

BUMP AND BEYOND

Cobb & Douglas Public Health Pregnancy Newsletter



Check on Mom Program

Whether your baby is on the way or has just arrived, the **Check on Mom Program** can support you by connecting you to a support system, resources and inspirational content. Being a new mom is challenging. Check on Mom is support for your maternal mental health as you navigate these new changes.

- Feel supported during and after your pregnancy
- Prepare for postpartum mental health needs with a Maternal Mental Wellness Plan
- Set up a Mom Team of friends and family who will provide support and encouragement

For more information go to <https://www.mycheckonmom.com>

IN THIS ISSUE:

CHECK ON MOM

PROGRAM

WHY IS MY BABY

CRYING?

BENEFITS OF

BREASTFEEDING

SPRING IS HERE - BIKE

SAFETY

UPCOMING CLASSES

AND EVENTS



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Why is My Baby Crying?



It's the age-old question that parents have been asking since the beginning of time: Why the tears? Crying is completely normal for a baby. In fact, you can expect to hear two or three hours of fussing a day during the first six weeks of your baby's life. So once you know that crying is just a part of being a baby, the next step is figuring out if the cries you hear are run-of-the-mill cues (hunger, fatigue, dirty diaper), and this takes some practice. To help you determine why your baby is crying, check out what could be behind it:

- **Hunger.** Newborns nurse or take a bottle every few hours, or eight to 12 times in a 24-hour period. If your baby's crying, there's a good chance she's ready to eat again. Look for signs of hunger like lip smacking, bringing hands to their mouth and rooting to feed baby before tears begin.
- **Gas.** Gulping lots of liquid can trap air in your baby's belly, making her uncomfortable and fussy. The fix: Burp your baby after every feeding with gentle pats on the back to relieve gas.
- **Wet or dirty diaper.** No one wants to sit in wet or poopy pants! Infants create as many as six or more wet diapers a day, so check their tiny bums frequently.

- **Fatigue.** From day one to month three, newborns sleep about 14 to 17 hours in a full day in spurts of two to four hours. Lay your sweetie down to rest if you think they're due for a snooze.
- **Colic.** Excessive crying could be colic — ask your child's pediatrician if you think her crying might be excessive.
- **Boredom.** Yup, babies get tired of sitting and looking at the same old scene. To quash the boredom, pop them into a front carrier, sway in a glider or rocking chair, stand by the window, go out for a walk or just stroll from room to room.
- **Overwhelmed.** Retreat with your baby to cuddle quietly, away from people and noise. Sucking on a pacifier also soothes, or you can try swaddling them in a light blanket, so they feel safe and snug.
- **Hold your baby in your arms and place their body on their left side to help digestion or stomach for support. Gently rub their back. If your baby goes to sleep, remember to always lay them down in the crib on their back.**
- **Turn on a calming sound.** Sounds that remind babies of being inside the womb may be calming, such as a white noise device, the humming sound of a fan, or the recording of a heartbeat.
- **Walk your baby in a body carrier or rock them.** Calming motions remind babies of movements they felt in the womb.



- **Hot — or cold.** Layers work well when dressing your baby, but too few or too many can leave them uncomfortable and in tears. Check their outfit to see if you should add or subtract a layer.
- **Sick.** Lastly, crying is sometimes an indication that your baby isn't well, so check in with their pediatrician. If you suspect they might have a fever, check their temperature.
- **Definition of Colic**
- A lot of crying once or twice per day
- Usually consolable when held and comforted
- Acts normal (happy, contented) between bouts of crying
- The baby is getting enough to eat and is not hungry
- The baby is not sick
- Onset most often before 2 weeks of age
- Usually goes away by 3 months of age (sometimes up to 4 months)

When to Call for Crying Baby - Before 3 Months Old

Call 911 Now if:

- Not moving or very weak
- You think your child has a life-threatening emergency

Call Doctor or Seek Care Now if:

- Age less than 1 month old and looks or acts abnormal in any way
- Fever in baby less than 12 weeks old
- Bulging or swollen soft spot
- Swollen scrotum or groin
- Vomiting
- Cries when you touch, move or hold your baby
- Could be an injury
- Nonstop crying lasts more than 2 hours or your baby can't be consoled
- Will not drink or drinks very little for more than 8 hours

Why parents & caregivers need breaks from crying babies:

If you have tried to calm your crying baby but nothing seems to work, you may need to take a moment for yourself. Crying can be tough to handle, especially if you're physically tired and mentally exhausted.

- Take a deep breath and count to 10.
- Place your baby in a safe place, such as a crib or playpen without blankets and stuffed animals; leave the room; and let your baby cry alone for about 10 to 15 minutes.
- While your baby is in a safe place, consider some actions that may help calm you down.
 - Listen to music for a few minutes.
 - Call a friend or family member for emotional support.
 - Do simple household chores, such as washing the dishes.

• If you have not calmed after 10 to 15 minutes, check on your baby, but do not pick them up until you feel you have calmed down.

• When you have calmed down, go back and pick up your baby. If your baby is still crying, retry soothing measures or call your child's doctor. There may be a medical reason why your baby is crying.

• Try to be patient. Keeping your baby safe is the most important thing you can do. It is normal to feel upset, frustrated, or even angry, but it is important to keep your behavior under control. Remember, it is never safe to shake, throw, hit, slam, or jerk any child—and it never solves the problem!

Sources:

<https://www.whattoexpect.com>

<https://www.seattlechildrens.org/>

<https://www.healthychildren.org/>

BENEFITS OF BREAST FEEDING

Breast milk has been dubbed by many as nature's perfect baby food. The American Academy of Pediatrics and the American College of Obstetricians and Gynecologists strongly recommend exclusive breastfeeding for at least the first 6 months of life. Research shows that certain antibodies and enzymes found in breastmilk have yet to be replicated by science.

- There are many benefits of breastfeeding for mothers and infants including reduced allergies, weight loss, and reduced digestion issues. Breastmilk contains the perfect mix of vitamins, minerals, and other nutrients for your baby and the proteins found in breastmilk are more easily digested than formula. Breastfeeding lowers an infant's risk of allergies, asthma, ear infections, respiratory illnesses, and diarrhea. The chance of SIDS is also greatly reduced and the antibody response to vaccines is greater in those infants who are breastfed. Breastfeeding infants reduces their chance of pneumonia, spinal meningitis, type 1 diabetes, and Hodgkin's lymphoma due to the transfer of immune factors and white blood cells from mother to baby. Infants aren't the only ones who benefit from breastfeeding. There are a multitude of benefits to the mother as well that are often overlooked in society. Breastfeeding can lower the risk of ovarian and breast cancer in women as well as lower their risk of osteoporosis. The body absorbs calcium more efficiently when a woman is lactating and breastfeeding. While breastfeeding, oxytocin is released to help contract the uterus to normal size which helps to prevent post-delivery blood loss. Breastfeeding also saves time and money as there are no bottles or formula to buy and no mixing of powder with water or bottle warming. Breastfeeding promotes an environment of love and bonding for both mom and baby when skin to skin is performed.



There are many breastfeeding resources available to mothers such as Peer Counselors through the WIC program at no charge to the mother. Consider all the advantages to breastfeeding thoroughly when deciding how to feed your baby and know that breastmilk is a safe and healthy option for you and your baby.

If you have any questions pertaining to breastfeeding or WIC services, please feel free to visit us at cobbanddouglaspublichealth.com or contact us at **770-514-2389**.

SPRING IS HERE!

The weather is getting warm and the flowers are in bloom. It's the time of year when everyone begins to go outside more and enjoy the beautiful weather. It's the perfect time for children to get outside and play. Children love to roller skate and ride their bike or scooter, so it's time to make sure they have a properly fitted helmet and wear it every time they ride. A properly fitted helmet can reduce the risk of head injury by at least 45%.

Here are 3 tips to make sure a helmet fits properly:

- **Eyes:** Put the helmet on your head. Look up. The child should see the bottom rim of the helmet. The helmet should only be 1-2 finger widths above the child's eyebrows.
- **Ears:** Make sure the straps form a 'V' under the child's ears when buckled. The straps should be a little tight but comfortable.
- **Mouth:** Have the child open their mouth as wide as they can. The helmet and chin strap should fit snug. If not, the straps need to be tightened.



Tips on when a helmet should be replaced:

- The child's head has outgrown the helmet
- The helmet has been dropped onto concrete or a hard surface

For more information on how to keep children safe, visit:

*www.safekidscobbcounty.org, www.safekidsdouglascounty.org
and www.safekids.org*

PROGRAM SPOTLIGHT: SAFE KIDS COALITIONS/ INJURY PREVENTION

The SAFE KIDS Coalitions of Cobb and Douglas Counties are non-profit, charitable organizations and networks of SAFE KIDS WORLDWIDE (www.safekids.org), the first and only national organization dedicated solely to the prevention of unintentional childhood injury – the number one killer of children ages 19 and under.

The Coalitions provide information and education on:

- Home safety, including safe sleep for infants
- Child Passenger safety
- Poison prevention
- Water safety
- Bicycle safety
- Fire safety
- Pedestrian safety
- Youth Sports Safety

Events & Classes

• Stork's Nest

Our local Stork's Nest is offering **free**, app-based learning modules for prenatal education classes. Earn a \$10 gift card per module! Register at <https://tinyurl.com/36k55u56> using Rho Xi Zeta for question 4.



**Healthy
Start**

• Riverside Neighborhood Community Garden, Sundays 1-2pm

The garden offers **free** membership and classes. Free food is also given to volunteers. The garden is located at 875 Riverside Parkway, Austell, GA 30168. For more information, email: RNCommunityGarden@gmail.com.

• Pickles & Ice Cream

Pickles & Ice Cream offers free, live webinars covering prenatal, postpartum, breastfeeding, and newborn care. You can also earn up to \$20 in gift cards per class! To view class dates and times visit: <https://picklesandicecreamga.org/events>.



• Healthy Start Support Group

CDPH's Healthy Start program launched a virtual support group for moms led by a therapist. Whether you're expecting or recently had your baby, you are welcome to attend. The group meets Tuesday evenings from 6:00- 7:30pm and Friday afternoons from 1: 00 - 2:30pm. To join the Zoom call, use this link: <https://zoom.us/j/2925874010>.



**Inspiring
Fathers**