

A FREE newsletter for pregnant & parenting families

# New Parent News

Winter 2008/2009

North Country  
Prenatal/Perinatal Council, Inc.

Winter is here again, and with winter comes cold and flu season. On the next few pages learn warning signs, treatment suggestions, prevention tips and emergency cues for you and your family.

## Contents

Page 2

The Flu, RSV & Your Baby

Page 3

How to Beat a Cold or the Flu When You're Pregnant

Page 4

Beat the Winter Blues with Exercise

Page 4

Case Management

Page 5

Try to Make it to 40 weeks

Page 5

Reduce Your Risk of Preterm Labor

Page 5

Signs of Preterm Labor

Page 6

Making Milk is Easy!

Page 6

Local Breastfeeding Resources

Page 7

Child Health Plus, Family Health Plus & Medicaid

Page 8

Community Resources

## Colds and Your Baby

Colds are caused by a virus that can be very contagious and easily spread through the air and by touching surfaces after someone who is sick.

### Cold Symptoms

- Runny or stuffy nose
- Sneezing
- Sore throat
- Cough
- Slight fever



**Call the doctor if your baby is less than 3 months old at the first sign of illness. Some early signs:**

- develops a fever above 100.4° F.
- refuses several feedings.
- Is irritable or extra sleepy.

**Call the doctor if your baby or child is over 3 months old and he or she:**

- develops a fever above 100.4° F.
- has a cough that has not improved or is worsening.
- has a stuffy nose that doesn't go away after 10-14 days.
- has a scratchy throat that seems to be getting worse.
- has difficulty breathing.
- is pulling on or rubbing ears.

### What can you do? Your child's doctor may recommend:

- using a rubber bulb suction to help clear his or her nose before each feeding.
- using nasal saline (salt water) drops.
- putting a cool-mist humidifier in her room.

**Warning:** do not give infants and children under 4 years old over-the-counter cough and cold products.

### Prevention

- Try to keep your baby away from people who are sneezing or coughing.
- Wash your hands frequently.
- Don't smoke around your child.



References: March of Dimes, 2008  
[http://www.marchofdimes.com/pnhec/298\\_9538.asp](http://www.marchofdimes.com/pnhec/298_9538.asp)  
American Academy of Pediatrics, 2008  
<http://www.aap.org/family/healthychildren/08winter/HC-winter08-fever.pdf>

### Did you know that . . . ?

- Breast milk has antibodies in it to help protect infants from bacteria and viruses.
- 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 have more doctor's visits.
- Babies who are **not** breastfed are at an increased risk for SIDS.

Reference: The National Women's Health Information Center, 2008  
<http://www.4woman.gov/Breastfeeding/index.cfm?page=519>

**Now you know that . . .**

### The Flu and Your Baby

The flu (influenza) is a contagious illness that is caused by influenza viruses. The flu can spread through the air from an infected person's sneeze or cough or it can be spread by touching infected surfaces or hands.

#### Flu Symptoms

- high fever
- chills
- muscle aches
- very tired
- headache
- dry cough
- runny nose



Fever and most other symptoms last about 5 days, but the cough may last up to 2 weeks.

#### Call the doctor if your baby:

- Develops a fever more than: 100.4 °F.
- Has trouble breathing, is pulling on or rubbing ears, or looks very ill.
- Has a cough that worsens or lingers more than 1 week.

#### What can you do?

- Help your child to rest and to drink a lot of fluids. For breastfed babies, continue to nurse often.
- Offer small meals that can be easily digested.
- Ask his or her pediatrician if you can give infant or children's Tylenol, ibuprofen, Motrin or Advil.
- Have your young child wash his or her hands.
- Dispose of used tissues.
- Wash your hands often.

#### Prevention

- Get your child a flu shot if they are healthy & between 6 months & 18 years of age.
- If your child is 0 months to 5 years old, have anyone caring for them get a flu shot.

References: March of Dimes, 2008  
[http://www.marchofdimes.com/pnhec/298\\_9544.asp](http://www.marchofdimes.com/pnhec/298_9544.asp)  
 American Academy of Pediatrics, 2008  
<http://www.aap.org/family/healthychildren/08winter/HC-winter08-fever.pdf>

### RSV and Your Baby

RSV (Respiratory Syncytial Virus) is very contagious and commonly causes infection in children. Most children only get a cold from RSV, but some babies with RSV may develop Bronchitis or Pneumonia.

#### RSV Symptoms

- runny nose
- decreased appetite
- fever
- coughing
- sneezing
- irritability
- decreased activity
- breathing difficulties



Premature babies are at a greater risk if they develop Bronchitis or Pneumonia.

Symptoms can last 2-8 days and full recovery may take 1-2 weeks.

#### Call the doctor if your baby:

- develops fast breathing.
- wheezes (makes a whistling sound when exhaling).
- develops a worsening cough.
- looks blue around the mouth or fingertips.
- has difficulty sucking or swallowing.
- develops a high fever (see flu section).

#### What can you do?

- Make sure your child gets rest and liquids. Offer breastmilk often to breastfed babies.
- Talk to your baby's doctor about using a rubber bulb suction to help clear mucus from your baby's nose.
- If your baby was born prematurely, talk to your baby's doctor about giving him or her a medicine that helps prevent RSV.

#### Prevention

- Keep your baby away from:
  - people who are coughing or sneezing.
  - crowds of people.
  - people who are smoking.

References: CDC, 2008  
<http://www.cdc.gov/rsv/about/symptoms.html>

## How to Beat a Cold or the Flu When You're Pregnant



If you're pregnant, the flu can be very dangerous. Pneumonia, dehydration and other complications can lead to hospitalization due to changes in the immune system, heart and lungs during pregnancy. Avoid these complications and the flu, by getting your flu shot today.

### Flu shots: what you need to know

- Flu shots are considered safe at all stages of pregnancy.
- Most women who will be pregnant during flu season (November thru March) should get a flu shot.
- If you're allergic to eggs, you should not get the flu shot.
- If you're pregnant, you should **not** get the nasal mist flu vaccine (LAIV).
- If you're breastfeeding, you should get the flu shot to protect your children.
- If you're breastfeeding & are not pregnant, you can get either version of the flu vaccine.

### Prevention of the Flu and Common Cold

- Avoid close contact with people who are sick.
- Clean your hands often.
- Avoid touching your eyes, nose or mouth.
- Stay home when you're sick.
- Cover your mouth & nose with a tissue when coughing or sneezing.

### If you get the flu or a cold:

- get lots of rest.
- drink plenty of liquids.
- call your doctor before taking any over-the-counter cold or flu medications, herbal products or dietary supplements.**

References:  
 CDC, 2008  
<http://www.cdc.gov/flu/professionals/acip/specificpopulations.htm#pregnant>  
 March of Dimes, 2008  
[http://www.marchofdimes.com/printableArticles/188\\_10596.asp](http://www.marchofdimes.com/printableArticles/188_10596.asp)

### Flu Symptoms

- Fever over 101 F (38 C) in adults, and often as high as 103 to 105 F (39.5 C to 40.5 C) in children
- Chills & sweats
- Headache
- Dry cough
- Muscular aches & pains, especially in your back, arms and legs
- Fatigue & weakness
- Nasal congestion
- Loss of appetite

Reference:  
 Mayo Clinic, 2008  
<http://www.mayoclinic.com/health/influenza/DS00081/DSECTION=symptoms>

### Cold Symptoms

- Runny or stuffy nose
- Itchy or sore throat
- Cough
- Congestion
- Slight body aches or a mild headache
- Sneezing
- Watery eyes
- Low-grade fever
- (up to 102 F, or 39 C)
- Mild fatigue

Reference:  
 Mayo Clinic, 2008  
<http://www.mayoclinic.com/health/common-cold/DS00056/DSECTION=symptoms>



Call your health care provider before taking medicines.

Call your health care provider or your local health department to find out how you can get a flu shot.

**Jefferson County Public Health Service— 786-3720**

**Lewis County Public Health- 376-5453**

**St. Lawrence County Public Health— 386-2325**

Call Today!

### Beat the Winter Blues with Exercise

**Warning:** Talk to your health care provider before you begin any exercise program.

**Benefits of Exercise-** if you have a healthy pregnancy and your doctor's permission, moderate exercise on most or all days can be good for you and your baby. Check with your doctor to see what level of exercise is best for you.

Regular, moderate intensity exercise during pregnancy may:

- ~ Help you & your baby to gain proper amounts of weight.
- ~ Reduce some discomforts, such as backaches, leg cramps, constipation, bloating, & swelling.
- ~ Reduce your risk for gestational diabetes.
- ~ Improve your mood & energy level.
- ~ Improve your sleep.
- ~ Help you have an easier, shorter labor.



After your 1st trimester, avoid doing exercises on your back.

**Warning Signs:** Stop exercising & call your doctor if you get any of these symptoms:

- |  |  |
|--|--|
| <input type="checkbox"/> Vaginal bleeding              | <input type="checkbox"/> Muscle weakness               |
| <input type="checkbox"/> Dizziness or feeling faint    | <input type="checkbox"/> Calf pain or swelling         |
| <input type="checkbox"/> Increased shortness of breath | <input type="checkbox"/> Uterine contractions          |
| <input type="checkbox"/> Chest pain                    | <input type="checkbox"/> Decreased fetal movement      |
| <input type="checkbox"/> Headache                      | <input type="checkbox"/> Fluid leaking from the vagina |

**Winter Outdoor Exercises-** If you decide to exercise outside, be sure to dress for the weather. Remember that you may get sweaty, but cool off very fast. Layers would be ideal.

- \* Cross country skiing
  - ~works both arms & legs
  - ~builds muscles & works the heart
  - ~easy on joints
  - ~pick flat, groomed trails, to reduce the risk of falling
- \* Snowshoeing
  - ~works legs
  - ~builds muscles & works the heart
  - ~easy on joints
  - ~pick a flat trail to lower the chance of falling



For your safety, go with a friend

These are just suggestions, please check with your doctor before you begin to exercise.

- \* Walking
  - ~brisk walking gives a total body work out
  - ~Easy on the joints & muscles
  - ~Be careful of icy sidewalks & pavement

If you don't currently cross-country ski or snowshoe, you should not start during your pregnancy.

References: ACOG, 2003 ([http://www.acog.org/publications/patient\\_education/bp119.cfm](http://www.acog.org/publications/patient_education/bp119.cfm))  
WIN, 2006 (<http://win.niddk.nih.gov/publications/two.htm>)

### 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**



### Try to Make it to 40 weeks

Congratulations, you're in your 3rd trimester and you are ready for the birth of your baby.. However, if your pregnancy is healthy, it's best if your baby is born at 40 weeks or as close to full-term as possible.

#### Why is 40 weeks the goal?

- ☑ A baby's brain at 35 weeks weighs only 2/3 of what it will weigh at 40 weeks.
- ☑ In the last 6 weeks of pregnancy, your baby's brain adds connections needed for balance, coordination, learning and social functioning. During this time, the size of your baby's brain almost doubles.
- ☑ Babies born early may have more learning and behavior problems in childhood than babies born at 40 weeks.
- ☑ Babies born early are more likely to have feeding problems because they can't coordinate sucking, swallowing, and breathing as well as full-term babies.
- ☑ Babies born early are more likely to have breathing problems, like apnea.
- ☑ Babies born early are more likely to die of sudden infant death syndrome (SIDS). SIDS is when a baby dies suddenly and unexpectedly, often during sleep.



### Signs of Preterm Labor

- \* Contractions that make your belly tighten up like a fist every 10 minutes or more often.
- \* Change in the color of your vaginal discharge, or bleeding from your vagina.
- \* The feeling that your baby is pushing down. This is called pelvic pressure.
- \* Low, dull backache.
- \* Cramps that feel like your period.
- \* Belly cramps with or without diarrhea.

### Reduce Your Risk of Preterm Labor

- \* Get prenatal care as soon as you think you're pregnant.
- \* Stop smoking. Avoid secondhand smoke.
- \* Don't drink alcohol.
- \* Talk to your doctor about medications you are taking.
- \* If you use drugs or herbal remedies, stop using them.
- \* Reduce stress.
- \* If you're in an abusive relationship, talk to someone. Abuse usually gets worse during pregnancy. Protect yourself & your baby.
- \* If you feel burning or pain when you urinate, call your doctor.



Preterm labor and delivery can happen to any pregnant woman, even if she does everything she can to have a healthy pregnancy.

### Call your health care provider even if you have only one sign.

Your provider may tell you to:

- ~ Come into the office or go to the hospital.
- ~ Stop what you're doing & rest on your left side for one hour.
- ~ Drink 2 to 3 glasses of water or juice (do not drink coffee or soda).

If the signs get worse or don't go away, call your provider again or go to the hospital. If the signs do go away, take it easy for the rest of the day.

Try not to worry too much. Getting help quickly is the best thing you can do for you & your baby.

Addressing these issues and other health conditions before pregnancy can reduce your risk for preterm labor. So, if you're thinking about getting pregnant, set up an appointment with your health care provider today.

Reference: March of Dimes, 2008  
[http://www.marchofdimes.com/prematurity/21239\\_5811.asp](http://www.marchofdimes.com/prematurity/21239_5811.asp)

Reference: March of Dimes, 2008  
[http://www.marchofdimes.com/prematurity/21239\\_5809.asp](http://www.marchofdimes.com/prematurity/21239_5809.asp)

Reference for top left article: March of Dimes, 2008  
 Late-preterm Brain Development Card (#37-2229-07)

**Making Milk is Easy!**  
**10 Tips to Make Plenty of Milk**

1. **Frequent feeds, not formula.** The more often you feed, the more milk you make. If you give formula, your baby will feel too full to nurse frequently.

2. **All you need is breastmilk!** The American Academy of Pediatrics recommends that your baby have a diet of *purely breastmilk* for the first 6 months; no other food or drink is needed.

3. **Feed early and often.** Feed at the earliest signs of hunger: if baby's awake, sucking on hands, moving his mouth or eyes, or stretching.

4. **If he didn't swallow, he didn't eat.** Listening for the sound of swallowing will help you know if your baby's getting enough.

5. **Say "No" to pacifiers and bottles.** If pacifiers and bottles are used when your baby is hungry, you may not be nursing often enough to make plenty of milk.



6. **Sleep near your baby and nurse lying down.** You can rest while you feed your baby!

7. **Have baby's mouth open wide like a shout, with lips flipped out.** The tip of your nipple should be in the back of his throat. He should be directly facing you chest-to-chest, chin-to-breast. Proper positioning prevents sore nipples.

8. **Watch the baby, not the clock.** Feed your baby when she's hungry, and switch sides when swallowing slows down or she takes herself off the breast.

9. **Go everywhere!** Plan to take your newborn everywhere with you for the first several weeks.

10. **Don't wait to ask for help, if you need it.** If you wait too long to get the help you need, it may be harder to breastfeed. Stick with it - it's worth it!

Reference: Massachusetts Breastfeeding Coalition  
<http://massbfc.org/parents/makeMilk3.pdf>

**Do you have questions about Breastfeeding?**

Call one of the locations below to get the information you're looking for.

**North Country Hospitals:** Ask for the Maternity Department & the Lactation Specialist on duty.

**Canton-Potsdam - 265-3300**  
 Pat Stein, RNC, IBCLC or Sue Caswell, RNC, IBCLC

**Carthage Area Hospital - 493-1000**

**Claxton-Hepburn Medical Center - 261-5965**  
 Vicki McLain, RN, CLC

**EJ Noble Gouverneur - 287-1000**  
 Laurie Brown, RN, CLC

**Lewis County General Hospital - 376-5602**  
 Nancy Engle, RN, IBCLC or Linda Dening, RN, IBCLC

**Massena Memorial - 764-1711**  
 Snow Harper-Moulton, RN, CLC

**Samaritan Medical Center - 785-4050**  
 Pat Simpson, RNC, IBCLC, Carol Smith, RN, IBCLC or  
 Keitha Delles, RN, IBCLC

**Fort Drum Community Health Nursing - 772-6404**  
 Mildred Lopez, CHN, IBCLC

**Public Health**  
 Jefferson County - 786-3720  
 Lewis County - 376-5453  
 St. Lawrence County:  
 Canton - 386-2325 Gouverneur - 287-0920  
 Massena - 769-9921 Ogdensburg - 393-2390

**WIC**  
 Jefferson County  
 782-9222  
 Lewis County  
 376-6427  
 St. Lawrence County  
 386-8128



**Cornell Cooperative Extension**  
 Jefferson County - 788-8450  
 Lewis County - 376-5270  
 St. Lawrence County - 379-9192



**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**



INCOME GUIDELINES					
CHILD HEALTH PLUS B (BC/BS)					
Premium Category	1	2	3	4	Each Addt'l Person
Free	\$1,386	\$1,866	\$2,346	\$2,826	Plus \$480
\$9 / child / month	\$1,924	\$2,590	\$3,256	\$3,922	Plus \$666
\$15 / child / month	\$2,167	\$2,917	\$3,667	\$4,417	Plus \$750
\$20 / child / month	\$2,600	\$3,500	\$4,400	\$5,300	Plus \$900
\$30 / child / month	\$3,034	\$4,084	\$5,134	\$6,184	Plus \$1,050
\$40 / child / month	\$3,467	\$4,667	\$5,867	\$7,067	Plus \$1,200
Full Premium \$178.05	<u>over</u> \$3,467	<u>over</u> \$4,667	<u>over</u> \$5,867	<u>over</u> \$7,067	
FAMILY HEALTH PLUS					
	1	2	3	4	Each Addt'l Person
Parents and 19-20 yr olds living with parents	\$1,300	\$1,750	\$2,200	\$2,650	Plus \$450
Adults with no children & 19-20 yr olds living on own	\$867	\$1,167			

**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.

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



So, you just found out you're pregnant & 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.

**Fresh Fruits & Veggies are Here!**

WIC Program now offers fresh produce vouchers in family food packs.



**Who qualifies?**

- 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!

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!**

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**