

## *Additional Resources:*

### **Planned Parenthood**

30-678-8011

### **Townhall II**

330-678-3006

### **Centers for Disease Control and Prevention**

<http://www.cdc.gov/pregnancy/index.html>

### **BabyCenter**

<http://www.babycenter.com>

### **Parents**

<http://www.parents.com>

## *City of Kent Health Department*

- **Vital Statistics**— birth and death records
- **Emergency Preparedness**
- **Public Inspections**— restaurants, housing, schools, water, etc.
- **Pest Control**—rodents, mosquitoes, etc.
- **Waste Management**—garbage and recycling regulations
- **Animal Bite Inspections**
- **Child, Adult, and Travel Immunizations**

*Please visit  
**[kentpublichealth.org](http://kentpublichealth.org)** for  
more information!*



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# *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.
- To assist with nausea, eat small meals, avoid rich or greasy foods, eat lots of carbohydrate-dense foods, and take additional B6 vitamins. If you are losing weight, vomiting often, experiencing blood in your vomit, or are unable to keep down fluids, contact your health care professional.
- 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.
- If you have a boy, consider circumcision for hygienic purposes.
- Watch for preeclampsia, or pregnancy-induced hypertension. If you experience rapid weight gain or swelling of the hands and face, call your doctor immediately.
- If you do not feel your baby move for 24 hours or are experiencing vaginal bleeding, contact your doctor immediately.
- Avoid the use of aspirin during your final trimester.

## 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 physician for routine checkups to monitor baby's size, needed vaccinations, and development.
- 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 is their crib.
- Correctly use child safety car seats every time the baby is traveling in a motor vehicle.
- Know when to walk away when you are frustrated 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.