

BUMP AND BEYOND

Cobb & Douglas Public Health Pregnancy Newsletter



Sciatica During Pregnancy

It is normal to experience some discomfort during pregnancy due to your baby growing. One of the most common discomforts during pregnancy is lower back pain. Sometimes you may experience a sharp, shooting pain that radiates into your butt and down your legs. If you are experiencing these symptoms, there is a possibility it is sciatica.

WHAT IS SCIATICA?

Sciatica is a painful nerve condition caused by nerve compression of the sciatic nerve which starts at your lower back and runs through your butt and down both of your legs. Most of the time, sciatic pain is only felt on one side. The pain can feel like a sharp cramp or an electric jolt. For people who are not pregnant, this is usually caused by a herniated disc. During pregnancy, sciatica is usually caused from pressure on the nerve from your growing baby, loose ligaments, and general swelling.

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SCIATICA SYMPTOMS

The most common symptoms of sciatica are:

- Sharp, cramp-like or shooting electric pain in your back, butt, or legs
- A tender or sore lower back
- Feelings of pins and needles in your back, butt, or legs
- Weakness in your feet

SCIATICA RELIEF WHEN PREGNANT

If diagnosed with sciatica while pregnant, there are some noninvasive and at-home treatments that may help with pain relief.

- Physical therapy. A physical therapist will put you on a therapeutic program that focuses on building strength, good posture, and flexibility.
- Massage. A massage by a certified prenatal massage therapist can help relax muscle tension.
- Warm heating pad on lowest setting. The heat can help calm the irritated sciatic nerve.
- Over-the-counter medication. Tylenol can be used intermittently to help reduce pain.
- Sleep on the side of your body that is pain free.
- Take a break off of your feet. Resting in a comfortable position can help reduce leg and lower back pain.
- Low-impact exercise. Stretching, walking, and swimming will help with strengthening muscles and flexibility.

If your sciatic pain becomes severe and is affecting your quality of life, talk to your doctor. They will perform a physical exam and discuss other evaluation and treatment options that are safe during pregnancy.

Fortunately, sciatic pain normally goes away in the first few months after giving birth. However, if you continue to experience back, butt, or leg pain at three months postpartum, talk with your doctor about the symptoms you are experiencing.

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Toddler Development

Once your baby becomes a toddler at the age of one year, there will be lots of “firsts”. This is an exciting time because this is around the time your toddler will say their first words and take their first steps. They will have a lot of energy and with this new phase of development, you will have many exciting things to look forward to. The toddler stage of development lasts from age one year to the age of three. Here are some developmental milestones to look forward to during the first year of toddler development.

13-MONTH-OLD

Because your toddler may be walking and more mobile during this time, you will probably notice they will begin to lose some of the baby fat that was once around their arms and legs. Your toddler should still be gaining weight, but the weight gain will slow down. The average weight of a 13-month-old is 20 to 22 pounds. It is important to remember every child is different and what is most important is that your toddler is growing in a healthy manner that is reflected on a growth chart. If you have any concerns about your toddler’s growth, speak with your pediatrician.

Milestones at this age are:

- May say first words
- Will understand the word “no” and simple directions
- May take first steps
- Tantrums are not uncommon
- Will use hand movements to show what they want (for example, pointing)

14-MONTH-OLD

If your 14-month-old is walking, you can expect bumps and falls during this time while their coordination and depth perception are still developing. If the tumble is minor and you can be sure your toddler is not hurt, ignoring the fall may be the best thing to do. The way you react can influence the way your toddler reacts. If they notice you are calm, it may reduce the number of tears. It is also not uncommon to notice bowlegs or your toddler’s toes pointing out when they walk. This should disappear later.

Milestones at this age are:

- Walking
- Saying mama and dada
- Able to let go of an object and pick it up again
- Turning pages of board books on their own

15-MONTH-OLD

At 15 months of age, your toddler may be running, or they may be only taking a few steps on their own. Around half of 15-month-olds can walk well. Your toddler will be getting into everything at this age and don’t be surprised if they are trying to climb furniture. It will also be time for your child’s well-check appointment with your pediatrician. At this appointment, your pediatrician will ensure your toddler is growing and meeting milestones as they should.

Milestones at this age are:

- Understands what everyday objects are used for
- Combines gestures with words to indicate something’s meaning
- First molars may appear
- Follow simple sentences or commands

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Toddler Development

16-MONTH-OLD

Your toddler will constantly be on the move at this age. They will be walking, climbing, playing, and running. If your toddler likes to climb, be mindful there is a chance they will be able to climb out of their crib. It may be a good idea to place a rug under their crib if your floor is not carpeted.

Milestones at this age are:

- Dancing
- Saying at least three words
- Wanting to participate in everything you're doing
- Chattering
- Tantrums

17-MONTH-OLD

The average weight of a 17-month-old is 22 to 23 pounds. It will be time for your toddler's well-check again next month, at 18-months-old. Your pediatrician will check again to make sure your toddler is on track with their growth. If your toddler shows preference for one caregiver over another at this age, this is completely normal, and they may have a different favorite at a later stage. Reading to them and narrating what you're doing during the day will help increase their vocabulary by giving them an opportunity to hear words frequently.

Milestones at this age are:

- Saying at least 7 to 10 words
- May learn to walk up steps with their hand held
- Uses verbal and nonverbal communication
- Able to throw a ball underhand

18-MONTH-OLD

At 18-months of age, your toddler will be showing signs of increased independence, and this may be a little challenging. They may not want to be strapped into their car seat or you may start hearing the word "mine!" and "now!" more often. They are full of energy, and this is helpful because it allows them to work on their physical skills.

Milestones at this age are:

- May begin to jump
- Can say between 10 to 25 words
- May start saying two-word phrases
- Asking for things by name instead of pointing

19-MONTH-OLD

Your toddler will continue to be active and full of energy. They will continue to learn new words and may throwing a few tantrums. At this age, the average weight is 23 to 24 pounds, and the average height is 32 inches.

Milestones at this age are:

- Able to bend over to pick up a toy from a standing position
- Able to say 10 to 20 words (If not, it is a good idea to let your pediatrician know. A common cause of speech delay is trouble hearing.)
- May pick up basic manners like saying please and thank you
- Sharing may still be a challenge

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Toddler Development

20-MONTH-OLD

At 20 months of age, you may notice your toddler insisting on doing things their way. While there is a side of them that is loving and energetic, there is also a side that will try to resist many things, like feeding, washing hands, getting in their car seat, and changing. It may be helpful to allow your toddler to “help” or make their own choices when trying to complete certain tasks.

Milestones at this age are:

- Standing on one foot while holding onto a chair or wall
- May be saying 25 to 50 words
- Will reply to requests with “no”

21-MONTH-OLD

You will notice as your toddler is getting older that their personal interests are really starting to shine through. You will notice this in the games they like to play or the toys they enjoy the most. At this age, it is not uncommon for your toddler to try and stick small objects on their nose or ears so watch them closely.

Milestones at this age are:

- Can squat
- Understand two-step directions
- Can throw a ball underhand
- May start seeking your approval and become aware of your disapproval

22-MONTH-OLD

Your toddler is almost two years old, and their personality is really starting to show. They are still developing communication skills, so it is normal for them to get frustrated at times and have a meltdown.

Your toddler may not be great at sharing or taking turns yet either, but that will get better, and they will catch on.

Milestones at this age are:

- May be kicking a ball or walking backwards
- May be able to pedal a tricycle
- Probably saying between 50 to 100 words

23-MONTH-OLD

At this age, you may notice your toddler being resistant to change. Try to maintain stability in parts of their life that you can. Your toddler may also want to hear the same song over and over and even though this can be annoying, the repetition is helping them learn during this phase.

Milestones at this age are:

- Making sentences with two to four words
- Learning up to 10 new words each day
- May show a new interest in climbing up and down stairs
- Drawing lines or scribbling

24-MONTH-OLD

Your toddler is continuing to get more verbal every day. They may also be experiencing some separation anxiety. At this age, they like to play pretend and enjoy doing things for themselves. Even though tantrums are common at this age, your toddler will also be big on showing emotion like love and joy.

Milestones at this age are:

- Can walk up stairs one foot at a time
- Can jump with both feet at once
- Able to refer to themselves by name
- Verbally identify three pictures
- Able to use a noun plus a verb

<https://www.thebump.com/toddler-month-by-month>

BMHW23 NATIONAL CALL

WEDNESDAY, FEBRUARY 8, 2023 | 2:00 P.M. EST

Next month join the Black Mamas Matter Alliance for our 2023 National Call to talk all things #BMHW23! During the call BMMA will discuss the goals, vision and purpose behind the week and how to take part in all of the great activations and events we have planned — including our 2nd annual “Black Maternal Health Walk” hosted in partnership with SisterSong: Women of Color Reproductive Justice Collective.

Please note: The National Call will be recorded and made available immediately after on our YouTube page.



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 December gift card raffle drawing. M. Mullins 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.

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.

More Incentives Have Arrived!

We hope many of you are finding the Moms' Group sessions through Georgia Hope to be enlightening. This service is provided for you twice a week as a means of support and camaraderie with other ladies that may be in similar stages of life as you. We want to see each of you happy, healthy, and thriving in every aspect of your life and our hope is that this is one means of helping with that.

Going forward, as a consistent participant of the Moms' Group sessions (attending at least one weekly session 3-4 times a month) you may be eligible to earn gift cards for restaurants including Panera Bread and Chick-Fil-A while supplies last! This is just one of the small ways of us thanking you for allowing us to be a part of your journey!

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.

• **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 6:00pm - 7:30pm and Friday afternoons from 1:00pm - 2:30pm. To join the Zoom call, use this link: <https://zoom.us/j/2925874010>.

• **Inspiring Fathers Program**

Inspiring Fathers is a program for individuals who support a mom in Healthy Start. We want to prepare fathers, partners, or other support figures for the mental, spiritual, and emotional responsibility of being actively involved in the child's life. The program includes a 12-week course that will teach the tools to care for the financial and emotional stability of your family. Topics will cover issues such as job training, housing assistance, self-esteem, relationship building and parenting skills. Meetings are held once a week over a hot meal as we help you build a safe, strong home life for your child. Contact 770-635-0523 to register or answer any questions you have about the program.



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