



BOOTHEEL BABY

HELPFUL ADVICE & MEMORY JOURNAL

Brought to you by





BOOHEEL
Babies
& FAMILIES



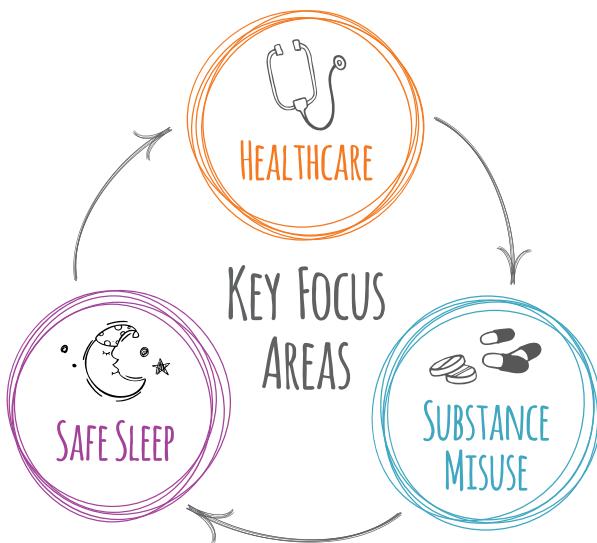
We're nearby! Visit our website to connect
with your local Bootheel Babies contact.

www.BootheelBabies.org



Who We Are

Bootheel Babies & Families is a comprehensive, community-led initiative working together to lower the Infant Mortality Rate through these key focus areas:



WE'RE YOU. We're parents and educators, healthcare and nonprofit employees, grandparents, volunteers and community stakeholders. We're anyone who cares about the health and well-being of Missouri's Bootheel and the families who call this region home.

Introduction

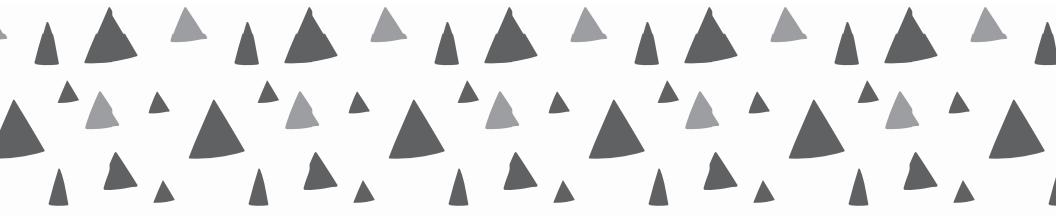


Congratulations.

× ×

Bringing a new baby into the world is exciting (and maybe sometimes a little scary). Bootheel Babies & Families' primary goal is to help ensure babies have a safe, healthy first year so they can celebrate their first birthdays.

Education and **support** are key to helping that happen. That's why we're proud to offer you this complimentary book of helpful advice. Inside, you'll find tips on both pregnancy and your child's first year of life as well as sections to record important information and favorite memories.





About YOU

YOUR NAME

HEALTHCARE PROVIDER



YOUR MEDICAL HISTORY



Chronic illnesses:

Past surgeries:

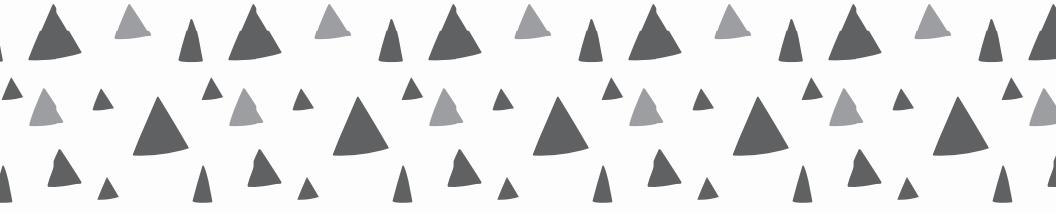
Current medications:

Allergies:

Blood type:

Previous pregnancies:

Family medical conditions (family history of heart disease,
diabetes, birth defects, multiple births, cancer):





WHEN TO SEE A HEALTHCARE PROVIDER



Prenatal care – medical care you receive during pregnancy – is extremely important to the health and well-being of your unborn child. Call to schedule an appointment as soon as you get a positive home pregnancy test. Haven't chosen a provider yet? Visit our website at bootheelbabies.org or call us at (573) 475-8688 to learn more about local resources.

STEPS TO TAKE NOW:



- Choose a care provider
- Begin taking prenatal vitamins
- Make sure you're eating a healthy diet
- If you smoke or drink, stop as soon as you know you're pregnant



PREGGERS SUPPORT

Gather your team! The people you share your big news with first are likely the same people who will support you throughout your pregnancy journey. They may ask what they can do now. Don't be afraid to tell them how you're feeling - both physically and mentally. They're here for you!

FIRST

Trimester

MILESTONES:

QUESTIONS FOR YOUR PROVIDER:

What can I do to ease pregnancy side effects?

What is my due date?

What should I avoid at this stage of pregnancy?

Additional questions:



MORNING SICKNESS?

Try smaller, more frequent meals.
Vitamin B1 or ginger may also be helpful.

Always talk to your healthcare provider about any questions or concerns you have during your pregnancy. If you have symptoms such as high fever, serious stomach cramps or vaginal bleeding, seek medical care immediately.



Handwriting practice lines. There are 20 sets of horizontal lines for practicing letter formation. Each set consists of a solid top line, a dashed midline, and a solid bottom line.



Handwriting practice lines for journaling. There are 20 sets of horizontal lines, each consisting of a solid top line, a dashed midline, and a solid bottom line. The lines are evenly spaced vertically across the page.

SECOND

Trimester

Your
health
and

WELL-BEING

As a mom-to-be, your health is directly tied to your baby's health. So it's important to eat well, get enough sleep and follow your provider's recommendations for exercise and activity levels. It's recommended that you consume about 300 more calories per day than you did pre-pregnancy, and your diet should be well-balanced.

STEPS TO TAKE NOW:



- Make sure you're getting enough sleep
- Start building your maternity wardrobe
- Stick to a healthy, well-balanced diet
- Follow a prenatal exercise routine
- Be sure to keep all of your healthcare appointments



PREGGERS SUPPORT

It can be fun to bring along a loved one to the first ultrasound, which usually takes place between 16 and 20 weeks. It's also time to get comfortable asking for help with household tasks like chores, cooking, or managing other children.

MILESTONES:

QUESTIONS FOR YOUR PROVIDER:

How often should I feel the baby move? _____

Is my baby on track for growth milestones? _____

Are there any potential complications I should watch for? _____

Additional questions: _____



While eating a balanced diet is important, there are some foods you should not consume while pregnant, including raw meat, deli meat, fish with mercury, raw eggs, soft cheeses, and unpasteurized milk. You should ask your provider if there are other foods you should avoid.

Always talk to your healthcare provider about any questions or concerns you have during your pregnancy. If you have symptoms such as high fever, serious stomach cramps or vaginal bleeding, seek medical care immediately.





Handwriting practice lines consisting of two horizontal grey lines with a wavy middle line separating them. There are approximately 20 sets of these lines spaced evenly down the page.



Handwriting practice lines consisting of two horizontal grey lines with a wavy middle line for letter height, intended for practicing cursive handwriting.



READY for ACTION

It's important to take very good care of yourself and minimize stress as you get closer to your due date. Now's the time to finalize getting ready for your baby (see our Bringing Baby Home lists later in this book) and plans for your delivery and maternity leave.)

STEPS TO TAKE NOW:

- Talk with your provider about a delivery plan
- Take time for yourself to de-stress
- Make sure you're eating well and getting enough sleep
- Determine childcare plans for post-maternity leave
- Don't miss any provider appointments
- Pack your hospital bag
- Make sure you're familiar with the symptoms of labor
- Prepare a safe sleep environment



PREGGERS SUPPORT

By this stage, you're most likely very ready to be done with pregnancy and welcome your baby! Tasks like setting up the nursery and installing a car seat can be enjoyable milestones when you have someone help. Be sure to share your delivery plan details with whomever may be at the hospital during delivery so they can be as supportive as possible.

THIRD

Trimester

MILESTONES:

QUESTIONS FOR YOUR PROVIDER:

Has my weight gain been on track, or should I alter my diet/exercise routine?

What signs of labor should I watch for?

When should I go to the hospital?

Additional questions:



It can be difficult to identify pre-labor from real labor. If your contractions are not regular or don't increase in frequency or severity, or if they subside with activity, then you're most likely experiencing pre-labor. If you're in doubt about your symptoms, always contact your provider.

Always talk to your healthcare provider about any questions or concerns you have during your pregnancy. If you have symptoms such as high fever, serious stomach cramps or vaginal bleeding, seek medical care immediately.

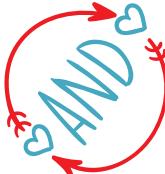


Handwriting practice lines consisting of three horizontal grey lines each, intended for practicing letter formation and alignment.



Handwriting practice lines for a journal. There are 10 sets of horizontal lines, each consisting of a solid top line, a dashed midline, and a solid bottom line. The lines are evenly spaced vertically across the page.

LABOR AND Delivery



AREA HOSPITALS THAT DELIVER

Speak with your healthcare provider to determine a plan for delivery before you go into labor. When in labor, it's important to go to a hospital that provides childbirth services, because they're uniquely equipped to handle any issues that may arise during delivery.

MISSOURI DELTA MEDICAL CENTER

1008 N. Main St., Sikeston, MO

573-471-1600

www.MissouriDelta.com

POPLAR BLUFF REGIONAL MEDICAL CENTER

3100 Oak Grove Road, Poplar Bluff, MO

855-444-7276

www.PoplarBluffRegional.com

SAINt FRANCIS MEDICAL CENTER

211 Saint Francis Drive, Cape Girardeau, MO

573-331-3000

www.SFMC.net

SOUTHEASTHEALTH

1701 Lacey St., Cape Girardeau, MO

573-334-4822

www.SEHealth.org



THE MOST COMMON SIGNS OF LABOR

Every woman is different, and every labor is different as well. But some common symptoms of pre-labor and early labor include:

- Your baby “drops,” moving lower into your pelvis
 - You begin to feel more cramps and back pain
 - You have diarrhea
 - You have increased vaginal discharge
 - You begin to feel stronger, more frequent contractions
-

WHEN TO CALL YOUR DOCTOR

The old saying “better safe than sorry” definitely applies here. If you have questions or concerns about any pregnancy or labor symptoms, always reach out to your healthcare provider. However, if you have any of these signs, it’s definitely time to call:

- Your water breaks
 - You experience bleeding or bright red discharge
 - Your contractions have hit the consistency and frequency discussed with your provider (example: five minutes apart)
-

QUESTIONS FOR YOUR PROVIDER:





Bringing
baby home

BABY SAFETY

It's important for your baby to have a safe environment to come home to. Evaluate your home to make sure you have:

- A safe sleep environment for your baby
- No peeling paint or loose flooring
- No dangling cords, especially near the crib
- No potential poison or choking hazards within reach

HEALTHCARE FOLLOW-UPS

Your baby will need ongoing healthcare checkups throughout the first year of life. The American Academy of Pediatrics says to plan making follow-up appointments at these times:

- | | |
|---|------------------------------------|
| <input type="checkbox"/> 3-5 days after birth | <input type="checkbox"/> 6 months |
| <input type="checkbox"/> 1 month | <input type="checkbox"/> 9 months |
| <input type="checkbox"/> 2 months | <input type="checkbox"/> 12 months |
| <input type="checkbox"/> 4 months | |

NOTES & QUESTIONS:

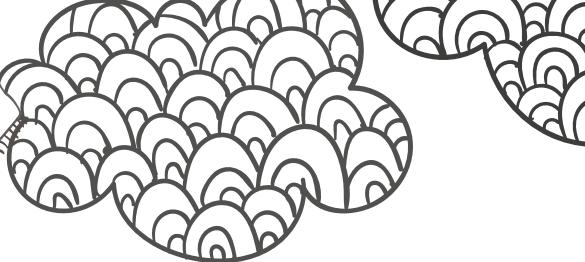
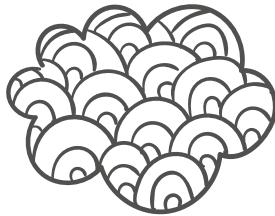
Bringing baby home

NEW BABY BASICS

There are literally hundreds of products available for new babies, many of which make your life easier. But here's a look at some basics you'll want to have on hand before bringing your baby home from the hospital:

- Properly installed car seat
- Crib or other safe sleep surface
- Adequate clothing (onesies, sleepers, etc.)
- Fitted crib sheets and receiving blankets
- Diapers, wipes and diaper cream
- Baby soap/shampoo and washcloths
- Gentle laundry detergent
- Feeding supplies
- First-aid kit with baby thermometer

Safe Sleep



Let's learn the



BABIES SLEEP BEST:

Alone,
on their

Back,
in a

Crib,
or other

Safe sleep
surface



Safe Sleep

THE DO'S and DON'TS OF SAFE SLEEP FOR BABIES

Babies should always sleep **ALONE**

Babies who share a bed with a caregiver are at significantly higher risk of sleep-related death than those who don't. In fact, bedsharing is the single biggest cause of death for babies in Missouri's Bootheel. Always put your baby to sleep in his or her own crib or other safe sleep surface.

Babies should always sleep on their **BACKS**

Babies who sleep on their backs are at significantly lower risk of dying from SIDS and sleep-related causes like suffocation and asphyxiation. Until their first birthday, babies should always sleep on their backs for ALL sleep times – including naps and at night.

Babies should always sleep in a **CRIB** or other safe **SLEEP SURFACE**

It's critical for your baby to sleep in a safe environment with a firm mattress and tightly fitted sheet. Blankets, crib bumpers, pillows and stuffed toys are all suffocation hazards to babies.



Babies sleeping on their stomachs are at a higher risk for choking and suffocation.

When a baby sleeps on his or her stomach, fluids will exit the esophagus and pool at the opening of the trachea, making choking much more likely. Likewise, babies sleeping upright and on their sides are at a similar risk.



Safe Sleep

CRIB SAFETY

Babies spend much of their time sleeping, which is why it is so important they have a safe sleep environment. In addition to a firm mattress with a fitted sheet, be sure your crib meets the latest guidelines of the Consumer Product Safety Commission, including:

- Make sure there are no gaps larger than two fingers between the sides of the crib and the mattress.
- Proper assembly of cribs is essential. Follow the instructions provided and make sure that every part is installed correctly.
- Don't use cribs older than 10 years or broken or modified cribs. Infants can have trouble breathing if their bodies pass through gaps between loose components or broken slats while their heads remain entrapped.
- Set up bassinets and playards properly, according to manufacturers' directions. Only use the provided mattress pad; do not add extra padding.
- Never place a crib near a window with blind cords, curtain cords or baby monitor cords.

Visit cpsc.gov for a full list of crib safety tips.

Don't have a crib or other safe sleep surface for your baby?

We may be able to help. Visit us at bootheelbabies.org or call (573) 475-8688 to see what support opportunities may be available.

BONUS INFORMATION

It's important for all caregivers - not just parents - to understand the benefits of safe sleep. Share the information in this guide with grandparents, aunts, uncles, and anyone who cares for your baby. You can also direct them to our website:

WWW.BOOTHEELBABIES.ORG

Milestones & IMPORTANT DATES

Birth

Date and time of birth: _____

Location of birth: _____

Weight: _____

Height: _____

Apgar scores: _____

Notes: _____

First Checkup

Weight: _____

Height: _____

Head circumference: _____

Immunizations: _____

Notes: _____

1-Month Checkup

Weight: _____

Height: _____

Head circumference: _____

Immunizations: _____

Notes: _____



Milestones & IMPORTANT DATES

2-Month Checkup

Weight: _____

Height: _____

Head circumference: _____

Immunizations: _____

Notes: _____

4-Month Checkup

Weight: _____

Height: _____

Head circumference: _____

Immunizations: _____

Notes: _____

6-Month Checkup

Weight: _____

Height: _____

Head circumference: _____

Immunizations: _____

Notes: _____

Milestones & Important Dates

9-Month Checkup

Weight: _____

Height: _____

Head circumference: _____

Immunizations: _____

Notes: _____

12-Month Checkup

Weight: _____

Height: _____

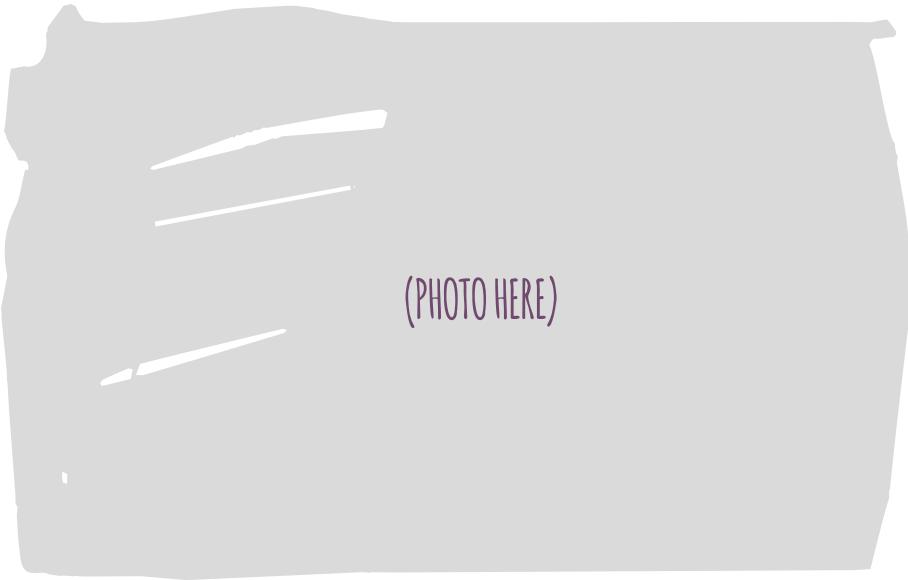
Head circumference: _____

Immunizations: _____

Notes: _____

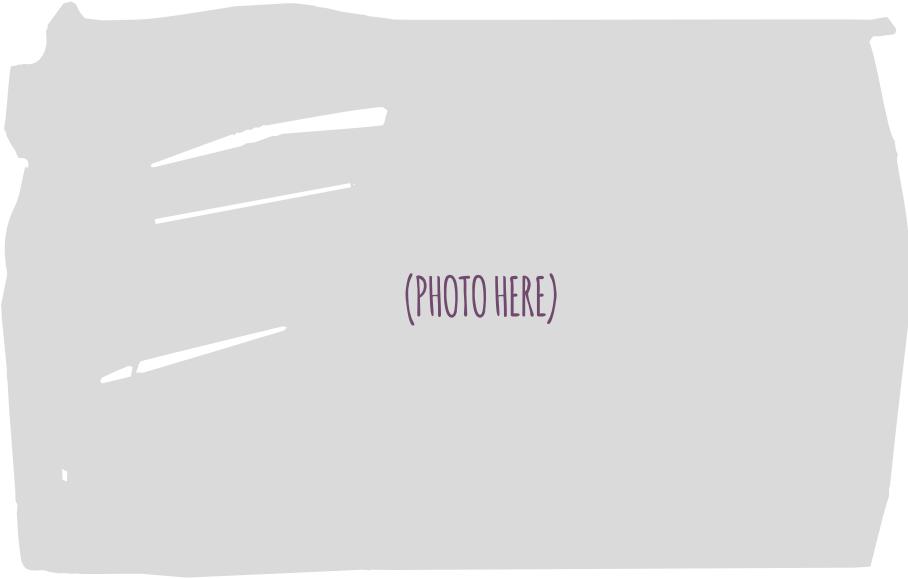
Additional Notes:

MEMORIES



(PHOTO HERE)

Ultrasound



(PHOTO HERE)

Newborn

MEMORIES

(PHOTO HERE)

First Months

(PHOTO HERE)

First Birthday



born _____ 20_____

at _____ a.m / p.m.

weighing _____ pounds _____ ounces,

and _____ inches long



BABY'S FIRSTS

You'll always remember
the first time your baby ...

Smiled: _____

Laughed: _____

Lifted his/her head: _____

Slept through the night: _____

Rolled over: _____

Sat unsupported: _____

Held a bottle: _____

Crawled: _____

Walked: _____

First word: _____



BOOTHEEL Babies

& FAMILIES

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