

BUMP AND BEYOND

Cobb & Douglas Public Health Pregnancy Newsletter



Safe Sleep for Babies Act

In May 2022, President Biden signed into law the "Safe Sleep for Babies Act of 2021" which makes the manufacturing, selling, or distributing of crib bumpers and inclined sleepers for infants illegal in the U.S. This is major news considering it is estimated that 3 infants die each week in Georgia from sleep-related causes. The Georgia Department of Public Health's Safe to Sleep Campaign has materials and resources to educate and promote awareness of safe sleep conditions and practices.

The ABCs of Safe Infant Sleep

- **A**lone - In their own sleep space, separate but, close to the caregiver
- **B**ack- On their back, every sleep, every nap, every time
- **C**rib - In a crib or bassinet with a firm, flat surface and no extra items such as pillows, blankets or toys

Source

https://dph.georgia.gov/safetosleep/georgia-safe-sleep-campaign-materials?mc_cid=9ba491f7c5&mc_eid=0dc2420df5



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Questions to Ask Your Maternity Hospital



A good time to ask questions is during your maternity hospital tour, most of which are done virtually these days. You also can contact your maternity hospital and ask a nurse or staff member to answer your questions.

- **Do you offer classes for new parents on birth, breastfeeding, infant care or other topics?**
- **What birthing and pain management options do you offer?**
- **Can I have visitors during labor and after delivery?**
- **What should I bring with me to the hospital?**
- **Will I have to share a room with another mom at any point?**
- **How long will I be in the hospital?**
- **How do you support a mom's feeding choices?**
- **Do you have a Neonatal Intensive Care Unit (NICU)?**

In case your baby needs extra medical care, know what your hospital is able to offer. The different levels of care are designated as 1 through 4, with NICUs starting at level 3. If your hospital doesn't have a NICU, ask where the nearest one is, and what kind of relationship your hospital has with the NICU facility. How will your baby be transferred, if needed?

Questions to Ask About COVID-19

- **Do you require or recommend that I quarantine before my due date?**

COVID-19 prevention is one of the top priorities for healthcare institutions, so find out what your birthing center is asking mothers to do leading up to delivery. This may depend on the infection rate in your area and could change depending on declining or increasing case numbers.

- **Will I be tested for COVID-19?**
- **What happens if I test positive for COVID-19?**
- **Who is required to wear masks and when?**

In person hospital tours are not allowed in our area right now

[Wellstar Douglas Labor & Delivery](#) – virtual tour link

[Wellstar Cobb Labor & Delivery](#) – virtual tour link

[Wellstar Kennestone Labor & Delivery](#) – virtual tour link

SOURCE:

[HTTPS://HEALTHTALK.UNCHEALTHCARE.ORG/19-QUESTIONS-TO-ASK-AT-YOUR-MATERNITY-HOSPITAL/](https://healthtalk.unchealthcare.org/19-questions-to-ask-at-your-maternity-hospital/)

Preparing Before Labor Starts

Register at Your Hospital

No one wants to show up with contractions and realize there's a pile of paperwork waiting. You'll want to register at your hospital well in advance. The best time to preregister is ideally before your third trimester (between 20 and 26 weeks) to avoid any hiccups.

Pack your Bag

You'll want to bring your important documents like ID, insurance cards and birthing plan, as well as your phone or camera. You can bring your own hospital gown if you choose, but be aware that labor can be messy. You may want to bring something to keep you occupied during long labors. Most hospitals have TV and DVD players, but a laptop, book or set of cards can go a long way.

Loose-fitting maternity clothes are important. Your abdomen will not shrink immediately after delivery (usually it returns to about the size that you were at six months of pregnancy), and you'll want to be comfortable. Don't forget your nursing bra and nursing pillow.

If you have any special prescriptions or inhalers, you will want to bring them to the hospital. While hospitals can provide most prescriptions, sometimes a substitution will be made.

Your baby will need a change of clothes for leaving the hospital, mittens/socks and a baby book, if desired. The hospital will provide you with sanitary pads, lanolin cream, diapers, wipes, blankets, and bottles/pacifiers/formula, if needed. Leave valuables like jewelry at home.

Choose and Install a Car Seat

You will need have your car seat ready and installed prior to leaving the hospital, so make sure to get this process started in advance. Car seats should be installed in the back seat and facing the rear of the car. You will want to try locking and unlocking the buckle and changing the length of the straps in the store.

Check the seat's height and weight limits to see when you will need to change it as your newborn grows. If you are buying or borrowing a used car seat, check the expiration date and make sure it has not been in an accident.

Make sure to register your car seat with the manufacturer or online to get updates and recall information. Once you have installed your car seat, you can take it to an inspection station to ensure everything is ready for your first ride home from the hospital. Safe Kids can provide help to get a car seat and inspect it in your car.

<http://www.safekidscobbcounty.org/> or 770-852-3285

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

or 770-949-5155

Choose a Pediatrician

You will want an excellent pediatrician to provide your newborn's care once your baby is delivered. Your OB doctor can provide you with a list of offices that he or she has worked with in the past. You may want to speak to your family and friends or your case manager for a list of local providers.

You'll want to contact the pediatrician's office to inquire about its new patient process and to make sure the practice accepts your insurance. Many pediatric offices also offer a "meet and greet" visit to see if you like the provider. Generally, this visit is a quick one, but it can help you get a sense of the pediatrician's personality, and you can ask a few questions.

Source: BabyCenter.com, Houston Methodist.com



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. Module access is July 16- September 16.

Next Enrollment October 1-16, with Module access October 16- December 16.



• 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>.



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