

BUMP AND BEYOND

Cobb & Douglas Public Health Pregnancy Newsletter



Kennesaw State - Study to Understand Predictors of Diabetes in Pregnancy

Now enrolling women, 18-35 years old, in study to understand predictors of Diabetes in pregnancy. If you are interested in enrolling, please contact Dr. Katherine Ingram at 470-578-6891 or kingra14@kennesaw.edu

QUALIFICATIONS TO PARTICIPATE:

- Must be early in pregnancy: 14th week or sooner
- Able to visit KSU once each trimester (3 times during pregnancy) and once at 4 weeks after
- BMI in range of 25-35kg/m²
- No history of previous Diabetes

Participants will receive \$350 over 4 visits for completion of the study

IN THIS ISSUE:

- **STUDY: DIABETES IN PREGNANCY**
- **BABIES CAN'T WAIT SERVICES**
- **GROWTH AND DEVELOPMENT MILESTONES**
- **UPCOMING CLASSES AND EVENTS**



**COBB & DOUGLAS
PUBLIC HEALTH**
Healthier lives. Healthier community

Babies Can't Wait Services

EARLY INTERVENTION SERVICES

Early Intervention services offered through Babies Can't Wait is available to infants and toddlers with disabilities and developmental delays. Services may include Speech Therapy, Physical Therapy, Occupational Therapy, Special Instruction and Service Coordination. Services can help children overcome challenges and learn new skills to maximum learning potential. Programs are available in every territory and state. The Cobb & Douglas Public Health Babies Can't Wait Program supports over 800 children each year.

DETERMINING ELIGIBILITY

Children from birth to 36 months of age may be eligible if they have or may be at risk for developmental delays. Eligibility is determined by a 5-area developmental assessment tool and/or qualifying diagnosis.

WHERE ARE SERVICES OFFERED?

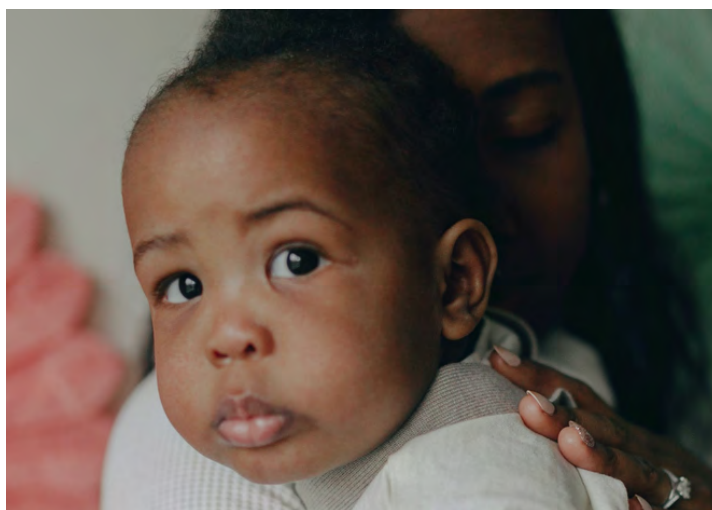
Services are offered in the child's natural environment such as home or daycare. This may be conducted in person or by telehealth.

Providers and families work together to set goals for services.

IS THERE A COST?

There is no cost for the eligibility evaluation. If eligible, there is no cost for service coordination.

If therapeutic services are recommended and agreed upon, there may be a cost participation fee if a family does not have insurance, declined the use of insurance or insurance does not cover the



recommended service. Cost participation is determined by using a sliding scale, household income and family size.

DESCRIPTION OF SERVICES OFFERED

Speech Therapy - Assessment and treatment of communication problems and speech disorders.

Physical Therapy - Helps patients function and move better.

Occupational Therapy - Help patients develop and improve daily life skills.

Special Instruction - Early Intervention service that focuses on supporting caregivers and child interaction to support and enhance childhood development.

Service Coordination - Advocates for clients and provides support to families and provides community resources.

HOW DO I MAKE A REFERRAL?

Anyone can make a referral to Babies Can't Wait by calling Children 1st, the single point of entry for birth to 5 programs: 770-514-2759.

Other Georgia Counties- 1-800-229-2038

GROWTH AND DEVELOPMENT MILESTONES



3 MONTHS

Turn head to bright colors and lights
Responds to Sounds
Lifts head up while on stomach

6 MONTHS

Roll over, Play with feet
Babble
Help hold the bottle while babbling

9 MONTHS

Sit up and crawl
Say Mama and Dada
Pick things up with fingers

12 MONTHS

Pull up to standing
Drink from a cup
Wave bye bye
Say 1-2 words

18 MONTHS

Feed self
Walk without help
Use 8-10 words



24 MONTHS

Use sentences
Run
Play alone
Stack blocks



36 MONTHS

Wash hands
Walk to run
Name colors
3-5 sentences

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 is October 1-16, with Module access October 16- December 16.



**Healthy
Start**

• **Amerigroup Diaper Day**

Come out to the Amerigroup Community Diaper Day! There will be free diapers, wipes, information and more. An Amerigroup representative will be present to provide health information. Sponsored by Amerigroup and WIC.

Date: Friday, September 9, 2022

Time 9:30am to 11:30am

Location: WIC Smyrna Clinic - 3001 South Cobb Dr., Smyrna, GA 30080

• **Pickles & Ice Cream**

Pickles & Ice Cream offers free, live webinars covering prenatal, postpartum, breastfeeding, and newborn care. 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 Program - Online**

Inspiring Fathers is a 12-week program where dads meet weekly and discuss topics such as Nurturing father/son and father/ daughter Relationships, Teamwork: Co-parenting between fathers & mothers, overcoming barriers to nurturing fathering and more. We formally organize partnerships with other community agencies to bring you the services and resources you need. Contact Gerald.jordan@dph.ga.gov or call 770-635-0523 Ext. 1382



**Inspiring
Fathers**

**COBB & DOUGLAS HEALTHY START HAS
OFFICES IN SOUTH COBB, DOUGLASVILLE, MARIETTA & SMYRNA
PHONE: (770)635-0523
CDPHHEALTHYSTART.ORG**