



Dear Readers



GET SCREENED!

There are many benefits to saying “Yes” to the Healthy Start screen. By saying “Yes” to the Healthy Start screen, you are placing yourself and your baby in the position to have the healthiest birth experience.

Healthy Start is a voluntary, cost free program that offers pregnant women and infants services that promote healthy pregnancies and healthy babies.

A Healthy Start Care Coordinator can help you learn how good nutrition, healthy habits and a positive state of mind are keys to having a healthy baby. Other services that will be extended to you may include care coordination, home visiting, breastfeeding education and support, childbirth education, parenting support and smoking cessation.

Please ask your provider about Healthy Start!

The Benefits of Breastfeeding

Breastfeeding your infant offers you and your baby numerous benefits. Breast milk provides the most complete form of nutrition for infants. Breastfed infants tend to gain less unnecessary weight. Studies show that they have higher IQs. For the mom, there are benefits as well. Nursing burns up extra calories, making it easier to lose the weight gained during the pregnancy. It lowers your risk of breast and ovarian cancer. Breastfeeding can also help a mother to bond with her baby. Physical contact is important to newborns and helps them to feel warm and secure.

From about the 16th day of your pregnancy through your early days of

breastfeeding your breasts produce **colostrum**. This “first milk” is yellow to orange in color, with a thick, sticky consistency. It is nutrient rich and full of necessary antibodies, which act to strengthen your baby's **immune system**. Colostrum acts as a natural and safe vaccine. It contains large quantities of an antibody called **secretor immunoglobulin A (IgA)** which is a substance that newborns do not have. Colostrum is easy to digest and has a laxative effect on the baby, helping the baby to pass newborn meconium that aids in the excretion of excess **bilirubin** and helps prevent **jaundice**. Colostrum also plays an important role in the baby's gastrointestinal tract.



Say “YES”
to a
Healthy
Start!

Healthy Start

is a comprehensive program of maternal and child health services intended to improve pregnancy outcomes and help children get a healthy start in life.

Healthy Start accomplishes this through care coordination and support services that include childbirth education, parenting education and support, breastfeeding education and support, nutritional counseling, smoking cessation counseling, and between pregnancy education and counseling. Access to Healthy Start services is free for everyone and is not based upon your income.

Healthy Start Team

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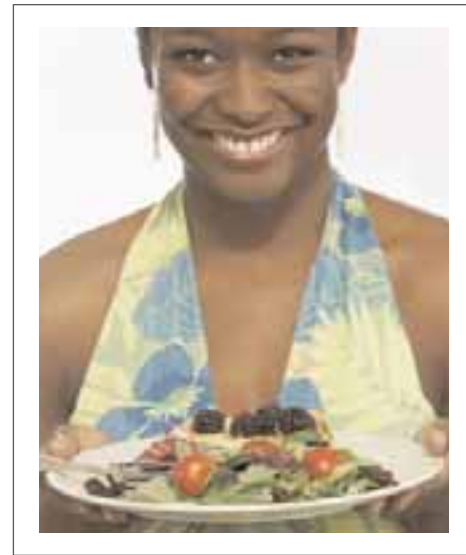
Breastfeeding is beneficial to mom and baby, cont.

Colostrum helps to seal the holes in the gastrointestinal tract with a barrier that prevents foreign substances from penetrating and possibly sensitizing a baby to foods eaten by the mother. Colostrum also contains high concentrations of **leukocytes**, protective white cells that destroy disease-causing bacteria and viruses. In those first few days it is extremely important to breastfeed your newborn at least 8 to 12 times every 24 hours. Newborns need to nurse often. Breastfeed every two hours or whenever the baby shows signs of hunger. This will allow your baby to get all the benefits of the colostrum and will also stimulate production of a plentiful supply of **mature milk**.

When you choose to breastfeed your baby early and often, your breasts will begin producing mature milk usually around the third or fourth day after birth. Your milk will increase in volume and will begin to appear thinner and whiter (more opaque) in color.

Breastfeed exclusively for the first six months, as giving the baby other liquids reduces the intake of vitamin rich breast milk. Nursing babies don't need water, sugar water or formula. Delay introducing artificial

nipples from a bottle or pacifier until the newborn has established a good sucking pattern. Even if your infant is sick, breast milk will give your baby needed nutrients and prevent dehydration.



For you, the new mother, it is essential that you get plenty of rest and eat healthy, nutritious foods. Making breast milk will use about 500 extra calories a day. Women often improve their diets during pregnancy, and continuing with an improved diet after your baby is born will help you stay healthy. You may be thirstier or have a bigger

appetite while you are breast-feeding. Just eat healthy, continue to avoid alcohol and consume only small quantities of caffeinated beverages.

Sleep, sleep and more sleep. Take advantage of those moments when your baby is sleeping to sleep yourself. Rest is essential to your ability to address your infant's needs calmly and patiently. Infants are high maintenance and require a lot of attention because they are totally dependent upon you. You will be better able to cope if you are well rested.

Now that you have mastered breastfeeding your new baby, you can enjoy the greatest benefit of all: nurturing that special bond between you and your baby.



Baby Talk

The song "Baby Baby" by Amy Grant was inspired by her 6-week-old daughter, Millie. Babies are also the inspiration for this Word Seek!

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W R P T N A F N I T B U G T D
S A T O E H E M E O C R O I A
U T B M W Y E L N U M Y B N A
R T M R B D D N U R S E R Y T
W L E N O A E R L C R I B U C
A E T K R T K R N O L R I G E
C N E C N U H O E K O E R O U
K H G S Y A A E W T O P T C R
L L A R E L L O R T S A H U I
O C I N U B A B B L E I R Y C
G G R M G M R R E S L D S S I
P Y R C N E C E R D T W I R R
E O A O I F P A U M T O A K L
F B C D W Y C H D C O W R R R
P U T I S O F T S C B L O K C

WORD SEEK PUZZLE

BABBLE FORMULA
BIRTH GIRL
BLANKET GROW
BONNET INFANT
BOTTLE MILK
BOY NEWBORN
BROTHER NURSERY
CARRIAGE POWDER
CAR SEAT RATTLE
CHANGE SISTER
CHILD SIT UP
COO SLEEP
CRADLE SOFT
CRAWL STORK
CRIB STROLLER
CRY SWING
CUTE TINY
DIAPER TOYS
FEED

Glossary

Colostrum A yellowish liquid, especially rich in immune factors, secreted by the mammary gland of females a few days before and after the birth of their young.

Immune System A system that protects the body from foreign substances and pathogens by producing an immune response in the form of antibodies.

Secretor Immunoglobulin A (IgA) A secretion that is the main mechanism for providing local immunity against infections in the gut or respiratory tract.

Bilirubin An orange-yellow pigment produced as a byproduct of hemoglobin; excess amounts produce the yellow appearance seen in jaundice.

Jaundice Yellow discoloration of the skin, eyes, etc. due to an increase of bile pigment in the blood.

Leukocytes Commonly known as white blood cells (because of their lack of color), these are blood cells that engulf and digest bacteria and fungi as part of the body's defense system.

Mature milk Produced three to ten days after delivery, this milk contains 90% water and 10% carbohydrates, proteins and fats that are necessary for growth and energy.

Classes

Hernando County Health Department
Free Childbirth Education Classes
Wednesday evenings
For more info, please call Margaret Purdy
(352) 540-6939

Hernando County Health Department
Free Smoking Cessation Classes
For all ages!
For more info, please call Ann-Gayl
(352) 540-6848

Citrus Memorial Hospital
Childbirth Education Classes
Wednesday evenings
\$30.00 for the four-class series
For more info, please call (352) 344-6576

Citrus Memorial Hospital
Free Breastfeeding Classes
2nd Thursday of each month, 7pm to 9pm
For more info, please call (352) 344-6576

Helpful Websites

Childcare: www.dcf.state.fl.us/childcare
Florida Kidcare: www.floridakidcare.org
Universal PreK: www.upkfl.org
Pregnancy.org: www.pregnancy.org
Womenshealth.gov: www.4women.gov/pregnancy
American Pregnancy Association: www.americanpregnancy.org
Food Stamps: www.myflorida.com/accessflorida



SAY "YES" TO A HEALTHY START FOR YOU AND YOUR BABY!

Healthy Start services cover conception to maternal care for mothers, and for infancy-to-age-three children. In the early stages of your pregnancy, ask to be screened for Healthy Start services. After your baby is born, be sure to have your newborn screened for Healthy Start services at the hospital or birth center.



**Central Healthy Start
Administrative Office
1785 NW 80th Blvd.
Gainesville, FL 32606**

**Central Healthy Start
Administrative Office**

1785 NW 80th Blvd.
Gainesville, FL 32606
Tel: (352) 313-6500
Fax: (352) 313-6515

County Offices

Citrus County(352) 726-1731
Hernando County(352) 540-6800
Lake County(352) 357-1668
Sumter County(352) 793-5900

**Florida Family Health Line
1-800-451-BABY**

**Poison Control
1-800-222-1222**

**Abuse Hotline
1-800-4-A-CHILD**

**National Domestic Violence Hotline
1-800-799-7233**

**National Crisis Line
1-866-334-4357**

www.centralhealthystart.org

The World’s Greatest Baby Shower

Please mark your calendars to attend the World’s Greatest Baby Shower in your community. Hosted by your local Kiwanis International, these events are free and open to the general public; every new and expectant mom will receive free gifts and prizes! So bring your friends and join us for the World’s Greatest Baby Shower event near you!!

Citrus County

May 10, 2007 4:30 pm
Citrus County Auditorium
3610 S. Florida Ave., Inverness

Sumter County

May 9, 2007 10:00 am to 1:00 pm
Bushnell Community Center
407 Belt Ave., Bushnell

Lake County

April 16, 2007 6:00 pm to 8:30 pm
Leesburg Community Building
109 E. Dixie Avenue, Leesburg

April 17, 2007 6:00 pm to 8:30 pm
Lake Receptions
4425 N. US Highway 19A, Mount Dora

April 24, 2007 6:00 to 8:30 pm
Tedder-Thomas Memorial Civic Center
121 N. Sunset Avenue, Mascotte
All Spanish Language Event



April 26, 2007 6:00 pm to 8:30 pm
Jenkins Auditorium
691 W. Montrose Street, Clermont

Hernando County
May 19, 2007 10:00 am to 1:00 pm
St. Joan of Arc Parish Hall
13485 Spring Hill Drive, Spring Hill