

COMMUNITY NEWSLETTER

JANUARY 2024

NEW YEAR, *New Lifestyle.*

Whether by choice or by circumstance, the decision to raise a child requires a willingness to adapt to an entirely new way of life. Newborn babies can seem intimidating, especially if you're new to it. Here are some basics to remember when handling a baby:

Wash your hands before handling a newborn baby. Newborns are at high risk for infections, so it is necessary that anyone who has your newborn has clean hands. Anyone that is also handling your little one should be caught up on their vaccinations and assist only when needed.

When holding a newborn, it is crucial to support a newborn's head and neck when holding them. This is because the muscles in their neck are not yet strong enough to support their head on its own. As a result, whenever you pick up a newborn, it's important to cradle their head with one hand while supporting their bottom with the other.

Be alert to signs of distress! Newborns can only communicate through crying, so if the baby is crying, it will represent that they need something. Make sure to check their diaper, temperature, and see if they are hungry.

A newborn's sleeping schedule can be made based on a baby's sleeping patterns or cycles. It is necessary when putting a baby down to rest, place them on their back in a safe crib. Also, avoid the usage of blankets, stuffed animals, or pillows in a crib. Having these items in the crib with the baby can lead to suffocation or death, also known as SIDS (sudden infant death syndrome).

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JOURNEY TO MOTHERHOOD: EMOJI EDITION

In the space given, write down the meaning of each phrase that signifies the experience of becoming a mother. Do not look at the answer key until you have completed the task.

- 1.  
- 2. 
- 3.   
- 4.   
- 5.   
- 6.  
- 7.   
- 8.    

WHAT'S THE DIFFERENCE?

Baby Blues

- Impatient
- Not feeling like yourself
- Mood swings
- Nervousness
- Restless

Begins shortly after giving birth, disappears on its own within a few weeks

Postpartum Depression

- Sense of panic
- Overthinking
- Scary thoughts about you & your baby
- Struggling to focus
- Lack of confidence

Begins within anytime up to one year after giving birth. Needs treatment to feel better.

BABY BLUES VERSUS POSTPARTUM DEPRESSION

Catching the **Baby Blues** can happen in the first few days of having your baby. According to March of Dimes, Baby Blues are feelings of sadness that you can get firsthand. Usually, this can go away on its own without any proper treatment. If these feelings last longer than 2 weeks, you can contact the closest health provider to confirm if you potentially have postpartum depression or any other condition that requires further examination.

Postpartum Depression can affect pregnant women of all ethnicities. According to the National Institute of Mental Health, life after childbirth comes with a change in hormones that can trigger mood swings. Symptoms usually appear within the first few weeks after giving birth and can include feelings of sadness, anxiety, irritability, and exhaustion. If you are experiencing any of these symptoms, it is important to seek help from your healthcare provider.

Your healthcare provider may recommend talk therapy, medication, or a combination of both. They may also suggest lifestyle changes, such as getting more sleep, eating a healthy diet, and exercising regularly. With the right treatment and support, most women recover and go on to enjoy a healthy life with their new baby.



I'M GOING THROUGH CHANGES

Pregnancy can be a challenging yet rewarding journey for women. It involves a lot of sacrifices from the body and mind, as the body undergoes significant changes to support the growth and development of a new life. By understanding the different trimesters, both the mother and those around her can better appreciate the miraculous process of creating a baby.

***Disclaimer:** While the graph below displays the typical symptoms that women may encounter, it is important to note that everyone's experience is unique.



1ST TRIMESTER

- Fatigue
- Constipation
- Feelings of nausea
- Weight gain or loss
- Menstrual Cycle stops

2ND TRIMESTER

- Appetite increase, nausea decreases
- Visible stretch marks
- Swelling of feet and ankles
- Abdomen expansion
- Movement of the Fetus

3RD TRIMESTER

- Shortness of breath
- Abdominal tightening or pain (This can signal false or real labor)
- Frequent Urination (The fetus puts more pressure on your bladder)
- Colostrum (Yellow, watery pre-milk) can leak from your nipples



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The Traveling Crib

Follow the Traveling Crib!

In 2017, we launched a safe sleep initiative for Leon and Wakulla counties, called the "Traveling Crib"! The purpose is to provide a visual of a safe sleep environment for children from birth to 12 months old. According to the American Academy of Pediatrics, babies should sleep Alone, on their Backs, and in a safe Crib.

LAST MONTH: Children's Home Society



THIS MONTH: HCA Florida Capital Hospital

What is CONNECT?

Capital Area Healthy Start is dedicated to connecting new or expecting moms and families with community programs to help them during every parenthood stage. Our Connect program, also known as CI&R, assists pregnant women, caregivers, and families with young children by providing a one-stop entry point for needed services, such as healthy pregnancy education, child development education, breastfeeding education, women's



health education, and care coordination. Connect works to identify a family's needs and link them with local programs that can best serve them, creating a referral process that not only streamlines access to services but works to build a larger network of care during early childhood.



When putting your baby to sleep: Be sure to keep loose blankets, pillows, stuffed toys, bumpers, and other soft items out of the sleep space.

Your baby could roll into any of these items, which could block their airflow. These objects can increase your baby's risk of entrapment, suffocation or strangulation.

