

BUMP AND BEYOND

Cobb & Douglas Public Health Pregnancy Newsletter



Tips for Dealing with Stress

Pregnancy is a time of many changes. Change can be stressful. Couple that with the stress of an ongoing pandemic and things can get overwhelming. Here are some tips to help deal with stress during pregnancy:

- **Eat healthy and exercise.** Choose healthy food options, drink plenty of water (at least 8 cups per day) and aim for 8 hours of sleep every night. Exercise, if approved by your provider, can help reduce stress as well as prevent common pregnancy discomforts.
- **Have good support.** Ask for help from people you trust. This includes your partner, family, and friends. Accept help when they offer. Support groups are a great option as well. Sharing your experiences with others can be very powerful.
- **Try relaxation activities.** Prenatal yoga, journaling, and meditation can help you relax and better handle stress.
- **Try classes.** Take childbirth, parenting, or breastfeeding classes so you know what to expect during labor and after your baby arrives.
- **Talk to your provider.** If you think you may be depressed, talk to your provider right away. Getting treatment and counseling early can help.

For access to services and immediate crisis help, call the Georgia Crisis & Access Line (GCAL) at 1-800-715-4225, available 24/7. If you need emotional support or resource information due to Covid-19, call or text the Georgia COVID-19 Emotional Support Line at 866-399-8938.

*Information adapted from March of Dimes, Stress and Pregnancy

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Urgent Maternal Warning Signs

Did you know some problems due to pregnancy can happen up to a year after delivery? Be aware of these urgent maternal warning signs and symptoms during pregnancy and in the year after delivery:

- Headache that won't go away or gets worse over time
- Dizziness or fainting
- Changes in your vision
- Fever of 100.4°F or higher
- Extreme swelling of your hands or face
- Thoughts of harming yourself or your baby
- Trouble breathing
- Chest pain or fast-beating heart
- Severe nausea and vomiting (not morning sickness)
- Severe belly pain that doesn't go away
- Baby's movements stopping or slowing
- Vaginal bleeding or fluid leaking *during* pregnancy
- Heavy vaginal bleeding or large clots *after* pregnancy
- Severe swelling, redness, or pain of your leg or arm
- Overwhelming tiredness

Seek medical care immediately if you experience any signs or symptoms that are listed above.

*Adapted from CDC Hear Her campaign



RESOURCE SPOTLIGHT: GEORGIA HOPE

Georgia Hope is a community-based provider of mental health and other services. Georgia HOPE offers TeleMental Health. This service gives you the opportunity to speak to a licensed, professional therapist through the use of your online device. Georgia Hope accepts Medicaid and has low-cost self-pay rates. For more information or to enroll, visit their website at gahope.org

Free classes!

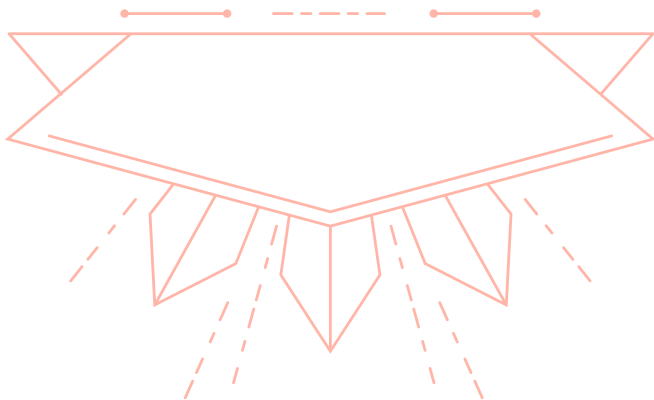
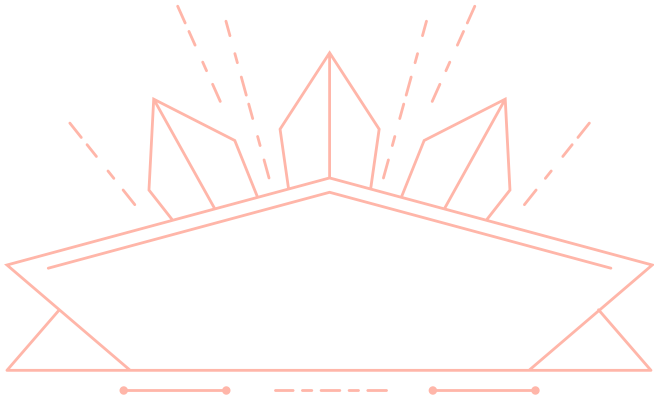
Pickles & Ice Cream - Each month, Pickles & Ice Cream hosts free online classes covering topics such as pregnancy, breastfeeding, newborn care, and postpartum care. You can earn up to \$20 in gift cards per class and classes are also available in Spanish. For more information and to sign up for classes, click [here](#).

Evidence Based Birth - To help families receive the information they needed from childbirth classes during the COVID-19 pandemic, Evidence Based Birth created a "Birthing in the Time of COVID-19" YouTube class series. Click [here](#) for more information about the classes.

Pampers - This 9-part series offered by Pampers, provides in-depth information for new parents on all stages of the childbirth journey— from contractions and stages of labor to breastfeeding and check-ups. To sign up for these free classes, click [here](#).

FOND FAREWELL

Wishing a Happy Retirement to Rose Bishop!



In April, we said goodbye to our cornerstone in pregnancy services at Cobb & Douglas Public Health for the past 24 years, Rose Bishop. Since 1997, Rose was an advocate for services for pregnant women in our district. Through her supervision of the Perinatal Case Management (PCM) and Babies Born Healthy (BBH) programs, Rose lead her team to partner with local hospitals, obstetrician offices, pregnancy centers and social service agencies around the issue of perinatal health. Through excellent collaboration, Rose ensured that a system was in place that prevented women from missing out on opportunities for prenatal care. No matter where a pregnant woman may go for a pregnancy test or other services, they are all referred to the health department for screening and assessment. This helps all women have the best opportunity to get into care quickly and have access to social services, education classes, healthy foods, emergency care, prescriptions and regular prenatal checkups through our local partners. Rose also managed our Babies Born Health Program for a number of years. BBH is a local program designed to help uninsured or underinsured pregnant women access care in our health district when state funds were eliminated. Rose secured funding from the Kaiser Family Foundation and the Wellstar Foundation to help cover the costs of prenatal care for some of these clients. Her leadership allowed the program to continue and helped expand the services provided to more women. These funds pay for prenatal care for women who wouldn't be able to continue care if help was not provided.

In 2019, Rose developed the local Healthy Start Program with a grant from Health Resource and Services Administration (HRSA) that provides over a million dollars each year for 5 years. Healthy Start is one of 100 awards in 34 states in the U.S. The program helps to reduce disparities in maternal and infant health through case management of African American women and their children. Rose now gets to enjoy the fruits of her labor in retirement, with plans to do more relaxing, enjoying her garden, traveling and more. We thank Rose for her many years of service!

Events & Classes

• Savvy Birth 101, May 13th from 6-7pm

In this **free** class, we discuss how to receive evidence-based care during pregnancy and childbirth and how to create a team-based atmosphere at your birth. Class will be held via Zoom, register [here](#).

• 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 [here](#) using Rho Xi Zeta for question 4.

• The Georgia COPE study

This study seeks to understand the experiences of pregnant and postpartum persons living in Georgia who delivered on or after March 14, 2020. Eligible participants will receive a \$15 gift card. For more information and to register click [here](#).

• Riverside Neighborhood Community Garden, every Sunday 1-2pm

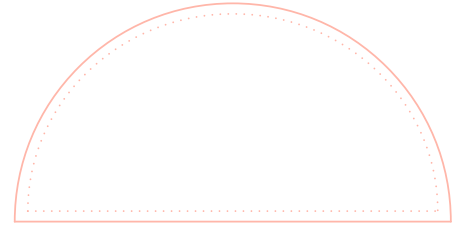
The garden offers **free** membership and classes. Free food is also given to volunteers. The community garden is located at 875 Riverside Parkway Austell, GA. For more information email: RNCommunityGarden@gmail.com.

• Inspiring Fathers, Wednesdays 7-8pm

This **free** program is designed for dads and expecting fathers who wish to learn more about fatherhood skills, traits and practices over a three-month program cycle. It focus on strengthening family resiliency, fatherhood involvement, and knowledge about parenting skills. This class follows the 24/7 Dads Curriculum and is held via Zoom. Call Chris White at 404-782-7158 for more information.

• Project DINE

These **free** classes covering breastfeeding and nutrition are offered in connection with Morehouse School of Medicine. Contact Latrice Rollins at 404-752-1187 or lrollins@msm.edu for more information.



FEATURED PROGRAM: SAFE KIDS

Safe Kids consists of a group of health educators that provide injury prevention education and safety equipment for children birth to 19 years of age. They provide education on topics like child passenger, home, water, pedestrian, and youth sports safety. They also focus on safe sleep and car seat safety. If you qualify for WIC or Medicaid, you are also eligible to receive a brand new car seat for your baby for \$20 when you are 7 months or further in your pregnancy. Safe Kids car seat techs can teach you how to properly install and harness your child's car seat. For more information or to schedule an appointment for a car seat, please visit safekidscobbcounty.org for Cobb county or call 770-949-5155 for Douglas county.