

BUMP AND BEYOND

Cobb & Douglas Public Health Pregnancy Newsletter



Monitoring Your Baby's Movements

If you are in the third trimester of your pregnancy (28 – 40 weeks pregnant), you have many things on your mind as you are preparing for the arrival of your baby. While you are anticipating that exciting day, monitoring your baby's movements is something you should be doing every day as well.

You may be able to feel your baby move or kick 20 weeks into your pregnancy. If this is your first pregnancy, you may not notice any movement until later, but by the time you are in your third trimester (28 weeks of pregnancy), you will likely be familiar with the movements and kicks of your little one.

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Monitoring Your Baby's Movements

Counting your baby's kicks or movements is important because it can help you learn what is normal for your baby. Knowing what is normal for your baby can help you identify when something is unusual or not right about your baby's movements. Changes in the pattern of your baby's movements or a decrease in the number of fetal kicks may be a sign your baby is in distress.

You should start counting and keeping a record of your baby's kicks/movements at 28 weeks of pregnancy. There are apps that can help you do this, or you can use a clock/timer and a piece of paper. Choose a time when your baby is usually the most active and use this time to sit and get comfortable. Place your hands on your belly and start your timer. Track how long it takes for your baby to kick or move 10 times. Do this every day, preferably at the same time every day. As you continue to track your baby's movements, you will begin to see a pattern and know what is normal for your baby.

There may be days when your baby is not as active. Your baby has periods of rest and activity just like you do. If you don't feel 10 kicks or movements within 2 hours, there are things you can do to try and "wake" your baby. Here are some things you can do.

- Take a walk or move around
- Drink juice or another sweet beverage
- Eat something
- Lay down on your left side (this will increase blood flow)
- Play loud music

If you notice your baby has not moved for over two hours, you will want to call your doctor and let them know. You should also let your doctor know if you notice any sudden changes in your baby's movements, if they stop completely, or slow down. It is always better to be safe than sorry, so do not hesitate to notify your doctor if you feel something is wrong. Your doctor will be able to decide whether or not more monitoring is necessary.

Counting your baby's kicks and movements should not be stressful. By tracking your baby's activity, you are doing what is best for your baby. Remember, if something feels off or unusual about your baby's kicks or movements, speak up and let your doctor know. Also provide your doctor with the record of your baby's movements you have been tracking on your app or on the paper you have been using.

You can visit <https://countthekicks.org/> to learn more information about counting your baby's kicks and to download an app that will help you track your baby's activity.

Fatherhood Corner

Welcome to the Fatherhood Corner, exclusively dedicated to celebrating and highlighting the incredible role that fathers play in a child's development. In today's fast-paced world, it is more important than ever for fathers to actively engage with their children, creating lasting memories and nurturing their self-esteem. From promoting self-confidence strategies to being a positive role model, fathers have a profound impact on shaping their children's lives

FATHERS MAKING MEMORIES WITH THEIR CHILDREN

Fathers, imagine a childhood filled with laughter, adventure, and cherished moments. Your role in making memories with your children is irreplaceable. In today's digital age where screens dominate our lives, creating meaningful connections through quality time spent together has never been more important. Engaging in activities that align with your child's interests not only strengthens your bond but also fosters their sense of identity and belonging.

It doesn't have to be extravagant or expensive; simple gestures can leave lifelong imprints. Tossing a ball in the park, baking cookies together, or even snuggling up for bedtime stories are all opportunities to build lasting memories. These shared moments create a safe space where trust is nurtured and love flourishes.

Remember, it's not just about what you do but also how present you are during those moments. Put away distractions and truly engage with your children - listen attentively as they excitedly recount their day at school or share their dreams for the future. By actively participating in their world, you show them how valued they truly are.

PROMOTING/INSTILLING SELF-ESTEEM STRATEGIES IN CHILDREN

Promoting/instilling self-esteem strategies in children is a crucial role that fathers play in their child's development. As a father, you have the power to shape your child's self-worth and confidence. Here are some effective strategies to help boost your child's self-esteem.

It is important to praise your child for their efforts and accomplishments. Acknowledge their hard work and celebrate their achievements, no matter how big or small. This positive reinforcement will build confidence and encourage them to continue trying new things.

Actively listen to your child and show genuine interest in what they have to say. By giving them undivided attention, you are showing them that their thoughts and opinions matter. This validation is key in building their self-esteem.

Additionally, encourage your child to take risks and step out of their comfort zone. Help them set realistic goals and support them as they work towards achieving these goals. By taking on challenges, they will learn resilience and gain confidence in themselves.

Furthermore, teach your child the importance of positive self-talk. Encourage them to replace negative thoughts with affirmations about themselves. Remind them that everyone makes mistakes, but what matters most is how we handle those mistakes.

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Fatherhood Corner

Lead by example! Show your child the importance of valuing oneself by practicing self-care and setting healthy boundaries. When they see you prioritize yourself while still being present for others, it teaches them the value of self-worth.

Fathers have an incredible opportunity to promote healthy self-esteem strategies in their children through praise, active listening, encouraging risk-taking, teaching positive self-talk, and leading by example through practicing good-self-care habits. Through these strategies, fathers can help instill a strong sense of worthiness, self-confidence, and resilience within their children. This powerful influence on a child's mental well-being can lay the foundation for success throughout life.



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 September 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.

Gift Card Drawing Opportunities

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
- Georgia Hope Support Group Participation
- Peer Referrals
- Customer Satisfaction Survey
- Events/Classes (gift cards may be limited)
- CAN Events Participation

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=cDl6aU1tVHh2UStISm93Y0dYcTB2dz09)

[pwd=cDl6aU1tVHh2UStISm93Y0dYcTB2dz09](https://cdphonline-org.zoom.us/j/84700178631?pwd=cDl6aU1tVHh2UStISm93Y0dYcTB2dz09)

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=a0w2MGVoaGloanp5aWRlOHpOcTlrZz09)

[pwd=a0w2MGVoaGloanp5aWRlOHpOcTlrZz09](https://cdphonline-org.zoom.us/j/82763074795?pwd=a0w2MGVoaGloanp5aWRlOHpOcTlrZz09)

• **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
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