

A FREE newsletter for pregnant & parenting families

New Parent News

Spring 2009

North Country
Prenatal/Perinatal Council, Inc.

When you're pregnant or breastfeeding, you have special nutritional needs. Your infant has special nutritional needs too. In this issue, you can learn how you can provide your baby with the nutrients he or she needs to grow.



Contents

Page 2

Foods & Drinks to Avoid

Page 2

Crazy About Coffee?

Page 3

Eating for 2?

Page 3

Weight Gain & Pregnancy

Page 4

Pregnancy & Body Image

Page 4

Getting Back in Shape after Your Baby is Born

Page 5

Benefits of Breastfeeding

Page 5

Risks of not Breastfeeding

Page 5

Starting Solids

Page 6

WIC

Page 7

Child Health Plus, Family Health Plus & Medicaid

Page 8

Community Resources



Tips for Healthy Eating During Pregnancy

- ✓ **Eat breakfast every day.** If you feel sick to your stomach in the morning, choose dry whole-wheat toast or whole-grain crackers when you first wake up—even before you get out of bed. Eat the rest of your breakfast (fruit, oatmeal, cereal, milk, yogurt, or other foods) later in the morning.
- ✓ **Eat high-fiber foods.** Eating whole-grain cereals, vegetables, fruits, beans, whole-wheat breads, and brown rice, along with drinking plenty of water and getting daily physical activity, can help you prevent the constipation that many women have during pregnancy.
- ✓ **Keep healthy foods on hand.** A fruit bowl filled with apples, bananas, peaches, oranges, and grapes makes it easy to grab a healthy snack. Fresh, frozen, and canned fruits and vegetables make healthy and quick additions to meals, as do canned beans.
- ✓ **If you have heartburn during your pregnancy, eat small meals more often,** eat slowly, avoid spicy and fatty foods (such as hot peppers or fried chicken), drink beverages between meals instead of with meals, and do not lie down right after eating.
- ✓ **If you have “morning sickness,” or hyperemesis, talk with your health care provider.** You may need to adjust the way you eat and drink, such as eating smaller meals more frequently and drinking plenty of fluids. Your health care provider can help you deal with morning sickness while keeping your healthy eating habits on track.

Visit <http://www.mypyramid.gov/mypyramidmoms> to set up your own **My Pyramid Plan for Moms**. Your plan will show you the foods and amounts that are right for you.



Did you know that . . .

- Fatty foods like doughnuts & chips, & sweets like sodas, cookies & candy, don't give your baby enough of the nutrients he or she needs to grow.
- Drinking alcohol during pregnancy can cause your baby to have behavioral problems, developmental problems, malformations and/or mental retardation.
- Taking a daily vitamin with 400 micrograms (mcg) of folic acid before pregnancy & during early pregnancy, can help prevent birth defects of your baby's brain and spinal cord.

References: March of Dimes, 2008 (pub.#09-2304-08)
MyPyramid.gov, 2008
http://www.mypyramid.gov/mypyramidmoms/pregnancy_nutrition_needs.html

Now that you know . . .

Foods & Drinks to Avoid

Ask your health care provider for a complete list of foods and beverages that you should avoid. Here is a general list of foods and beverages that you should avoid:



Alcohol. Instead of wine, beer, or a mixed drink, enjoy apple cider, tomato juice, sparkling water, or other nonalcoholic beverages.



Fish that may have high levels of methyl-mercury (a substance that can build up in fish and harm an unborn baby). Do not eat shark, swordfish, king mackerel, and tilefish during pregnancy. Eat no more than 12 ounces of any fish per week.



Soft cheeses such as Feta, Brie, and goat cheese and **ready-to-eat** meats including lunch meats, hot dogs, and deli meats. These foods may contain bacteria called listeria that are harmful to unborn babies. Cooking lunch meats, hot dogs, and deli meats until steaming hot can kill the bacteria and make these meats safe to eat.



Raw fish such as sushi, sashimi, or ceviche and **raw or undercooked meat and poultry.** These foods can contain harmful bacteria. Cook fish, meat, and poultry thoroughly before eating.



Large amounts of caffeine-containing beverages. If you are a heavy coffee, tea, or soda drinker, talk to your health care provider about whether you should cut back on caffeine. Try a decaffeinated version of your favorite beverage, a mug of warm low-fat or fat-free milk, or sparkling mineral water.



Anything that is not food. Some pregnant women may crave something that is not food, such as laundry starch or clay. Talk to your health care provider if you crave something that is not food.

Reference: Weight-control Information Network, 2007 (<http://www.win.niddk.nih.gov/publications/two.htm>)

Crazy About Coffee?

If you're pregnant, it is recommended that you limit your caffeine to about 200 milligrams (mg) per day. Caffeine amounts in coffee depend on the brand you drink and how it is made. Instead of drinking regular coffee, try decaffeinated coffee (has a smaller amount of caffeine) or stick to water and juice. Caffeine is also found in tea, chocolate, and soda. Below is a chart that shows the amount of caffeine in some common coffees. To see the caffeine content for teas or soft drinks, visit the website <http://www.cspinet.org/new/cafchart.htm>.

Coffees	Serving Size	Caffeine (mg)
Coffee, generic brewed	8 oz.	133 (range: 102-200) (16 oz. = 266)
Starbucks Brewed Coffee (Grande)	16 oz.	320
Einstein Bros. regular coffee	16 oz.	300
Dunkin' Donuts regular coffee	16 oz.	206
Starbucks Vanilla Latte (Grande)	16 oz.	150
Coffee, generic instant	8 oz.	93 (range: 27-173)
Coffee, generic decaffeinated	8 oz.	5 (range: 3-12)
Starbucks Espresso, doppio	2 oz.	150
Starbucks Frappuccino Blended Coffee Beverages, average	9.5 oz.	115
Starbucks Espresso, solo	1 oz.	75
Einstein Bros. Espresso	1 oz.	75
Espresso, generic	1 oz.	40 (range: 30-90)
Starbucks Espresso decaffeinated	1 oz.	4

References: March of Dimes, 2008 (pub #09-2304-08); Center for Science in the Public Interest, 2007 (<http://www.cspinet.org/new/cafchart.htm>)

Eating for 2?

Eating a variety of foods that provide enough calories helps you and your baby gain the proper amount of weight. During the first 3 months of your pregnancy, you do not need to change the number of calories you get from the foods you eat.

Normal-weight women need about 300 extra calories each day during the last 6 months of pregnancy. This totals about 1,900 to 2,500 calories a day. If you were underweight, overweight, or obese before you became pregnant, or if you are pregnant with more than one baby, you may need a different number of calories. Talk to your health care provider about how much weight you should gain and how many calories you need.

Each of these healthy choices has about 300 calories:

- 1 cup of fat-free fruit yogurt & a medium apple
- 1 piece of whole-wheat toast spread with 2 tablespoons of peanut butter
- 1 cup of beef & bean chili sprinkled with 1/2 ounce of cheddar cheese (You can also substitute vegetables for the beef.)
- 1 cup of raisin bran cereal with 1/2 cup of fat-free milk & a small banana
- 3 ounces of roasted lean ham or chicken breast and 1/2 cup of sweet potatoes
- 1 flour tortilla (7-inch), 1/2 cup of refried beans, 1/2 cup of cooked broccoli, & 1/2 cup of cooked red pepper



Reference: Weight-control Information Network, 2007 (<http://www.win.niddk.nih.gov/publications/two.htm>)

Weight Gain & Pregnancy

Gaining a healthy amount of weight may help you have a more comfortable pregnancy and delivery. It also may help you have fewer pregnancy complications, such as diabetes, high blood pressure, constipation, and backaches.

How much weight should I gain during my pregnancy?

Talk to your health care provider about how much weight you should gain during your pregnancy. General weight-gain recommendations listed below refer to weight before pregnancy and are for women expecting only one baby.



If you are:	You should gain:
✓ Underweight	– about 28-40 pounds
✓ Normal Weight	– about 25-35 pounds
✓ Overweight	– about 15-25 pounds
✓ Obese	– at least 15 pounds

Where does all the additional weight go?

- Baby– 7.75 pounds
- Amniotic fluids– 2 pounds
- Placenta– 1-2 pounds
- Uterus– 2 pounds
- Maternal blood– 3 pounds
- Breast tissue– 1 pound
- Maternal fat, extracellular fluid, and some lean tissue– 9-17 pounds

References: Weight-control Information Network, 2007 (<http://www.win.niddk.nih.gov/publications/two.htm>)
 Council for Women's Nutrition Solutions, 2007 (<http://www.beefnutrition.org/uDocs/ncbapregnancy07676.pdf>)

Pregnancy & Body Image: *Loving Yourself Inside & Out*

Pregnancy & Eating Disorders

There are two main types of eating disorders:

- ✓ Anorexia- starving oneself or avoiding the appropriate food intake.
- ✓ Bulimia- binge eating and purging by vomiting, using laxatives, or over-exercising.

Both types of eating disorders can affect the reproductive process, pregnancy, and health of the baby. The following complications are associated with eating disorders during pregnancy:

- ~ Premature labor
- ~ Low birthweight
- ~ Stillbirth or fetal death
- ~ Slow growth of the baby (Intrauterine growth restriction)
- ~ Likelihood of C-section
- ~ Breathing difficulties
- ~ Gestational Diabetes
- ~ Low Amniotic fluid (protects the baby)
- ~ Dangerous High Blood Pressure (Preeclampsia)



Pregnancy & Body Image

Loving your body before pregnancy can help you get through the physical and emotional changes during pregnancy, but for some women that may be difficult. Here are some ideas to try to help you love and accept your pregnant body:

- ♥ **Concentrate on your baby.** Your body is changing in order to help your baby grow and develop. It is a natural process.
- ♥ **Express your feelings.** Talk with your partner, family, or friends about how you are feeling. Keeping your feelings bottled up will only make you feel worse.
- ♥ **Try to get out for some enjoyable exercise.** A light swim or walk can help you clear your mind and get the focus off your body.
- ♥ **Take up prenatal yoga.** Yoga focuses not on how your body looks, but on the link between your body and your mind.
- ♥ **Learn as much as you can about pregnancy.** By educating yourself, you will know what to expect and feel more in control.
- ♥ **If you are feeling depressed, mental health counseling may help.**

Getting Back into Shape After Your Baby is Born

After your baby is born, your body has to adjust and return to a non-pregnant body. Remember, your body has been through a lot giving birth and needs time to recover. **If you had a C-section, difficult childbirth or complications, your recovery may take longer.**

Check with your health care provider before starting or resuming to exercise.

What can you do?

- ~ **Breastfeed**– breastfeeding may help you return to a healthy weight more easily because it requires a great deal of energy. If you had Gestational Diabetes, breastfeeding for more than 3 months may help prevent your baby from becoming overweight.
- ~ **Continue eating well**– eat a variety of foods. If you're breastfeeding, you will need to eat about 200 more calories per day than you did when you were pregnant. If you're not breastfeeding, you will need about 300 less calories per day than you did while you were pregnant.
- ~ **Moderate-intensity physical activity**– With your doctor's permission, **slowly** get back in to your routine. Wait 4-6 weeks after your baby is born before beginning a high level of physical activity. Doing too much, too soon after delivery can slow the healing process. If you had a C-section or complications from a difficult birth you may need more time to recover before engaging in regular physical activity.
- ~ **Lose weight gradually**– returning to a healthy weight should be a gradual process. Lose no more than 1 pound per week through a sound eating plan and regular physical activity after you deliver your baby.



Walking is a good way to get back into exercising, and it gets you and your baby out in the fresh air.

References: Weight-control Information Network, 2007 (<http://www.win.niddk.nih.gov/publications/two.htm>) ; ACOG, 2003 (http://www.acog.org/publications/patient_education/bp119.cfm) ; The National Women's Health Information Center, 2008 (<http://womenshealth.gov/bodyimage/kids/bodywise/>)

Benefits of Breastfeeding

- ~ A mother's milk has just the right amount of fat, sugar, water, and protein that is needed for a baby's growth and development.
- ~ Most babies find it easier to digest breast milk than they do formula.
- ~ Breastfed babies tend to gain less unnecessary weight and to be leaner. This may result in being less overweight later in life.
- ~ Premature babies do better when breastfed compared to premature babies who are fed formula.
- ~ Breastfed babies score slightly higher on IQ tests, especially babies who were born before their due date.
- ~ Breast milk has antibodies in it to help protect infants from bacteria and viruses.
- ~ Breastfeeding can save on healthcare costs.



Risks of Not Breastfeeding

- ⊗ Babies who are **not** exclusively breastfed for the first 6 months, are more likely to develop infectious diseases including diarrhea, ear infections, respiratory illnesses and need to be hospitalized more often.
- ⊗ Babies who are not breastfed are sick more often and have more doctor's visits.
- ⊗ Babies who are **not** breastfed are at an increased risk for SIDS (Sudden Infant Death Syndrome).
- ⊗ Research shows that babies who are **not** breastfed may be at an increased risk for type 1 and type 2 diabetes, lymphoma, leukemia, Hodgkin's disease, overweight and obesity, high cholesterol and asthma.
- ⊗ When you breastfeed, there are no bottles and nipples to sterilize. Unlike human milk straight from the breast, infant formula has a chance of being contaminated.

References: The National Women's Health Center, 2005 (<http://womenshealth.gov/breastfeeding/index.cfm?page=227>)
Medline Plus, 2008 (http://www.nlm.nih.gov/medlineplus/print/news/fullstory_71010.html)

Starting Solids?

You may be wondering, when to start your baby on solids? Babies grow and develop at their own pace, so it is important to watch your baby for signs indicating that he or she is ready for solid foods.

These signs include:

- Sit up without support
- Control his or her head
- Bring food to his or her mouth
- Swallow solids foods without choking



Most babies are ready for solids around 4- 6 months of age. The American Academy of Pediatrics recommends that all babies, with rare exceptions, be breastfed and/or receive expressed human milk exclusively for the first 6 months of life. Breastfeeding should continue, and solid foods should be added throughout the second half of the first year. Breastfeeding beyond the first year offers benefits to both mother and child, and should continue as long as mutually desired.

References:
American Academy of Pediatrics, 2008 (http://www.aap.org/publiced/BR_Solids.htm)
Amy Spangler, MN, RN, IBCLC. Breastfeeding: A Parent's Guide, 2008
Dr. Jack Newman. Starting Solids, 2008 (<http://www.drjacknewman.com/help/Starting%20Solid%20Foods.asp>)

Tips for Starting Solids

- ⊙ Try scheduling feedings during family mealtimes.
- ⊙ Breastfed babies have already been exposed to a variety of tastes in their lives because the flavors of many foods the mother eats will pass into her milk. This means breastfed babies often accept solids more readily.
- ⊙ Don't give your baby highly spiced or highly allergic foods at first (e.g. egg whites, strawberries)
- ⊙ Once your baby learns to eat one food, gradually give him or her other foods.
- ⊙ Give your baby one new food at a time & wait 2-3 days before starting another.
- ⊙ If your baby is breastfeeding, he or she may benefit from baby meat, which contains sources of iron & zinc that are more easily absorbed.
- ⊙ Babies are born with a preference for sweets. Breastmilk is sweeter than fruit, so introducing fruit will not affect vegetable preference.
- ⊙ Dry baby cereals allow you to add breastmilk or formula for extra nutrients.
- ⊙ After each new food, watch for allergic reactions such as diarrhea, rash, or vomiting. If any of these occur stop using the food & call your Pediatrician.
- ⊙ If your baby doesn't like a food, don't push it. Wait a few weeks & try again.

**WIC
Foods**



**for Mom & Baby
Breastfeeding**

The new WIC foods help you and your baby meet today's nutrition needs as recommended by your health care provider. At 6 months of age, your baby can receive infant food- meats, fruits, vegetables, and cereal.

Your New WIC Foods

- * Support your breast milk supply
- * Improve the variety of foods available
- * Promotes steady weight loss & help you maintain a healthy weight after delivery



Who qualifies for WIC?

- Women:
 - Pregnant (during pregnancy, up to 6 weeks after the birth of an infant or the end of the pregnancy)
 - Postpartum (up to 6 months after the birth of the infant or the end of the pregnancy)
 - Breastfeeding (up to the infant's 1st Birthday)
- Infants: up to their 1st Birthday
- Children: up to their 5th Birthday

Call a WIC office near you to see if your family qualifies.

Jefferson County– 782-9222

Lewis County– 376-4262

St. Lawrence County– 386-8128

WIC could be for you! Many military families qualify too!

Reference: NYS Department of Health, 2008

What You Will Receive

For Mom:

Grains

- ~ 2 (18oz.) boxes iron-fortified cereal
- ~ 1 pound whole wheat bread **or** other whole grain options

Vegetables

- ~ \$10 cash value voucher for veggies & fruits
- ~ 3 (12oz.) cans frozen vitamin C-rich juice

Dairy

- ~ 6 gallons of non-fat (skim) or low-fat (1%) milk
- ~ 1 pound of cheese
- ~ More allowed substitutions

Protein

- ~ 1 pound dried beans or peas **or** 4 (15oz.) cans of beans or peas
- ~ 18oz. of peanut butter
- ~ 30oz. canned fish
- ~ 2 dozen eggs

For Baby:

- ~ Your Breastmilk!

At 6 months of age

- ~ Iron-fortified infant cereal
- ~ Baby food veggies & fruits
- ~ Baby food meats





Need affordable Insurance for your Family?

(Child Health Plus, Family Health Plus, and Medicaid)

Call today to see if you or your family qualifies.

Call North Country Prenatal/Perinatal Council

788-8533 ext. 233 or 1-800-279-8679



Monthly Income Guidelines by Family Size					
CHILD HEALTH PLUS B (BC/BS)					
Premium Category	1	2	3	4	Each Addt'l Person
Free	\$1,443	\$1,942	\$2,441	\$2,939	Plus \$499
\$9 / child / month	\$2,004	\$2,696	\$3,388	\$4,080	Plus \$692
\$15 / child / month	\$2,257	\$3,036	\$3,815	\$4,594	Plus \$780
\$20 / child / month**	\$2,708	\$3,643	\$4,578	\$5,513	Plus \$935
\$30 / child / month**	\$3,159	\$4,250	\$5,341	\$6,432	Plus \$1,091
\$40 / child / month**	\$3,610	\$4,857	\$6,104	\$7,350	Plus \$1,247
Full Premium \$178.05	<u>over</u> \$3,610	<u>over</u> \$4,857	<u>over</u> \$6,104	<u>over</u> \$7,350	
FAMILY HEALTH PLUS					
	1	2	3	4	Each Addt'l Person
Parents and 19-20 yr olds living with parents	\$1,354	\$1,822	\$2,289	\$2,757	Plus \$468
Adults with no children & 19-20 yr olds living on own	\$903	\$1,215			

PLEASE BRING TO YOUR APPOINTMENT:

- Birth or Baptismal Certificates or Passports
- Social Security Numbers
- Proof of Physical Address (Utility Bill)
- Documentation of all income in your household



For applying adults: all of items listed to the left, plus...

- Marriage certificate or divorce papers, if applicable
- Resource listing (bank balances, value of snowmobiles, ATV's, 401K's, rental property values, etc...

NOTES

- ~ Gross income = Before any deductions
- ~ Monthly income = Weekly gross X 4.333333
- ~ Monthly income = Bi-Weekly gross X 2.166666

** A waiting period for coverage MAY be required in these categories if employer sponsored insurance has been dropped in the past 6 months.

**Produced with funding from the New York State
Department of Health Division of Family Health**

Healthy Pregnancy Classes

Part 1: Healthy Pregnancy

Provides support and information on how you can care for yourself and your baby during pregnancy.

Part 2: Childbirth Preparation

Receive information on how to stay comfortable in late pregnancy and during labor.

Part 3: Breastfeeding Basics

Be prepared before your new baby arrives; find out about getting started and being successful at breastfeeding.

Participating Locations

Canton-Potsdam Hospital

www.cphospital.net
Potsdam
(315)261-5965

Carthage Area Hospital

www.carthagehospital.com
Carthage
493-1005 ext. 2445

Claxton-Hepburn Medical Center

www.claxtonhepburn.org
Ogdensburg
393-5998

E.J. Noble Hospital

www.ejnoble.org
Gouverneur
287-1000 ext. 273

Lewis County General

www.lcgh.net
Lowville
376-5602

Massena Memorial Hospital

www.massenahospital.org
Massena
769-4349

Samaritan Medical Center

www.samaritanhealth.com
Watertown
785-4050

At all classes, you will meet other women who are going through the same changes and have similar questions as you do.



It's Positive!

So, you just found out you're pregnant and you don't have Health Insurance . . .

The Prenatal Care Assistance Program (**PCAP**) or Medicaid Obstetrical and Maternal Services (**MOMS**) may be right for you.

PCAP/MOMS provide insurance coverage for complete medical care during pregnancy, delivery and for at least two months after delivery.

Your Health

Insurance Options...

Early and regular check-ups are important for you and your baby's health, so call the location closest to you today.

Jefferson County

Public Health Service

786-3720

Carthage Area Hospital's Women's Way to Wellness

493-3100

Lewis County

Public Health Department

376-5453

St. Lawrence County

Claxton-Hepburn Medical Center
Maternal Care Center

393-5998

Public Health Department

386-2325

ARE YOU PREGNANT ?

Case managers can help you access health care and other important services. They may help you access: prenatal care, Medicaid (PCAP/ MOMS), WIC, nutritional services, Food Stamps, Childbirth Education, etc. They will work to meet your individual needs during your pregnancy and for some time after you have your baby. Some income requirements exist. To see if you qualify or for more information, call a location near you today.

Tri-County Case Management Agencies:

Carthage Area Hospital (Carthage)
493-3100

Children's Clinic (Canton)
386-8128

Children's Clinic (Watertown)
782-9222

Jefferson County Public Health (Watertown)
786-3720

Lewis County Public Health (Lowville)
376-5453

Maternal Care Center (Ogdensburg)
393-5998

Planned Parenthood (Gouverneur)
287-0838

Planned Parenthood Ogdensburg
393-4676

Planned Parenthood (Watertown)
836-1567 or 836-1565

St. Lawrence County Public Health (Canton)
386-2325

