

# BUMP AND BEYOND

*Cobb & Douglas Public Health Pregnancy Newsletter*



## Summer Pregnancy Tips

Pregnancy in the summer heat can seem like a miserable combination, but it doesn't have to be! As we're approaching the summer months, here are some things you can do to keep cool and comfortable.

- **Drink plenty of fluids.** Hydration is even more important when it's hot. Make sure you're getting at least 8 cups of water a day and always take a water bottle with you when you go out. Tip: Homemade popsicles using coconut milk and fresh fruit make for a fun, hydrating treat!
- **Keep cool.** Place a cool, wet wash cloth on your neck. Avoid exercising during the hottest part of the day. Go for a swim. Not only does swimming cool you off, it's also great exercise during pregnancy!
- **Wear breathable fabrics.** This will keep you cooler and help prevent heat rash that can develop under your breasts and on your abdomen.
- **Avoid direct mid-day sun and wear sunscreen.** Pregnant women are more prone to sunburn than non-pregnant women.
- **Watch for swelling.** Swelling in your legs and ankles is more common in the summer months. Elevate your legs in the evening for 30-60 minutes and wear comfortable shoes.
- **Get indoors at the first sign of weakness, fatigue, dizziness, lightheadedness, or excessive thirst.** Lie down and drink some cold water. If you don't feel better after resting, call your doctor.

\*Adapted from WebMD, Pregnant This Summer

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## Labor Pain Relief Options

There are many drug and drug-free ways to help you cope with labor pain. Learning about pain relief options and choosing preferences in pregnancy can help prepare you for birth. Here are some options that have clearly been shown to be effective for pain relief during labor:

- **Continuous labor support (doula support).** This has been shown to reduce the use of epidurals and other pain medications and has no known side effects. Moms with continuous labor support also report higher rates of satisfaction with their birth.
- **Water immersion.** This has been found to lower the need for pain medications and makes people feel more satisfied with their pain relief. There are no known side effects to mom or baby.
- **Upright positions during labor.** Walking, swaying, and using a birth ball are linked with much shorter labors and less need for epidurals. For people without epidurals, pushing and giving birth in an upright position is linked with lower levels of pain and higher satisfaction. There are no known side effects to mom or baby.
- **Epidurals.** These are very effective in reducing labor pain. Epidurals are often bundled with other interventions including more frequent blood pressure and oxygen monitoring, IV fluids, IV Pitocin to speed up labor, and urinary catheters. Side effects include increased need for forceps/vacuum assisted birth, low blood pressure in mom, increased risk for caesarean, and increased risk for fever in mom.
- **Opioids by IV or injection.** Less effective pain relief than epidurals, but provide moderate relief. Side effects for mom include nausea, vomiting and drowsiness. Side effects for baby include changes in heart rate during labor, slowed breathing after birth, and low APGAR scores.

To learn more about these and other pain relief options for labor, visit <https://evidencebasedbirth.com/blog> and select "Pain Management Series"

\*Information adapted from Evidence Based Birth®, Pain Management Series



## Birth Plans

A birth plan is a helpful communication tool to use with your support person and healthcare staff. A birth plan is a set of instructions you make about your baby's birth. It tells your provider how you feel about things like, who you want with you during labor, what you want to do during labor, if you want medication to help with labor pain, and if there are special religious or cultural practices you want to have happen once your baby is born. Fill out a birth plan with your partner or support person, and then share it with your provider and with the nurses at the hospital or birthing center where you are having your baby. It is important to talk to your provider about your birth plan at your prenatal visits to ensure they are supportive of your wishes. March of Dimes has an excellent birth plan template that you can find [here](#).

\*Adapted from March of Dimes, Your Birth Plan



## RESOURCE SPOTLIGHT: LIVESAFE RESOURCES

LiveSafe seeks to provide safety and healing to those impacted by domestic violence, sexual assault and elder abuse by offering services, creating awareness and fostering support within the community. Their services include domestic violence housing, temporary protective orders, and counseling/support. LiveSafe operates a 24/7 hotline that can be reached at 770-427-3390. Visit their website [here](#) for more information.

# HAPPY FATHER'S DAY!

## Honoring Father's

This Father's Day we want to honor all of our amazing fathers! The CDPH Healthy Start program will be sponsoring a Father's Day celebration on Saturday, June 19th from 10am-2pm. The event will be at the South Cobb Recreation Center located at 875 Riverside Pkwy, Austell, GA 30168. There will be a walk-up festival, free food, health screenings, and Covid-19 vaccinations. Anyone is welcome to attend. Come join us in celebrating you!



## Pro-Tips for Partners

Giving birth requires the support and encouragement of others. The labor and delivery room is often an area where dads feel uncomfortable or intimidated. While mom may be doing all the hard work giving birth, you, as her partner, also play a crucial role during this time. It's important for dads to be involved, so we put together some tips on how you can support your partner during labor.

- Be prepared
  - Take a birthing class with your partner.
  - Help your partner create a birth plan.
  - Learn how to count and time contractions. (there's an app for that!)
  - Help your partner pack the hospital bag and have it ready to go by 37 weeks. Make sure to pack clothes, snacks, the birth plan, chargers, and other necessary items.
- Be active
  - Encourage and praise your partner.
  - Provide comfort in whatever way she wants: massages, heating pads, warm baths, cool compresses, walks, music, etc.
  - Help her eat, drink, and use the bathroom regularly.
  - Support her during the birth with your presence and words.
- Be an advocate
  - Help express your partner's preferences regarding medications, positioning, etc., with staff.
  - Make sure your partner's needs are being met by medical staff.
  - Actively listen and ask questions throughout the entire process.

\*Adapted from VeryWellFamily, How to Support Your Partner During Pregnancy



## Events & Classes

- **WIC Farmers Market, 6/08/2021 & 6/22/2021 from 8am-12pm**

The market will be at the South Cobb Health Center, 875 Riverside Drive Bldg. 1 Austell, GA 30168. Bring your WIC ID card and come get fresh fruits and vegetables at **NO COST**.

- **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.

- **Savvy Birth 101, June 17th 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. The class will be held via Zoom, register [here](#).

- **Riverside Neighborhood Community Garden, Sundays 1-2pm**

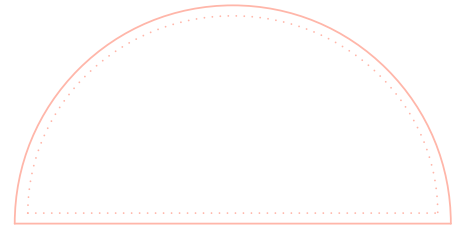
The garden offers **free** membership and classes. Free food is also given to volunteers. The garden is located at 875 Riverside Parkway Austell, GA 30168. For more information email: [RNCommunityGarden@gmail.com](mailto:RNCommunityGarden@gmail.com).

- **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 focuses 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.

- **Pickles & Ice Cream**

Pickles & Ice Cream offers **free**, live webinars covering prenatal, postpartum, breastfeeding, and newborn care. You can also earn up to \$20 in gift cards per class! To view class dates and times click [here](#).



## FEATURED PROGRAM: CHILDREN 1ST

Children 1st is a statewide, free, voluntary initiative coordinated by the Georgia Department of Public Health and your local Public Health Department. Any child (from birth – age 5) with developmental, social or medical needs can be referred to the program. A Public Health Nurse contacts the family and will make a home visit to help the family access local medical services and social supports. These services are designed to support families with young children, promote child health/development and positively influence school readiness.

For more information contact the Cobb and Douglas Children 1st Coordinator at 770-514-2404.