

BUMP AND BEYOND

Cobb & Douglas Public Health Pregnancy Newsletter



Newborn Screening at Birth

Most babies appear healthy and show no signs of illness right after birth. However, some infants may be born with certain heritable diseases that can lead to disability or death. When detected early, many of these disorders can be managed and can prevent the occurrence of adverse health outcomes.

The Georgia Newborn Screening (NBS) Program is a preventive health care system designed to identify and provide early treatment for 35 selected inherited disorders that otherwise would cause significant morbidity or death. The components of the system are:

- Education: of parents and health care providers
- Screening: universal testing of all newborns
- Follow-up: rapid referral of the screen-positive newborn
- Medical Diagnosis: confirmation of a normal or abnormal screening test result by a private physician
- Management: long-term planning of therapy

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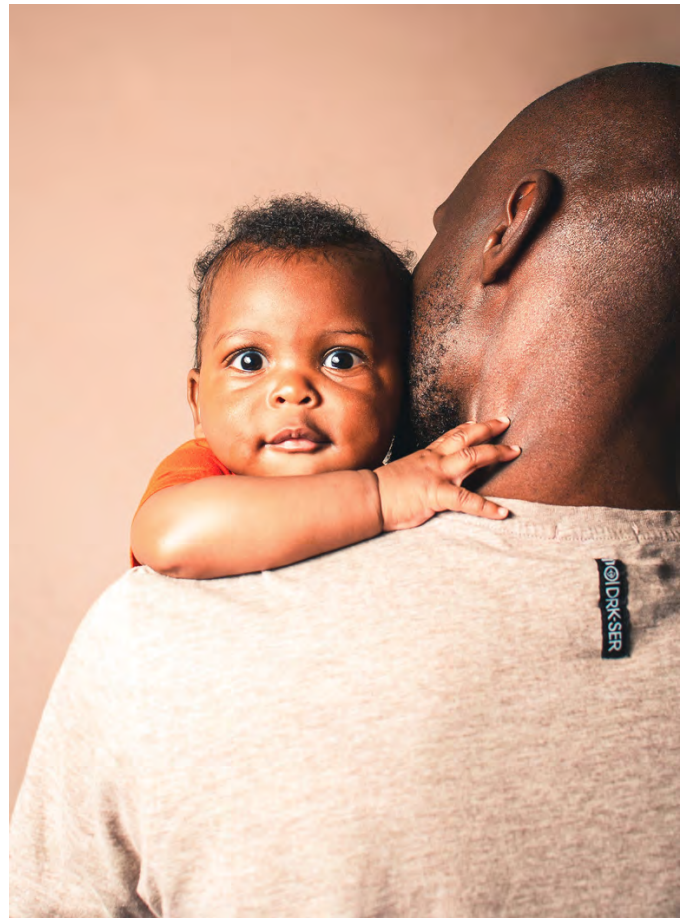
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Newborn Screening at Birth (continued)

The Georgia NBS Program ensures that every newborn in Georgia is screened for 35 heritable disorders for prompt identification and treatment. Newborn blood screening is a test that can find serious disorders that can lead to disability or death if not identified early in a baby's life. Metabolic blood disorders usually occur when the body doesn't make enough substances to keep the body healthy and functioning. Newborn blood screening can also identify other problems in babies that affect their hormones, the ability to fight infections, and problems with hemoglobin in the blood.



The following tests can find serious disorders during the newborn period and are required by Georgia law:

- Biotinidase Deficiency
- Congenital Adrenal Hyperplasia (CAH)
- Cystic Fibrosis (CF)
- Galactosemia
- Homocystinuria
- Hypothyroidism
- Maple Syrup Urine Disease (MSUD)
- Medium-chain Acyl Co-A Dehydrogenase (MCAD) Deficiency and other Fatty Acid Oxidation Disorders
- Mucopolysaccharidosis (MPS I)
- Organic Acid Disorders
- Phenylketonuria (PKU)
- Pompe Disease
- Severe Combined Immunodeficiency (SCIO)
- Sickle Cell Disorders
- Spinal Muscular Atrophy (SMA)
- Urea Cycle Disorders
- X-linked Adrenoleukodystrophy (X-ALD)

If you have questions about newborn blood screening, please contact: Georgia Newborn Screening Program 404.657.4143 or ask your child's pediatrician.

Source: <https://dph.georgia.gov/NBS>

Going Back to Work After Your Birth

There's no straightforward answer regarding going back to work after having a baby – there are lots of factors that may weigh into when you decide to return to your job. As with most aspects of pregnancy and the postpartum period, there's no one-size-fits-all rule on when to return to work after birth, and every new mom's situation will be different. Some moms return to work just a few weeks after having a baby, while others take up to a year (or longer) of maternity leave.

Every experience is different, but generally, it takes around six weeks to feel relief from most postpartum symptoms after having a baby. While six weeks has long been the traditional timeline for rest and recuperation after a birth, the American College of Obstetricians and Gynecologists recommends ongoing postpartum care from birth to 12 weeks.

Tips for Returning to Work

ASK FOR FLEXIBILITY

With work, that is. If going back to your full-time pre-pregnancy schedule doesn't feel doable (or desirable), talk to your boss about other options. Can you switch to more flexible hours, work from home part-time or even job share, if it makes sense for your position? Be prepared to suggest ways that a flexible arrangement might work so your boss knows you're serious about making your new situation successful.

HAVE A BACKUP CHILDCARE PLAN

Figuring out your child care set-up is a must, of course. Test out options ahead of your return date so you, your caregiver, and your baby feel more comfortable when it's time to go back to work. You'll also want to have one or two backups for when your baby gets sick, your childcare facility is closed, or your babysitter unexpectedly gets stuck in traffic. (Because it'll happen.)

GET INTO A ROUTINE (AND PRACTICE IT)

Babies and toddlers do best when their days are organized and predictable. If it's possible and you haven't already, try to maintain the same routine every morning. This is important for helping your family get into a normal rhythm. Remember, practice makes perfect!

PREP FOR PUMPING

If you're planning to continue breastfeeding, make the transition to pumping and bottles a gradual one. Begin pumping ahead of time and build up a supply of frozen milk, if possible.

Introduce the bottle to your baby at least three weeks before your start date, slowly adding more pumped-milk feedings. (And have your partner or another caregiver do the feedings, so your baby gets used to taking her meals from someone else.) This transitional approach will help your baby adjust and give you plenty of time to get the hang of pumping.

Make a plan for when and where you'll pump at work. Give your employer a heads up that you'll be pumping and confirm that there's a clean, private space for you to pump that's not a bathroom. You're legally entitled to one.

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START MIDWEEK

Schedule your first day for later in the week so your first week back at work is a short one (minimizing the amount of time you spend away from your little one right off the bat). It's a simple move, but it'll make those first few days feel that much easier.

PRIORITIZE, PRIORITIZE, PRIORITIZE

Time management at work is more important now than ever (read: no late nights at the office). After all, you have a good reason to get your work done (and done well) waiting for you at home. If you weren't big on daily to-do lists before, now's a great time to start making them for work and home. Figure out what needs to be done and what can wait (maybe a little while, or maybe indefinitely). If you're pumping, make time for it in your schedule.

REACH OUT TO OTHERS

Just like those hazy newborn days, going back to work is a transitional time where you'll need to lean into your support circle. Talk with your partner, friends, or other working moms about how you're feeling, especially if you're sad, guilty or just overwhelmed.

MAKE TIME FOR YOURSELF

Easier said than done? Absolutely. But if you're completely exhausted and emotionally depleted, you won't do either of your "jobs" well. Get as much rest as possible by going to bed at a reasonable time and try to nap when the baby naps on the weekends. Work in some exercise, even if it's just going to yoga once a week. Both will go a long way towards helping you feel your best.

Source: www.babycenter.com

<https://www.whattoexpect.com>

Stork's Nest Project

Healthy Start of Cobb & Douglas County partners with and is supported by other local organizations. One such group is the Zeta Phi Beta Sorority, Rho Xi Zeta Chapter with their Stork's Nest project also known as Z.E.A.L. Through this project, they give back to the community and Healthy Start participants by providing prenatal education and items that help support the basic needs of expectant moms and new babies. They have provided a variety of items including clothing, layettes, walkers, play pens, nursing supplies, bottles, toys, bibs and more.

Not only does the organization provide valuable supplies but they also offer an opportunity for moms to earn as they learn. During their prenatal phase they can earn a \$10 gift card each time they complete one of the six virtual modules. That's a potential to earn \$60 to use as you need.

The Zetas have kept the Stork's Nest stocked since October 2021 and have provided quarterly drives since that time, led by Demisha Wright. Healthy Start and the women of the Cobb and Douglas communities are ever so grateful.



The Importance of the Fathers Role in Rearing Children

Fathers play an essential role in the lives of children by influencing who they are and will become as future adults. Not only are they major contributors to the development and wellbeing of children, but they also bring a unique emotional presence that helps build self-confidence. Previous studies have shown that fathers who are actively involved in their children's lives have a major positive impact socially, behaviorally, mentally, physically, spiritually and relationally. Children look to their fathers for strength and other levels of support that will ease some of the weight and pressure off the mother. Mothers are designed to be nurturers and healers while fathers are designed to be providers and the strength of the family. When the father is taken away from the family dynamic, it weakens the ties within the family and the child(ren) are most heavily impacted. Therefore, the role and support of the father is essential to bond the ties in the family dynamic. Dad's special presence encourages and promotes inner growth and strength.



There are numerous benefits of fathers engaging in the rearing of children such as:

- Better problem-solving ability and a more diverse vocabulary as toddlers
- Greater level of school readiness
- Higher academic achievement
- Better tolerance of and resilience to stress
- Greater self-direction and self-control
- Higher academic achievement
- Positive attitudes toward school
- Better tolerance of and resilience to stress
- Greater self-direction and self-control
- Greater sense of well-being
- More adaptable and resourceful in the face of problems
- Positive relationships with peers and siblings
- Higher levels of empathy
- Better social skills
- Better overall physical health
- Lower risk of depression, anxiety, and substance abuse
- Lower risk of teen pregnancy
- Lower risk of behavioral problems, delinquency, or trouble with the law

Overall, fathers play a significant role in the development and rearing of children. They offer a different style of support and empathy that is needed to diversify a child's outlook on life. They bring a level of strength and courage that have a major influence on a child's mental, social, and emotional development. Parents should equally share the role in child rearing because they both contribute to the overall health and wellbeing of the child. Engaging fathers have a major impact in the life of a child and their involvement shows commitment, compassion, and support to insure a loving, nurturing, and safe environment.

Author: Tiera Latson - Healthy Start, Fatherhood Coordinator

Rewards & Incentives

Customer Satisfaction Surveys

With Healthy Start, all participants are **Winners!** However, we want to extend a special congratulations to our recent raffle winners for their participation with completing their Customer Satisfaction Surveys.

Congratulations to the winner of our August gift card raffle drawing...Laquanta Crayton who will receive a \$25 gift card of appreciation!!

As each of you communicate monthly with your care team, you should be given the opportunity to complete a survey; not only as a chance to be entered into our monthly drawing, but also, and most importantly, for you to be able to provide feedback on your experience with our programming/services and to let us know how we can improve. All that is required to be entered into the raffle is that you send confirmation of your completed survey to your Healthy Start Nurse or Care Coordinator within the month that you receive it, and your name can be entered. Please note that you do not have to participate in the raffle drawing and may complete surveys anonymously if you prefer.

THERE WILL BE MORE INCENTIVES TO COME, SO STAY TUNED! 😊



Client Referrals

We are also now offering gift cards as referral incentives for other eligible pregnant women you refer to our program. To qualify for this incentive, the referred woman must fully complete the enrollment process and subsequently keep her next scheduled appointment. Please let a member of your care team know if you have a friend or family member who may qualify for our program.

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



**Healthy
Start**

• 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**