

# Embracing Life

a special guide and calendar for moms



On behalf of South Country Health Alliance  
(South Country),

**Congratulations on your recent pregnancy!  
We are very excited for you and your growing  
family. What a special time in your life!**

We realize all pregnancies are different and have developed this book as a guide for you. Our team has spent many hours working hard to make this book as interactive and informational as possible. We do want to express this book is not intended to treat/diagnose your symptoms, rather guide you.

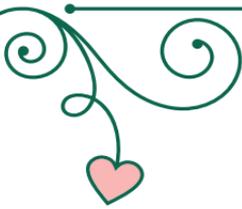
Please reach out to your health care provider should any concerns arise throughout your pregnancy. You can always contact your local OB department with questions or call our 24-hour nurse line for immediate medical advice. Good and the not so good. Please tell us how we can make this book better for you! Call our member services team and they will direct your feedback!

Thank you for sharing this beautiful journey with us!

Warmly,

Your South Country Health Alliance Team





# South Country

HEALTH ALLIANCE

## Member Services

1-866-567-7242, TTY users call 1-800-627-3529 or 711

Hours: Monday - Friday 8 a.m. - 8 p.m.

**Or visit our website: [www.mnscha.org](http://www.mnscha.org)**

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Minnesota Oral Health Project, [www.crushcavities.com](http://www.crushcavities.com)  
American Dental Association, [www.mouthhealthy.com](http://www.mouthhealthy.com)  
The American College of Obstetricians and Gynecologist (ACOG) <https://www.acog.org/>  
American Pregnancy Association, <https://americanpregnancy.org/>

**Our special thanks to the South Country Family Health Committee for their information, thoughts, and feedback during the editing of this book.**

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## About Me



If found, return to

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

### Emergency Contact

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Clinic: \_\_\_\_\_ Phone: \_\_\_\_\_

Hospital: \_\_\_\_\_ Phone: \_\_\_\_\_

My Due Date \_\_\_\_\_

Prescriptions \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Critical Medical Conditions \_\_\_\_\_

\_\_\_\_\_ Blood Type \_\_\_\_\_

County Financial Worker Name & Phone \_\_\_\_\_

\_\_\_\_\_

County Public Health Nurse Phone \_\_\_\_\_



## Public Health Nurse Visits

Prenatal and postpartum visits with a public health nurse are available to you upon request. Call the number for your county listed on page 37. The visits are provided at no cost to you and are a great way to provide you with information and resources to give you and your baby the healthiest start.

### The public health nurse will:

- ◆ Answer your questions.
- ◆ Talk with you about the normal changes to your body during and after pregnancy, and when to call the doctor.
- ◆ Provide resources that can help you and your family.
- ◆ Give you useful information on your baby's growth and development, health and safety issues, nutrition, and parenting.

## 24-hr Nurse Advice Line

### Answers are only a phone call away.

Do you have a medical concern or question? Are you or your baby ill and you don't know what to do? Call our 24-hour nurse advice line if you have a question about your pregnancy, yourself, or your baby that cannot wait until your next doctor visit.

Help is a phone call away. Call our nurse line 24 hours a day, 7 days a week. Trained nurses are ready to talk with you. You can find the number on the back of your South Country member ID card.

## Table of Contents

### 2-11 **Important Information During Pregnancy**

Public Health Nurse Visits  
24-Hr Nurse Help Line  
Prenatal Care  
Important!  
Dental Care  
Pre-term Labor  
Transportation

### 12-23 **Pregnancy Calendar**

Useful weekly updates and checklist items during your pregnancy

### 24-32 **After Birth Care**

Feeding your baby  
Breast pump program  
United Way first call for help  
Car Seat Program  
Continued Learning  
Emotional changes after birth

### 33-40 **Resources and Numbers**

Finding a provider for your baby  
Your Hospital 'Go' Bag  
Baby Name Workspace  
Your scheduled provider visits



Additional content is available at **Embracing Life Online** <https://mnscha.org/members/embracing-life-online>. **Look for the flower!**

For quick access on a smartphone, scan the QR code on the inside front or back cover.

## Prenatal Care

- ◆ Tell your county financial worker about your pregnancy. You will be eligible for additional medical benefits and services.
- ◆ Get regular checkups to ensure you and your baby are staying healthy. Use the form on page 39 to help remind you of scheduled visits.
- ◆ During your provider visits ask about any questions or concerns you may have.
- ◆ Ask your clinic for their 24-hour OB/GYN nurse line phone number to call if any questions or concerns come up.
- ◆ Pay attention to your emotions. Mild mood swings are normal, but talk with your health care provider if you feel down or are worried about changes in your mood.
- ◆ Talk to your doctor about prenatal vitamins. South Country covers the cost of prenatal vitamins when you have a prescription from your provider.
- ◆ Check with your health care provider before taking any prescription or over-the-counter medication while you are pregnant or nursing.

- ◆ Talk to your health care provider about the appropriate weight gain for you during your pregnancy.
- ◆ Keep wearing your seat belt while you are pregnant. Always wear both the lap and shoulder belt. Buckle the lap strap under your belly and over your hips. If you get in an accident the seat belt will help protect you and your baby.
- ◆ Schedule a postpartum appointment with your health care provider 6 weeks after your baby is born or per your provider's recommendation. Your provider will check your recovery at this visit and it will give you a chance to ask questions about your health, your baby's health, and to discuss birth control options.

 Did you know South Country offers rewards for visiting your doctor early in your pregnancy and after your baby is born? More information about the rewards program can be found on our website at [www.mnscha.org](http://www.mnscha.org) or by calling member services.





## Important!

### When you are pregnant

-  **Limit Caffeine.** Moderate caffeine consumption is okay during your pregnancy. An example of moderate caffeine consumption is one 12-ounce cup of coffee per day. This is equal to 200 milligrams per day. It is important to read labels as caffeine can also be found in teas, chocolate, energy drinks, and soft drinks.
-  **Avoid Alcohol.** There is no amount of alcohol that has been proven safe during pregnancy. Drinking alcohol while you are pregnant can cause permanent physical problems and problems with behavior and learning for your baby. Drinking alcohol while pregnant can lead to conditions called Fetal Alcohol Spectrum Disorders (FASDs).
-  **Avoid Drugs.** Any drug, including some over the counter drugs, may cause harm to your baby. It is important to talk to your provider on what drugs are safe for you and your baby during your pregnancy and while breastfeeding.
-  **Avoid Marijuana Use.** Marijuana is not safe for your unborn child. Many studies have shown that there is an increase in stillbirth with marijuana use. There is also a great risk that your child will be much smaller than babies who are not exposed to marijuana during pregnancy. Babies who are exposed to marijuana during

pregnancy are at a greater risk for attention and behavioral issues as they grow older. If you are prescribed medical marijuana, you should stop using this before you become pregnant.

 **Avoid Tobacco.** When babies are exposed to tobacco products during pregnancy, research has shown they are at an increased risk of being born early and small. Tobacco products may also cause your unborn child to be considerable smaller. Your child may also be born with different types of health problems. Your child could be born with cerebral palsy or other lifelong health conditions. Other health problems such as learning disabilities may appear later in childhood or even in adulthood.

South County offers the EX-program to help you quit smoking. Please reach out to member services for more information on this program. You can also ask your health care provider or county worker for information to help you quit tobacco use.

 **Watch the Foods You Eat.** It is important to have a healthy balanced diet while pregnant to help your baby grow. Talk to your health care provider on what foods should be eaten in moderation during your pregnancy.

 **Get Vaccinated.** Talk with your doctor about the vaccines recommended during and after pregnancy. Be sure to ask for your flu shot! You can get it as early as October or at any point in the flu season.

## Dental Care During Pregnancy

- ◆ Tell your dentist you are pregnant. Dental visits are important, especially while pregnant. The dentist can help spot potential problems before they become an issue.
- ◆ Pregnancy causes hormonal changes that can increase your risk of developing gum disease. This can also affect the health of your baby.
- ◆ Brush your teeth at least 2 times a day using a soft bristled toothbrush and fluoride toothpaste.
- ◆ Get a new toothbrush every 3 months.
- ◆ Floss your teeth every day to clean between your teeth where a toothbrush can't reach.
- ◆ Talk to your dentist if you have bleeding or swollen gums.



## Dental Care for Your Baby

- ◆ You should clean your baby's gums before teeth come in. You can do this by gently rubbing a clean, damp washcloth along the gums.
- ◆ After your baby's teeth start coming in, clean teeth with a child-size toothbrush twice per day. For children under 3, use a smear of fluoride toothpaste, the size of a grain of rice.
- ◆ It is generally recommended that an infant visit a dentist by the age of 1, or within 6 months after the first tooth comes in.

- ◆ Keep bottles and sippy cups out of your baby's crib at bedtime. Milk, formula, and juice have sugar in them and the sugar bathes the child's teeth. Children who fall asleep while drinking from them are more likely to have gum problems and tooth decay. If the child must take a bottle to bed or nap, put only water in the bottle.

### Fluoride Varnish

- ◆ A Fluoride Varnish Application (FVA) is a topical fluoride treatment that strengthens healthy tooth enamel and repairs or remineralizes weakened enamel.
- ◆ Beginning at the eruption of the first tooth, fluoride varnish is recommended up to four times per year.
- ◆ Fluoride varnish is applied to all surfaces of the teeth with a small brush and is as simple as putting fingernail polish on your nails.
- ◆ You can get fluoride varnish applied to your child's teeth at a dentist's office, a medical clinic, or at a public health agency.
- ◆ Check with your doctor during the infant well-care exam, as an FVA may be applied during the Child & Teen Checkups (C&TC) visit. See page 33 for more information on infant well care visits.

If you or your child do not have a dentist, we can help you find one. Call the dental number on page 37 of this book, or on the back of your South Country ID card.

## What is Pre-term Labor?

Pre-term labor is going into active labor before the 36th week of pregnancy.

Contact your doctor if you have any of the following symptoms:

- ◆ Unusual vaginal discharge or bleeding
- ◆ Cramps that feel like your period
- ◆ Low, dull backache
- ◆ Contractions (tightening in your abdomen)
- ◆ Trickle or a sudden gush of vaginal fluid
- ◆ Sudden swelling or puffiness
- ◆ Pressure in your back, abdomen, pelvis, or thighs (like the baby is pushing against you)

If you are experiencing any of these symptoms, please call your labor and delivery department or call 911 in an emergency.

## Transportation

It is important for you to attend all of your appointments and to take your baby in for checkups. If you need a ride you may be able to get assistance. Feel free to call Member Services on how to get transportation to and from your medical appointments.



## Pregnancy Calendar

The calendar that begins on the next page is intended to help you keep track of important events and milestones during your pregnancy. Simply start using the calendar at whatever point you are in your pregnancy, and don't forget to mark your due date!

### Use this calendar to:

- ◆ Note questions you want to ask your provider
- ◆ Mark your appointments, due date, and the baby's first kick!
- ◆ Track your body's changes
- ◆ Track your food and nutrition
- ◆ Track your exercise
- ◆ Track your weight changes
- ◆ Write down your thoughts and feelings about being a mom



Your baby is growing, and you might be feeling nauseous. Try eating a healthy snack to help. Your embryo (fertilized egg) is made of three layers, these layers will form organs.

Week 5

To Do

- Find a primary care provider.

notes

Week 6

Baby's brain and nervous system are developing fast and heart is beating. You may feel tired and have aches or pains as your body gets used to being pregnant. Baby's mouth and ears are forming.

To Do

- Ask someone to take over cat litter duty. Litter boxes carry germs you should avoid.

notes

Week 7

Baby's hands and feet are forming. The umbilical cord is transferring blood and important nutrients between you and your unborn child.

To Do

- Be sure you are getting enough rest at nighttime.

notes

Week 8

Regular prenatal care is important for the health of you and your baby. Every visit, your provider will check your body's changes, baby's growth, and answer your questions.

To Do

- Schedule a prenatal visit. Prepare to talk about your family's health history.*

notes

Week 9

Your baby is about the size of a grape but growing fast. Talk to your provider if mood changes are affecting your everyday life. Mood swings are normal as your hormones change.

To Do

- Use sunscreen to protect your skin!*

notes

Week 10

Baby's organs are still growing! Remember, good nutrition is important. If you need help paying for groceries or want nutrition advice, call your local WIC (Women, Infants and Children) Program.

To Do

- Check food labels to be sure you are eating a healthy balanced diet.*

notes

## Week 11

Baby is now about two inches long and their bones are beginning to harden. You may notice increased growth to your hair and nails, due to pregnancy hormones in your body.

## To Do

- Talk with your provider about how much weight you should gain.*

notes

## Week 12

Welcome to the last week of your first trimester! Baby may start sucking their thumb!

## To Do

- Continue to limit your intake of sweets and avoid late night snacking.*

notes

## Week 13

Welcome to your second trimester! Baby is the size of a peach. You may start to notice stretch marks and your clothes might feel more snug.

## To Do

- Remember to moisturize your belly to decrease the risk of stretch marks.*

notes

Week 14

Baby is growing “lanugo,” a soft and colorless hair and may start to make facial expressions.

To Do

- Talk to your provider if your mood is affecting your daily activities.*

notes

Week 15

Baby's legs and arms are growing. Your provider will offer you different genetic tests that are offered to all expecting mothers.

To Do

- Remember to continue good oral health.*

notes

Week 16

You may have a pregnancy glow due to the increased blood flow. Baby's eyes are moving back and forth even though their eyelids may be sealed shut.

To Do

- Ask your provider, nurse, or county worker to help find local prenatal classes.*

notes

Week 17

You may notice your breasts are starting to get larger. They may grow 1-2 cup sizes. Baby is now the size of a pear.

To Do

- Find a bra that comfortably fits your changing figure.

notes

Week 18

Your baby can hear you talking! Play music and talk to them. You may also be able to find out the gender of your baby this week!

To Do

- Invite your partner, family, and friends to talk to your baby in your belly.

notes

Week 19

Baby is starting to get a protective layer called “vernix caseosa” this will prevent their skin from wrinkling as they continue to grow!

To Do

- Be sure you're drinking plenty of water every day.

notes

Week 20

You are at the halfway point! Remember, if you have concerns on your diet or weight gain, reach out to your provider. Baby is now about the size of a banana.

To Do

- Sing, talk, and read to your baby.*

notes

Week 21

You may now feel baby move a lot more as they are making more coordinated movements! Their body is starting to create meconium. This is the black, tarry stool they will pass in their first few days of life.

To Do

- Invite your partner, family, and friends to feel your belly (if comfortable) to feel the baby move.*

notes

Week 22

Baby can touch and feel now, too! Braxton Hicks contractions may occur when muscles in your uterus tighten. These contractions are not dangerous but call your provider if they become more frequent or intense.

To Do

- Watch for signs of pre-term labor. Symptoms are listed on page 10.*

notes

Week 23

Baby is about 1 pound now! Your uterus is expanding and you may feel your bladder being pushed on more often. Don't worry, your body will make room for your baby.

**To Do**

- Start planning for your postpartum time.*

notes

Week 24

Baby is now the size of an ear of corn. Your skin may feel itchy due to the stretching. Drink plenty of water and use lotion to help soothe skin. You will be screened for gestational diabetes in the next few weeks.

**To Do**

- Schedule your gestational diabetes test.*
- Start thinking of a provider for your baby. (go to page 33)*

notes

Week 25

Baby is about the size of an acorn squash! You may feel when your baby has the hiccups! Baby is developing a firm grasp and can even stick their tongue out!

**To Do**

- Talk to your partner, family, and friends about your favorite baby names!*

notes

Week 26

Baby is now about 2 pounds! Your bottom may feel sore from hemorrhoids. Don't worry, this is common in pregnancy.

To Do

- If you experience hemorrhoids, talk to your provider on how to manage them in pregnancy.*

notes

Week 27

Welcome to your third trimester! Keep talking to your baby! They can tell your voice from your partners voice! Baby's taste buds are now developed. If you eat spicy food, baby can taste it in your amniotic fluid.

To Do

- Create a birth plan. How do you picture your labor and delivery? Share with your provider.*

notes

Week 28

Your baby is now the size of a buttercup squash! Taking a childbirth or parenting class is a good way to prepare for your baby's arrival. You will also meet other mom's to be.

To Do

- Register for a childbirth class. South Country will cover the costs! (Go to page 30)*

notes

Week 29

Baby is now the size of a butternut squash. Their bones are soaking up calcium. Be sure you are eating a lot of calcium rich foods and continue to take your prenatal vitamins!

To Do

- Get a car seat. South Country can help! (go to page 28)*

notes

Week 30

You are probably more tired than normal and may have difficulty sleeping at night – try different sleeping positions. If you suffer from insomnia – talk to your provider about safe ways to help.

To Do

-  *Start childproofing your home.*

notes

Week 31

You may notice a yellowish substance leaking from your breast, this is colostrum or pre-milk, if you breast feed, this is what baby will eat after being born. Baby can now move their head side to side.

To Do

- Do you want to breast feed or bottle feed? Take time to research. (go to page 24)*

notes

Week 32

Baby continues to practice breathing, sucking, and swallowing. You may have more Braxton Hicks contractions. This is normal, however, if they do not stop or are very painful, call your provider or go to hospital.

To Do

- Prepare a few freezer meals for you and your family for use after baby is born.*

notes

Week 33

Baby is the size of a pineapple! Your body is continuing to prepare for the birthing process!

To Do

- Do you have a safe place for baby to sleep? If you need help, please contact your local county worker.*

notes

Week 34

Baby is the size of a cantaloupe. Baby's fat layers are starting to fill out, this will help them regulate their body temperature at birth.

To Do

- Pack your hospital bag if you have not done so.(go to page 34)*

notes

Week 35

Baby is the size of a honeydew melon! They will continue to gain weight the next couple weeks. You may feel baby move down as they start to settle in the lower pelvis to prepare for delivery.

To Do

- Will you circumcise if baby is a boy? Do research! (**not** a covered benefit unless medically necessary)

notes

Week 36

Baby is the size of a head of romaine lettuce! If baby is not head down, your provider may suggest a procedure to flip them around!

To Do

- You can start bouncing on a yoga ball to help prepare your body for birth!

notes

Week 37

Baby is sucking their thumb and blinking! You may lose the mucus plug that protects your cervix at any time. It will be a thick yellow discharge and may have a little blood. Tell your provider when it comes out.

To Do

- Get a copy of Baby's First Year Calendar from South Country. Call member services to request one.

notes

Week 38

You may deliver any day now! Baby is the length of a stalk of rhubarb. Their lungs are strengthened and getting ready for that first cry! Know the signs of labor so you know when it's real.

To Do

- Remember - real labor pains become regular and stronger as time goes on.

notes

Week 39

Baby's umbilical cord is about 22 inches long and a half-inch thick. Baby is ready for their great debut! While you wait, try and get plenty of rest to prepare your body for labor.

To Do

- Call your provider when you think your water has broken. It might be a gush of water or just a trickle.

notes

Week 40

**Don't worry if your due date comes and goes! Your body will go into labor when the time is right!** Many women deliver up to 2 weeks past their due date! You can talk to your provider about options to induce labor!

To Do

- Say hi to your baby! They will recognize your voice!

notes

## Feeding Your Baby

Know that “Fed is Best” when choosing how to feed your baby. When your baby is born, their belly is the size of a marble. Remember your baby will eat small amounts about every 1-3 hours for the first couple weeks to a month of life.

It is important to take your newborn to all well child visits. At these visits, the health care team will continue to provide you education on what feedings should look like as your child grows. Every newborn is different.

However, if you have two or more poor feedings in a row, projectile vomiting, or fewer than 6 wet and 3 dirty diapers per day (after the first week) you should bring your baby into your local emergency department.



### Benefits of Breast Feeding

Breast feeding is great nutrition for your new baby. Your milk is made especially for your baby and changes to fit the needs of your baby. Talk with your provider or nurse about the benefits of breast feeding. If you need help or support, ask your provider or public health nurse for a referral to a certified lactation consultant.

- ◆ Breast milk is easier for your baby to digest.
- ◆ Breast feeding can reduce moms' risk of breast & ovarian cancer, high blood pressure and type 2 diabetes.
- ◆ Contact your clinic or lactation consultant for questions related to your infants feeding patterns.

- ◆ Breast feeding is a wonderful way for you to bond with your baby.
- ◆ Breast feeding helps your baby's brain development and helps your baby resist allergies, illness, and infections.
- ◆ Breast milk is free! You can save thousands of dollars each year by not having to buy formula.
- ◆ For more details on breast feeding, visit our website.

## Formula Feeding

Formula feeding is also great nutrition for your baby.

Things to remember when formula feeding your infant:

- ◆ Ensure the formula is FDA approved.
- ◆ Ensure the formula is age appropriate for your child.
- ◆ Contact your local county worker for questions on WIC and other formula resources .
- ◆ Always read the container label to make sure you are preparing the formula correctly.





## What if Baby is Not Getting Enough to Eat?

Although most moms can provide their babies with all the milk they need, sometimes babies don't get enough. And when the problem isn't addressed, a baby can suffer from dehydration and failure to thrive, which are uncommon but serious problems.

Here are some signs to watch for **after** baby's first 5 days:

- ◆ Baby is wetting fewer than 6 diapers in a 24-hr period and/or has small, dark stools.
- ◆ Baby regularly falls asleep when put to your breast but then fusses when taken off much of the time.
- ◆ Baby doesn't seem satisfied even if feedings consistently take over an hour.
- ◆ Your breasts don't feel softer after nursing.
- ◆ Baby doesn't start gaining weight or starts losing weight.

If you're concerned that your baby isn't getting enough milk, call your baby's provider or check in with a nurse or lactation consultant. At these appointments, you'll typically feed your baby while the consultant observes you and gives you valuable tips for breastfeeding success.

You may need to supplement baby's diet with formula, this is OK. Do not feel ashamed, guilty, or embarrassed, sometimes breast milk is not enough.



## South Country Health Alliance Breast Pump Program:

If you must be away from your baby and would like an electric breast pump, South Country will provide one for you.

To order a breast pump for home delivery, first ask your provider for a prescription. Then call South Country Member Services for information on how to get one.

If you need breast feeding support or help using your breast pump, you can call WIC or your public health nurse. Phone numbers are found on page 37 of this book.

## United Way First Call for Help

Are you worried you won't have a bed or clothes for your baby? Are you without a job or a place to live? Do you need a support group? The United Way First Call for Help can help you.

Call United Way First Call for Help at the number printed on page 37 of this book. It's a confidential service that can direct you to various other resources in your community.



## South Country Health Alliance Car Seat Program: Be Buckled™

South Country will provide a car seat to members in need, along with installation training, education, and safety tips. One seat will be provided per child, per lifetime. Call your county public health nurse to set up a time to receive your child's car seat. The number is on page 37.

### Keep your child safe!

- ◆ Get a car seat before your baby is born so baby has a safe ride home from the hospital. Use a car seat every time your child is in the car.
- ◆ Infants under the age of 2 must ride in an approved car seat facing the back of the car. Refer to your car seat manual for when to turn your child to forward facing.
- ◆ Make sure the car seat is buckled in correctly with the seat belt or LATCH system not both.
- ◆ Follow the instructions carefully from the car seat manufacturer and your car owner's manual. Four out of five seats are used incorrectly. It's important to learn how to install and use your car seat correctly.
- ◆ Car seats can be unsafe and not work properly if they have been involved in an accident. Do not use a car seat that has been involved in an accident, or if you don't know the history of the car seat.

## Picking a Car Seat

When it comes to selecting a car seat for your child, the “best” one is the one that you use correctly all the time and that fits your car. Here are some things to think about:

- 1. Read the box.** Make sure that you are getting a car seat that is appropriate for your child’s height, weight, and age. Check the label on the box or find the same information on the side of the car seat itself.
- 2. Know the law.** In most states including Minnesota, it is the law that infants ride rear-facing until age 2. Infants should remain rear facing as long as possible-until they are at least 2, if not longer. Or, they have outgrown the weight for the car seat. Remember, it’s okay that a child’s feet touch the back of the automobile seat. It’s the child’s head and neck we want to protect.
- 3. Know the history.** Never use a car seat that you don’t know the history of, such as those from a garage sale, bought off the internet, or from a consignment shop. It may have been recalled, expired, or in an accident, and may not be safe! Car seats generally are only good for 6 years. Always check the car seat for an expiration/ manufacturing date. You can find the date on the back of the seat.
- 4. Try it out.** Ask the store if they allow you to try the car seat in your car. Review the store’s model and check if it’s easy to use. It may have a cute pattern, but if it’s hard to use, you may not be making the best purchase. You can also check online for product reviews.

continued on next page

## Picking a Car Seat continued

- 5. Think ahead.** If your child grows out of the infant carrier seat, the next one to purchase is a “convertible seat”. These seats convert to forward-facing when the maximum rear-facing weight has been reached for that car seat.

## Continued Learning

There are many classes available for you.

- ◆ **Pregnancy and childbirth education classes:** You can take pregnancy and childbirth classes in a clinic, hospital, or public health agency at no charge. Talk to your health care provider or local public health department about how to register.
- ◆ **Early Childhood Family Education (ECFE) classes:** South Country members with children under the age of 5 can take part in most ECFE classes at no charge. Contact your local school district for class availability. If you are unsure which school district you live in, you can call the United Way First Call for Help at the number printed on page 37 of this book.
- ◆ **Community Education classes:** Community education offers fun classes. Brush up on a special skill or learn a new hobby. South Country members receive discounts on most Community Education classes (*up to five classes per calendar year*). You can contact your local school district or Community Education program for a class listing. For information on eligibility, call South Country Member Services.

## Emotional Changes After Birth

### The "Blues"

- ◆ Most women have mood swings after they have a baby. You may feel happy one minute and sad the next.
- ◆ You may feel a little depressed, have a hard time concentrating or sleeping, or may lose your appetite. You might worry that your life is out of control and that you are having a hard time coping with being a parent.
- ◆ The blues are a normal part of early motherhood and usually go away within 10 days of delivery.
- ◆ If your symptoms are severe or last longer than 14 days, you should talk to your health care provider.
- ◆ Tears are normal within the first two weeks because your body is adjusting to all your postpartum hormones.
- ◆ If the tears and sadness go past two weeks, please call your provider, and set up an appointment.
- ◆ "Baby Blues" or Postpartum Depression is common, so know you are not alone. It is okay to ask for help.

If at any time after you deliver your baby you are having thoughts of hurting yourself, your baby, or others, please call 911 or go into the Emergency Department.

continued on next page

## Emotional Changes After Birth continued.

### What might help:

- ◆ Talk to your partner, a friend, or a relative. Tell them how you feel. Remember, it is okay to ask for help.
- ◆ Find someone who can help you with childcare, household chores, or errands. A social support network will help you find time for yourself, so you can rest.
- ◆ Take time for yourself, even if it is only 15 minutes a day. Reading, exercising, or taking a bath might help.
- ◆ Talk with your health care provider about how you feel. They can offer counseling or medications that can help you.
- ◆ Join a support group with other women who suffer from depression.





## Finding a Provider for Your Baby

Select a primary care clinic for your baby. Choose a provider for your baby before your baby is born. The first few years are important in your child's growth and development.

Child and Teen Checkups (Well-Care Checkups) help ensure your child is healthy and prevent your child from becoming sick.

### At well-care checkups you can:

- ◆ Check on your child's growth and development.
- ◆ Talk with your doctor about any questions you have about your child's health.
- ◆ Talk with your doctor about safety in your home, signs of illness, and about your child's eating and sleeping habits.
- ◆ Get all the recommended shots. A timeline of these shots can be found in our *Baby's First Year Calendar* or on our website.
- ◆ Recommended Well-Child visits are on page 40.

Ask your public health worker  
or call member services to get a  
copy of South Country's  
Baby's First Year Calendar!

## Your Hospital 'Go' Bag

Here are some suggestions on what you should include in the bag that you bring with you to the hospital. Include a list of people to call when baby is born.

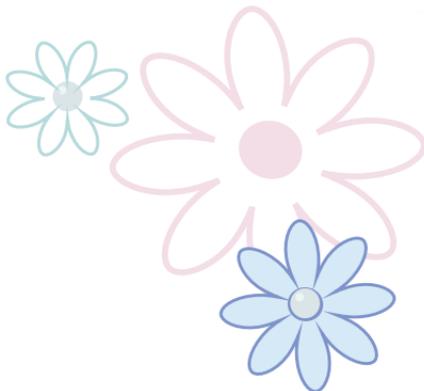
### For MOM

- ◆ Paperwork: pre-registration forms for the hospital & insurance card
- ◆ Nursing bra(s) & breast pads
- ◆ Slippers or socks
- ◆ Blanket for mom/dad
- ◆ Going home outfit for you
- ◆ Mints/hard candies – to help with dry mouth
- ◆ Snacks
- ◆ Glasses/contacts (if needed)
- ◆ Toiletries
- ◆ Phone charger



## For PARTNER

- ◆ Change of clothes
- ◆ Pajamas
- ◆ Slippers
- ◆ Pillow/ blanket
- ◆ Toiletries
- ◆ Snacks
- ◆ Phone charger
- ◆ Camera



## For BABY

- ◆ Bring a “going home” outfit for baby
- ◆ Pacifier for baby (if you choose)
- ◆ Hospital will have diapers, wipes, and things you need for baby
- ◆ Hospital may also have a feeding pillow
  - ◇ If they do not have a feeding pillow, they will have extra pillows for feeding.
- ◆ Remember baby’s car seat to go home
- ◆ Blanket for baby







## Resources & Numbers

### **South Country Health Alliance Member Services**

For information on your health programs, benefits, scheduling transportation, or finding a provider.

Toll Free:..... 866-567-7242

TTY Users: ..... 800-627-3529 or 711

**Or** visit our website: [www.mnscha.org](http://www.mnscha.org)

### **EXprogram Tobacco Cessation**

For help to stop smoking ..... 833-392-6224

### **Delta Dental**

For help finding a dentist ..... 866-398-9419

### **United Way First Call for Help**

For help finding other community resources..... 800-543-7709

### **WIC (Women, Infants, and Children) Program**

For support buying groceries and breast feeding..... 800-WIC-4030

### **County Public Health Nurse**

Brown County ..... 507-233-6820

Dodge County..... 507-635-6150

Goodhue County ..... 651-385-3200

Kanabec County ..... 320-679-6330

Sibley County ..... 507-237-4000

Steele County ..... 507-444-7650

Wabasha County ..... 651-565-5200

Waseca County ..... 507-835-0685





## Your Scheduled Prenatal Visits:

Date: \_\_\_\_\_ Time: \_\_\_\_\_



Remember to go to our website or call **Member Services** to get information on our rewards program for completing your prenatal and postpartum visits as well as your child's well-care visits!

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*Write in all your prenatal visits here and your postpartum and child's well-care visits on the next page.*

*You can cut this page out and place it on the fridge or other high traffic area in your home.*

## Your Scheduled Postpartum Visits:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

## Your Child's Well-Care visits:

Date: \_\_\_\_\_ Time: \_\_\_\_\_ 3-5 days

Date: \_\_\_\_\_ Time: \_\_\_\_\_ 1 month

Date: \_\_\_\_\_ Time: \_\_\_\_\_ 2 months

Date: \_\_\_\_\_ Time: \_\_\_\_\_ 4 months

Date: \_\_\_\_\_ Time: \_\_\_\_\_ 6 months

Date: \_\_\_\_\_ Time: \_\_\_\_\_ 9 months

Date: \_\_\_\_\_ Time: \_\_\_\_\_ 12 months

Date: \_\_\_\_\_ Time: \_\_\_\_\_ 15 months

Date: \_\_\_\_\_ Time: \_\_\_\_\_ 18 months

Date: \_\_\_\_\_ Time: \_\_\_\_\_ 24 months

Visits should be scheduled yearly after age 2.

## South Country Health Alliance Member Services

1-866-567-7242, TTY 1-800-627-3529 or 711

Attention: If you need free help interpreting this document, call the above number.

- Atención. Si desea recibir asistencia gratuita para interpretar este document, llame al número indicado arriba.
- Digniin. Haddii aad u baahantahay caawimaad lacag-la'ann ah ee tarjumaadda (afcelinta) qorallkan, lambarka kore wac.
- Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.



1-866-567-7242, TTY 711

[members@mnscha.org](mailto:members@mnscha.org)

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Scan QR code with your smartphone to access to additional content.



<https://mnscha.org/members/embracing-life-online>



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