

BUMP AND BEYOND

Cobb & Douglas Public Health Pregnancy Newsletter



Listeria and Pregnancy

WHAT IS LISTERIA?

Listeria is a bacteria found in water, soil, and some animals, including poultry and cattle. If eaten, Listeria can cause a very serious type of food poisoning called listeriosis.

SYMPTOMS OF LISTERIOSIS

- Fever
- Chills
- Muscle aches
- Diarrhea or upset stomach
- Stiff neck
- Headache
- Confusion
- Loss of balance

Many pregnant women may not have any symptoms, however, even if you do not feel sick, listeria can be passed to your baby.

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PREGNANT WOMEN AND LISTERIA

Pregnant women are 10 times more likely to become infected with listeria than others and Hispanic women are 24 times more likely to become infected with listeria than others. If infected, listeria can cause serious illness, miscarriages, preterm labor, and stillbirths.

BABIES BORN WITH LISTERIA

Listeria can cause lifelong health problems for your baby including blindness, seizures, intellectual disabilities, paralysis, problems with the brain, kidneys, and heart. Listeria can even cause death in newborns.

HOW TO PREVENT LISTERIA INFECTION DURING PREGNANCY

- Do not eat soft cheeses made with unpasteurized milk. Make sure the label reads “Made with pasteurized milk”.
- Do not drink unpasteurized milk.
- Do not eat deli meats, lunch meats, or hot dogs unless they have been heated until steaming hot right before eating.
- Do not eat meat spreads from the refrigerated deli section.
- Do not eat sushi that contains raw fish.
- Do not eat refrigerated smoked seafood.
- Wash raw vegetables thoroughly by scrubbing them under running water.
- Do not eat raw sprouts. Cook sprouts thoroughly to reduce the risk of infection.

WHAT TO DO IF YOU THINK YOU HAVE LISTERIOSIS

Call your OB/GYN health care provider if you have any symptoms of listeriosis or if you think you may have eaten food contaminated with listeria. Your health care provider can give you a blood test to see if you have listeriosis, and if needed, you can be treated with antibiotics to prevent harm to your baby.

Sources: <https://www.acog.org/womens-health/faqs/listeria-and-pregnancy>

<https://www.cdc.gov/listeria/risk-groups/pregnant-women.html>



Effective Parenting of Toddlers

BOOST YOUR CHILD'S SELF-ESTEEM

Kids start developing their sense of self as babies when they see themselves through their parents' eyes. Your tone of voice, your body language, and your every expression are absorbed by your kids. Your words and actions as a parent affect their developing self-esteem more than anything else.

Praising accomplishments, however small, will make them feel proud; letting kids do things independently will make them feel capable and strong. By contrast, belittling comments or comparing a child unfavorably with another will make kids feel worthless.

Choose your words carefully and be compassionate. Let your kids know that everyone makes mistakes and that you still love them, even when you don't love their behavior.

CATCH KIDS BEING GOOD

Have you ever stopped to think about how many times you react negatively to your kids in a given day? You may find yourself criticizing far more often than complimenting. How would you feel about a boss who treated you with that much negative guidance, even if it was well-intentioned? The more effective approach is to catch kids doing something right: Make a point of finding something to praise every day. "You made your bed without being asked — that's terrific!" or "I was watching you play with your sister, and you were very patient." These statements will do more to encourage good behavior over the long run than repeated scolding.

SET LIMITS AND BE CONSISTENT WITH YOUR DISCIPLINE

Discipline is necessary in every household as your child grows. There's no such thing as discipline or punishment for babies. "It's not appropriate to think of disciplining infants when their basic needs are in your hands. They're not crying to annoy you, for example; they're crying because they need something." Similarly, you can't spoil a baby. Holding and snuggling with your baby gives them a basic sense of security that will someday translate to independence.

The goal of discipline is to help kids choose acceptable behaviors and learn self-control. They may test the limits you establish for them, but they need those limits to grow into responsible adults.

- Stay calm. Not only is calmness the compassionate response (after all, toddlers don't always know better), it's the best way to teach kids to be calm themselves.
- Be firm. It's not OK to hit, push, bite and so on. Be consistent and swift with your response.
- Offer an alternative. You might be surprised how easily toddlers can be redirected: "You may not hit the dog, but you may pet the dog."
- Consider a "time-in," which is like a time-out, only the parent sits with or near the child. "Putting a child away in another room doesn't do any teaching, and you're giving the message that 'you are bad,'" says Baumstein. "We want to give the message that 'you are fine; you made a poor decision. Let's take a moment to calm down. Want to take a few deep breaths with me like we practiced?'"

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- Pick your battles. If you discipline every little mistake, you'll be disciplining all day (and you'll probably be very tired, too). Stand firm where safety is concerned, but maybe let your toddler wear that ridiculous, mismatched outfit.
- Spanking. Studies have proven that spanking creates more aggressive behavior later in life (in other words, it's a vicious cycle). The American Academy of Pediatrics (AAP) opposes corporal punishment (like spanking) and stands behind research tying spanking to mental health problems, such as depression.
- Yelling. The AAP ranks verbal abuse with spanking in terms of the emotional damage it can do.
- Lengthy explanations. Toddlers have short attention spans, so keep it short and sweet: "We don't hit because it hurts the other person."

MAKE TIME FOR YOUR KIDS

It's often hard for parents and kids to get together for a family meal, let alone spend quality time together. But there is probably nothing kids would like more. Get up 10 minutes earlier in the morning so you can eat breakfast with your child or leave the dishes in the sink and take a walk after dinner. Kids who aren't getting the attention they want from their parents often act out or misbehave because they're sure to be noticed that way.

Many parents find it rewarding to schedule together time with their kids. Create a "special night" each week to be together and let your kids help decide how to spend the time. Look for other ways to connect — put a note or something special in your kid's lunchbox.

Don't feel guilty if you're a working parent. It is the many little things you do — making popcorn, playing cards, window shopping — that kids will remember.

BE A GOOD ROLE MODEL

Young kids learn a lot about how to act by watching their parents. The younger they are, the more cues they take from you. Before you lash out or blow your top in front of your child, think about this: Is that how you want your child to behave when angry? Be aware that you're constantly being watched by your kids. Studies have shown that children who hit usually have a role model for aggression at home.

Model the traits you wish to see in your kids: respect, friendliness, honesty, kindness, tolerance. Exhibit unselfish behavior. Do things for other people without expecting a reward. Express thanks and offer compliments. Above all, treat your kids the way you expect other people to treat you.

SHOW THAT YOUR LOVE IS UNCONDITIONAL

As a parent, you're responsible for correcting and guiding your kids. But how you express your corrective guidance makes all the difference in how a child receives it.

When you have to confront your child, avoid blaming, criticizing, or fault-finding, which hurt self-esteem and can lead to resentment. Instead, try to nurture and encourage, even when disciplining your kids. Make sure they know that although you want and expect better next time, your love is there no matter what.

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KNOW YOUR OWN NEEDS AND LIMITATIONS AS A PARENT

Face it — you are an imperfect parent. You have strengths and weaknesses as a family leader. Recognize your abilities — "I am loving and dedicated." Vow to work on your weaknesses — "I need to be more consistent with discipline." Try to have realistic expectations for yourself, your partner, and your kids. You don't have to have all the answers — be forgiving of yourself.

Try to make parenting a manageable job. Focus on the areas that need the most attention rather than trying to address everything all at once. Admit it when you're burned out. Take time out from parenting to do things that will make you happy. Focusing on your needs does not make you selfish. It simply means you care about your own well-being, which is another important value to model for your children.

How you discipline your children is ultimately up to you, and what works for one family may not work for yours. The important thing to remember is that kids are not born knowing how to manage their feelings. If you think of discipline as a way to teach and not to punish, everyone benefits.: Parents feel less frustrated and angry, and children get more nurturing and guidance.

Source: Strong4life.com, www.kidshealth.com



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 October gift card raffle drawing...Lauren B. 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 was 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**

• **Healthy Start CAN Meeting**

Save the Date - January 19th, 2023.

**COBB & DOUGLAS HEALTHY START HAS
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