

BUMP AND BEYOND

Cobb & Douglas Public Health Pregnancy Newsletter



Creating a Safe Nursery

As the time comes near for your baby to arrive, one of the most exciting things to do is get your baby's nursery ready for the day they get to come home with you. Picking out a paint color and deciding on a crib can be a lot of fun. You want your nursery to be perfect for your little one. When creating your nursery, it is also important to make sure it is a safe environment for your baby. Here are some things to keep in mind when creating a space for your new arrival.

SLEEP SAFETY

The crib or bassinet your baby sleeps in should have a firm and well-fitting mattress or pad that fits snugly into the frame with no gaps. To make sure the crib or bassinet you are using is safe, you can visit [SaferProducts.gov](https://www.saferproducts.gov) and check to see if there has been a recall on the product you are planning to use.

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Creating a Safe Nursery

Nothing should be placed inside a crib or bassinet but a fitted sheet. You should not place pillows, comforters, bumper pads, loose blankets, or stuffed animals in the space where your baby is sleeping. These items could create a suffocation hazard for your little one. If you plan to use a mobile over your baby's crib or bassinet, ensure it is secured well to the railing, wall, or ceiling.

Always lay your baby to sleep on their back on a firm, flat surface to help prevent the occurrence of sudden infant death syndrome (SIDS). SIDS is the unexplained death of a seemingly healthy infant during sleep who is under one year of age. The cause of SIDS is still not completely understood, but research has shown that there could be an increased risk of SIDS if an infant sleeps on their stomach or side, sleeps on a soft surface, or shares a bed with a parent, sibling, or a pet. You should avoid co-sleeping with your baby. However, it is recommended that your baby sleep in the same room as you for six months.

WINDOWS

The windows in your baby's nursery and in other rooms in your home can also pose a threat to the safety of your baby even if they are high above the ground. You should move any furniture that is close to windows and do not place your baby's crib or bassinet near a window. If you have open windows in your home, make sure all children are supervised at all times. Do not rely on the screens in your windows to prevent a child from falling out of them. The screens can easily be

dislodged by the force of a child falling or pressing on them. You could consider purchasing stops that prevent the windows from opening further than four inches or window guards to cover the lower portion of the window. If you have blinds with cords in your windows, make sure these cords are secured and out of the reach of babies and small children. These cords are a strangulation hazard if not secured properly.

OTHER SAFETY TIPS

Never leave your baby unattended on an elevated surface and never place a bassinet or infant carrier on tables, beds, raised furniture, or counters. Always place them on the floor to prevent the risk of them falling or being knocked off.

Any heavy furniture you have in your home should be anchored to the wall to prevent it from falling or being pulled over onto a child. Most furniture, such as dressers and bookshelves, come with anchors. If they do not, you can purchase anchor kits separately.

Place bumpers or guards on the corners of sharp furniture, including the corners of baseboards and fireplace hearths.

Following these safety tips and checking for potential safety hazards in your home and in your baby's nursery can help ensure you are creating a safe environment for your little one.

Stress During Pregnancy

During pregnancy, your body is going through many changes, both physical and emotional. While this is a happy and exciting time, it can also be a stressful time. You are experiencing hormonal and physical changes, and this combined with other factors, could cause you to feel stressed or anxious. Other factors could include worrying about what to expect during labor and birth or how you are going to care for your baby once they arrive. Having financial concerns or not having support from a partner or family and friends can also lead to added stress during your pregnancy. These stresses can be normal. However, stress that lasts for long periods of time can lead to chronic stress which is a concern. Talk to your healthcare provider if you are experiencing any of the following types of stress:

- Negative life events such as divorce, serious illness, a death in the family, or losing a job or home.
- Catastrophic events including hurricanes, earthquakes, or terrorist attacks.
- Long-lasting stress or chronic stress that can be caused by financial issues, domestic abuse, or living in an unsafe or unstable environment.
- Depression or anxiety. If you have these conditions before pregnancy, do not stop or start taking medications. Your doctor will be able to help you make any changes to your medications safely.
- Pregnancy-related stress caused by worrying about the health of your baby or how you will handle and cope with becoming a parent.

High levels of stress during pregnancy can cause health problems like high blood pressure and can increase the chances of having a baby who is preterm or has a low birthweight. Babies who are born too early or too small have a greater risk of health problems. Stress can also cause other pregnancy problems such as:

- Normal discomforts during pregnancy including morning sickness, aches, and trouble sleeping may feel worse.
- You may experience problems eating which could cause you to eat too much or not eat enough which can lead to too much weight gain during pregnancy or becoming underweight.
- How you respond to certain situations or events. Stress may lead to some women using alcohol, smoking, or using drugs to deal with stressful situations which can be dangerous and lead to serious health problems to you and your baby.

There are things you can do to reduce your stress during pregnancy. One of them is making sure you are getting adequate and quality sleep. This can become more difficult during pregnancy due to the changes your body is going through and the increased frequency of bathroom breaks during the night. Try to get 7-9 hours of sleep per night and limit any daytime naps to 30 minutes. Avoid caffeine and any foods that may cause indigestion close to bedtime.

Stress During Pregnancy

Getting regular exercise is another way to reduce stress. It can promote quality sleep and boost your mood. It is recommended to exercise 20 – 30 minutes each day, but any amount will help. Walking is good exercise to practice during pregnancy as well as water aerobics. Before starting any new exercise program, talk with your healthcare provider.

Finding support and making social connections is also an important factor for your health during and after your pregnancy. Identify what kind of support you need and don't feel afraid to ask for help. Accept support when it is offered. You may need someone to provide you with emotional support, which will be someone who can offer caring, understanding, and love. You may also need instrumental support which comes from someone being there to provide help to you when you need it to get tasks done. Joining a pregnancy or parenting group and attending childbirth classes can help you feel connected to others who are going through the same journey.

Some stress is normal during pregnancy, but if you are feeling overwhelmed, anxious, or sad, talk to your healthcare provider. Some women experience depression during and after pregnancy and there is treatment and counseling that can help.



<https://www.marchofdimes.org/>

<https://www.sbm.org/healthy-living/how-to-manage-stress-naturally-during-pregnancy>

Rewards & Incentives

We hope that you find the services provided by your Healthy Start care team to be helpful and informative. Our goal is for you to have the safest and healthiest prenatal and postpartum experience possible. We want your baby (or babies) to come into this world strong, well, thriving, and for our dads to be your #1 supporters. We appreciate you allowing us to be on this journey with you and we want you to know that we don't take our roles lightly.

Although we're not able to provide incentives for each client on each visit, you will continue to receive those items that support some of our goals, such as providing babies a safe place to sleep, introducing literacy and words through books, monitoring milestones, and offering information for a myriad of resources.

We want to go a step further! In addition to items you may already receive, we will soon have more gift card drawings!

On your monthly calls and/or visits with your Healthy Start Nurse or Care Coordinator, you may become eligible for drawings for additional gifts based on many of the healthy habits that you are already doing. Some of the ways you may have a chance to win are listed below.

- Prenatal Care
- Postpartum Care
- Well-Women Care
- GA Hope Support Group Participation
- Peer Referrals
- Customer Satisfaction Survey
- Events/Classes (gift cards may be limited)
- CAN Events Participation



Rewards & Incentives

Customer Satisfaction Surveys

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

Congratulations to the winner of our May gift card raffle drawing. They 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.

Mom's Group Sessions

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 way to help 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 for us to thank 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 is offering 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**

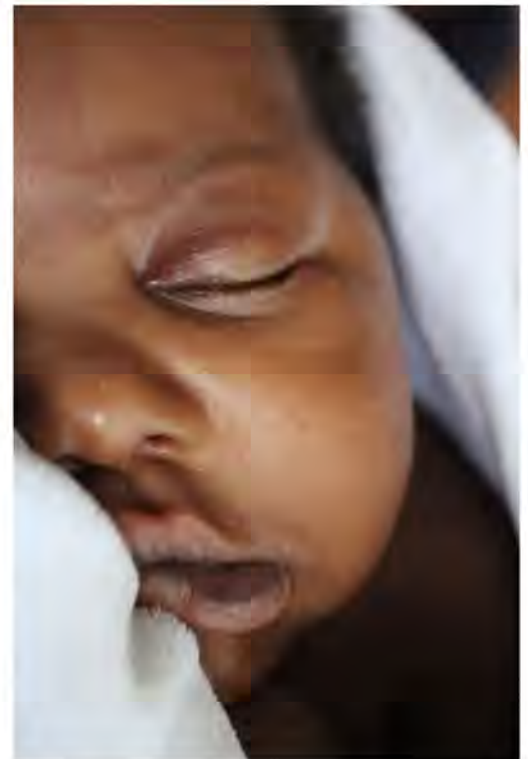
CDPH's Healthy Start Program launched a virtual support group for moms, led by a therapist. Whether you're expecting or recently had your baby, you are welcome to attend. The group meets Tuesday evenings from 5:00pm - 6:30pm and Thursday afternoons from 2:00pm - 3:30pm. To join the Zoom call, use this 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 on Wednesdays from 6pm - 8pm over a hot meal, as we help you build a safe, strong home life for your child. Contact 770-635-0523 to register or to get answers to any questions you have about the program.



**Healthy
Start**



**Inspiring
Fathers**

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