

BUMP AND BEYOND

Cobb & Douglas Public Health Pregnancy Newsletter



Postpartum self-care

It's important to care for your baby, but you also have to take care of yourself. Here are some things you can do to make the transition to motherhood easier:

- **Get plenty of rest.** Sleep when your baby sleeps to make sure you're getting enough rest.
- **Seek help.** Don't hesitate to accept help from family and friends during this time. Friends or family can prepare meals, run errands, or help care for other children in the home.
- **Eat healthy meals.** Increase your intake of whole grains, vegetables, fruits, and protein. You should also increase your fluid intake, especially if you are breast-feeding.
- **Exercise.** Your doctor will let you know when it's OK to exercise. Try walking near your home.

A new baby is an adjustment for the entire family. This is a stressful period, but there are ways to manage. Give yourself some grace. Every couple goes through changes after the birth of a baby. It takes time to adjust, but you'll figure it out and it will get easier with each passing day. Also, communicate as a family. If your partner or other children feel left out, talk about the problem and be understanding. Although babies require a lot of attention, don't feel guilty about spending alone time as a couple during the postpartum period.

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Baby Blues or PPD?

Baby blues are feelings of sadness you may have in the first few days after having a baby. They can last up to 2 weeks after giving birth, and usually go away on their own. To help with the baby blues, get as much sleep as you can, avoid drugs and alcohol as these affect your mood and can make you feel worse, ask for help from family and friends, and take time for yourself. Connecting with new moms through a support group can also be helpful.

Postpartum depression (PPD) is a kind of depression that some women experience after having a baby. It's strong feelings of sadness, worry, and tiredness that last for longer than 2 weeks after giving birth. These feelings can make it hard for you to take care of yourself and your baby. PPD is a medical condition that needs treatment. It's the most common complication women who just had a baby experience. Tell your provider right away if you think you have PPD, so you can set up a treatment plan. If you're worried about hurting yourself or your baby, call 911.

*Adapted from March of Dimes, Your body after baby

RESOURCE SPOTLIGHT: COBB CSB

Cobb CSB is a public safety net for those who face behavioral health challenges and/or who have intellectual/developmental disabilities and are uninsured or underinsured. They provide effective, innovative care and appropriate resources for children, adolescents and adults. New clients can come as a walk-in Monday-Friday from 7:30-2:30. For more information, please call 770-422-0202 or visit their website [here](#) for more information.

Your Body After Baby

Now that your baby is here, your body is changing...again. Some of these changes are physical and others are emotional. Here are some common changes and tips for relief:

- **Breast changes.** Engorgement, when your breasts fill with milk, and nipple pain, especially if you're breastfeeding are very common. Icing your breasts after a feeding and using heat before nursing can help with engorgement. Using nipple cream can relieve pain as well.
- **Vaginal discharge.** For the first few days after birth, it's heavy, bright red and may contain blood clots. Over time, the flow gets less and lighter in color. You may have discharge for a few weeks or even for a month or more.
- **Swelling.** Many women experience swelling during pregnancy, and it may take some time for this to go away after baby is born. Elevate your legs, drink plenty of fluids, and lay on your left side to help.
- **Constipation/hemorrhoids.** Drink lots of fluids, eat foods high in fiber, and ask your provider about medications.
- **Perineum soreness.** The perineum is the area between your vagina and rectum. It stretches and may tear during labor and vaginal birth, which can cause soreness. Ice packs, Kegel exercises, or a Sitz bath can help. Ask your provider about medications.
- **Cramping.** You'll notice this as your uterus shrinks back to its regular size after pregnancy. Cramping should go away after a few days. Ask your provider about medications.
- **Sweating.** This happens often to new moms, especially at night. It's caused by the changing hormones in your body after pregnancy. Don't use too many blankets or wear warm clothes to bed. This should get better in a few days.

*Adapted from March of Dimes, Your body after baby



CLIENT HIGHLIGHT

Featuring our clients and their amazing accomplishments brings us such joy! This month, we are highlighting artwork by Patrice. She is a mom in our Healthy Start program and a local student and artist. Her work is being featured in the M2R Fence Gallery. See below for more information and where to view her breathtaking piece.

M2R Fence Gallery

"When Peace Replace Placidity" - Watercolor, 2020

Artist Statement:

I've been drawing since a toddler/young child, and use it as a form of self-expression, even in some ways documenting time. I see myself as an artist in the way I live and perceive life, so painting with a brush is just one of the many mediums comprising my ever changing canvas.

I've definitely considered blending my love of art and helping others. Visual Art after all is a means of self-expression by using your voice without the need for actual words. Some things are so complex they can't be described with words, so it has been a consideration of mine to provide art therapy. If not that, then being a art instructor in a cultural arts center, especially focused on youth. After graduating next year, I plan on continuing my education and earning my MSW.

Exhibit Info:

M2R Fence Gallery <https://www.m2rfence.com> hosted by Marietta Arts Council. On display in Marietta Square M2R Trail 5/8-7/10, then travels to the following cities: Acworth, Austell, Powder Springs, Kennesaw, Smyrna, and Town Center CID.



When Peace Replace Placidity
Patrice
Student
2021 M2R Trail Fence Gallery
m2rfence.com



About Patrice

I have a one-year-old named Jupiter. I like doing other creative things as well, like playing guitar, learning keyboard, and even teaching my son the same. I let him use crayons and some of my colored pencils to doodle while I draw. I love learning things so what I find fun or beneficial, I teach him as I'm teaching myself. It's a very fun part of parenting I enjoy.

I am very grateful for the Healthy Start Program for giving me this platform to share my accomplishment! This program has provided educational webinars about nutrition, pregnancy, postpartum and more. It is also a great resource beyond education and can provide information on related grants.

Events & Classes

• **WIC Farmers Market, 7/7/2021, 7/13/2021, 7/21/2021 & 7/27/2021 from 8am-12pm**

The market will be at the Smyrna Health Center (3001 South Cobb Drive Smyrna, Georgia 30080) on 7/7 & 7/21. It will be at the South Cobb Health Center (875 Riverside Drive Bldg. 1 Austell, GA 30168) on 7/13 & 7/27. 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.

• **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.

• **Inspiring Fathers, Wednesdays 7-8pm**

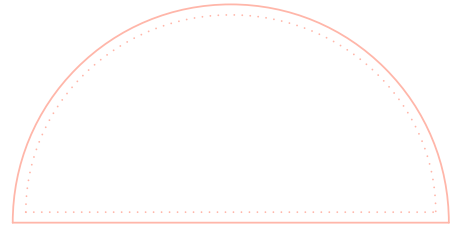
This **free** program is designed for dads and expecting fathers who wish to learn more about fatherhood skills, traits and practices over a three-month program cycle. It focuses on strengthening family resiliency, fatherhood involvement, and knowledge about parenting skills. This class follows the 24/7 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](#).

• **Find a Support Group**

The Georgia chapter of Postpartum Support International has an excellent list of support groups in the area. To view the list, click [here](#) and scroll to the middle of the page. On the right side of the page, you can view lists of mom-led and therapist-led groups in the area.



FEATURED PROGRAM: HIV PREVENTION

HIV Prevention offers **free** rapid HIV testing at the Marietta, Douglasville, Smyrna, and Acworth-Kennesaw center locations. Testing is available during normal business hours, Monday – Friday and walk-ins are welcome! Some health centers are also offering Pre-exposure prophylaxis (PrEP) medication, which prevents the spread and contraction of HIV. When taken daily, PrEP is highly effective for preventing HIV from sex or injection drug use. Contact Adult Health at 770-514-2300 to set up an appointment to see if you qualify. Free Condoms are also available at all health center locations. HIV Prevention is now offering **free** “mail order” condoms to residents of Cobb and Douglas Counties. To sign up to receive free condoms, mailed to your home, click [here](#).

For more information about the HIV Prevention Program, contact 770-514-2815.