

BUMP AND BEYOND

Cobb & Douglas Public Health Pregnancy Newsletter



Infant Water Safety

With summer here, we will all be in and around the water more due to hot days and spending more time outdoors. It is important to keep your infant safe when around water, whether it is outside or inside your home. Babies are drawn to water because they enjoy splashing in it. So, it is important to take as many steps as necessary to reduce the amount of water hazards you may have in and outside your home, as well as wherever you may be visiting.

Water does not have to be deep in order for it to become a drowning hazard. It can be as little as one to two inches deep to cause drowning. If the water can cover your baby's nose and mouth, it can drown your baby. Infants do not have much head or neck control. If they were to fall into even a small amount of water, they may not be able to breathe.

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**COBB & DOUGLAS
PUBLIC HEALTH**
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Infant Water Safety

Always keep your infant within arms reach when near any body of water and never leave your baby alone or in the care of another small child when around water. Drowning can happen silently and in a matter of seconds.

You can start practicing water safety during your baby's first bath. Keep one hand on your baby at all times. Have all of your supplies ready before putting your baby in the bath. For example, place the towel and baby wash beside the tub so you will have everything you need within reach. If you forget something or need to step away for any reason, take your baby with you. Using an infant tub or bath seat does not prevent drowning. Infants can slide down an infant tub or slip out of a bath seat and drown. It is also a good idea to remove the drain plug from your bathtub when not in use in order to keep the bathtub from filling up with water should your child turn on the faucet. Most drowning deaths that occur in the home, happen in the bathtub and over half of those drownings happen to children under the age of one.

The bathtub is not the only water hazard in a bathroom. A child can fall headfirst into a toilet and drown if the lid is not down and locked. Make sure to install a safety lock on your toilet lid to prevent your child from opening the lid and falling in.

Make sure to empty any containers that have water in them immediately after use. These containers could include:

- Wading pools or small pools
- Buckets
- Coolers with melted ice
- Large water dishes used for pets

- Trash cans or recycling bins that could collect water
- Bathtubs

Any type of container that is outside your home and has an open lid has the potential to fill with water and become a water hazard. Remove any unnecessary containers that could fill with rainwater from your yard and check the surroundings of your home often to ensure that water has not collected in a container or in any holes that your child could drown in.

If your home has a swimming pool, including the large, inflatable above-ground type, it should be surrounded by a fence on all sides that is at least four feet high and has no openings larger than four inches wide. There should be a self-closing and self-latching gate that opens away from the pool and the latch should be at least 54 inches from the ground. Check the gate often to ensure it is working properly and keep it locked at all times. Toys should be removed from the pool when not in use, so children are not tempted to try to get through the fence to reach them.

Hot tubs should always be covered and locked immediately after using them as well.

Be proactive and learn CPR and know how to get emergency help. Most classes have infant-specific training included in them. You can find trainings through the American Red Cross and the American Heart Association.

Remember, never leave your infant or child alone near water and always stay within reach of them. Keep their safety in mind when around any body of water, whether it is at your home, a friend's or relative's home, on outings, or on trips.

Dangers After Delivery

It is often thought the time during labor and delivery is the most dangerous period of pregnancy, but it is not. The most dangerous time is the period of time after delivery. While the postpartum period is typically considered to last for six to eight weeks after delivery, recent research has shown that most pregnancy-related deaths occur during the first year after a baby is born.

Studies show that the rates of maternal deaths in the United States have increased from 2018 to 2021. In 2018, there were 658 maternal deaths with a maternal mortality rate of 17.4 and in 2021, there were 1,205 maternal deaths with a maternal mortality rate of 32.9. Black women and Native American women are two to three times at higher risk of developing complications after delivery that could lead to death than white women.

More than 80% of pregnancy-related deaths are preventable and more than half of pregnancy-related deaths occur up to one year after delivery. The leading underlying causes of these deaths are:

- Mental health conditions including suicides and overdose/poisoning due to substance use disorder (23%)
- Hemorrhage (excessive bleeding) (14%)
- Cardiac and coronary conditions related to the heart (13%)
- Infection (9%)
- Blood clots (9%)
- Cardiomyopathy (a disease of the heart muscle) (9%)
- Hypertensive disorders of pregnancy (related to high blood pressure) (7%)

It is very important for women to follow-up with their doctors after delivery and go to their postpartum checkup. If for any reason, you are seen by a healthcare provider who does not know your medical history (for example, if you go to emergency department), make sure to let them know if you have had a baby in the past year. If healthcare providers are aware of your pregnancy history, they may be able to quickly diagnose what brought you to seek care. Make sure to advocate for yourself when speaking to providers about your care. If you feel something is wrong, insist that your concerns are addressed.

Pregnancy puts a woman's body through a lot of stress. It strains the heart and circulatory system due to increase in blood volume. This increase makes the heart work harder. Elevation in blood pressure can affect vital organs and put a woman at risk for cardiovascular disease during pregnancy and after pregnancy.

Women are having children at a later age and as we age, our health risks increase, and we are more likely to have pre-existing health conditions that worsen and can cause complications during pregnancy.

The most important thing you can do to help reduce your risk of developing a life-threatening condition during and after pregnancy is to start prenatal care early and continue with care during and after your pregnancy.

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Dangers After Delivery

Know what the urgent maternal signs are. They include:

- Headache that won't go away or gets worse over time
- Dizziness or fainting
- Changes in your vision
- Fever of 100.4 or higher
- Extreme swelling of your hands or face
- Thoughts about harming yourself or your baby
- Trouble breathing
- Chest pain or fast-beating heart
- Severe nausea and throwing up
- Severe belly pain that doesn't go away
- Baby's movement stopping or slowing down during pregnancy
- Vaginal bleeding or fluid leaking during pregnancy
- Vaginal bleeding or discharge after pregnancy
- Severe swelling, redness, or pain of your leg or arm
- Overwhelming tiredness

If you experience any of the symptoms listed, contact your doctor right away or seek emergency care. Do not wait for your next appointment to let your doctor know. For more information, please visit

<https://www.cdc.gov/health/maternal-warning-signs/index.html> .

While there are broader changes that need to be made to address the rates of maternal mortality, women can play a role in ensuring they receive the care they need by taking initiative and seeking care where they feel comfortable and where they feel heard.

Happy July 4th!!!



<https://www.nytimes.com/2023/05/28/health/maternal-complications-symptoms.html>

<https://www.cdc.gov/nchs/data/hestat/maternal-mortality/2021/maternal-mortality-rates-2021.htm>

<https://www.cdc.gov/media/releases/2022/p0919-pregnancy-related-deaths.html>

<https://www.cdc.gov/health/maternal-warning-signs/index.html>

BABY and ME - Tobacco Free Program

Step 1: Confirm Eligibility

Women must be:

1. Pregnant.
2. Enrolled in or applied for WIC
3. Less than or at 36 weeks gestation
4. A current tobacco user, quit since becoming pregnant, OR quit within 3 months of becoming pregnant.

Step 2: Submit a Referral

Access a link on this website:

www.babyandmetobaccofree.org

Once there, click on the tab, 'Submit a Referral.' Select your state and follow the steps. It's that easy.

Step 3: Stay Connected!

You will receive an email once the referral is complete and you will receive future follow-up status updates.

For more information contact:

Camille Brown 770-502-5351

camille@bmtfp.org

National Maternal Mental Health Hotline

The National Maternal Mental Health Hotline is a toll-free, easy-to-remember number: 1-833-TLC-MAMA (1-833-852-6262). If you or someone you know is a new or expecting parent who is struggling and in need of emotional support or resources, call or text now. The Hotline can be reached 24/7.

Rewards & Incentives

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 June 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.

Moms' 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 Moms' 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.

To join the Tuesday Zoom Meetings from 5:00 – 6:30pm

[https://cdphonline-org.zoom.us/j/84700178631?](https://cdphonline-org.zoom.us/j/84700178631?pwd=cDl6aUItVHh2UStISm93Y0dYcTB2dz09)

[pwd=cDl6aUItVHh2UStISm93Y0dYcTB2dz09](https://cdphonline-org.zoom.us/j/84700178631?pwd=cDl6aUItVHh2UStISm93Y0dYcTB2dz09)

To join the Thursday Zoom Meetings from 2:00 – 3:30pm

[https://cdphonline-org.zoom.us/j/82763074795?](https://cdphonline-org.zoom.us/j/82763074795?pwd=a0w2MGVoaG1oanp5aWR1OHpOcTlrZz09)

[pwd=a0w2MGVoaG1oanp5aWR1OHpOcTlrZz09](https://cdphonline-org.zoom.us/j/82763074795?pwd=a0w2MGVoaG1oanp5aWR1OHpOcTlrZz09)

• **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**

**COBB & DOUGLAS HEALTHY START HAS
OFFICES IN SOUTH COBB, DOUGLASVILLE, MARIETTA, & SMYRNA
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