

PREGNANCY & INFANCY CALENDAR

What to expect during pregnancy
and your baby's first 6 months of life



If you have any questions
or need information about
pregnancy, childbirth, or
the care of your baby

Please call

558-7400

**Community Health Services
Public Health Division**



**This calendar offers
information about**

Prenatal care
Preparing for childbirth
Taking care of your newborn
Taking care of yourself after
your baby is born



HOW TO USE THIS CALENDAR

- Turn to the ninth month of pregnancy. This is the month your baby will be born
- Label the month and the days in the month.
- In the left margin next to the week of your due date write "40" for the 40th week of pregnancy.
- Label the months and days by going backwards. Use the calendar on the other side of this page.
- Label the weeks in the left margin, going backwards from 40. Remember that the last days of the month plus the first days of the next month usually fall in the same week, so label them the same number.
- Use the stickers on the last page to record appointments and special days.

USEFUL NUMBERS

PREGNANCY RELATED

| | |
|---------------------------------|----------------|
| Healthy Birth Outcomes | 558-7400 |
| Prenatal Care Guidance Program | 558-7400 |
| Healthy Families | 1-800-880-5305 |
| Healthy Cubs | 558-8900 |
| Kaiser Child Health Plan | 1-800-880-5305 |
| Medi-Cal | 558-2777 |
| Medi-Cal (application by phone) | 1-800-962-4468 |
| AIM Insurance Program | 1-800-433-2611 |
| Prenatal Care Guidance Program | 558-7400 |
| WIC | 558-7377 |



PERSONAL

FAMILY

FRIENDS

OTHER

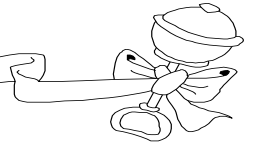
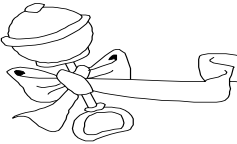
Health Care Services

| | |
|---------------------------|----------|
| Doctors' Medical Center | 578-1211 |
| Emanuel Medical Center | 667-4200 |
| Memorial Medical Center | 526-4500 |
| Oak Valley District Hosp. | 847-3011 |
| Ceres Medical Office | 541-2929 |
| Family Practice Center | 558-7646 |
| Hughson Medical Office | 558-7250 |
| McHenry Medical Office | 558-5312 |
| Medical Arts Building | 558-8400 |
| MOM Mobile | 574-1377 |
| Oakdale Prenatal & Women | 848-4597 |
| Paradise Medical Office | 558-4000 |
| Turlock Medical Office | 664-8000 |
| Urgent Care | 558-7212 |

OTHER RESOURCES

| | |
|--------------------------------|----------------|
| Community Services Agency | 558-2777 |
| First Step Program | 541-2118 |
| Child Care Resources | 558-4050 |
| Haven Women's Center | 523-1570 |
| Immunization Program | 558-8866 |
| Keep Baby Safe | 558-5656 |
| La Leche League | 537-1243 |
| Mental Health Services | 558-4600 |
| Modesto Pregnancy Center | 526-1734 |
| Parent Resource Center | 549-8193 |
| Pregnancy Support Groups | 558-7400 |
| Smoker's Helpline | 1-800-662-8887 |
| WIC (help with breastfeeding) | 558-5083 |

YOUR BABY'S HEALTH DEPENDS ON YOU



During pregnancy everything that the mother takes, the baby takes.

Over The Counter Medicines

Some over the counter medicines can hurt your unborn baby. Check with your health care provider before you take any medicines (including pain relief medication, cold and cough medicine, sleeping pills, laxatives, and prescription medicines).

Tobacco

Babies who have been exposed to tobacco during pregnancy :

- are more likely to be born at a low birth weight.
- have an increased risk of being born prematurely.
- may be born with birth defects and central nervous system abnormalities.
- have a higher risk of learning and behavioral difficulties later on in life.
- are twice as likely to suffer from SIDS (Sudden Infant Death Syndrome).
- are more likely to suffer from miscarriages and stillbirths.

Even second hand smoke can affect the development and health of your baby.

Alcohol

Alcoholic beverages include beer, wine, wine coolers, hard liquor, and any other beverage containing alcohol. Some of the effects, on the baby, of alcohol use during pregnancy include:

- an increased risk of stillbirths and organ malformations.
- greater chance of having learning disabilities, motor, language, and social developmental delays.
- Fetal Alcohol Syndrome. Its effects can range from physical deformities to behavioral and mental difficulties, including mental retardation.

It is not known how much alcohol can damage a baby, so it is best not to drink any alcoholic beverages at all.

Other Drugs

Using street drugs can harm and kill your unborn baby. Premature births, organ malformations, SIDS, brain damage, miscarriages, and stillbirths are some of the effects of using drugs during pregnancy. Babies can be born addicted to substances and suffer from the effects of exposure to drugs throughout their lifetime.

**THERE IS NO BETTER TIME THAN
PREGNANCY TO ABSTAIN FROM ALCOHOL,
TOBACCO, AND OTHER DRUGS.**



EVERY DAY OF YOUR PREGNANCY COUNTS

To help you and your baby be as healthy as possible see the doctor
within the first three months

Your First Pregnancy Visit

- Detailed medical questions will be asked during your first prenatal visit and a few tests will be done at that time.
- Measurements will be taken: height, weight, and blood pressure. A urine test to screen for sugar, protein, and infections, a blood test for blood type, Rh factor, anemia and immunity to diseases such as rubella will be done. A test for HIV will be offered. If the test is positive, treatment will be offered that will greatly improve the chance that your baby will be born without HIV infection.
- An internal examination of the vagina and cervix may be done and a complete physical exam performed.

Your Regular Follow-up Visits

- At every visit your weight and blood pressure will be measured and a urine sample will be checked for sugar and protein. Your hands and feet will be checked for edema (swelling).
- The size of the uterus and the height of the fundus (top of the uterus) will be measured to make sure the baby is growing well. You will be given information and advice about what to expect during your pregnancy.
- Around the 12th week of pregnancy, your health care provider will be able to hear the baby's heartbeat.
- During the last weeks of pregnancy the estimated size of the baby, and its position will be determined, and your cervix may be checked by internal examination to see if it is beginning to soften or open up.

Additional Tests That May Be Performed:

AFP Screening - A blood test that is used to determine risk of Down's syndrome or defects of the brain or spinal cord. Usually done between the 16th and 20th week of pregnancy.

Amniocentesis - A small amount of fluid is taken out of the uterus and tested for specific birth defects. Frequently done in women over the age of 35.

Glucose Tolerance Test - A blood test to identify a woman with diabetes. High risk women may be screened early and frequently.

Ultrasound - Sound waves that produce an image of the baby. Used, when medically indicated, to calculate the due date, detect a tubal pregnancy, measure fetal growth or to diagnose other problems.

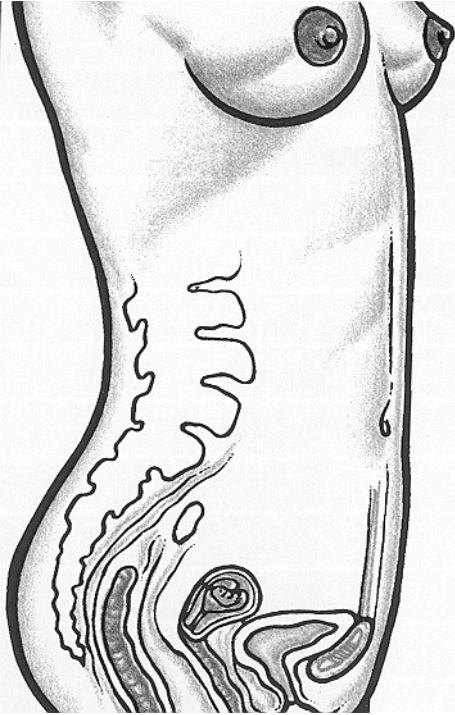
Other Tests may be recommended to check on your baby's health and development.



THE FIRST MONTH

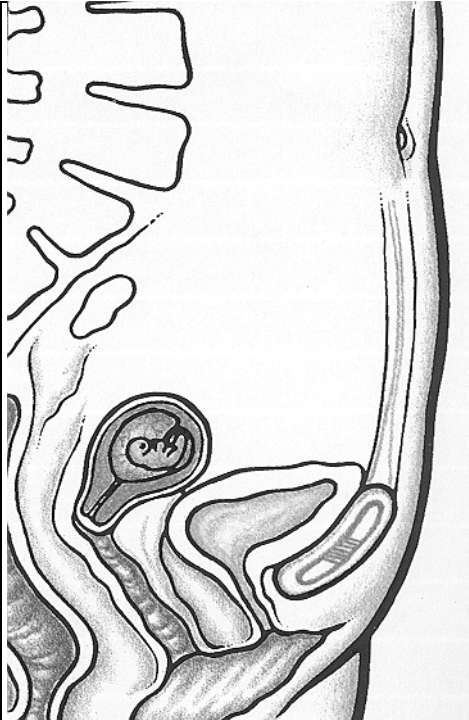
The first trimester of pregnancy is a critical time for your baby's development.

YOUR BODY



- You may feel tired or have nausea. You may experience breast changes or have frequent urination.
- You may have mixed feelings about the pregnancy (fear, joy, happiness- any or all of these). Talk to someone you trust about your feelings.
- During the first three months, you may not notice much change in the shape of your body.

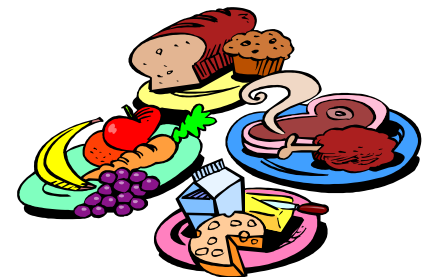
YOUR BABY



- All of the major organ systems (circulatory, nervous, digestive) are developing.
- Your baby will be about ¼ of an inch long by the end of this month.
- Your baby's heart has started beating by the end of the first month.
- The placenta begins developing.
- The most dramatic changes in your baby's development will occur in the first three months.

YOUR HEALTH

- Make an appointment with your doctor.
- Take prenatal vitamins with 600 mcg of folic acid even before your first visit
- Read the warnings on all household products (paint, pesticides, spray cans). Exposure to some could be a hazard for your baby.
- Pregnancy is not the time to go on a diet. Your baby's growth and development depends on you. Eat a variety of healthy foods and limit empty calorie foods like chips and candy.
- Do not use alcohol, cigarettes, and other drugs. Even second hand smoke can seriously affect the development of your baby.



THE FIRST MONTH

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Questions to ask my doctor:



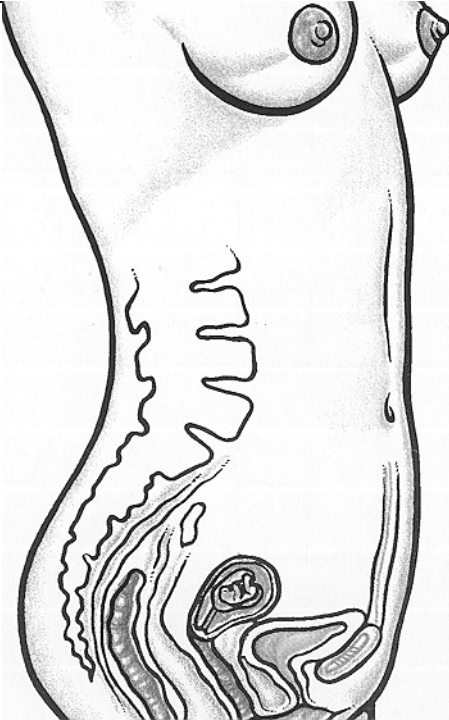
"Seeing your health care provider as soon as possible is one of the most important decisions you can make to have a healthy pregnancy and baby"



THE SECOND MONTH (weeks 6-9)

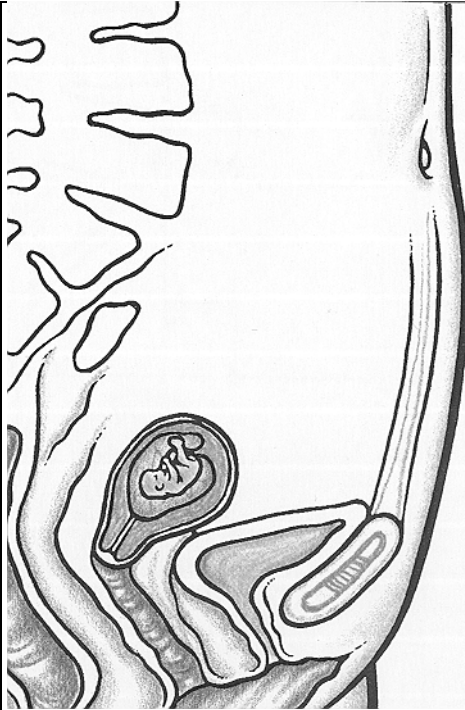
Pregnancy is the best time to quit harmful habits like smoking and using drugs.

YOUR BODY



- You may have occasional headaches. Check with your doctor before you take any medicines. Aspirin should not be taken during pregnancy.
- Occasional faintness or dizziness is also common during the first weeks.
- You may have food aversions or cravings.
- You may still have nausea and vomiting, feel tired, and need to urinate more often.

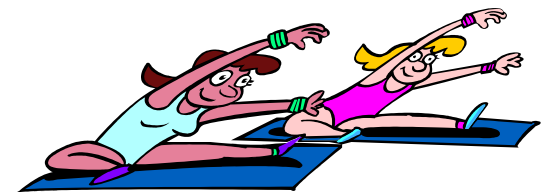
YOUR BABY



- Your baby's bones are beginning to form.
- Your baby will be about 1 inch long.
- Baby's face is forming and the teeth buds, fingers and toes are also forming.
- The heart is pulsating at a steady rhythm.
- The placenta (your baby's life line) is growing.

YOUR HEALTH

- Good dental care is important during pregnancy. Make an appointment with your dentist. Continue brushing and flossing daily.
- The best exercise during pregnancy is walking. Get in the habit of walking for 20 minutes three times a week. Exercise may reduce many of the discomforts during pregnancy.
- Continue your prenatal vitamins and your regular medical check-ups.
- Talk to your health care provider about warning signs during pregnancy. Call your doctor if you have any vaginal bleeding, clots from the vagina, abdominal cramps or pain.



THE SECOND MONTH

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Questions to ask my doctor:

Stark
 **HEALTH SERVICES AGENCY**
558-7400
1-800-834-8171
www.hsahealth.org

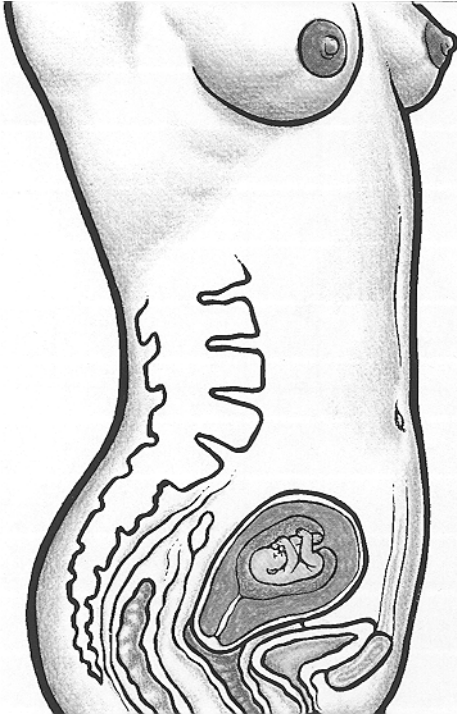
"The prenatal period is only nine months for you, but a lifetime for your baby"



THE THIRD MONTH (weeks 10-13)

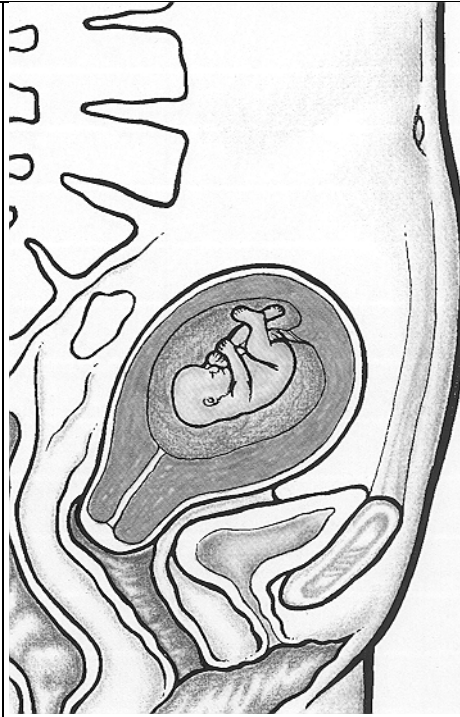
Talk to your health care provider about prenatal, childbirth, and breastfeeding classes.

YOUR BODY



- You may have gained about 3-4 lbs. by the end of the first trimester. The total recommended weight gain during pregnancy is 25-35 lbs.
- By the end of the third month, your uterus is about the size of an orange.
- You may have mood swings, feel sad and irritable all of a sudden.
- You may have an increase in nasal congestion and allergy symptoms.

YOUR BABY



- Your baby will be about 3 inches in length and weigh about 1 oz. by the end of the third month.
- Arms, legs, and head are moving but you can not feel the movements yet.
- Baby's brain is developing rapidly.
- Organs are beginning to function, the pancreas secretes insulin, gallbladder secretes bile, kidneys begin to work.
- All the parts of the body are formed by the end of this month.

YOUR HEALTH

- Always wear a seat belt when driving or riding in a car. Wear the seat belt low over your hips under your baby.
- Most women can continue to have sex during pregnancy. Check with your doctor if you have any doubts.
- Continue eating a variety of healthy foods and taking prenatal vitamins daily.
- Water is very important during pregnancy. Drink at least 8 glasses of fluids (water, milk, or juice) every day.
- Contact with cat feces can harm your baby. Ask someone else to change the litter box for you.
- Heat from hot tubs and saunas can also harm your baby's brain and spinal cord development.



THE THIRD MONTH

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Questions to ask my doctor:

Stark
 **HEALTH SERVICES AGENCY**
County

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1-800-834-8171
www.hsahealth.org

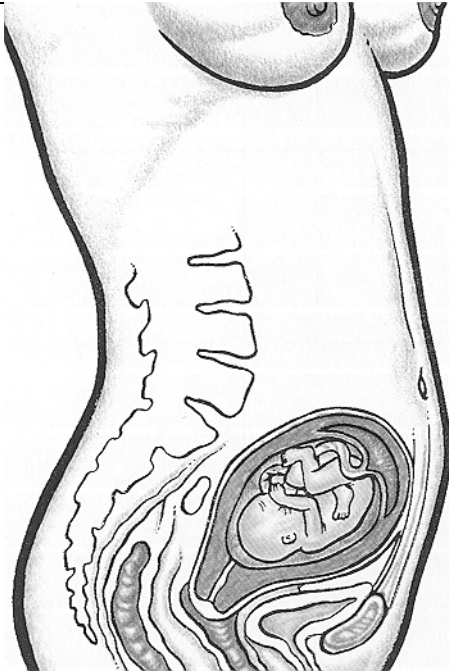
"If you haven't done so already begin to prepare for maternity size clothes"



THE FOURTH MONTH (weeks 14-17)

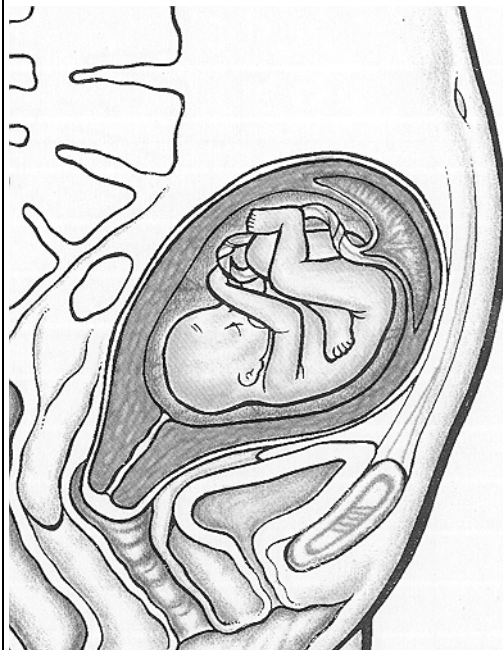
The second trimester is an exciting time as your pregnancy begins to show.

YOUR BODY



- You will probably feel better during this month. Morning sickness is probably gone and you may feel less tired. In a few cases nausea and vomiting continue.
- You may be hungry more often.
- You may feel more forgetful or have trouble concentrating.
- You may notice changes in your skin pigmentation, due to hormonal changes, especially down the middle of the abdomen and on the face.

YOUR BABY



- You may feel your baby's movements near the end of this month.
- Your baby will be about 6 inches long.
- Baby's heartbeat can be heard with a special instrument called a doppler.
- Your baby's skin is thin and transparent.
- Your baby has eyelashes and eyebrows, eyes will remain closed until the 6th month.
- Baby can swallow some of the amniotic fluid that surrounds him.

YOUR HEALTH

- Continue your medical check ups. Important screening tests may be done this month to make sure you and your baby are healthy.
- Choose comfortable clothing that is not too tight around your waist.
- Continue exercising but also remember to get plenty of rest too.
- Pain or a burning sensation during urination may be a sign of a urinary infection. Call your doctor as soon as possible.
- Read and learn all you can about pregnancy, childbirth, breastfeeding, and caring for your baby.



THE FOURTH MONTH

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Questions to ask my doctor:



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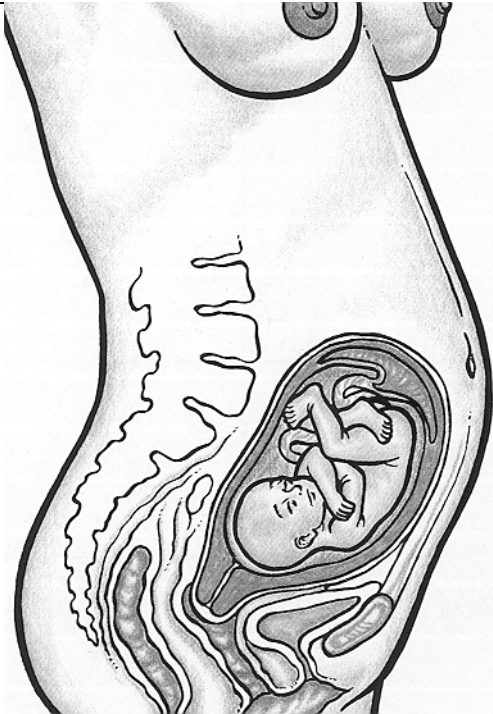
“The father of your baby may have some concerns and questions. Ask the doctor how he can participate throughout the pregnancy and childbirth”



THE FIFTH MONTH (weeks 18-21)

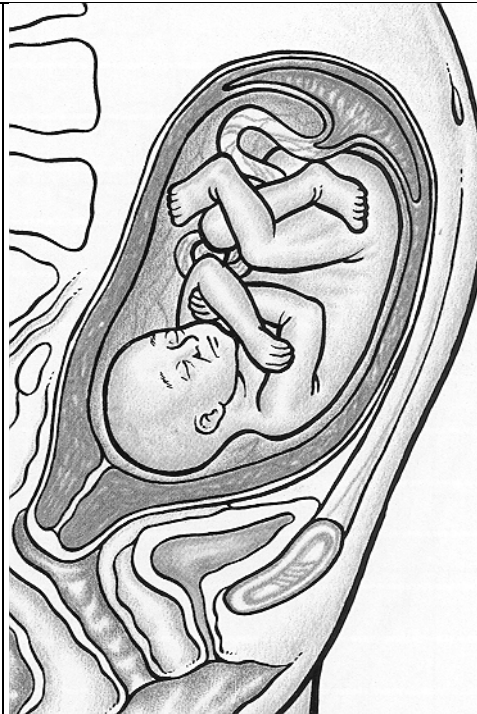
Making time for yourself and having fun are important for your good mental health.

YOUR BODY



- As your hormones change, you may notice increasing (whitish) vaginal discharge.
- Your hair and nails are growing faster.
- You may have mild edema (swelling) of ankles and feet, and occasionally of hands and face.
- Your breasts and abdomen are growing.
- You may notice an increase in appetite.
- You may have leg cramps.
- Your normal heart rate may increase.

YOUR BABY



- Your baby is very active, moving and turning inside the uterus.
- Baby's length is about 8-12 inches, and the weight between $\frac{1}{2}$ - 1 lb.
- Your baby has hair on his/her head.
- Baby's sleep and awake patterns are establishing.
- Your baby's skin is wrinkled and red.
- Baby's body is covered with fine downy hair called lanugo.
- Your baby's sex is identifiable.

YOUR HEALTH

- Maintain good posture and do pelvic rock exercises to ease back pain. Stretching your leg muscles can also relieve backaches and leg cramps. Avoid sitting or standing for long periods of time.
- You can prevent constipation by eating high fiber foods like whole grains, vegetables and fruits, drinking enough fluids, and exercising daily.
- To prevent heartburn, avoid greasy or spicy foods and try eating 5 small meals a day instead of 3 big ones.
- Share your concerns and questions with your health care provider and public health nurse. Remember, if you are in an abusive relationship, help is available.



THE FIFTH MONTH

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Questions to ask my doctor:



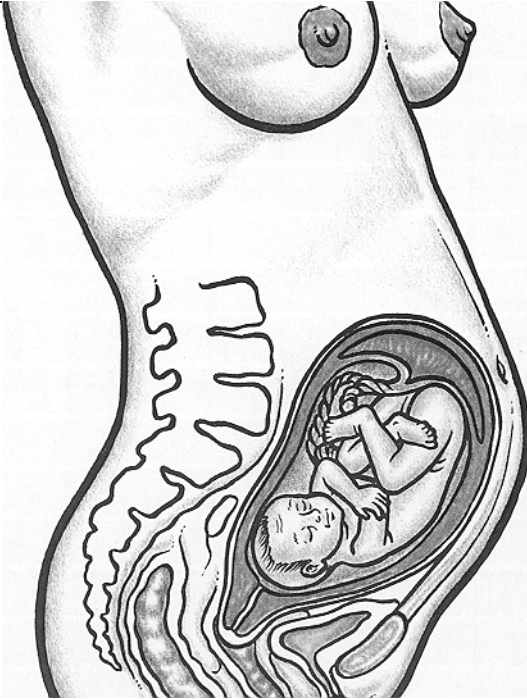
"Ask your doctor about childbirth preparation classes and call to register"



THE SIXTH MONTH (weeks 22-25)

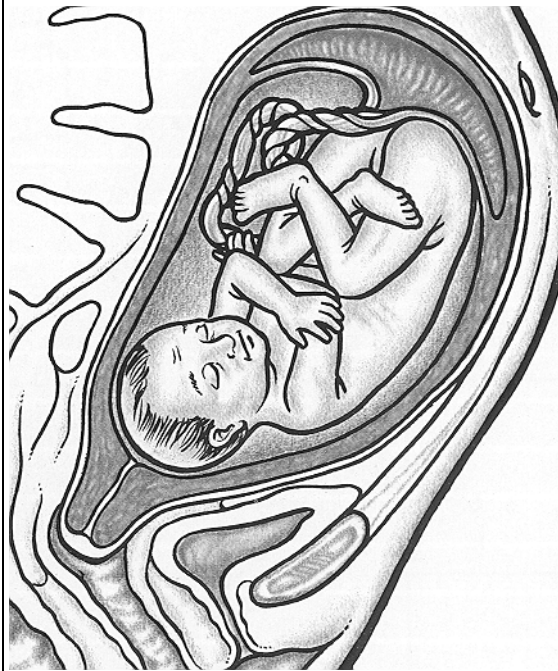
Your baby can hear now, so sing and talk to your baby.

YOUR BODY



- You have probably gained about 15 lbs. by now and will gain about 3-4 lbs. this month.
- You may have stretch marks on your abdomen, hips, and breasts.
- Varicose veins may be common if you are on your feet a lot.
- You may feel some mild contractions. Unlike labor contractions, these are painless and do not get stronger with time.

YOUR BABY



- Your baby can hear and respond to sounds. Some of the first sounds that your baby can hear are your voice and heartbeat.
- Baby has fingerprints and footprints.
- Your baby's eyes are open for the first time. Within one year after birth, the eye color becomes permanent.
- Baby weighs 1 ½ - 2 lbs.
- Baby's skin is covered with a waxy substance called vernix.

YOUR HEALTH

Ask your doctor about the signs and Symptoms of pre term labor. Call your doctor or hospital right away if you have:

- * 3 or more contractions that occur within 30 minutes
- * Cramps that feel like your period.
- * Low dull backache
- * Discharge or fluid from the vagina
- * Low pressure
- * Feeling something is not right



THE SIXTH MONTH

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Questions to ask my doctor:



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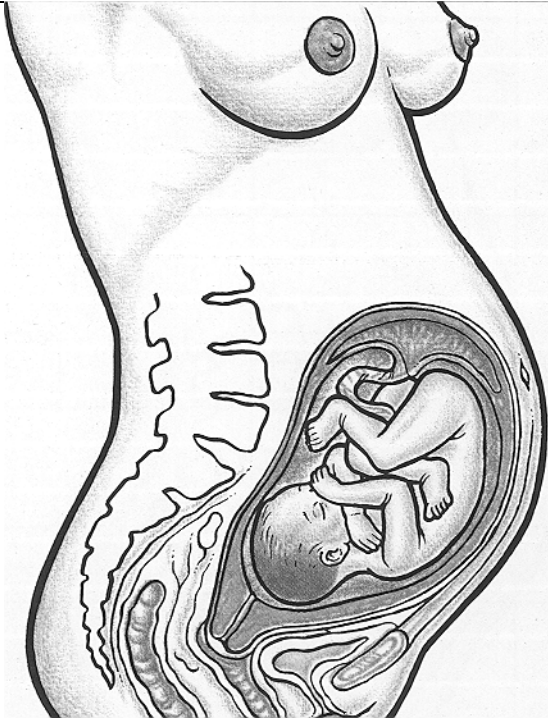
“Begin to look for essential baby equipment like a car seat and crib”



THE SEVENTH MONTH (weeks 26-30)

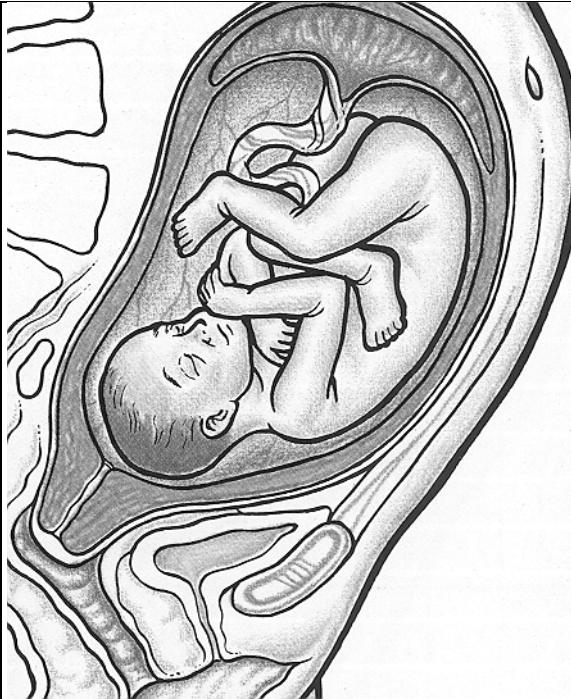
Your baby is not ready to be born yet. Continue taking good care of yourself and your baby.

YOUR BODY



- You will notice the most growth in your body during these last months.
- Your breasts may leak as they get ready to make breast milk.
- Your baby is growing rapidly, you will feel your baby moving more frequently.
- Your blood pressure may slightly increase. Try to do some relaxation exercises daily.
- You may feel some shortness of breath and need to urinate more often.

YOUR BABY



- Baby is about 14-17" in length and weighs 2 ½ -3 lbs.
- Your baby is very active. Soon he/she will probably be head down in the uterus.
- Baby's lungs produce a liquid to help prevent them from collapsing after birth.
- Your baby's bones begin to harden.
- Added baby fat makes your baby's skin look less wrinkled.

YOUR HEALTH

- This month is a good time to take childbirth preparation classes.
- If you have any signs of preterm labor, call your doctor or hospital immediately.
- You may be having mild contractions. They may happen only once in a while and last about half a minute. They go away when you move around. True labor contractions are different. Your public health nurse or doctor can help you to know the difference.
- There are several things you need to plan for and prepare before your baby's birth:
 - * Choose a birth partner
 - * Plan transportation to the hospital
 - * Know your options for pain relief
 - * Choose a doctor for your baby
 - * Arrange for child care for other children
 - * Decide if you want your baby to be circumcised (if you have a boy)
 - * Decide if you will breastfeed (it is undoubtedly the best way to feed your baby!)

THE SEVENTH MONTH

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Questions to ask my doctor:



HEALTH SERVICES AGENCY
 558-7400
 1-800-834-8171
www.hsahealth.org

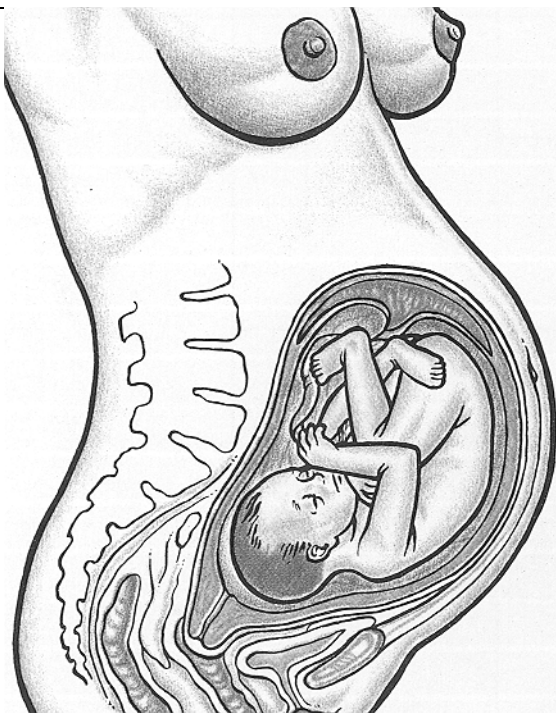
"Continue to eat a well balanced diet. Your baby will gain about half of his/her birth weight between now and the end of pregnancy"



THE EIGHTH MONTH (weeks 31-35)

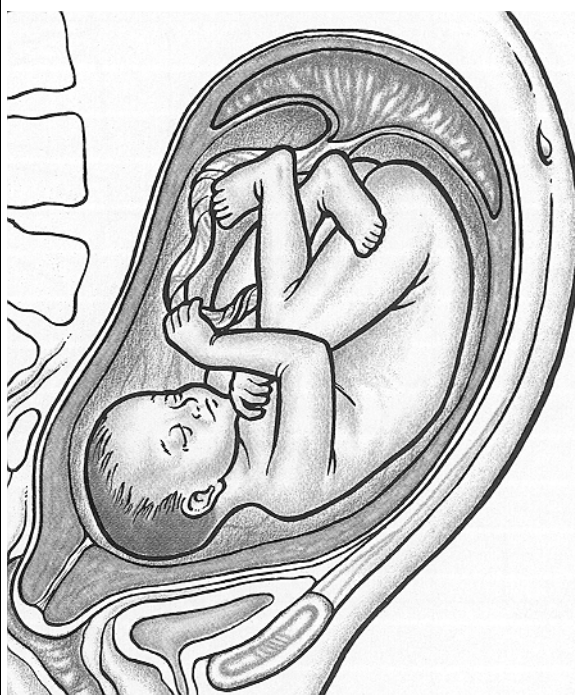
Continue your medical visits. Your health care provider will want to see you every two weeks.

YOUR BODY



- You may feel more uncomfortable now than in previous months.
- You may have trouble sleeping.
- Sometimes urine may leak out when you sneeze or cough.
- You may have leg cramps and heartburn.
- Baby's head may drop into your pelvis by the end of this month. This is called lightening. You should be able to breathe more easily after lightening.

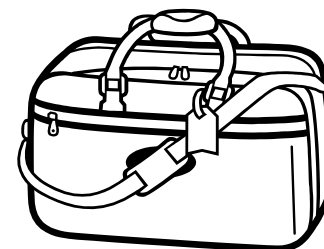
YOUR BABY



- Now your baby is getting too big to move around as much.
- Your baby weighs about 5 ½ lbs.
- The bones of the head are soft and flexible. Soft spots close within 12-18 months after birth.
- Your baby's brain develops more quickly.
- Lanugo, the fine body hair, begins to disappear.
- Your baby may get the hiccups.

YOUR HEALTH

- If you haven't done so already, visit the hospital where you will give birth.
- Ask your health care provider about a birth control method that you can use after your baby's birth.
- Pack your bag for the hospital. These are some of the things you will want to include:
 - * your health insurance card
 - * loose clothes to wear home from the hospital
 - * robe and slippers to wear while you are in the hospital
 - * hairbrush, toothbrush, and toothpaste
 - * clothing, blanket, and diapers for your baby.
- Call your health care provider or go to the hospital if you have any signs of preterm labor.



THE EIGHTH MONTH

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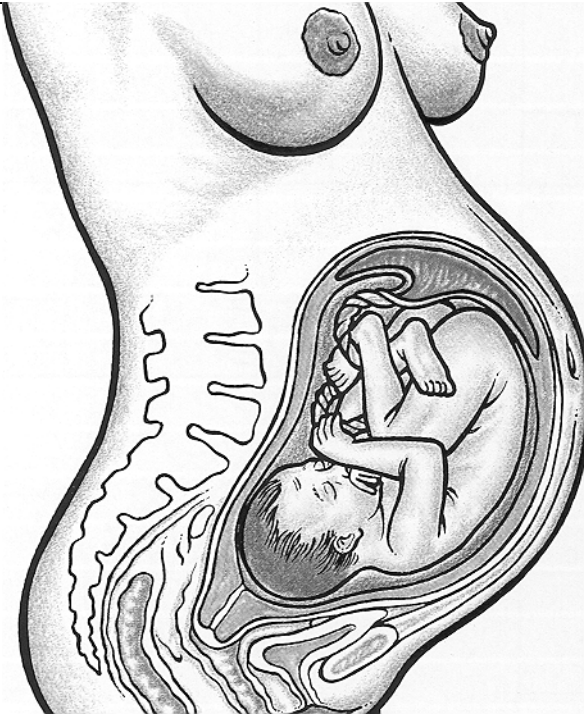
"If your bag of water breaks, don't wait for contractions to start. Go to the hospital right away"



THE NINTH MONTH (weeks 36-40)

As the due date approaches you may feel happy, anxious, or afraid. These feelings are normal.

YOUR BODY



- By the ninth month the uterus is almost as high as your breast bone.
- You may feel painless contractions as your uterus gets ready for labor.
- Your abdomen is growing bigger.
- You may feel tired.
- You may feel some pelvic pressure as your baby settles into position.
- You have probably gained between 25-35 lbs. by the end of this month.
- Colostrum may leak from your breasts.

YOUR BABY



- During this month your baby gains about ½ lb. per week.
- By the end of the month a baby's average weight is between 6-9 lbs.
- Most of the lanugo and vernix (waxy coating) has disappeared.
- Lungs mature at the end of this month.
- Your baby's skin is smooth.
- Although the baby doesn't have much space to move around, your baby will continue to be active until you deliver.

YOUR HEALTH

- Continue your prenatal appointments every week.
- Continue to exercise and practice relaxation exercises for labor.
- Remember that you will need an infant car seat to take your baby home from the hospital. Be sure you know the correct way to use the car seat. The car seat should be in the back seat, facing the rear, and properly installed.
- Call your doctor if your baby moves less than usual.
- Make final preparations for your baby.
- Make a list of people you'll want to call after the baby is born. Keep it in your hospital bag.
- Your doctor and public health nurse can help you to know when you are in labor.



THE NINTH MONTH

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“Just a few more weeks to go !
 Your baby could be born anytime
 between weeks 37-42”



SIGNS THAT LABOR MAY BE STARTING

Dropping- Around the 34th-36th week of pregnancy the baby settles deeper into the pelvis, making more room to breathe and eat, but causing more pressure in the pelvic area and the need to urinate more frequently.

Show - A small amount of mucus from the vagina, tinged pink or brown.

Contractions- Usually begin as mild, irregular cramps, then become stronger, longer, and closer together. Keep track of how long, and how close together your contractions are. This will help your doctor to know how your labor has been going. Time your contractions from the beginning of one to the beginning of the next to report how far apart they are. The length of time your abdomen stays hard is the length of the contraction.

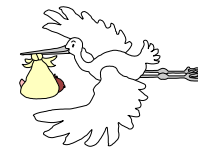
Leaking Fluid- A slow trickle or gush of liquid from the vagina means that the bag which contains the baby and the amniotic fluid has opened. This may happen at any time before or during labor. **Even if you don't have any contractions see your doctor right away. To prevent infections do not take a tub bath or have sexual intercourse if you think you have fluid leaking .**

STAGES OF LABOR

Effacement and Dilation - Contractions gradually stretch the cervix (neck of the uterus) to 10 centimeters (4 inches) in diameter, this often takes several hours. Total body relaxation and slow deep breathing can help with the pressure and discomfort of labor. Several types of pain medication are available if needed. Urinate every hour and walk around if you like. Avoid eating heavily.

Pushing-This stage begins when the cervix is completely dilated and ends with the birth of your baby. Contractions push the baby through the lower birth canal as you squeeze your abdominal muscles and bear down. You can rest between contractions, and listen for instructions from the birth attendant.

Placenta- A few minutes after the baby is born, contractions begin again and the placenta is delivered. This stage may last about 15 minutes. Contractions are regular, but easier.



Cesarean Birth- A baby that cannot safely be born vaginally, is delivered through a cut which is made in the lower abdomen and uterus. Anesthesia is used so that you will not feel the surgery. Spinal or epidural anesthesia allows you to remain awake during your baby's birth; general anesthesia means you will be asleep.

BREASTFEEDING

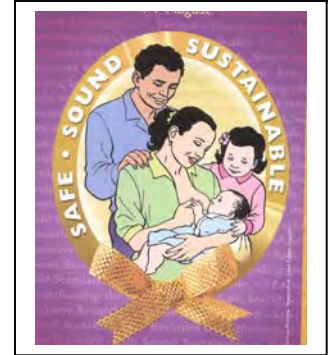
A SPECIAL GIFT FROM MOTHER TO HER BABY

BETTER FOR MOM

- ◆ Faster weight loss after birth.
- ◆ Less bleeding after birth.
- ◆ Helps the uterus return to its regular size more quickly.
- ◆ Hormones produced help mom to feel calm and relaxed and confident with her baby.
- ◆ **Breastfeeding:**
 - ❖ Lowers the risk of Breast Cancer.
 - ❖ Lowers the risk of Ovarian Cancer.
 - ❖ Lowers the risk of Uterine Cancer.
 - ❖ Lowers the risk of Osteoporosis.

BETTER FOR BABY

- ◆ Fewer colds and ear infections
- ◆ Less illness overall
- ◆ Better vision
- ◆ Increased intelligence
- ◆ Reduces risk for certain cancers
- ◆ Easier to digest. Baby is less fussy.
- ◆ **Breastmilk:**
 - ❖ Costs nothing to make.
 - ❖ Convenient. Always in supply.
 - ❖ Does not need to be prepared.
 - ❖ Is always clean and at the right temperature.



MOM'S MILK PROVIDES ALL THE PROTEINS, SUGAR, FAT, AND VITAMINS YOUR BABY NEEDS TO BE HEALTHY.

How Do I Get Started?

- ◆ Most babies should be breastfed in the first hour of life.
- ◆ The first few days your milk will be thick and yellow in color. This is colostrum and is very important for your baby.
- ◆ Your breast will feel full after 2-5 days of nursing. Your milk will now be bluish-white in color.
- ◆ Let your baby nurse as long as he wants on the first breast offered.
- ◆ Offer the second breast after the baby signals he is done with the first (may fall asleep or stop nursing). Burp after each breast.
- ◆ Nurse your baby often, at least 8-12 times in 24 hours (every 1 ½ -3 hours) during the first few weeks after birth.

HOW WILL I KNOW IF I HAVE ENOUGH MILK FOR MY BABY?

Here are some ways your baby will tell you that your milk is just perfect:

- ◆ **Count my Diapers!**
 - ❖ 6-8 wet diapers by end of the first week.
 - ❖ Stools change to brown/green around day 3-4 and yellow by day 6-7.
- ◆ **Check my Weight!**
 - ❖ Babies lose weight in the first few days after birth.
 - ❖ Should regain birth weight by 14 days.
 - ❖ Breastfed babies are less likely to be overfed than formula fed babies. You provide as much breastmilk as your baby needs.
- ◆ **Watch my Face!**
 - ❖ Your baby is getting enough when you can see a few drops leaking from the sides of his or her mouth or when you can hear a swallow after every 1-2 sucks.
- ◆ **WHERE CAN I GET HELP?**
 - ❖ **WIC Dietitian** 558-7377
 - ❖ **Doctors Medical Center** 576-3763
 - ❖ **Memorial Medical Center** 572-7262
 - ❖ **LaLeche League** 537-1243
 - ❖ **Prenatal Care Program** 558-7400

MOM'S BREASTFEEDING ANSWERS:

- ◆ **How can I avoid sore nipples?**
 - ❖ If your nipples hurt when your baby first goes on and the pain does not go away, take the baby off and try latching on again.
 - ❖ Make sure your baby is opening her mouth wide, like a yawn, so that baby is attaching on the breast, not just the nipple.
 - ❖ Vary position of baby at different feedings: cradle, football hold, and lying down.
- ◆ **My breasts are hard and painful. What should I do?**
 - ❖ Put your baby to feed at the breast more often. This will relieve pressure and help prevent engorgement.
 - ❖ If breasts are so firm that your baby cannot latch on, apply a warm moist cloth to your breast or take a warm shower.
 - ❖ Express enough milk to soften the breast, so that your baby can latch on well.
- ◆ **When Shouldn't I breastfeed?**
 - ❖ If you use illegal drugs.
 - ❖ If you have HIV.
 - ❖ If you are a heavy drinker or an alcoholic.
 - ❖ If you have Hepatitis C, talk with your medical provider.



TAKE CARE OF YOURSELF AFTER YOUR BABY IS BORN

- ◆ **Afterpains** Cramps mean that your uterus is getting smaller. Your doctor can give you a pain reliever. You will probably not need it past the first week.
- ◆ **Breast Care** About the 3rd-4th day after the birth your breasts may feel swollen and full. Ice packs, warm showers and compresses can help. Nurse the baby every couple of hours. Your breasts will gradually soften. This does not mean the milk is gone. If breastfeeding is not comfortable, ask for help.
- ◆ **Cesarean Delivery** Pain around your incision may make it necessary to use medication. Your doctor will give you a prescription. Use a pillow under your baby to reduce pressure on your stomach while breastfeeding.
- ◆ **Emotions** Mood swings, crying for no reason, irritability, loneliness, and anxiety are common after a birth. Eat good food, rest, and exercise (walk). It is important to have the support of family and friends. **Get help from your doctor if sadness and hopelessness last more than a few days or begin after the first week, or if you are afraid of harming your baby, yourself, or someone else.**
- ◆ **Fatigue** You will need plenty of rest in the first weeks. Ask for help, sleep when your baby sleeps, and try to eat regular meals.
- ◆ **Going to the bathroom** It may be difficult to urinate in the first 2-3 days and uncomfortable to have a bowel movement. Eat foods high in fiber such as grains, fresh fruits and vegetables. Drink plenty of liquids and take short walks as soon as you are able.
- ◆ **Perineal Care** Soreness is common if you had a vaginal delivery, especially if you had stitches. Warm compresses or cold packs can help. Pain relieving sprays and pain medicine are other options. Wash gently with warm water after urination or bowel movement, and always pat dry - front to back.
- ◆ **Vaginal Discharge** At first it is like a heavy period, then gradually fades by the end of the second week. Report any large clots or discharge that has a bad smell. Use a fresh sanitary pad at least every 4-6 hours.
- ◆ **Sex** Follow your doctor's advice about resuming sexual activity. A birth control method is important, even if you have not had a period. Women who breastfeed may not have periods but may still become pregnant.
- ◆ **When to call the doctor** You will be given a list of warning signs that you should be aware of. Review these carefully. Any time you are not sure if you have a problem, call your doctor.



Your Baby's First Month

Congratulations on the birth of your baby ! A baby is the most precious gift on earth.

YOUR HEALTH



- Don't try to do anything more than take care of yourself and your baby during the first two weeks that you are home.
- Sleep when your baby sleeps. Limit your activities and ask for help with cooking, shopping, and other chores.
- Remember to continue a healthy diet and drink 6-8 glasses of fluids.
- Baby blues occur in many women and usually last no more than 10 days.
If feelings of sadness and helplessness continue call your doctor.
- Vaginal discharge turns from red, to pink or brown tinged, then yellowish-white.
- Call your doctor if you have any questions or concerns.

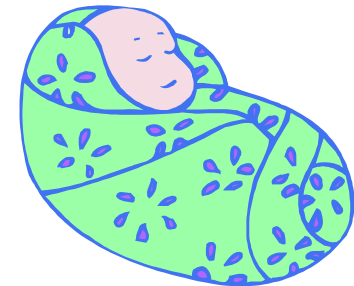
YOUR BABY

Baby's name _____
Date of birth _____
Time _____
Weight _____ Length _____
Place of birth _____

- Your baby communicates by crying. Comfort and hold your baby when he/she cries. It is impossible to spoil a newborn baby.
- Breastfeeding is the best way to feed your baby. Nurse often, on both sides and avoid giving formula during the first 4-6 weeks to establish a good supply of breast milk.
- If bottle feeding, your baby needs 2-4 ounces of formula every 3-4 hours.
- A newborn's eyes are almost always light in color. They may look crossed or seem to stare.
- Your baby's umbilical stump will fall off a few days after birth. Keep it dry and clean.

THINGS TO DO

- Relax and enjoy your baby.
- Your baby's sense of touch is very well developed. Hold and touch your baby as much as you can.
- Your baby likes to look at faces, especially yours. Smile and talk to your baby as often as you can.
- Remember to always use a car seat. Your baby should be in the back seat and facing the back during the first year of life.
- A baby should be on his/her back when sleeping or taking a nap. The mattress should be firm and flat.



BABY'S FIRST MONTH

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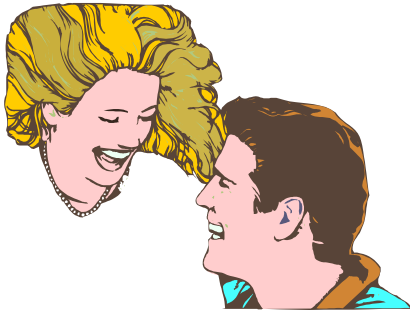
“Remember to schedule a post appointment with your doctor. Your baby also needs to visit his/her doctor soon”



Your Baby's Second Month

Never leave your baby unattended on high places, even for a moment.

YOUR HEALTH



- Continue taking a multivitamin with folic acid every day. It is recommended for all women, even if they are not pregnant.
- You may feel tired. Rest when you can.
- Weight loss and flattening of the abdomen will be gradual as the uterus returns to its pre-pregnant size.
- Follow your doctor's advice regarding when to resume sexual intercourse.
- Talk to your doctor about birth control. You can get pregnant again before your first menstrual period, even if you are breastfeeding.

YOUR BABY



- Around 4-6 weeks after birth, babies go through a "growth spurt". Nurse more often to produce more milk. Most babies gain about ½ a pound a week during the first months of life.
- Your baby will probably follow an object in an arc about 6 inches above the face past the midline (straight ahead) by the end of this month.
- You will notice cooing (ooo/aah) and vocalizing in ways other than crying.
- By the end of this month most babies can lift their head to a 45° angle.
- Some babies can begin to roll over.

THINGS TO DO

- Many serious childhood diseases, such as polio, measles, mumps, and tetanus can be prevented. Immunizations are important this month to protect your baby's health.
- Never leave a child unattended in or near water. Accidents can happen in a small amount of water.
- If you will be going back to work or school soon, you can still continue to breastfeed your baby. Your public health nurse, WIC, or the hospital's lactation consultant can help you.
- Talk and read to your baby often.
- Many activities stimulate your baby's development. Expose him/her to a variety of sounds, smells, sights, and textures.
- Encourage creeping by letting your baby push off against your hands when lying on his/her stomach.



BABY'S SECOND MONTH

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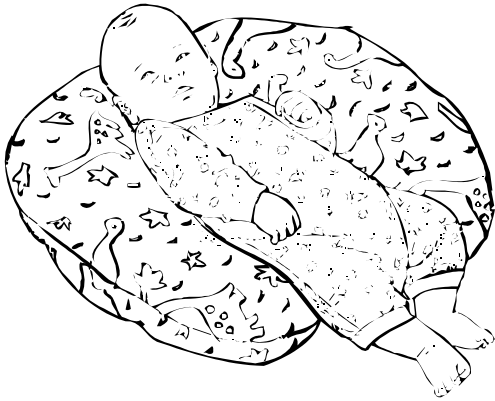
"Breast milk is the perfect food for your baby"



Your Baby's Third Month

Bedtime and feeding routines give babies comfort and security.

DEVELOPMENT



- Baby becomes much more active and may try to reach for and grasp objects.
- Your baby probably laughs, squeals in delight and smiles spontaneously.
- Baby may be able to bring both hands together by the end of this month.
- Many babies can lift their head to a 90 ° angle this month, some can hold their head steady when upright.
- Baby is probably staying awake for longer periods during the day and waking up less often at night.

NUTRITION



- Baby is not ready for solids yet.
- Your baby may have a growth spurt this month. If breastfeeding, nurse more often to increase your milk supply. You should continue to rest when baby sleeps and eat a balanced diet.
- If bottle-feeding, your baby should continue to use an iron fortified formula. Baby may drink between 25-30 ounces of formula in 24 hours. Always hold the baby when giving a bottle.

THINGS TO DO

- Babies cry for many reasons, they may be hungry, wet, tired, or just bored. Be patient and comfort your baby when he/she cries. Never shake or hit a baby.
- Continue to put your baby on his/her back to sleep but remember to place on his/her stomach to play (to strengthen neck and arm muscles).
- To prevent diaper rash, change your baby's diaper as soon as it is wet or at least every 2-4 hours.
- The normal rectal temperature is 99.6°, normal axillary temperature is 97.6°. Ask your health care provider when you should call.



BABY'S THIRD MONTH

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“Although you are not pregnant anymore, second hand smoke can still affect your baby’s health. continue to be tobacco free”



Your Baby's Fourth Month

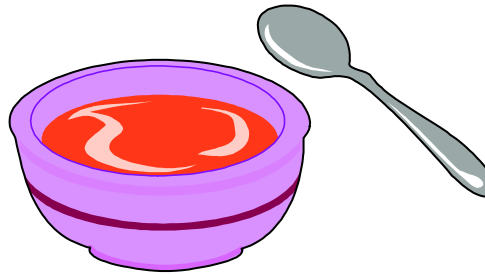
Respond to your baby's achievements with praise, hugs, and smiles.

DEVELOPMENT



- Most babies can roll over by the end of the fourth month.
- Your baby begins to pay attention to very small objects.
- Some babies may begin to imitate speech sounds, and turn in the direction of a rattling sound or voice.
- Your baby can follow an object in an arc about 6 inches above the face for 180° (one side to the other).
- Many four month olds can raise their chest with the support of their arms.

NUTRITION



- Breast milk or iron fortified formula should be continued.
- When your baby is able to sit with support, has good control of head and neck, and can swallow non liquid foods he/she could be ready for cereals.
- Start with a single grain cereal like rice cereal and mix with a little breast milk or formula.
- Place the cereal in a small dish and feed with a small spoon. Throw away any food left over in the dish.

THINGS TO DO

- Your baby may want to put everything in his/her mouth. Beware of small objects that your baby can choke on.
- Allow for play time during bath time. Splashing, kicking, and playing with water are good for your baby's development.
- Some babies may begin sleeping all night.
- Remember your clinic visit this month, your baby needs the second series of immunizations.
- Prop your baby up to a sitting position so that he/she can watch what goes on around him/her.
- Place objects in baby's reach so he/she can practice picking them up.



BABY'S FOURTH MONTH

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Questions to ask my doctor:

Stanislaus County
**HEALTH SERVICES AGENCY**
558-7400
1-800-834-8171
www.hsahealth.org

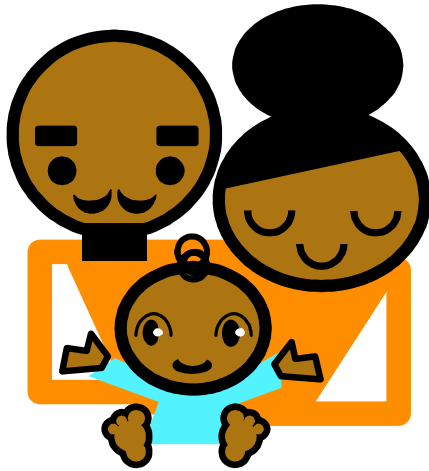
"Your baby needs love, security, smiles, and comfort for his/her emotional development"



Your Baby's Fifth Month

Love is the essential nourishment for your baby's emotional and social development.

DEVELOPMENT



- Your baby may protest when someone tries to take away a toy from him/her.
- Baby may be transferring objects from one hand to the other.
- Your baby may be able to keep his/her head level with body when pulled to sitting.
- By the end of this month, some babies may begin to say vowel-consonant combinations (da, ta, ma).
- Some five month olds may try to feed themselves by the end of this month.

NUTRITION



- Cow's milk, or honey, should never be given until after your baby's first birthday.
- If your baby is eating cereal, feed from a spoon only and never give cereal in a bottle.
- Don't force your baby to finish a bottle or cereal.
- Feeding time is also a learning and bonding time for your baby.
- Your baby only needs small amounts of water under special circumstances, like very hot weather or diarrhea.

THINGS TO DO

- When you hear sounds around the house, help your baby notice by talking about them, "Did you hear the phone ring?", "I hear the dog barking".
- Play voice games with your baby. Talk with a high or low pitch, whisper, make noises with your tongue. Repeat the sounds that baby makes.
- If you haven't done so already childproof your home. Your baby may soon be crawling from room to room. You will need to get on your hands and knees and look around to make sure that your house is safe.
- Do lots of cuddling and holding, smiling and reading to your baby. These activities not only help your baby's brain development but are also opportunities to enjoy your baby.
- Never put your baby to sleep with a bottle of formula, breast milk, or juice. If you must give your baby a bottle at bedtime give him/her plain water.



BABY'S FIFTH MONTH

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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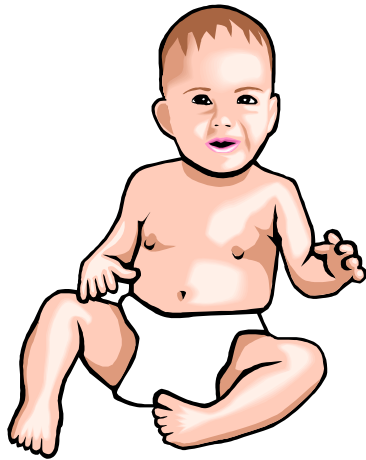
"Continue taking a multivitamin with folic acid "



Your Baby's Sixth Month

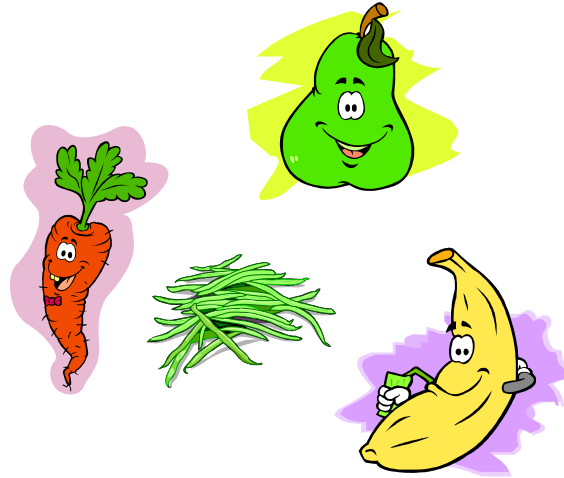
Your baby learns by playing. Encourage safe exploration and play.

DEVELOPMENT



- Your baby enjoys rolling from back to stomach, and back again.
- Many babies begin to sit without support by the end of this month.
- Your baby may be interested in feeding himself/herself.
- On the average, babies begin teething around the 7th month, but this can occur earlier or later.
- Your baby may hold an object in each hand.
- Most babies will gain about 1 lb. per month during the next six months.

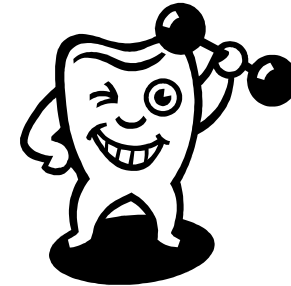
NUTRITION



- Your baby will probably begin to eat solid foods like pureed vegetables and fruits this month. Meat and poultry are usually introduced later.
- Offer plain foods without added salt or sugar.
- Offer small amounts at first and introduce new foods one at a time.
- Avoid high sugar desserts such as puddings and cobblers.
- Your baby should begin drinking fluids from a cup.
- If you are breastfeeding continue taking your prenatal vitamin.

THINGS TO DO

- Watch for symptoms of teething: tugging at the ears, perhaps a mild fever or changes in the stool. Offer him/her a teething ring.
- At mealtime give your baby a spoon and a cup and encourage self-feeding.
- Baby shots are important this month, continue well baby check ups for your baby.
- Your baby may be putting everything in his/her mouth, including paint chips and dust. Many older homes still contain lead paint. Talk to your health care provider about testing your baby for lead exposure and about what you can do to prevent the risk of lead poisoning.
- Love and enjoy your baby. A baby is truly the most precious gift.



BABY'S SIXTH MONTH

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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"Nothing helps your baby grow and thrive as much as being loved"



IMMUNIZATION SCHEDULE

| | 2 months | 4 months | 6 months | 12 months | 15 months |
|--------------|----------------------|----------------------|--|---|----------------------|
| Polio | <input type="text"/> | <input type="text"/> | <input type="text"/> | | |
| Hepatitis B | <input type="text"/> | <input type="text"/> | <input type="text"/> <small>If received first shot at birth</small> | <input type="text"/> <small>If received first shot at 2 months</small> | |
| DtaP | <input type="text"/> | <input type="text"/> | <input type="text"/> | | <input type="text"/> |
| Varicella | | | | <input type="text"/> | |
| Hib | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | |
| MMR | | | | <input type="text"/> | |
| Pneumococcal | <input type="text"/> | <input type="text"/> | <input type="text"/> | | <input type="text"/> |

You can use this page to keep a record of your child's specific immunization schedule by writing the immunization date inside the corresponding oval.

Developed by:
Stanislaus County Health Services Agency
Public Health Division
Community Health Services
Perinatal Outreach and Education Program
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Modesto, CA 95350
(209)558-7400



Partially funded by:
The California Department of Health Services Maternal and Child Health Branch
Stanislaus County Health Services Agency Public Health Division