

Food Safety During Pregnancy

Pregnancy changes not only your body, but the way it fights off infections and illness (your immune system). During Pregnancy, your immune system may be weaker and your baby's immune system is not fully developed. This puts you and your baby at a higher risk for illnesses caused by food microorganisms (bacteria). Bacteria from food can cross the placenta and cause miscarriage, stillbirth and possible eye or brain damage to your unborn baby.

How do you prevent illness from food during pregnancy? Don't Eat:

- Hot Dogs and Lunch Meat (unless steaming hot)
- Soft Cheese- feta, brie
- Refrigerated meat spreads
- Refrigerated smoked seafood

Cook all foods to proper temperature
Wash all fruits and vegetables
Use caution when eating fresh fish-
It is OK to eat shrimp, salmon and catfish.

PSUPP - Perinatal Substance Use Prevention Program

The PSUPP program is part of the Indiana State Department of Health and provides education, referrals and early intervention for pregnant women using tobacco, alcohol or drugs. The goals of the program are to prevent birth defects, low birthweight, premature births and other problems related to tobacco, alcohol and drug use during pregnancy.

- The PSUPP program can provide you:
- Individual and group counseling
 - Smoking cessation
 - Referral to treatment centers
 - Support groups for pregnant women

- Remember during pregnancy:
- Alcohol** – avoid all alcoholic beverages
 - Tobacco** – quit, if that is not possible, cut down as much as you can
 - Drugs** – do not use cocaine, marijuana, meth, or any other street drugs

For more information call Tri-Cap Health Services 812-428-5871

Indiana Tobacco Quitline 1-800-QUIT-NOW

QUIT SMOKING FOR YOU AND YOUR BABY
The Indiana Tobacco Quitline is a free telephone helpline for pregnant smokers who would like to quit. The Quitline offers:

- Free information on quitting smoking
- Telephone counseling with a Quit Coach
- Referrals to local services in your community

If you smoke during pregnancy or are around others who smoke (second-hand smoke), your baby will be exposed to harmful chemicals that may cause health problems for the rest of his/her life! No matter how far along you are in your pregnancy, your baby will be healthier if you quit.

Call 1-800-QUIT-NOW anytime from 8 AM to midnight, seven days a week for help. A trained Quit Coach will help you design a quit plan just for you. The Quitline is available in English and Spanish. Translation is available for other languages.



HEALTH FOR BABIES

www.healthforbabies.com

Fall 2007

Southwestern Indiana Regional Perinatal Advisory Board



Pregnant? Need help finding prenatal (pregnancy) care?

The Vanderburgh County Health Department and the Southwestern Regional Perinatal Advisory Board are starting a new Pregnancy Care Helpline. You can call the helpline to get information about pregnancy testing, finding a doctor, and applying for Hoosier Healthwise insurance (if eligible). You will also be sent an Indiana Baby First packet as well as information on the WIC program (offers nutritional assistance for income eligible women).



The Pregnancy Care Helpline will officially open September, 2007. The helpline will be open Monday thru Friday from 8:15 am until 4:30 pm. You may leave a message when the helpline is not available.

Pregnancy Care Helpline
812-435-5333

Here are some places to call to start your prenatal care:

- Deaconess Family Practice812-450-6044
- St. Mary's Family Practice812-485-4455
- ECHO Community Health Care812-421-7489
- Deaconess Physician Finder812-450-FIND (3463)
- St. Mary's Physician Finder812-485-4DOC (4362)

No insurance? What can you do?
To apply for Medicaid (Hoosier Healthwise):
Online – www.healthcareforhoosiers.com
Local enrollment centers

- CAPE812-452-3122
(Community Action Program of Evansville)
- Deaconess Hospital812-450-3453
- ECHO Health Care812-421-7489
- Vanderburgh Co. Health Department . . .812-435-5333
- Youth First812-421-8336

Medicaid or Medicaid Pending Clinics
Deaconess Family Practice
St. Mary's Family Practice
ECHO Health Care



inside . . .

- Healthy Family's of Van. Co.2
- Fetal Movement2
- Family and Children's Services2
- Parenting Rewards3
- Prematurity and Preterm Birth3
- Folic Acid- Why?3
- Food Safety4
- PSUPP4
- Indiana Tobacco Quitline4

Healthy Families of Vanderburgh County

What is Healthy Families? Healthy Families is a program designed to assist families and their newborns. The purpose of Healthy Families is to help relieve some of the stress and potential confusion that may come with a new baby in the home.



Healthy Families can help you learn to:

- Calm a crying baby
- Recognize your baby's needs
- Care for your baby's needs while taking care of yourself
- Recognize symptoms of stress
- Identify postpartum depression
- Know what to expect as your baby grows
- Make your home "baby safe"
- Family planning

All Healthy Families services are provided free of charge. For more information call: 812-423-5816 or www.youthservicebureau.net

Family & Children's Services

Strengthens and improves the quality of individual, family and community life through counseling, family services, parenting support & classes, and assistance with community services. For more information call: 812-471-1776

Fetal Movement: Every Kick Counts!

Starting at the 28 weeks (the seventh month) you should feel your baby move every day. Fetal Movement or "kick counts" is a way to help keep track of your baby's movement.



Here's how . . .

- Set aside a time each day to count (after eating is a good time)
- Write down the number of times you feel your baby move (kick, bump, nudge) in one hour
- after a few days, you may find that your baby moves about the same number of times in an hour – this is your baseline

If your baby is not moving as much as usual, or takes longer to move in the usual amount of time or has stopped moving. . . call your health care provider.

The ABC's of Safe Sleep for Your Baby



Alone. Not with other people, pillows, blankets or stuffed toys.

Back. Baby sleeps on his/her back. Not on the stomach or side.

Crib. Not in an adult bed, sofa, cushion or other soft surface.

www.firstcandle.org

Parenting Rewards Program: Evansville Christian Life Center

Hop on board because Parenting Rewards is on the fast track to bigger and better things! We have extended our hours and are now open: Tuesdays 9:30am – 4:30pm, Wednesdays 9:30am – 12:30pm, Thursdays 9:30am – 12:30pm. The Parenting Rewards Program has moved to a new area at the Evansville Christian Life Center. The move allows for more room for prenatal and parenting classes as well as more shopping space for baby goods.

Classes offered at the Parenting Rewards Program include: Car Seat Safety, Crib Safety, Breastfeeding, Healthy Babies – Healthy Bodies, Healthy Pregnancy, Nutrition, Sex – Love – Relationships, Newborn Care, Essentials of Discipline, Your Child 6-12, Boundaries, Toilet Training Your Child, First Aid, Parenting by the Heart, Single Parenting that Works and Bringing Up Boys.

All the above classes as well as the mentoring program will allow moms and moms to be to earn essential baby items needed through the "Baby Bucks" system. Come check out our new location and see for yourself how this wonderful program works.



Prematurity is the Leading Cause of Infant Death in Vanderburgh & Surrounding Counties

Preterm Birth = Birth before 37 weeks
Do You Know the Signs of Preterm Labor?

- Cramps that feel like your period
- Cramps with or without diarrhea
- Low, dull backache (comes and goes or is constant)
- Feeling like baby is pushing down hard
- Clear, pink or brownish water leaking from your vagina
- Contractions every 10 minutes or more often

Call your doctor or nurse right away if you are bleeding or feel water leaking from the vagina.

1 in 8 babies are born preterm in Indiana. Help your baby be born at the right time. . . not too early.

Take Folic Acid During Pregnancy - WHY?

The US Public Health Service recommends that all women of childbearing age need 400 micrograms of folic acid a day – both before and during pregnancy – it could help prevent up to 70% of babies born with serious birth defects of the brain and spine (spina bifida and anencephaly). Folic acid is the most important vitamin that a woman can take to help prevent brain and spine birth defects in babies.

