

Talking Points For Community Presentations

Help Ensure Oklahoma's Babies are Healthy and Safe

<ul style="list-style-type: none"> • Encourage and support a woman's healthy choices 	<ul style="list-style-type: none"> • Avoid exposure of you and your baby to secondhand smoke and tobacco products
<ul style="list-style-type: none"> • Be healthy before and between pregnancies 	<ul style="list-style-type: none"> • Place baby on his or her back to sleep
<ul style="list-style-type: none"> • Quit smoking 	<ul style="list-style-type: none"> • Breastfeed your baby
<ul style="list-style-type: none"> • Get tested and treated for sexually transmitted diseases 	<ul style="list-style-type: none"> • Ensure baby is safe at all times
<ul style="list-style-type: none"> • Have a full-term pregnancy (about 40 weeks) 	<ul style="list-style-type: none"> • Never shake a baby! Keep your cool when baby will not stop crying
<ul style="list-style-type: none"> • Know the signs and get help for postpartum depression 	<p>To learn more, visit http://iio.health.ok.gov and talk with your health care provider</p>

Preterm Birth

A preterm birth occurs before 37 completed weeks of pregnancy	What can be done to prevent preterm births?
<ul style="list-style-type: none"> • A full-term pregnancy lasts about 40 weeks, more than nine months • Avoid scheduling the time of your baby's birth unless there is a medical reason to deliver early • If you do schedule your baby's birth, wait until you are at least 39 weeks 	<p>Some causes of preterm birth cannot be changed, but a healthy woman is more likely to have a healthy baby.</p> <ul style="list-style-type: none"> • Plan pregnancies, be healthy, and see a doctor before getting pregnant • Begin prenatal care within the first 10-12 weeks of pregnancy and keep all appointments • Stop smoking, drinking alcohol, and taking illegal drugs; avoid secondhand smoke • Take vitamins • Eat healthy – lots of fruits and vegetables; choose foods low in sugar, caffeine, and fat • Know the signs of preterm labor
<p>What medical complications are common in premature babies?</p> <ul style="list-style-type: none"> • Babies born too soon may have problems after birth with breathing, feeding, staying warm, infections, bleeding in the brain, and other problems 	

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Pregnancy and Infections

To protect yourself and your unborn baby or newborn from infections:

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| <ul style="list-style-type: none"> • Wash your hands often with soap and water | <ul style="list-style-type: none"> • Ask your healthcare provider about group B strep |
| <ul style="list-style-type: none"> • Avoid people who have an infection | <ul style="list-style-type: none"> • Cook meat until it is well-done |
| <ul style="list-style-type: none"> • Talk to your healthcare provider about immunizations, including the flu shot | <ul style="list-style-type: none"> • Avoid eating fish that contains high levels of mercury (shark, swordfish, king mackerel, and tilefish) |
| <ul style="list-style-type: none"> • Get tested and treated, if needed, for sexually transmitted diseases (STDs) | <ul style="list-style-type: none"> • Do not touch or change dirty cat litter |
| <ul style="list-style-type: none"> • Get tested and treated for bladder infections and vaginal infections | |

Smoking and Pregnancy

When you are pregnant, the things you do affect your unborn baby. Smoking – or even being around other people who smoke – exposes your baby to harmful chemicals that can have a lifelong impact. No matter how far along you are in your pregnancy, your baby will be healthier if you quit.

When you are pregnant and smoke:

- Your baby receives less oxygen, which will slow your baby's growth
- Your baby's lungs may develop slower
- Your baby could develop asthma, allergies, and other lung problems
- Your baby could suffer from attention deficit hyperactivity disorder (ADHD)

Call the Helpline today:

- Receive free one-on-one quit coaching with a highly trained quit coach
- Receive special help if you are pregnant, or calling within 60 days after the birth of your baby

The Oklahoma Tobacco Helpline is here to help you quit.



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Recognizing Postpartum Depression

Postpartum depression (PPD) is a type of major depression that affects about one in 10 new mothers within the first year after childbirth.

Emotional Symptoms	Behavioral Symptoms	Physical Symptoms
<ul style="list-style-type: none"> Increased crying and irritability 	<ul style="list-style-type: none"> Lack of interest in the baby or overly concerned for it 	<ul style="list-style-type: none"> Exhaustion
<ul style="list-style-type: none"> Feeling overwhelmed, unable to cope, or hopeless 	<ul style="list-style-type: none"> Poor self-care Loss of interest or pleasure in activities 	<ul style="list-style-type: none"> Trouble with eating or sleeping not related to care of the baby
<ul style="list-style-type: none"> Fear of harming the baby, her partner, or herself 	<ul style="list-style-type: none"> Decreased energy or motivation 	<ul style="list-style-type: none"> Headaches, chest pains, trouble breathing, irregular and rapid heartbeat

Mothers having these symptoms for longer than 2 weeks need to be seen by a physician or mental health professional

Nursing Your Newborn

Strong & Healthy Begins with Breastfeeding

Benefits for Your Baby	Benefits to You
<ul style="list-style-type: none"> Provides the best nutrition for your baby 	<ul style="list-style-type: none"> Always readily available to feed your baby
<ul style="list-style-type: none"> Promotes brain development 	<ul style="list-style-type: none"> Helps you lose your pregnancy weight faster
<ul style="list-style-type: none"> Lowers risks of obesity and diabetes 	<ul style="list-style-type: none"> Lowers your risk of breast and ovarian cancer

Help is Available

- Call the 24-hour toll-free Oklahoma Breastfeeding Hotline at 1-877-271-MILK (6455)
- Call your local Women, Infants & Children (WIC) Clinic or 1-888-655-2942

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Safe Sleep

The American Academy of Pediatrics guidelines for reducing the risk of Sudden Infant Death Syndrome (SIDS) recommend using a separate but close sleeping place for babies. To keep your baby from being smothered, make sure baby does not sleep in an adult bed, futon, sofa, chair, or recliner

How should baby be placed for sleep?

- Always place your baby to sleep alone on his or her back in a safe crib
- Placing baby on the side or stomach increases the chances of SIDS
- Keep baby's bed right next to your bed so it is easy to put baby in the crib, portable crib, or bassinet after feeding

Do not use these items in the sleep area:

- Bumper pads
- Quilts
- Comforters
- Duvets
- Blankets
- Pillows
- Stuffed animals
- Sheepskins

These items can be dangerous and can result in suffocation or strangulation

Provide tummy time for play and exercise while baby is awake and being watched

Prevent Injuries

Play Time

- Use age-specific toys
- Make time for "tummy time"
- Supervise at all times

Bath Time

- NEVER leave baby in the water alone
- Watch baby at all times
- Test water temperature on wrist

Crying

- NEVER shake a baby
- Know that all babies cry
- Place baby in his or her own sleep space and walk away if you get upset
- Identify a person you can talk to if you become upset

Additional Tips

- Keep the Oklahoma Poison Control Center number handy (1-800-222-1222)
- Learn infant CPR
- Maintain a working smoke alarm
- Place chemicals, medicines and other poisons out of baby's reach
- Store firearms unloaded with a gun lock

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Prescription for a Healthy Future

<ul style="list-style-type: none"> • Take a multivitamin with 400 mcg of folic acid every day 	<ul style="list-style-type: none"> • Know your family health history
<ul style="list-style-type: none"> • Eat a variety of healthy foods every day 	<ul style="list-style-type: none"> • Get checked for sexually transmitted diseases (STDs) and HIV
<ul style="list-style-type: none"> • Choose foods low in fat, caffeine, and sugar 	<ul style="list-style-type: none"> • Quit smoking and avoid secondhand smoke
<ul style="list-style-type: none"> • Reach and maintain a healthy weight 	<ul style="list-style-type: none"> • Stop using drugs and alcohol before and during pregnancy
<ul style="list-style-type: none"> • See your health care provider and dentist before getting pregnant 	<ul style="list-style-type: none"> • Get help if you are in an abusive relationship by calling the Oklahoma Safeline at 1-800-799-SAFE (7233)
<ul style="list-style-type: none"> • Wash your hands often to help prevent infections 	<ul style="list-style-type: none"> • Reduce stress which can increase the risk of preterm birth and having a low-birthweight baby