

## Information

**This section of the Healthy Start Coalition web site is designed to be a resource for women throughout their pregnancy and for infant care.**

### Pregnancy Related Information

#### *Early Prenatal Care:*

Early Prenatal Care is the best thing that you can do to help your baby be born healthy. It is important to see your doctor as soon as you know you are pregnant.

The Healthy Start Prenatal Screen is another part of your care to look for possible risk factors affecting your pregnancy. Be sure to ask your doctor for the Healthy Start Screen at your first appointment.

#### *Things to Watch for During Pregnancy:*

If you have any one of the warning signs listed below during your pregnancy, call and speak to your health care provider right away.

- Bleeding from your vagina
- Pain in your belly (abdomen) that is sharp or doesn't go away
- Swelling of your face and hands (hard to bend your fingers)
- Headaches and/or blurry vision (seeing spots)
- Your baby is moving less or not at all
- Severe nausea or vomiting
- Gushing or leaking fluid from your vagina
- Fever
- Burning when urinating

#### *Folic Acid:*

Before you become pregnant, all women of childbearing age need 400 micrograms (mcg) of Folic Acid daily. One 8 oz. glass of Florida orange juice provides 25% of the daily recommended level. You can also get Folic Acid from a daily women's multivitamin.

### ***Warning Signs of Preterm Labor:***

If you have any one of the warning signs listed below during your pregnancy, call and speak to your health care provider right away.

- Cramps - like when you have your period, or occur with diarrhea
- Pressure - it feels like the baby is pushing down on your pelvis
- Low backache - (near your tailbone) that comes and goes, or persistent
- Change in vaginal discharge - either an increase in discharge, bleeding, or leaking fluid
- Contractions every 10 minutes or less
- You feel something is not right

### **Infant Care Information**

**Here are some important tips to help reduce the risk of Sudden Infant Death Syndrome (SIDS)**

#### ***Back to Sleep:***

- Place your baby on his/her back to sleep
- Use a firm mattress in a safety-approved crib
- Eliminate fluffy, loose bedding from your baby's sleep area
- Keep your baby's face clear of coverings
- Be careful not to overheat your baby
- Don't allow anyone to smoke around your baby

***Educate babysitters, day care providers, grandparents, and everyone who cares for your baby, about SIDS risks.***

#### ***Baby Spacing:***

Waiting at least two years before getting pregnant again is healthier for mom and baby!

You can get more information on local resources concerning families by calling:

**FAMILY HEALTH LINE 1-800-451-BABY**

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