

BUMP AND BEYOND

Cobb & Douglas Public Health Pregnancy Newsletter



Morning Sickness Blues

Even though it's called morning sickness, it can happen any time of day. Morning sickness usually starts at about 6 weeks of pregnancy and goes away around 14 weeks. Here are some tips that might help relieve your symptoms:

- Take your prenatal vitamin. Make sure to take it with meals!
- Keep snacks by your bed. Eat a few crackers before you get up in the morning to help settle your stomach.
- Eat 5 or 6 small meals each day.
- Eat foods that are low in fat and easy to digest, like cereal, rice and bananas. Don't eat spicy, fatty, or greasy foods.
- Try snacks that are high in protein, like cheese, yogurt, protein shakes, or nuts.
- Ginger can help settle your stomach. Ginger capsules, candies, or tea can be helpful.

For most women, morning sickness is mild and goes away over time. Call your provider if:

- Your morning sickness continues into your 4th month of pregnancy,
- You lose more than 2 pounds,
- You can't keep food or fluids down,
- Your heart beats faster than usual,
- You're making much less urine than usual

*Information adapted from March of Dimes, Morning Sickness

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Choosing Your Provider

Several types of physicians and midwives provide prenatal care and attend births. Most pregnant women are healthy and can choose any maternity care provider. If you have a serious medical condition or are at high risk for developing such a condition, you will probably want to see an OB/GYN. Different kinds of care providers have different beliefs and views about pregnancy and childbirth. Two different views are often called the “Midwifery Model of Care” and the “Medical Model of Care.” The Midwifery Model focuses on health, wellness and prevention and individualized care. This model views labor/birth as normal physiological processes and uses interventions at lower rates. The Medical Model focuses on managing problems and complications and provides similar care to everyone. This model views labor/birth as dependent on technology and uses interventions at higher rates. It is also important to find out where the provider attends births. The specific policies and practices of your birth setting can have a big impact on your care, experiences, and outcomes, so choosing a place of birth is a major decision.

*Information adapted from Childbirth Connection, Maternity Care Provider Basics

Support Groups

Research shows that social support positively impacts the mental and physical well-being of mothers during and after pregnancy. Support from a partner or family is important, but support from peers can also be beneficial to your pregnancy. Support groups are a great way to meet new moms who are sharing in your experience of pregnancy and childbirth. The Atlanta Birth Center offers free support groups for moms and also has a group for black mothers. Postpartum Support International also has a list of several support groups for moms, so you are sure to find a group that best fits you. For more information about support groups visit:

[Atlanta Birth Center](#)

[PSI GA](#)



RESOURCE SPOTLIGHT: MUST MINISTRIES

Must Ministries has 3 locations in the area: Marietta, Smyrna and Canton. Must can help with food, clothing, and job assistance. Must has several housing programs and an emergency shelter. It is one of two gateway locations for housing assistance in Cobb County. For more information about services offered through Must Ministries, visit mustministries.org

First Trimester Checklist:

- Decide where you want to give birth
- Choose a provider and schedule an appointment
- Sign up for WIC, food stamps, or both
- Commit to making healthy food choices
- Try to exercise 30 minutes a day

March Events & Classes

- **Savvy Birth 101, March 18th from 6-7pm**

In this **free** class, we discuss how to receive evidence-based care during pregnancy and childbirth and how to create a team-based atmosphere at your birth. Class will be held via Zoom, register [here](#)

- **Healthy Starts with ZEAL, March 23rd from 7-8pm**

In this **free** class, we discuss care for mom and baby. Gift available with attendance. Class will be held via Zoom, register [here](#)

- **Riverside Neighborhood Community Garden, every Sunday 1-2pm**

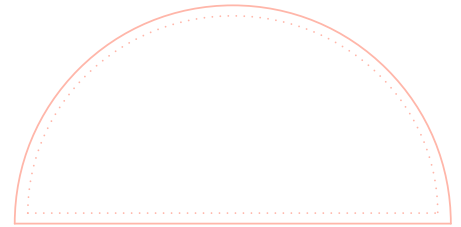
The garden offers **free** membership and classes. Free food is also given to volunteers. The community garden is located outside the South Cobb Recreation Center at 875 Riverside Parkway Austell, GA. For more information email RNCommunityGarden@gmail.com

- **Inspiring Fathers, Wednesdays 7-8pm**

This **free** program is designed for dads and expecting fathers who wish to learn more about fatherhood skills, traits and practices over a three-month program cycle. It focus on strengthening family resiliency, fatherhood involvement, and knowledge about parenting skills. This class follows the 24/7 Dads Curriculum and is held via Zoom. Call Chris White at 404-782-7158 for more information.

- **Project DINE**

These **free** classes covering breastfeeding and nutrition are offered in connection with Morehouse School of Medicine. Contact Latrice Rollins at 404-752-1187 or lrollins@msm.edu for more information.



FEATURED PROGRAM: WIC

Did you know that WIC does more than help with formula and food for babies? WIC is a supplemental nutrition program that serves pregnant and postpartum moms and children from birth to age 5. They provide vouchers for healthy food items and offer support for breastfeeding moms. Need help latching baby or getting a breast pump? WIC breastfeeding peer counselors are happy to help! There are 5 WIC locations in Cobb and Douglas counties to better serve you and all services are free, if you qualify. For more information about WIC or to enroll, please visit <https://www.cobbanddouglaspublichealth.com/services/adult-health-services/wic/> or call 770-514-2389.