



COMMUNITY NEWSLETTER

BIRTH & BEYOND

Filled with a rush of emotions, bringing a baby into this world is a joy. In the moment of post-birth, mothers are in awe of this life-changing experience, but this is when the real work begins. Caring for a newborn has its obstacles that most women experience. The late nights, breastfeeding, and lack of sleep can change a mother's former routine, which can initially seem uncomfortable yet can be adjustable.

The conversation of adjusting to life post-birth has finally reached a generation where it can be labeled and addressed. We have even differentiated between the topics of Baby Blues and Postpartum Depression. Now that we're familiar with the terms, what's next? Do we continue to address what exists, or should the motherhood community strive to figure out how mothers can overcome this?

Often, mothers are afraid to speak their truth about motherhood. Fearful of saying something that has a negative connotation to their experience, mothers keep things to themselves and decide to adjust without hesitation.

Emotional support post-birth is crucial for new parents as they navigate the challenges and joys of parenthood. It involves providing a safe space for individuals to express their feelings, fears, and uncertainties without judgment. This support can come from partners, family members, friends, professional counselors, or support groups. Offering understanding, empathy, encouragement, and emotional support post-birth can help reduce feelings of isolation and overwhelm that new parents may experience.

New moms should feel validated in their emotions and experiences as they adjust to the demands of caring for a newborn baby. Fostering a supportive environment that recognizes the obstacles in parenthood, mothers can feel more empowered and equipped to face the ups and downs of this life-changing transition.

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for Our Mamas

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BIRTH HOSPITAL BAG

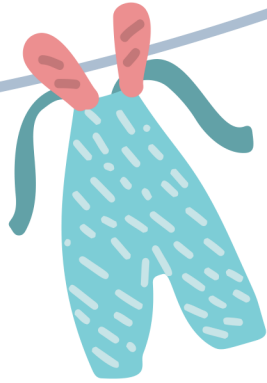
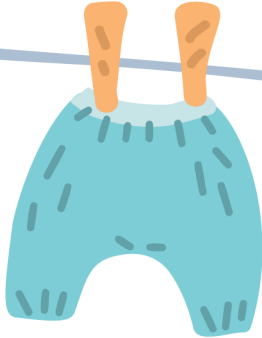
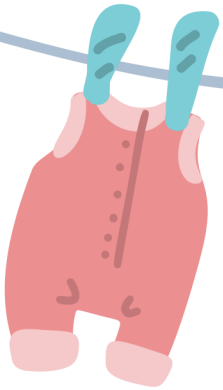
CHECKLIST

Please mark the items that you believe a mother should include in her hospital bag!



ITEMS FOR MAMA

- | | |
|--|---|
| <input type="checkbox"/> Maternity Pads | <input type="checkbox"/> Nursing Friendly Pajamas |
| <input type="checkbox"/> Lip Balm | <input type="checkbox"/> Robe |
| <input type="checkbox"/> Slippers/Flip Flops | <input type="checkbox"/> Phone/Tablet |
| <input type="checkbox"/> Pillow | <input type="checkbox"/> Going Home Outfit |
| <input type="checkbox"/> Nipple Cream | <input type="checkbox"/> Hygiene Products |
| <input type="checkbox"/> Comfy Socks | <input type="checkbox"/> Underwear |
| <input type="checkbox"/> 2 Maternity Bras | <input type="checkbox"/> Toothpaste + Brush |



- | | |
|---|---|
| <input type="checkbox"/> Diapers | <input type="checkbox"/> Swaddles |
| <input type="checkbox"/> Baby Wipes | <input type="checkbox"/> Diaper Cream |
| <input type="checkbox"/> Onesies | <input type="checkbox"/> Car Mirror |
| <input type="checkbox"/> Car Seat/Cover | <input type="checkbox"/> Pacifier |
| <input type="checkbox"/> Mittens | <input type="checkbox"/> Hats |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Burping Cloths |

ITEMS FOR BABY



IMPORTANT DOCUMENTS

- | | | |
|---|--|---|
| <input type="checkbox"/> Birth Plan | <input type="checkbox"/> Insurance Card | <input type="checkbox"/> Social Security Card |
| <input type="checkbox"/> Driver's License | <input type="checkbox"/> Admission Forms | <input type="checkbox"/> OBGYN Information |

Pregnancy

& its complications

While some pregnancies are successful, women must be aware of experiencing pregnancy complications. **The risk of complications is higher if you have a chronic medical condition such as diabetes, high blood pressure, STIs, cancer, kidney problems, epilepsy, and anemia.** Whether old or newly discovered, these conditions require extra medical attention to avoid complications and to bring the baby out safely. Pregnancy complications can include but are not be limited to:

1

Miscarriages take place before the 20th week of pregnancy. To be clear, most miscarriages are beyond a pregnant woman's control and take place because the fetus stops growing. Everyone's experience in miscarrying is different, so it is unclear to identify the pain level that you could encounter.

2

Preterm Labor takes place when normal contractions after the 20-week mark and before the 37-week mark. This will later lead to the birth of a premature baby, which puts the baby's life at risk. Once a premature baby is delivered, prenatal care professionals assist with caring for the child in a neonatal intensive care unit. It is also common for premature babies to be at a higher risk for behavioral problems and physical disabilities.

3

Gestational Diabetes is a condition that can develop for pregnant woman who haven't been diagnosed with diabetes. When your body isn't collecting enough insulin during pregnancy, this prevents your body from making significant changes to your body (Ex: Gaining Weight).

How can I learn more about the other pregnancy complications?

Pregnancy complications are unexpected but can be prevented. Proper prenatal care and assistance can decrease the chances of problems for you and your baby. Managing these complications at an earlier stage can help the providers discover if the complication is treated correctly. **If you want to learn about pregnancy complications, please visit the CDC website for further details. Capital Area Healthy Start Coalition offers pregnant women at risk in Leon & Wakulla Counties the Tallahassee community resources and monthly telehealth visits.**

DID YOU KNOW?

Black women are two to three times likely than white women to die due to pregnancy complications.

POST BIRTH

URGENT MATERNAL WARNING SIGNS

By being aware of these warning signs and seeking prompt medical care when necessary, pregnant individuals can help safeguard their own health and that of their unborn child.

- Headaches
- Nausea
- Changes in your vision
- Vaginal Bleeding/Discharge
- High fever of 100 degrees
- Severe swelling in legs & arm
- Extreme swelling
- Lumps on your breasts
- Stomach Pains
- Incision that isn't healing

CALL 911

IF YOU HAVE:

- Trouble breathing
- Signs of chills, dizziness, fainting, or racing heart
- Chest pain
- Suicidal thoughts



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March Lunch & Learn: Pregnancy and Tobacco

Watch the recording of March's Lunch & Learn on Tobacco & Pregnancy, as Emily Kohler, explores the negative affects tobacco and vaping has on pregnancy and where to find support.

Pregnancy and Tobacco Get the Facts, Get the Support

Join us on **March 1st at 12:00pm** as we explore the facts surrounding tobacco use during pregnancy and the health risk linked to it, including preterm birth, low birth weight, stillbirth, and developmental issues.



Presented By:

Emily Kohler

Tobacco Program Manager at Big Bend Area Health Education Center (AHEC)

www.CapitalAreaHealthyStart.org/lunch-and-learn/

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.

