

Additional Resources:

Planned Parenthood

330-678-8011

Townhall II

330-678-3006

**Centers for Disease Control and
Prevention**

[http://www.cdc.gov/pregnancy/
index.html](http://www.cdc.gov/pregnancy/index.html)

BabyCenter

<http://www.babycenter.com>

Parents

<http://www.parents.com>

Kent City

Health Department Services:

- **Vital Statistics**— birth and death records
- **Child Immunizations**
- **Environmental Health:**

Public Inspections— restaurants, housing, schools, water, body art facilities, etc.

Pest Control—mosquitoes, rodents, etc.

Waste Management—trash and recycling regulations

**Public Health Nuisances and
Animal Bite Investigations**

Please visit

kentpublichealth.org

for more information!



Kent City
Health Department
414 East Main Street
Kent, Ohio 44240
Phone: 330-678-8109

A Guide for New Parents

Advice for achieving a healthy pregnancy, infant, and family



Healthy Pregnancy

Before deciding to become pregnant, it is important for mothers to have a healthy diet and active lifestyle to ensure a healthy pregnancy. An ideal pregnancy is one that is full-term (39 weeks) with no unnecessary interventions. A healthy pregnancy should result in the delivery of a healthy baby, as well as a healthy postpartum period for the mother, baby, and family.

There are several steps that parents can take to ensure a healthy pregnancy:

- Daily intake of 400 micrograms of folic acid at least one month before pregnancy. During pregnancy, dosage should be increased to 600-1,000 micrograms depending on a physician's recommendations.
- Eat a healthy diet and practice physical activity before and during pregnancy. Consult your doctor about appropriate foods to consume and exercises to do while pregnant.
- Quit smoking, using drugs, and consuming alcohol to avoid preterm birth.
- Seek care from a health care provider as soon as you think you may be pregnant, as well as during the course of your pregnancy. If you are uninsured, visit <http://medicaid.ohio.gov/FOROHIOANS/Programs/ChildrenFamiliesandWomen.aspx> or call the Ohio Medicaid Consumer Hotline at 800-324-8680.

Trimester Tips

First Trimester (Month 1—Month 3):

- Set up an appointment with your doctor or midwife to begin prenatal care.
- Rest often! Take naps, slow down at work, put your feet up, and delegate housework and errands to your partner or other family member.
- If you are experiencing nausea, ask your doctor if you should make dietary changes or take any supplements or medication.
- Consume a diet high in fruit and veggie intake, low-fat protein, and fiber.

Second Trimester (Month 4—Month 6):

- If you are not experiencing health issues in your pregnancy, practice moderate physical activity.
- Make sure with your doctor that any medications that you have been taking are safe for your baby.

Third Trimester (Month 7—Month 9):

- Practice pelvic exercises that will make delivery easier.
- Consider delivery options: natural birth, use of pain management, cesarean section.
- Avoid the use of aspirin during your final trimester.
- If you have a boy, consider circumcision for hygienic purposes.
- Watch for preeclampsia, or pregnancy-induced hypertension. Call your doctor if you experience sudden weight gain or swelling.
- If you do not feel your baby move for 24 hours or are experiencing vaginal bleeding, contact your doctor immediately.

Healthy Infant

Making sure that your baby stays healthy requires many interventions when it comes to diet, sleep, safety, and preventing illness.

Use these guidelines to keep your infant as healthy as possible:

- Breastfeed exclusively for 6 months after the baby is born.
- Visit your pediatrician for routine checkups to monitor baby's size and development and to receive needed vaccinations,
- Vaccinate your infant for preventable diseases such as hepatitis B, diphtheria, and pertussis.
- Prevent Sudden Infant Death Syndrome (SIDS) and Sudden Unexpected Infant Death (SUID) by placing babies on their backs to sleep, providing a firm sleeping surface, keeping items away from baby's face while sleeping, keeping toys and blankets away from sleeping area, and avoiding overheating of baby while sleeping. It is **not** recommended for infants to sleep with parents. The safest place to sleep is in a crib.
- Correctly use child safety car seats every time the baby is traveling in a motor vehicle.
- Know when to walk away in order to prevent Shaken Baby Syndrome. To cope with frustration, place the baby in its crib, walk away, and check on the baby periodically. It may also help to call a friend or relative for support.