babies because their lungs are still developing.
- Do not overdress your baby for bed. Overheating a baby increases their risk for sleep-related death.
- Take time to select safe and nurturing caregivers for your baby.

Share this information with all of your caregivers to protect your baby during sleep. Visit www.healthysafebaby.org.

COPING WITH CRYING



Crying is normal. However, it is the main trigger for Shaken Baby Syndrome. Babies cry for different reasons or for no reason at all for several hours a day. Even if you have checked all of your baby's needs, he or she may continue to cry. Having a plan in place can reduce your frustration when your baby's crying peaks in the first few months. Prepare all of your caregivers and remember that keeping your baby safe is the main goal.



- Check your baby's basic needs (feed, diaper, burp).
- Hold and comfort your baby. Babies love to be held.
- Check for temperature or illness. Call the pediatrician if you are concerned.
- Soothe your baby safely by singing, rocking, swaying, riding in a stroller, or placing baby in a swing.
- If your baby continues to cry, place baby in the crib or bassinet to safely cry it out and check on them often.
- Never try to soothe your baby if you are over tired or stressed. Simply put your baby down and walk away.
- Take a timeout for yourself and ask someone for help.

CAREGIVER SAFETY

Take the time needed to select safe and nurturing caregivers for your baby. Your baby's life depends on it.

- Do a background check.
- Teach them about safe sleep practices.
- Consider their emotional and mental health or any substance misuse.
- Inquire about developmental knowledge.
- Never leave your baby with someone who has a short temper or violent behaviors.
- Use licensed, quality child care to protect your baby.



DISTRACTED PARENTING

Distractions are everywhere and we know our phones are taking up more of our time than we often are aware of. This is having an effect on our children in more ways than one.

Protect your baby in water and in the car. Distractions can be deadly. Never take your eyes off your baby while he or she is in or near water, including the bathtub! Babies can't hold themselves up to breathe and can drown quickly and quietly.

An exhausted parent, a routine change, and a distraction such as a phone call or text are known to cause a baby to be left alone, unintentionally, in a hot car. Don't let this happen to you. Place something in your back seat like your phone, shoe, or purse as a reminder to check the back seat before leaving your car.

TAKING CARE OF YOU

YOUR POSTPARTUM VISIT

It is important to see a healthcare provider between four and six weeks after the birth of your baby. Some topics that may be discussed during your visit include: the health of your baby, any problems that occurred during pregnancy, breastfeeding, and contraception. Find out if you qualify for Today's Woman, the Medicaid Family Planning Waiver Program by applying online through My Florida Access www.myflorida.com/accessflorida/.

If you are covered by Medicaid during your pregnancy, you can now receive 12 months of medical coverage after your delivery through the Medicaid extension. Medical coverage under the Medicaid extension includes primary health care, dental care, and mental health care. Be sure to check with your health plan for a list of providers in your area.