Caring for Tomorrow's Children: Having a Healthy Baby

A Resource and Reference Guide for Parents

The source of human love is the mother.

—African proverb

Adinkrah—Symbol of the *power of love*.

Welcome to the *Caring for Tomorrow's Children: Having a Healthy Baby* book. The goal of this book is to help you understand the importance of early and regular prenatal care, well-baby checkups and immunizations. This special book has health information for your baby and your whole family.

Please read each section carefully. Getting early prenatal care is as important as taking your baby to the doctor for well-baby visits after he/she is born. At these doctor visits, make sure to ask about your baby's immunizations (shots).

Parenting can be fun, but it can also be hard! There are many people and services in South Carolina that can help. This book is not meant to replace the information from your doctor or health care provider. It should be a resource and reference guide as you become parents. Enjoy!

March of Dimes
Saving babies, together

A SPECIAL MESSAGE TO YOU FROM THE MARCH OF DIMES

Nothing can be more exciting than expecting a baby! The March of Dimes, South Carolina Chapter congratulates you on your pregnancy. When you have a baby, there is so much to learn and do. It's very important to keep up with your baby's health. Part of being a good parent is making sure that your baby eats well, gets enough sleep, has regular doctor visits and gets all the necessary shots. As a proud sponsor of the *Caring for Tomorrow's Children: Having a Healthy Baby* book, we hope this book will provide you with tips for a healthy pregnancy and information on the resources you and your family may need once your baby arrives.

If you are planning on having another child, or are just thinking about it, this book also contains tips on preparing for your next pregnancy. Having a baby is one of the most important decisions you will make in your life, and as with all key decisions, you should plan your pregnancies. After all, what you do three months before you get pregnant and during your pregnancy can make a difference in the health of your baby.

The March of Dimes has made a commitment to providing the *Caring for Tomorrow's Children: Having a Healthy Baby* book to every woman delivering in South Carolina because we sincerely believe that every baby deserves the best possible start in life.

Good luck with the new addition to your family.

John Baker
Chairman
March of Dimes, South Carolina Chapter

State of South Carolina

Office of the Governor

MESSAGE FROM THE GOVERNOR

First, let me say congratulations to you. Being a mom or a dad is, without question, one of life's most sacred and fulfilling responsibilities. As the father of four little boys with my wife, Jenny, I know from experience the joys and privileges associated with being a parent. I also know how critical ongoing prenatal care, well-baby care and immunizations are to bringing up happy, healthy children.

To Jenny and me, parenting is a compact between us and our kids. That means taking responsibility from start to finish for virtually every aspect of their lives. Safeguarding your unborn baby by being responsible for your actions during pregnancy is the first step in that process—but it's just a start. After your baby is born, it's essential to make sure he or she receives their shots and check-ups on schedule. Regular doctors' visits and scheduled immunizations are the front line of preventative health care for your child, and making sure your child receives both is one of the most important parts of your role as a new parent.

This book is a great resource in that effort. The *Caring for Tomorrow's Children: Having a Healthy Baby* book is created with you and your child in mind. I hope you will find it a useful source of information as your new family begins its new life together.

Jenny and I wish you nothing but the best during this special time, and we will make sure to keep you and your new loved one in our thoughts and prayers. Take care.

Mark Sanford

Table of Contents

Chapter 1 • Preparing for Your Baby 1

Gives you health tips, information about pregnancy, and helps to prepare you for the delivery.

Chapter 2 • Baby's Health Needs 51

Gives helpful hints to new parents. It has a month by month chart for you to keep up with your baby's growth and activities. There are also spaces to keep up with some of your baby's medical information.

Chapter 3 • Family's Health Needs 119

Filled with information on how and where you can get the medical care you and your family need. It lists some state and local programs that can help meet your health care needs. There is also health information to use in planning for future children.

Chapter 4 • Support for Families 147

Provides information on getting assistance with finances, housing, food and other services.

Chapter One

Preparing for Your Baby

Preparing For Your Baby

Having a baby is a special and exciting time in your life. During the 9 months of pregnancy, mom will see and feel many changes in her body, and dad will experience some changes, too. It is important for mom and dad to take good care of themselves during pregnancy.

Dad, there are a lot of things you can do during pregnancy, too. Your partner needs your love and support. There can be some hard times. Share ups and downs. Let her know how much you care about her and your unborn baby.

This chapter will give information on:

- Multivitamins with folic acid
- Smoking, drugs, alcohol and pregnancy
- Mother's health
- Nutrition, exercise and pregnancy
- Partners for Health (Medicaid) and private insurance
- Signs of labor

Take Folic Acid

- Folic acid may help reduce your baby's risk for birth defects of the brain and spine, also known as neural tube defects (NTDs). These defects can cause serious health problems and can even cause your baby's death.
- Take a multivitamin with folic acid every day.

Eat foods that have folic acid such as:

- Oranges or orange juice
- Green vegetables and beans
- Breakfast cereals that say "fortified" on the box
- Breads and rice that say "enriched"

If you think you don't need to take vitamins, think again. It is very hard to get enough folic acid from food alone. You need vitamins and your baby needs vitamins. Even if you are very healthy and eat a good diet, you still need to take a multivitamin with folic acid every day.

If you have questions about taking vitamins, talk to your doctor, your health care provider, call 1-800-6-SOMEDAY or visit www.B4pregnancy.org for more information.

Smoking, Alcohol, Drugs, and Pregnancy

If you smoke, drink, or do drugs while you are pregnant, your unborn baby does, too.

Smoking: DO NOT smoke or be around second-hand smoke while you are pregnant. Cigarette smoke can cause babies to be born too early or too small.

- Mothers who smoke or who have partners who smoke also have a greater chance of losing their baby, having a stillborn baby, or having a baby who will learn at a slower rate.
- If you or your partner smoke, your doctor or health care provider can help you quit.

Drugs: DO NOT use ANY drugs. DO NOT use prescription or store bought medicines during your pregnancy without first asking your doctor or health care provider.

- Mothers who use street drugs can pass the drugs to the unborn baby.
- Drugs can cause your baby to be born addicted to the drug and cause withdrawals after the baby is born.
- Tell any doctor, health care provider or dentist who wants to give you a prescribed medicine that you are pregnant.
- Never take someone else's prescribed medicine, and don't take medicines that were prescribed for you before you got pregnant without checking with your doctor or health care provider.
- Before you take any medicine, even something simple like cough medicine, ask your doctor or health care provider.

Smoking, Alcohol, Drugs, and Pregnancy *(continued)*

Alcohol: DO NOT drink beer, wine, or liquor while you are pregnant. Alcohol can be harmful to your growing baby. It can cause problems such as low birth-weight, birth defects, slow development and mental retardation.

- No amount of alcohol has been proven safe to drink at any time during pregnancy.
- Drinking alcohol during the first few weeks of pregnancy increases the chance of your baby being born with a handicap.
- Drinking alcohol during the last three months of pregnancy increases the chance of your baby having brain damage.
- Drinking while pregnant can cause Fetal Alcohol Syndrome (FAS) and/or Fetal Alcohol Effects (FAE).
  FAS and FAE are 100% preventable and are the leading known causes of mental retardation. FAS/FAE can cause Attention Deficit and Hyperactivity Disorder (ADD/ADHD), learning disabilities, and problems with daily living skills.
- If you want more information about the effects of smoking, alcohol and drugs on pregnancy, or how to quit, visit www.B4pregnancy.org for more information.

Caution: Tobacco, drugs, and alcohol should not be used by mothers who are breastfeeding. For free and confidential help, call the SC Department of Alcohol and Other Drug Abuse Services at 1-800-942-3425.

Mother's First Prenatal Visit

Medical History - Your doctor or health care provider will ask questions about your health, any medicines you take, your family's health, and your lifestyle, in order to identify possible risks to your pregnancy.

Blood Pressure - A cuff will be wrapped around your arm and filled with air to check how well your heart is working. Your blood pressure may go up during pregnancy, so your doctor or health care provider will watch it closely to help your baby be born as healthy as possible.

Weight and Height - The nurse will measure how tall you are and how much you weigh now, so she can monitor the weight you gain.

Blood Test - You will have blood drawn from your arm to check your blood type and to look for diseases such as anemia, sickle cell disease, hepatitis, syphilis and HIV. If any disease is present, you have to be treated right away.

Urine - You will be asked to pee into a small cup. It will be tested for sugar (diabetes), protein, and infections which need to be found early to keep you and your baby healthy.

Physical Exam - Your doctor or health care provider will check your heart, lungs and other organs to find out if you have any conditions that need to be treated. You will also learn how to check your breasts for lumps.

Pelvic Exam - You will lie on a table with your legs apart so your doctor or health care provider can feel the size and shape of your uterus. This is done to see how the baby is developing and to let you know when your baby is due. You may also get a Pap smear to detect other infections.

Mother's Health

- As soon as you think you are pregnant, call a doctor or health care provider! Early signs of pregnancy include missed periods, morning sickness, sore breasts, being sleepy, and urinating often.
- Morning sickness is normal. It is caused by the changes in your body.
- Do not try to treat morning sickness with over-the-counter medicines.
- For morning sickness, try eating 5 or 6 small meals instead of 3 large meals. Try eating crackers or plain toast. Avoid greasy and spicy foods.
- Feel free to ask your doctor or health care provider anything. No question is a silly question. Tell your doctor or health care provider about any problems or worries you are having.
- If you get dizzy or have lots of headaches, be sure to tell your doctor or health care provider.
- Do not be around wet paint, poisons, and contents of spray cans while you are pregnant.
- Never use any medicine, such as aspirin, sleeping pills, ibuprofen or laxatives, without talking to your doctor or health care provider.

Mother's Health *(continued)*

- As your baby grows, your stomach may feel tight and itchy. Use lotion **WITHOUT** cortisone to help ease the itch.
- Wear your seat belt while riding in a car.
- Near the end of your pregnancy, your ankles and legs may swell. Try to lie down on your side or sit with your feet raised whenever possible. For your safety and to help prevent backaches, wear shoes with low to medium heels. If you start swelling in your hands or face, tell your doctor or health care provider as soon as possible.
- If you have trouble with bowel movements, eat lots of whole grains, fresh fruits, fresh vegetables, beans, peas, nuts, and seeds. Drink at least 8 to 12 glasses of water every day.
- Take only the vitamins that your doctor or health care provider tells you to take. Talk to them about prenatal vitamins and the importance of folic acid.
- Do not take baths or showers in water hotter than 100 degrees. Hot water can harm your unborn baby.
- Do not miss your prenatal appointments. The more you see your doctor or health care provider, the better it is for your baby.

Mother's Health *(continued)*

- If you work, talk to your employer about maternity leave as soon as possible.
- Get 8 to 10 hours of sleep each night.
- Try to remain calm and relaxed.
- Take good care of your skin and hair.
- Do not lift heavy objects.
- Do not change cat litter boxes while you are pregnant. Cat droppings can carry a disease called toxoplasmosis that can hurt you and your unborn baby. Have someone change the litter boxes for you.

Caution: Always tell your doctor, dentist, or health care provider that you are pregnant before being treated, because X-rays and medicines can harm your unborn baby.

Ultrasound

An ultrasound test uses sound waves to create pictures of the baby called sonograms. Most moms have the test done at least once during their pregnancy. The test is safe for you and your baby.

It may show you:

- the age of your baby to help figure out the due date.
- whether your baby is growing and developing normally.
- whether or not you are carrying twins or more.
- if it is a boy or a girl.
- where the placenta is growing.

The ultrasound usually takes about 30 minutes. The ultrasound picture is clearer if your bladder is full. You may be asked to drink water and not urinate before the procedure.

You will be asked to lay on your back. A technician will cover your belly with jelly and move a small instrument gently over your stomach. It will not hurt, but the jelly feels cold. Ask to see your baby on the TV screen. You may even get a photograph to take home.

Men Have Babies, Too!

During pregnancy it's **VERY** common for dad to feel "left out." Being a good father begins with being there for the mother of your child.

Here are some tips for dad during this time:

- Get a book that explains the month-to-month growth of a baby. Learn how your baby is growing inside of mom.
- Ask mom often about how she's feeling, what she is thinking and write those things down in a book. Interview her on tape like a reporter. Dad should also write down how he feels each month.
- Talk to the baby in mom's belly. Sing songs or say the same things (I'm looking forward to being your daddy, or your daddy loves you).
- If you smoke, try to quit. Avoid smoking around mom.
- Talk to other men who have had children recently. Ask them how they felt and how they dealt with things.
- Go to all of the prenatal classes that you can. There are tons of them and you will meet other men who are just as nervous as you are.
- Go with mom to prenatal visits. You will get a lot of good information about how to take care of her, get to hear the baby's heart beat and see the baby by way of ultrasound.
- Help prepare the baby's room, pick out names, shop for all the things your baby will need (diapers, wipes, bottles, etc.)
- Be in the delivery room and help with the birth of your baby. Ask if you can cut the umbilical cord.
- Help reduce mom's stress.

Men Have Babies, Too! *(continued)*

For your child's sake…establish paternity!

What is paternity?

Paternity means fatherhood. Paternity can be established by voluntarily signing a Paternity Acknowledgement Affidavit while you're still in the hospital, or by a court order that states the legal father.

Paternity should be established if the parents of a child were not married to each other at the time the mother became pregnant or at the time of birth.

Why is it important to establish paternity?

Both parents and the child have a right to a parent-child relationship. Both parents and the child deserve an opportunity to develop, enjoy and grow in this relationship. You have the right to know your child and to contribute to the success of your child's future.

By establishing paternity, you are providing your child with certain rights and privileges, which may include:

- Support from both parents
- Legal documentation of his/her parents
- Access to family medical records
- Medical and life insurance coverage from either parent, if available through the parents' employers at a reasonable cost
- Social Security and veterans' benefits, if available
- Inheritance protections
- The emotional benefits of knowing both parents

Warning Signs of Problems For Mom

If any of the following happen, contact your health care provider or your doctor at once:

- A lot of green, yellow, bad-smelling or irritating vaginal discharge
- Vaginal bleeding, no matter how slight
- Pain in the abdomen or stomach area
- Throwing up several times within 1 hour
- Chills and fever
- A lot of fluid leaking from the vagina
- Swelling of face, fingers, feet and legs
- A bad headache that lasts a long time
- Dark, blurry vision, or seeing spots
- Pain when you go to the bathroom
- Fainting spells
- Low, dull backache or pressure
- You do not feel the baby move or moving as much. Your baby should move at least 10 times within 2 hours.

Do not wait until your next checkup. Call your doctor or health care provider **immediately** if any of these signs occur. It is better to be safe than to be sorry.

Nutrition and Pregnancy

Remember, whatever you're eating, your unborn baby is eating it, too. Eating too little or eating the wrong kinds of food can keep your baby from growing. Your baby depends on you to eat healthy foods during your pregnancy. NEVER go on a diet while you are pregnant unless your doctor or health care provider tells you to do so. Pregnancy is not a time to lose weight, even if you are overweight.

- Eat 4 or more fruit and vegetable servings a day. Wash fruits and vegetables carefully.
- Eat 4 or more servings of grain products a day, such as whole wheat bread, cereals, oatmeal, grits, cream of wheat, rice, or pasta.
- Eat 4 servings of protein a day, such as peanut butter, meat, black-eyed peas, chicken, turkey, eggs, or dried beans.
- Do not eat raw or undercooked meat. It can cause birth defects. Thoroughly wash hands after handling raw meat. Fully clean surfaces that have come into contact with raw meat with a cleanser that has bleach or a disinfectant in it.
- Have 4 to 6 servings of milk or milk products (calcium) a day, such as milk, cheese, yogurt, cottage cheese or buttermilk. Do not drink unpasteurized milk. Calcium is important for both you and your baby's bones and teeth.
- Look for ways to get extra iron by eating foods such as spinach, collards, kale and broccoli. Eating 2 small handfuls of raisins each day is a great way to get the iron you need.

Nutrition and Pregnancy *(continued)*

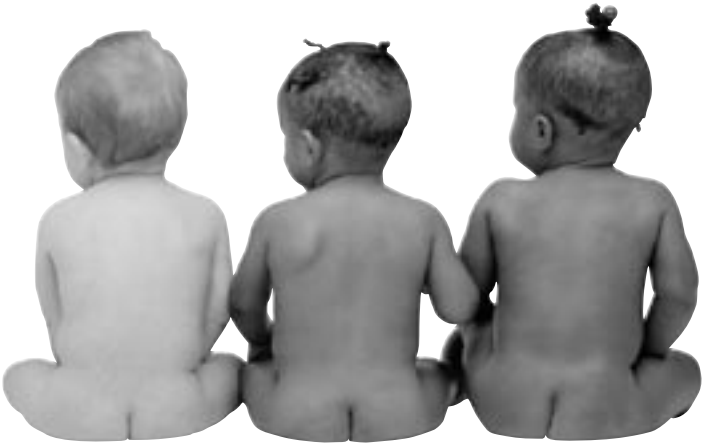
- Do not drink a lot of drinks with caffeine, such as tea, coffee or sodas.
- Do not use artificial sweeteners and/or drink high sugar fruit juices. Use just a little sugar and salt when flavoring your foods and drinks.
- Be sure to read packages for salt and sugar contents.
- When you leave home, take a resealable bag of healthy snacks, such as whole-grain crackers, dried and fresh fruits, or a thermos of juice or milk. Don't eat a lot of "junk food," such as potato chips, cookies, candy and fast foods.
- It is OK to crave foods while you are pregnant, but you need to make sure you have different kinds of foods in your diet.
- If you crave starch, freezer ice, clay or other things that are not really food, tell you doctor or health care provider.
- If you have a lot of gas, eat slowly. Do not eat while on the run. Eating your meals too quickly can cause gas.

Nutrition and Pregnancy *(continued)*

Weight gain during pregnancy differs from woman to woman, talk to your doctor or health care provider about your weight gain.

Baby (full term)	7 to 8 pounds
Increased weight of your uterus or womb	2 to 5 pounds
Excess fluid	1 to 2 pounds
Increased weight of your breasts	1 to 2 pounds
Placenta or afterbirth	2 to 3 pounds
Amniotic fluid (fluid inside womb)	2 to 3 pounds
Increased blood volume	4 to 5 pounds
Fat	5 to 7 pounds

For more information about nutrition and pregnancy, visit www.B4pregnancy.org for more information.



Leave No Child Behind®

—Marian Wright Edelman

Fetal Growth and Development

8 Weeks
Fetus is 1 inch long, weighs less than 1 ounce.

12 Weeks
Fetus is 3 to 4 inches long, weighs about 1 ounce.

16 Weeks
Fetus is 6 to 8 inches long, weighs about 6 ounces.

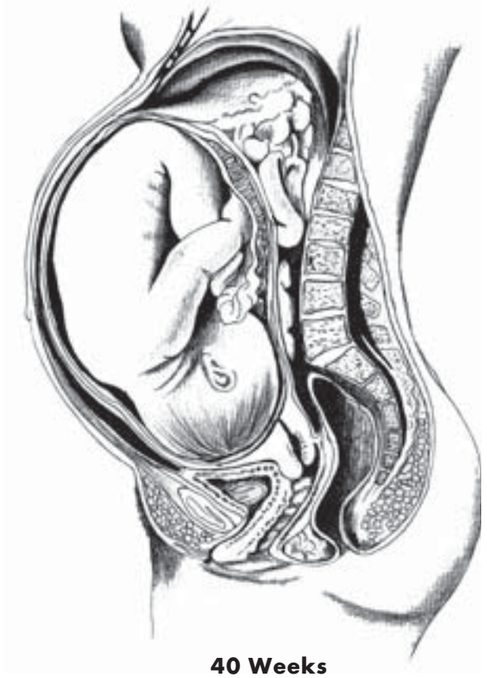
20 Weeks
Fetus is 8 to 12 inches long, weighs 1/2 to 1 pound.

24 Weeks
Fetus is about 14 inches long, weighs about 1/2 to 2 pounds.

28 Weeks
Fetus is about 15 inches long, weighs about 2 1/2 to 3 pounds.

32 Weeks
Fetus is about 18 inches long, weighs about 4 1/2 to 5 pounds.

36 Weeks
Fetus is about 19 inches long, weighs about 6 pounds.



40 Weeks
At term (when fully grown), baby will be about 20 inches long and weigh 7 to 8 pounds.

Your Teeth and Pregnancy

- Get your teeth cleaned and checked. The germs that cause cavities can be passed on to your baby after it is born. Be sure to get any needed dental work done.
- The best time to go to the dental office is the fourth, fifth or sixth month of your pregnancy.
- Brush daily with a soft toothbrush and use toothpaste with fluoride. Be sure to put the toothbrush where the teeth and gums meet. This is where gum disease starts.
- Floss in between your teeth every day.
- If you have morning sickness, rinse your mouth with warm water and wait a few minute before brushing. The acids produced from morning sickness softens the outer layer of the tooth. If you brush hard, you can damage the tooth surface.

Exercise and Pregnancy

Talk with your doctor about exercises that are good for you during your pregnancy. Couples can enjoy exercising together. Walking is great exercise, but DO NOT overdo it! Try to exercise 3 times a week.

- Do not do jerky, bouncy, or high impact movements.
- Do not do full sit-ups, double leg raises and straight-leg toe touches.
- Do not exercise to lose weight.
- Do not get too hot and drink plenty of liquids.
- If you have leg cramps, eating bananas may help. Talk to your doctor or health care provider about things to do for cramps.

Warning Signs: After exercising, if you have pain, dizziness, shortness of breath, faintness, vaginal bleeding, rapid heart rate while resting, difficulty walking, uterine contractions, or no fetal movements, contact your doctor or health care provider.

You can also visit www.B4pregnancy.org for more information about exercising while you are pregnant.

Partners For Health (Medicaid) and Private Insurance

Even if you have health insurance, you may be able to get Partners for Health insurance. Partners for Health may pay for services that are not paid for by your health insurance. Someone in the Partners for Health office can help you fill out the forms and tell you what other documents are needed for processing your application. You can mail your application if you don't need help filling it out. Partners for Health may help with rides to the doctor. A Partners for Health worker will help you fill out the form and turn it in with other proof, or you can mail it. The mailing address is on the form. Please call the Department of Health and Human Services (DHHS) at 1-888-549-0820 for more details.

Tips to remember about your private health insurance

As soon as you know you are pregnant, you should notify your health plan or insurance company. It is your responsibility to obtain pre-certification or pre-authorization. When a plan requires that you "pre-certify an admission," you must call the company and let them know you are planning to go to the hospital. If you are pregnant, do this months before your baby's due date. Check your benefits booklet for information about your plan's requirements. If you do not have a booklet, contact your health plan or insurance company for benefit information. You should carry your insurance identification card to the hospital with you.

Pre-certification or pre-authorization does not mean your baby will automatically be added to your health plan. You must request that the newborn be added to your coverage. Written notification and payment, if any additional premium is required, must be received by the health plan or insurance company within 31 days of the baby's birth. Remember, it is your responsibility to make sure this is done.

Partners For Health (Medicaid) and Private Insurance *(continued)*

It is important to remember that every health plan does not cover well-baby care. Be sure to check the benefits of your health plan.

Well-baby care includes:

- Newborn care in the hospital
- Well-child checkups
- Immunizations (shots)

If you have additional questions after calling your health plan or insurance company, you may call the Consumer Services Division of the South Carolina Department of Insurance for assistance (1-800-768-3467 or 803-737-6180).

Partners For Health (Medicaid) Services

There is help for pregnant women and their families who do not have insurance to provide the care they need.

The Partners for Health program may be able to provide the following:

- Payment for medical checkups and dental care
- Payment for most prescription drugs
- Help with rides to medical checkups
- Hospital care for you and your baby's delivery
- Health care for you after delivery, including family planning services
- Referral to other programs that can help you
- Help from nurses, nutritionists, social workers or health educators, through Family Support Services if you need extra help meeting the health needs of your family.

For more information, call the Department of Social Services at 1-888-549-0820, your county DHEC Health Department, or the Care Line at 1-800-868-0404, and ask about the Partners for Health (Medicaid) program.

Getting Your Baby's Nursery Ready

Your baby will need a safe place to sleep.

- Baby furniture should not have any sharp edges. Be careful not to leave pillows or toys with strings in the crib. Your baby could choke on the string or get trapped by the toys and pillows.
- If a soft drink can fits through the slats of the crib while you hold the can straight up and down, the slats are too far apart. No slats should be missing. Babies can squeeze feet first through wider slats, their heads can get caught, and they will choke.
- Make sure no rails are missing.
- You should not be able to get more than 2 fingers between the mattress and the sides of the crib. If the space is larger, your baby could move there and smother.
- Choose a crib with corner posts that are the same height as the side rails. If the posts are higher, your baby's head could get caught in the space where the post and rails meet, and get hurt.
- Place your baby's crib away from open windows, electrical cords, window blind cords and baby care supplies. These things can hurt your baby.
- If the crib has been used before, make sure all of the parts are in good condition, especially the screws.

Getting Your Baby's Nursery Ready

(continued)

- Cover the mattress with a mattress cover, not plastic dry-cleaning or garbage bags. Do not use a soft mattress, lamb's wool, "egg crate" or pillows in your baby's crib. These materials can cause your baby to smother.
- Buy or make sheets and pajamas for your baby that are fire retardant (less likely to catch on fire).
- Read labels on toys. Buy toys that are right for your baby's age.
- Mobiles that your baby cannot reach are safer than crib toys that stretch across the crib. Mobiles help your baby develop his/her eyesight and are safer than crib toys. If you don't have a mobile, you can make one. Call the Parent Information and Resource Center at 1-800-370-3724 for more information. For more information about crib safety, visit www.dannyfoundation.org.

Making Your Baby's Home Safe

Before you bring your baby home, you need to make sure your home is safe.

Here are some things you can do to make your home safe for your baby and other children:

- Use toddler gates on all stairs. Make sure your baby's toddler gate doesn't have any spaces where your baby's head can get trapped.
- Put plastic outlet plugs in all unused electrical sockets.
- Make sure the water heater is set no higher than 120 degrees so your baby won't be scalded by water that is too hot.
- Put electrical cords and window blind cords out of your baby's reach.
- Store all household cleaning supplies like bleach, drain cleaner and paint in their original containers in a locked cabinet.
- Install a smoke detector where you and your baby sleep. Check the batteries every month and replace the batteries every 6 months.
- Make sure all medicines have childproof lids and are out of reach.
- Make sure your home is free of loose, chipping, flaking or peeling paint and lead dust. Lead-based paint used in houses built before 1978 can poison children. Vinyl mini-blinds and other common items may also be sources of lead. Pregnant women should avoid exposure to lead-based paint because the lead that gets into their blood can harm their unborn baby.

If you have questions or want more information, call your local DHEC Health Department or call DHEC's South Carolina Childhood Lead Poisoning Prevention Program at (803) 898-0769 or toll-free at 1-866-466-5323 (866-4NO LEAD)

Put emergency numbers by all phones.

Getting Your Baby Home Safely

Your baby must ride in a safety seat at all times. You must have a safety seat to leave the hospital; it's the law in South Carolina. When getting a safety seat, look for a label on the safety seat that says, "Meets Federal Motor Vehicle Standard 213."

Your baby must ride facing the back of the car until he/she weighs 20 pounds and is 1 year of age. Never place a rear-facing infant seat in the front seat of a car with active air bags. It is safest for all children 12 and under to ride in the back seat of the car.

After your child has reached 20 pounds and 1 year of age, he/she can be placed in a forward-facing toddler or convertible seat. Your child should use this seat until he/she reaches 40 pounds or the tops of the ears are level with the safety seat top. Booster seats are the best protection for children who weigh more than 40 pounds.

Car seats are for one-time use only; therefore, used car seats are not recommended.

Getting Your Baby Home Safely

(continued)

For a FREE child safety seat inspection:

Call Neal Martin at (803) 898-0370 or Adrien McCants at (803) 898-0297 in the DHEC/Department of Injury Violence Prevention.

For more information about car seats and car seat installation in your area, call the Child Health Division of your county DHEC Health Department.

Getting Ready To Be A Parent

- Think about what it takes to be good parents ahead of time. Talk about it with your partner.
- It is not too early to begin planning for child care if you work or go to school.
- Call your local hospital to see if they offer parenting classes, prenatal classes, CPR, Lamaze, or first aid instruction.
- If you have other children, tell them what their role will be as big brothers or sisters. Let them know how much you love them! Tell them about the new baby and make sure they understand that their new brother or sister will not change your love for them.
- Keep emergency numbers by your telephone. For emergencies, dial 911.

Choosing Your Baby's Doctor

Choose a doctor for your new baby before your baby is born. If your baby is eligible for Partners for Health (Medicaid), make sure the doctor you choose takes Medicaid patients. Even when your baby is well, he/she needs health care. Well-baby visits to your baby's doctor or health care provider will let you know if your baby is growing as he or she should. These visits are also good times to get your baby's shots. Your baby's first "well" visit should be when your baby is 2 to 4 weeks old.

When looking for a doctor for your baby, you might want to:

- Look for a doctor in the Vaccine Assurance for All Children (VAFAC) program. VAFAC is a program that pays for the vaccine in the baby shots. When your baby's doctor is in the VAFAC program, you can get your baby's shots for free or for a very low cost. For more information, call 1-800-27SHOTS.
- Ask your friends and family what doctor they use for their children.
- Look in the phone book for a list of baby doctors (pediatricians).
- Try to pick a doctor for your baby who is close to your home.

Getting Ready For The Hospital

During the last 3 months of your pregnancy, you should start to make plans for your baby's arrival. Stock up on food and household goods. Shopping may be hard during the first few weeks after your baby is born. If you have children, tell them who will care for them when you leave to have your baby, how much you love them, and let them know that they will be a big brother or sister. Take your partner, a friend or a family member who supports you to the hospital.

When packing your bag for the hospital, you might want to include these items:

- bathrobe
- several nightgowns that are loose fitting and that open in the front (if you plan to breastfeed)
- slippers and socks
- several bras (nursing bras if you plan to breastfeed)
- panties
- sanitary pads
- toothbrush and toothpaste
- comb, brush
- books or magazines
- a small amount of money
- something loose fitting to wear home
- clothes for the baby to wear
- insurance information, prenatal reports or hospitalization papers
- telephone numbers
- a car seat to bring the baby home in

Getting Ready For The Hospital

(continued)

Ask your doctor or health care provider if:

- You can pre-register at the hospital or birthing center.
- Dad can be in the delivery room.
- You can have the baby in the room with you.
- You and dad can take a tour of the hospital or birthing center before your baby is born.

Signs Of Labor

Labor begins with pain in the lower abdomen or back. Any or all of the following signs may mean that you are going into labor. All women have different experiences during labor. Signs of labor are:

- A small amount of reddish or pinkish mucous discharge from your vagina. This is called a mucous plug. This plug was protecting your uterus during pregnancy.
- Breaking of the bag of water. This may be anything from a gush to a trickle of warm water from your vagina. It has little or no odor. Its color may be clear, yellow or green. It may be sticky and is painless. This has been the protective water around your baby for the past 9 months.
- Contractions—a flexing of the muscles around the uterus. These may begin as a mild backache, along with cramps in your stomach. When it is time to deliver your baby, the contractions will be stronger, last longer and will usually happen in a pattern. As early as the sixth or seventh month, you may feel some contractions. Contractions that come during labor are much stronger and do not go away even if you stand or walk around.

It is Important to Time Contractions

To time contractions, write down the time each contraction starts. This will show you the length of time between contractions. You should call your doctor or health care provider when your contractions are 5 to 10 minutes apart and when you have 10 contractions in a row. You will feel about 4 to 6 contractions in an hour.

If you have any of these signs, or if you believe your labor is beginning, you should call your doctor or health care provider immediately.

Help Your Baby To Be Born At The Right Time—Not Too Early

Learn the Signs of Pre-term Labor

Pre-term labor is labor occurring before 37 weeks of pregnancy. It is a serious problem. Labor before 37 weeks is too early, and your baby could be born too soon. Call your health care provider right away if you have any of these warning signs.

Warning Signs:

- Cramps that feel like your period
- Abdominal cramps with or without diarrhea
- Low, dull backache
- Pelvic pressure: the feeling that your baby is pushing down
- Change in vaginal discharge (leaking fluid or bleeding from your vagina)
- Contractions (your abdomen tightens like a fist) every 10 minutes or more often

What Your Health Care Provider Might Tell You:

- Come into the office or go to the hospital right away.
- Stop what you are doing. Rest on you left side for 1 hour.
- Drink at least 2 to 3 glasses of water or juice (not coffee or soda).
- If the symptoms continue after 1 hour, call your doctor or health care provider.
- If the symptoms get better, relax for the rest of the day.

Help Your Baby To Be Born At The Right Time—Not Too Early *(continued)*

Take Care of Yourself and Your Baby:

- Get regular prenatal checkups.
- Try to avoid stress. Ask family and friends for help.
- If you have any warning signs, stop what you are doing and call your doctor or health care provider. For some women, warning signs can happen during or after sex.
- Don't drink alcohol, smoke or take illegal drugs.
- If you feel burning or pain when you go to the bathroom, you may have an infection. Call your doctor or health care provider.

1 in 8 babies is born too soon—before 37 weeks of pregnancy. Their tiny size and low birth weight put them at risk of lifelong health problems and disabilities. Preterm labor can happen to any pregnant woman at any time. In some cases, it can be stopped or medications can be given to help the baby before delivery. Knowing about preterm labor now could save your baby later.

pregnancy & newborn HEALTH EDUCATION CENTER

March of Dimes

Visit: marchofdimes.com
E-mail: askus@marchofdimes.com

To New Moms And Dads

Congratulations! You are now parents. Having a baby is not only exciting, but it is also a big change for you and your family. As a mom, your body has gone through many changes in the last 9 months. It will take 3 to 6 months for your body and emotions to return to normal. This period is called the postpartum period. During this postpartum period, you may feel depressed, sad or worried. As a dad, you too may have mood swings, feel sad, worried and nervous for no reason. This is normal. Try to get plenty of rest and talk to each other about your feelings. Take the time to listen and help each other.

Mom's postpartum checkup will be 4 to 6 weeks after the baby has arrived. This is a very important appointment because the doctor will make sure mom's body is returning to normal. Dad, this is also a good time to ask the doctor or health care provider any questions you may have about mom's health. This is also a good time to ask the doctor questions you may have about exercise, diet, work, breastfeeding, your health, family planning (birth control), your baby's health and anything else you do not understand or are worried about. To help you remember, write down your questions and concerns before your appointment.

During this appointment you should expect:

- A blood pressure check.
- A blood test (when needed).
- A breast exam.
- A Pap smear (when needed).
- A check for the size and shape of the uterus.
- A check for stomach muscle tone.
- Education about birth control options.

What Happens to You and Your Baby Throughout Each Trimester?

The next several pages will give you information about what you can expect throughout each trimester. You will also read what you should and should not do.

1st Trimester: First, Second, and Third Months

What you need to do:

- Visit the doctor or health care provider.
- Write down all questions you want to ask the doctor or health care provider.
- Get a lot of rest.
- Eat healthy foods including plenty of whole grains (bread, cereals, rice, and pasta), meats, fresh vegetables, fruit and milk.
- Avoid caffeine in tea, coffee, soft drinks and chocolate.
- Drink at least 8 to 12 glasses of water a day.
- Talk to the doctor or health care provider about exercise.
- Talk to your partner about your feelings so you can understand and support each other now and after the baby arrives.
- Take prescribed prenatal vitamins every day. Folic acid is important at this time.
- Talk to your doctor or health care provider about your insurance or Partners for Health (Medicaid).
- Ask for reading material that can help you learn about being pregnant. There are good books that explain changes in mom's body that happen on a weekly or monthly basis.

What You Don't Do:

- DON'T smoke or be around people who are smoking.
- DON'T drink alcohol.
- DON'T take any medicine or drugs unless the doctor or health care provider tells you to.
- DON'T take hot baths or use heating pads. Warm baths are okay.
- DON'T be around wet paint, poisons, and contents of spray cans during the pregnancy.
- DON'T lift heavy objects.
- DON'T begin exercising or jogging without first talking with the doctor or health care provider.

1st Trimester: First Month

By the end of the first month:

- The baby is the size of a watermelon seed.
- The baby's arms, legs, ears, heart, and lungs are beginning to form.
- The first 2 months of the baby's development is called the embryo stage.

Changes in mom's body:

- You should not have a period for the next 9 months.
- Your breasts will begin to feel tender.
- You may begin to feel sick to your stomach.
- You may feel sleepy and tired.

Although your baby is very small, mom needs to take care of herself so the baby will have a better chance to be healthy.

1st Trimester: Second Month

By the end of the second month:

- Your baby is about 1 1/4 inches long.
- Your baby has a beating heart, and arms and legs with the beginning of toes and fingers.

Changes in mom's body:

- You will urinate more often than usual.
- You may still feel tired, sleepy, and sick to your stomach. Try eating 6 small meals during the day rather than 3 large ones.
- You will start wanting or not wanting certain foods. Try not to eat junk food, but eat more small meals during the day.
- Your breasts will still feel tender and will start to grow bigger.
- You may feel dizzy sometimes.
- You may be happy one minute and sad the next. This is normal because your body is going through many changes.
- You will gain some weight. Talk with your doctor or health care provider about how much weight you should gain.

1st Trimester: Third Month

By the end of the third month:

- Your baby, now called a fetus, is 2 1/2 to 3 1/2 inches long and weighs about 1 ounce.
- Your baby is beginning to move and can even suck his thumb.
- Your baby now has arms with hands and fingers, and feet with toes.

Changes in mom's body:

- You may still be tired, sleepy, and sick to your stomach.
- You may be constipated. Drinking water or fruit juice and eating raw vegetables will help.
- Your appetite may begin to increase by this time.
- Because your baby is growing, your clothes may begin to feel tighter around your waist and breasts.
- The veins in your legs may be visible. If your legs or feet swell, sit down at different times during the day and elevate (raise) your feet.
- You will gain some weight. Talk with your doctor or health care provider about how much weight you should gain.

2nd Trimester: Fourth, Fifth, and Sixth Months

What you need to do:

- Get a lot of rest. You should not feel as tired as you did the first 3 months of the pregnancy.
- Visit the doctor or health care provider for your monthly checkups.
- Write down all questions you need to ask the doctor or health care provider.
- Every visit ask the doctor if you can listen to your baby's heartbeat.
- Wear clothes that are comfortable.
- If you work, ask your employer about maternity/paternity or family leave.
- Rest with your feet elevated (raised) for 30 minutes a day.
- Eat healthy foods including plenty of whole grains (bread, cereals, rice, and pasta), meats, fresh vegetables, fruit and milk.
- Avoid caffeine in tea, coffee, soft drinks and chocolate.
- Drink 8 to 12 glasses of water a day.
- Talk to the doctor about exercise.
- Talk to you partner about being pregnant.
- Take prescribed prenatal vitamins every day.

What You Don't Do:

- DON'T smoke or be around people who are smoking.
- DON'T drink alcohol.
- DON'T take any medicine or drugs unless the doctor or health care provider tells you to.
- DON'T take really hot baths. Warm baths are okay.
- DON'T be around wet paint, poisons, and contents of spray cans during your pregnancy.
- DON'T lift heavy objects.

2nd Trimester: Fourth Month

By the end of the fourth month:

- Your baby is about 7 inches long and weighs about 4 ounces.
- Your baby has eyebrows and eyelashes. The doctor may be able to hear your baby's heartbeat.
- Your baby can now move his/her hands and feet.

Changes in mom's body:

- You may be hungry all the time.
- You may not be as sick to your stomach as you have been.
- Your lower stomach is now beginning to form a ball that may feel hard.
- You may feel happy one minute and sad the next. Being pregnant can cause all sorts of emotions.
- You will gain some weight. Talk with your doctor or health care provider about how much weight you should gain.

2nd Trimester: Fifth Month

By the end of the fifth month:

- Your baby is 10 to 12 inches long and weighs 1/2 to 1 pound.
- Your baby is developing muscles.
- This month you should be able to feel your baby move. Ask the doctor to let you listen to the heartbeat.

Changes in mom's body:

- You will gain some weight. Talk with your doctor or health care provider about how much weight you should gain.
- Your baby will move a lot and you may be able to feel this movement.
- Your stomach and your breasts are getting bigger as your baby grows.
- Drink fruit juice and eat raw vegetables if you are constipated.
- You should feel good. If you feel badly, talk to your doctor or health care provider.

2nd Trimester: Sixth Month

By the end of the sixth month:

- Your baby is 11 to 14 inches long and weighs 1 1/2 to 2 pounds.
- Your baby is reddish in color, wrinkled, and covered with a heavy, white, protective, creamy coating.
- Your baby is moving around a lot and can open and close his/her eyes.
- Your baby can kick, cry, and hiccup.

Changes in mom's body:

- You will gain some weight. Talk with your doctor or health care provider about how much weight you should gain.
- Your breasts will continue to grow and be tender.
- If you are constipated, continue to eat raw vegetables and fruits, and drink fruit juices.
- You should be feeling good and have more energy.
- You may get heartburn or gas, so eat slowly, relax, and avoid fried foods.
- You may begin to see patches of brown coloring on your cheeks, nose, and forehead, and a line that extends down from your navel. The brown patches and line will disappear or fade as your body returns to normal after your baby is born.

3rd Trimester: Seventh, Eighth, and Ninth Months

What you need to do:

- Arrange a meeting with your baby's doctor to talk about health care for the new baby.
- Practice the exercises your learned in childbirth classes. If you have not attended these classes, try to do so this month.
- Choose the best place in the house for your baby to sleep.
- Ask about the kinds of baby equipment you will need, such as a car seat, a baby bed and a stroller.
- Eat healthy meals. Because your body needs calcium, eat and drink milk and milk products, such as cottage cheese and yogurt.
- Ask the doctor or health care provider about traveling and driving.
- Use the seatbelt with an extension every time you ride in a car.

What You Don't Do:

- DON'T smoke or be around people who are smoking.
- DON'T drink alcohol.
- DON'T take any medicine or drugs unless the doctor or health care provider tells you to.
- DON'T take really hot baths. Warm baths are okay.
- DON'T be around wet paint, poisons, and contents of spray cans during your pregnancy.

3rd Trimester: Seventh Month

By the end of the seventh month:

- Your baby is 16 inches long and weighs 2 1/2 to 3 pounds.
- Every day your baby is growing longer and bigger.

Changes in mom's body:

- You can see your stomach move when your baby kicks. Your partner may be able to hear your baby's heartbeat by placing his ear on your stomach.
- You may see some swelling in your feet, ankles and hands.
- You may begin to get tired again during the day. You may feel light-headed. Be sure to get plenty of rest.
- You will gain some weight. Talk with your doctor about how much weight you should gain. You are a lot bigger now, and you may sometimes bump into things, so be careful!

3rd Trimester: Eighth Month

By the end of the eighth month:

- Your baby is about 18 inches long and weighs 4 1/2 to 5 1/2 pounds.
- Your baby can hear loud noises and will move when he/she hears them.

Changes in mom's body:

- You may have trouble sitting or lying down for long periods of time. It is best to lie on your side instead of your back.
- You may need to urinate more often.
- You may have heartburn.
- You may sweat more easily.
- You may have cramps in your legs. The calcium from your foods will help lessen the cramps
- You may have trouble breathing as your baby takes up part of your breathing space—lying on your left side is best for you and your baby.
- You may feel the muscles in your stomach tighten during certain times. These contractions do not get stronger each time you feel them and will stop when you walk around.
- You will gain some weight. Talk with your doctor or health care provider about how much weight you should gain.

3rd Trimester: Ninth Month

By the end of the ninth month:

- Your baby is about 20 inches long and weighs 6 1/2 to 7 1/2 pounds.
- Your baby may seem to not move as much because there is less space to move.
- Your baby has fingernails.
- Your baby should be in the birthing position—head down, feet up.
- Your baby is ready to be born.

Changes in mom's body:

- You will still have backaches.
- The constipation may continue. Remember to drink plenty of water or fruit juice.
- The contractions you had in earlier months will continue. When the baby is about to be born, the contractions will become more regular.
- You will still have cramps in your legs. Be sure to eat foods with calcium.
- You may still see swelling in your feet, ankles, and hands. You should try to rest with your feet up as much as you can with your feet up.
- You will gain some weight. Talk with your doctor about how much weight you should gain.

First Trimester

Second Trimester

Third Trimester

Chapter Two

Baby's Health Needs

Becoming a new parent is a big job! Babies need your love. They need to feel safe and they need your care. The most exciting thing in your life will be raising your baby. This begins with understanding your newborn baby.

All the things you have to do can sometimes make you feel like there is not enough of you to go around. One of the easiest things you and your whole family can do is to talk, sing and read to your baby. These activities will help your baby's brain grow and develop.

We hope this chapter will give you some helpful hints about caring for your baby, such as:

- Show you how your baby is growing and learning.
- Help you remember when your baby should go to the doctor or your health care provider for checkups.
- Help you remember when your baby needs shots.
- Remind you that checkups and shots are very important things to do for your baby.

We hope this chapter will help make raising your baby more fun and a little easier. If you need help or have questions, call the phone numbers listed in this book.

Loving Your Baby

The first hours and days following the birth of your baby is a special time. Your baby has come into the world ready to get, and respond to, your love and attention. You will fall in love with your baby as you learn what your baby's needs are and then learn to meet those needs. Little by little, as you learn your baby and your baby learns you, a lasting impression is made. The touch of your skin, the sound of your voice, your heartbeat, even your scent means total comfort, safety and love to your baby.

It is very important that you meet your baby's need for touch. A gentle, soothing touch shows your baby how much you care. Touch is the foundation for a secure and loving relationship.

All babies need love. Don't worry if you have mixed feelings at first. You may fall in love with your baby right away or it may take time. It is a growing relationship. Cuddling, touching, holding and comforting are very important ways to show your love.

New research shows what many parents have always known—loving parents make smarter, happier babies. We now know that babies learn from the day they are born. In fact, they learn the most before age 3. When you hold, talk, sing, and read to your baby, you are giving him/her "brain food" that helps him/her learn for a lifetime.

Birth Certificate

The hospital will give you a form to fill out for your baby's birth certificate. The name you put on the birth certificate is your baby's legal name. Make sure it is spelled the way you want it to be spelled on the certificate. You can also apply for your baby's Social Security Number on the birth certificate. This will save you some time later. Your baby must have a Social Security Number to receive Partners for Health (Medicaid) or other financial assistance.

SIDS (Sudden Infant Death Syndrome)

What is SIDS?

Sudden Infant Death Syndrome (SIDS) is "the sudden unexplained death of an infant under 1 year of age." SIDS, sometimes referred to as "crib death," is the major cause of death in babies between 1 month and 1 year of age. The death is sudden and occurs quickly, usually during a sleep time. In most cases, the baby seems healthy.

At this time, doctors and nurses do not know what causes SIDS, but they have found some things that you can do to help prevent SIDS. Babies should always sleep on their backs. One of the most important things you can do to reduce the risk of SIDS is to put your baby on his/her back to sleep. Do this any time your baby is going to sleep. This advice might sound different. Your mother was told and you may have been told that babies should sleep on their tummy because they may choke during sleep. Millions of babies around the world now sleep on their backs and doctors have not found an increase in choking or other problems.

SIDS (Sudden Infant Death Syndrome)

(continued)

Other ways to keep your baby safe:

Temperature. Babies should be kept warm, but they should not get too warm. Keep the temperature in your baby's room at a temperature that feels comfortable to you.

Smoke Free. Create a "smoke-free zone" around your baby. No one should smoke around your baby. Babies and young children exposed to smoke have more colds and other diseases, as well as an increased risk of SIDS.

Breastfeeding. If possible, you should consider breastfeeding your baby. Breast milk helps to keep your baby healthy.

Check with your doctor or health care provider about sleep positions if your baby has any of the following problems:

- A birth defect
- Often spits up after eating
- A breathing, lung, or heart problem

SIDS (Sudden Infant Death Syndrome)

(continued)

Doctor or clinic visits. If your baby seems sick, call your doctor or health care provider right away. Make sure you keep follow up appointments.

Prenatal Care. Early and regular prenatal care can also help reduce the risk of SIDS. The risk of SIDS is higher for babies whose mothers smoked during pregnancy. For your baby's well being, you should not smoke, or use alcohol or drugs during pregnancy. Only drugs prescribed by your health care provider should be taken during your pregnancy.

Bedding.

- ALWAYS let your baby sleep on a firm mattress or other firm surface.
- DON'T let the baby sleep on a waterbed, sheepskin, foam "egg crate," a pillow or other soft materials.
- DON'T place soft stuffed toys or pillows in the crib when your baby is very small.

Some babies have smothered with these soft materials in the crib. If your baby ever sleeps or naps outside your home, be sure the same rules are followed.

The SC Department of Health and Environmental Control (SC DHEC) provides information about SIDS and counseling to families who have been affected by SIDS. To learn more, contact your county health department or call the Care Line at 1-800-868-0404. For more information about infant sleep position, you can also call 1-800-505-CRIB.

How Are You Going to Feed Your Baby?

Will you breastfeed or bottle-feed your baby? Mothers' milk is best for babies. Breastfeeding lowers the chance of your baby getting ear infections, diarrhea and/or allergies. Your breast size does not matter. Whatever decision you make on how to feed your baby, this is a great time to bond with your baby by holding, talking and singing to him or her.

If you decide to breastfeed:

- Ask to have your baby stay with you in your hospital room
- Begin breastfeeding as soon after delivery as possible
- Breastfeed your baby every 2 or 3 hours
- Continue to drink lots of water and other liquids
- Rest as much as you can
- Talk to other nursing mothers or Breastfeeding Peer Counselors

How Are You Going to Feed Your Baby?

(continued)

- Breastfeeding is not a method of birth control.
- Continue to eat good, healthy meals.
- Breastfeeding will not keep you from doing what you want to do!
- Look for 6 wet diapers and 2 to 3 poopy diapers each day.
- The American Academy of Pediatrics recommends that a baby be breastfeed for one year; however, no mater how long you decide to breastfeed, it will be beneficial to you and your baby.
- Avoid alcohol, tobacco and other drugs. They are not healthy and can harm your baby when passed through breast milk. If you are breast feeding, inform your baby's doctor of any medicine you are taking.
- If you have questions or concerns, talk with your doctor, your health care provider or the Women Infants and Children (WIC) program office, or the Care Line (1-800-868-0404).

Feeding Your Baby

Baby formula fortified with iron has what your baby needs for the first 4 to 6 months of life. Your baby should stay on formula for the whole first year, even after adding cereal and baby food to your baby's diet.

If you decide to bottle-feed:

- Ask your doctor what kind of formula is right for your baby. Talk with your doctor before feeding your baby regular milk (cow's milk).
- Follow the directions carefully when preparing the formula.
- Make feeding a calm, loving time for you and your baby.
- Wash your hands often.
- Wash your baby's bottles in hot soapy water and rinse them well. Follow your doctor's or health care provider's advice about sterilizing water and your baby's bottles.
- Hold your baby while feeding. NEVER prop your baby's bottle, because it can cause choking and eventually, tooth decay.

Feeding Your Baby *(continued)*

- Do not give your baby any sugar, honey, corn syrup or soda. Sweet drinks and soda are not good for your baby and can make your baby sick.
- Tell your doctor if you use well water to make formula.
- Be sure to refrigerate formula. Never freeze formula.
- If you choose to warm your baby's formula, use a baby bottle warmer or a pan of water. DO NOT use hot tap water to make baby's formula. DO NOT use a microwave. Always test the temperature of the formula before feeding it to your baby by putting a small amount on your wrist. Hot formula can burn your baby's throat.
- Remove dangle or hoop earrings when nursing or feeding so your baby will not try to pull them.
- Do not add cereal to your baby's formula. Feeding babies other foods too early can cause allergies.

Questions? Call your doctor, the WIC office, or the Care Line at 1-800-868-0404.

Infant Oral Health

- Do not place your baby down to sleep with a bottle.
- Hold your baby while feeding him/her.
- Use only milk, formula, or water in the bottle.
- Do not put cereal in bottle. This can lead to tooth decay.
- At about six months, help your baby learn to use a cup.
- Wean your baby from the bottle between 12 and 14 months.
- Baby's first birthday is the time for your baby's first dental check. Your dentist or your doctor can do a dental check.
- After feeding, wipe your baby's gums and teeth with a clean, soft cloth.
- Drink water with fluoride in it. Tap water from most city water systems contains fluoride. Check with your doctor or health care provider if you are not sure.
- Do not use a pacifier dipped in honey or anything sweet.
- Set a good example of dental care each day by allowing your child to see you brushing your teeth.

Keeping Your Baby Well

- Visit your baby's doctor 2 weeks after the baby is born.
- At 2 months, take your baby for his/her first immunizations (shots). It is important for you to take your baby for well-baby checkups, even if your baby is not sick, so your doctor can make sure your baby is growing and developing properly.
- Wash your hands and your baby's hands after diaper changes, after using the bathroom and before eating.
- Feed your baby only breast milk or infant formula for the first year. Regular milk (cow's milk) is not good for babies less than 1 year old.
- Check with your doctor, your health care provider or your WIC office before giving your baby foods like cereal, fruit, vegetables, bread, meats or juices. Your baby probably won't need vitamins if you are breastfeeding. Vitamins are also found in formulas.
- Ask your doctor or health care provider if your local water has fluoride to prevent tooth decay. Babies need fluoride even before their teeth come in.

Keeping Your Baby Well *(continued)*

- Put rubbing alcohol on your baby's navel (umbilical) cord 4 or 5 times a day so it won't get infected. The naval cord should fall off within 2 weeks after birth. It is normal for it to bleed a small amount at that time.
- Until your baby's navel and circumcision are healed, give your baby sponge baths rather than tub baths.
- Test the temperature of your baby's bath water on the inside of your wrist. The water should be warm, not hot. After giving your baby a bath, pat the skin dry. Never rub tender skin. You do not need to bathe or shampoo your baby every day. Two or three times a week is often enough, as long as you keep your baby's bottom clean and dry.
- Try not to disturb your sleeping baby with bright lights or loud noises. Most newborns will sleep as much as 18 to 20 hours a day.
- Place your baby on his/her back for sleeping. Do not pull the covers up too close to his/her face.
- Put your baby on his/her tummy when awake. Tummy time helps your baby's head, neck, and arms get stronger. Stay with your baby during tummy time.
- Do not allow smoke around your baby, in the house or in the car. Second-hand smoke can cause allergies, ear infections and breathing problems.

Partners for Health (Medicaid) for Your Baby

If Partners for Health paid for your care while you were pregnant, it will most likely cover your baby, up to age 1. You can apply for Partners for Health for your baby at any time.

Partners for Health may pay for:

- Newborn care in the hospital—including circumcision.
- Well-child check-ups and shots.
- Visits to the doctor or clinic when your child is sick.
- Inpatient or outpatient hospital care.
- Prescribed drugs.
- Dental care.
- Eye exams and glasses.
- Hearing exams and hearing aids.
- Special care such as physical therapy, speech and hearing therapy, medical equipment, and care for long-term illnesses.

Baby Shots are Important

Along with clean water and frequent hand washing, immunizations (shots) are one of the best ways to protect babies from serious childhood illnesses. Some childhood illnesses can cause a baby to become very sick or disabled, or to even die.

Immunizations are vaccinations that protect against certain diseases. Increased protection helps fight the germs that cause illnesses. These shots are given to prevent diseases such as hepatitis B, pertussis (whooping cough), tetanus (lockjaw), diphtheria, polio, meningitis, measles, mumps, chickenpox, influenza (flu), haemophilus influenza B, invasive pneumococcal disease, and rubella (German measles), for more information on these diseases see page 67 & 68.

Before scientists made vaccines to prevent these illnesses, many children suffered and died. In the last 50 years, vaccines have become widely available and are given to babies and young children as part of their well-baby care.

Vaccines to prevent childhood diseases have been one of the most important steps toward protecting child health and ensuring a longer life. But for vaccines to work, babies need to get their shots each time, on time! (See Recommended Immunization Schedule on page 69.)

Don't forget your baby shots. Your baby is counting on you!

Your Baby's Shots

Your baby will get his/her first shot at the hospital, the doctor's office, or clinic. Because shots hurt a little, it's hard to watch your baby get shots. This experience is often harder on you than the baby. As a parent, you do not want to see your baby hurt. Just remember, they only hurt for a few minutes and all babies need shots to protect them from serious diseases. Shots may scare you and the baby, but they are not nearly as scary as a harmful disease.

You need a shot record for your child to start day care and school, but you should not wait until then to protect your baby. Shots and shot records are provided through doctors' offices, county health departments, community health centers, military clinics (for children of military personnel) and sometimes at special community events.

The cost of shots should not be a problem for anyone. Doctors' offices that participate in VAFAC (Vaccine Assurance for All Children), at county health departments and community health centers can give your baby shots for free or for a very low cost.

For the community health center nearest you, call the Care Line at 1-800-868-0404.

Diseases Prevented by Baby Shots

Diphtheria – Diphtheria develops in the throat. Left untreated, diphtheria may cause heart failure or pneumonia.

Pertussis (Whooping Cough) – Pertussis is caused by a bacteria found in the mouth, nose and throat of an infected person. Severe cases can result in convulsions, pneumonia and brain damage.

Tetanus (Lockjaw) – This disease is caused by bacteria that enter the body when skin is cut or punctured. In severe cases, tetanus convulsions may cause heart failure or suffocation.

Polio (Infantile Paralysis) or **Poliomyelitis** – A viral disease that can cripple and even cause death.

Measles – Measles is one of the most serious childhood illnesses. Measles can cause pneumonia, seizures, brain damage or death.

Rubella – Sometimes called German measles, rubella is extremely dangerous for pregnant women and unborn babies, and can lead to miscarriage or birth defects.

Mumps – Complications from mumps can lead to hearing loss and meningitis. In adulthood, it is more likely to cause severe disease and/or inflammation of the testicles in males.

Influenza – Influenza (flu) doesn't hurt just older people. Young children, especially kids under 2 years old have one of the highest rates of hospitalizations because of the flu. Each year, this disease puts about 114,000 people, including young children, in the hospital. It attacks the lungs and can lead to pneumonia.

Pneumococcal – Pneumonia is a serious invasive disease in young children. It is caused by bacteria found in the respiratory tract of the infected person. It may cause blood infections, ear infections, and meningitis.

Diseases Prevented by Baby Shots

(continued)

Haemophilus Influenzae B – While this disease does not cause the flu, it can cause meningitis, pneumonia, brain damage and even death.

Hepatitis B – This disease can cause liver damage and even death. People can also be "silent" carriers and give this disease to others who are not properly immunized.

Varicella (Chickenpox) – Chickenpox, a common childhood disease, can be spread to others. It causes a rash, itching, tiredness and fever. It can lead to pneumonia, brain damage or death.

Recommended Immunizations (shots) Schedule

Immunizations are needed **At This Age**	Influenza (Flu)	Hep B* Hepatitus B	DtaP Diptheria Tetanus Pertussis	Hib *Haemophilus Influenzae* Type B	IPV Polio	MMR Measles, Mumps, Rubella	VAR Varicella (Chickenpox)	PCV 7 Pneumococcal conjugate
Birth		♥						
2 Months		♥	♥	♥	♥			♥
4 Months			♥	♥	♥			♥
6 Months	♥†	♥*	♥	♥	♥*			♥
12-15 Months	♥†			♥		♥		♥
12-18 Months	♥†		♥				♥	
4-6 Years	♥†		♥		♥	♥		
11-12 Years	♥*	♥[1]	♥[2]			♥[1]	♥[1]	

This table shows the earliest recommened ages for getting shots. Youir doctor's or nurs's schedule may be slightly different.

† Influenza (Flu) shots are given every year in October and November. (May be given through March).

* May be given at 6 - 18 months

1 Hep B, MMR#2 and VAR (chickenpox) are given at 11 - 12 years if not previously vaccinated.

2 Tetanus and diphtheria (Td) booster is recommended at 11 - 12 years and every 10 years thereafter.

*Schedule option

This table shows the earliest recommended ages for giving shots. Your doctor's or nurse's schedule may be slightly different.

1. Children and adolescents who have not been vaccinated against hepatitis B as a baby may begin the series during any visit. Those who have not previously received 3 doses of hepatitis B vaccine should start or complete the series during the 11 - 12 year old visit, and unvaccinated older adolescents should be vaccinated whenever possible. The second dose should be given at least 1 month after the first dose, and the third dose should be given at least 4 months after the first dose and at least 2 months after the second dose.

2. Td (tetanus and diptheria toxoids) is recommended at 11-12 years of age if at least 5 years have elapsed since the last dose of DTP, DTaP or DT. Subsequent routine Td boosters are recommended every 10 years.

Recommended Immunizations (shots) Schedule *(continued)*

3. The second dose of MMR is recommended routinely at 4-6 years of age but may be given during any visit, provided at least 1 month has passed since the receipt of the first dose and that both doses are given at the beginning of or after 12 months of age. Those who have not previously received the second dose should complete the schedule no later than the 11-12 year old visit.
4. At-risk children may receive Varicella vaccine (Var) at any visit after the first birthday, and those who lack a reliable history of chickenpox should be immunized during the 11-12 year old visit. At-risk children 13 years of age or older should receive 2 doses at least 1 month apart.
5. Influenza (flu) shots are given every year in October and November, but may be given through March.

For additional information, call your family doctor, county DHEC Health Department or 1-800-27SHOTS (1-800-277-4687).

Free Shots for Your Child

Parents, this vaccine program gives you a choice about where to take your child for shots. In South Carolina, it's called VAFAC (Vaccine Assurance For All Children). Doctors enrolled in the VAFAC program can give free vaccines to all children who qualify from birth through age 18. Some vaccines are available from birth through 21 years for children in certain high risk groups.

Your children qualify if they:

- are enrolled in Partners for Health (Medicaid) or do not have health insurance;
- are American Indian or Alaskan Native; or
- have health insurance that does not cover shots (immunizations).

Your doctor may charge a small fee to give your children their shots, but will not charge for the cost of the shots. Check with your doctor or DHEC health department about your children's shots and the VAFAC program.

Testing Your Baby's Hearing

Why should I have my baby's hearing tested?

- 50 percent (half) of the babies with hearing loss are otherwise healthy and have no family history of hearing loss
- Hearing loss can go undetected for many years and may result in speech, language, and cognitive delays
- Hearing problems need to be detected as early as possible to make sure your baby has the best chance to grow and develop
- Parents can refuse the hearing screen offered by the hospital during the maternity stay

How is my baby's hearing tested?

- Testing your baby's hearing is very safe and will only take a few minutes
- Most babies sleep through the testing
- Small earphones and sensors are placed on your baby. The earphones and sensors send information to a computer that measures your baby's hearing

How much does it cost to have my baby's hearing tested?

- There is no charge for the hearing screen conducted by the hospital during the maternity stay

What if my baby does not pass the test?

- In addition to hearing loss, there are other reasons your baby may not "pass" the hearing screen and require a second evaluation. Perhaps your baby was too active, too wide-awake, or you were discharged before the procedure was completed. **It is important that you follow through with any recommendations made by your hospital staff, audiologist and/or doctor.**

Testing Your Baby's Hearing *(continued)*

If my baby passes screening, do I need to have his/her hearing checked again?

- The hearing screen test can usually confirm that your baby has normal hearing at the time of the procedure. However, hearing loss can develop later after you leave the hospital for a variety of reasons. If you have a family history of hearing loss, your baby should be tested every year. If you ever have concerns about your child's hearing, speech or language, be sure to discuss this with your audiologist and/or doctor

If your baby gets ear infections later on or you see that your baby is having problems hearing, take your baby to have his/her hearing tested again. Refer to Your Baby's Hearing Checklist for things you should look for.

Your Baby's Hearing Checklist

Your baby will:

Birth to 3 months

- Become quiet or reduce activity when approached by sound (hears parent's voice).
- Be startled by loud sounds (blinks, body jerks, stops sucking, sudden cry, etc.).
- Be able to distinguish sound from right and left sides, and will move his/her head or eyes in the direction of the sound.

3 to 6 months

- Look toward speaker's voice.
- Turn head to search for source of a voice.
- Enjoy rattles and noise-making toys.
- Anticipate feeding by familiar sounds (bottles rattling, spoon in dish, etc.).

6 to 10 months

- React to music by cooing.
- Respond to own name.
- Look to right person when words "mommy" or "daddy" are said.
- Show understanding of common words such as "no," "all gone," "bye," "nighty-night."
- Babble (sounds like "da," "ba," and "ma").

10 to 15 months

- Know names of favorite toys and can point to them when asked.
- Like rhymes and jingles.
- Imitate simple words and sounds.

Your Baby's Hearing Checklist

(continued)

Your baby will:

15 to 20 months

- Follow simple directions (Go get your shoes, jacket, etc).
- Recognize hair, nose, eyes, and other parts of body when named.
- Ask for wants by naming "blanket," "cookie," or "teddy bear."
- Speak 20–50 words.

20 to 24 months

- Begin combining words such as "More juice," "Mommy home," or "Go bye-bye car."
- Refer to self by name.
- Enjoy being read to.
- Show interest in sounds of radio, television and stereo.
- Have a vocabulary of 200–300 words.

Crying Baby

All babies cry and get sick sometimes. Remember, crying is the way your baby talks to you.

If your baby is crying too much, here are some things you can try:

- Stop everything else and just be with your baby.
- Feed your baby.
- Burp your baby.
- Change your baby's diaper.
- Check to see if your baby is too hot or too cold.
- Touch, hold, carry and talk to your baby.
- Take your baby for a walk or drive.
- Ask someone to watch your baby so you can take a break.
- Keep calm.
- Never hit or shake your baby. This will hurt your baby.
- Your baby might have gas. If you breastfeed, avoid eating onions, beans, and drinking coffee, tea and sodas.
- Remember, you cannot spoil your child with too much holding during the first few months. Holding and rocking are a comfort to your baby.

Sick Baby

Constant crying can be due to allergies or colic. A crying baby does not mean that you are not a good mother. Babies don't cry to get even or just to be bad. They are too young to know to do that and too young to tell you what is wrong. You may have heard from family or friends about some old-fashioned remedies used to treat a sick baby, but always call your doctor or health care provider before trying these. Don't be afraid to ask questions or share your problems.

Remember, your baby can't tell you where it hurts, so you should pay attention to the following signs:

- Fussing or crying that lasts a long time.
- Changes in the way your baby eats or sleeps.
- Changes in your baby's skin color.
- Changes in your baby's temperature.
- Vomiting (throwing up) or diarrhea (more than 6 liquid stools a day).
- Blood in urine or bowel movements (urine may look brown; stools may look black).
- A rash that doesn't go away soon.
- A runny nose, coughing or hoarse crying.

Ear Infections or Earache

Ear infections are caused by either a virus or bacteria that gets in the middle ear, causing pain and infection. Ear infections can follow a cold or viral infection. Infections cause the eardrum to become red and swollen, and then it does not work properly. This can cause a temporary hearing loss. If left untreated, an ear infection can cause permanent hearing loss and delays in your child's development.

Signs and symptoms of ear infections:

- Earache or ear pain
- Pulling at ear
- Persistent crying; fussy
- Cold with nasal stuffiness, sore throat, runny nose, or fever
- Sleeping problems
- Eating problems
- Ear drainage—if you should notice anything draining from your baby's ear, go to the doctor at once!

To prevent ear infections:

- Wash hands often to prevent spreading germs
- Decrease or stop using a pacifier
- Breastfeed if possible
- If bottle-feeding, do not prop up the bottle when baby is lying down
- Stop smoking in the home or around the child
- Choose a daycare with less children

If your doctor gives your child medicine, be sure to give it to your baby as ordered until it is all finished. **DO NOT STOP GIVING IT TO YOUR BABY BEFORE IT IS ALL GONE!**

Tummy Troubles

Colic

If your baby has colic, his/her tummy may feel hard and could be filled with gas. Babies will usually pull their knees up to their stomachs, wave their fists and scream, often for hours at a time. Along with crying, your baby may spit up and have diarrhea. By the time they are 3 months old, many babies have outgrown their colic and the crying stops. If you think your baby has colic, talk with your baby's doctor to make sure that it is colic and not some other illness.

Diarrhea and Vomiting

Diarrhea and vomiting can be serious problems for newborns and young children because they can result in dehydration, which is the loss of too much water from the body. Diarrhea means frequent, watery stools, usually with a very bad smell, instead of pasty or firm stools. If your baby has diarrhea or is vomiting all or most of the liquids he or she is drinking, call your baby's doctor for help right away.

Knowing when to call the doctor

New moms and dads often need advice with their new baby. If it is possible, call during the doctor's or the health care provider's office hours so they will be able to look at the baby's record. Never hesitate to call, even if it is after hours, if you think something is wrong. Early help is best for the baby!

Tummy Troubles *(continued)*

Have answers to these questions in mind when calling your doctor or clinic:

- What is your baby's temperature?
- Is your baby less active or eating less?
- How often is your baby vomiting or having loose stools?
- Are your baby's eyes red, puffy or filled with pus?
- Is your baby pulling at his or her ears?
- Is your baby coughing?
- Is your baby having trouble breathing?
- Does your baby look sick?
- Do you think your baby is hurting? Where?

Have a pencil and paper by the phone to write down what your doctor tells you to do to help your baby.

Medicine

If your doctor or health care provider prescribes medicine for your baby, make sure you measure the right amount. Use a teaspoon, tablespoon or medicine dropper to measure the medicine. Check the directions. A tablespoon means a measuring tablespoon, not the kind you eat with. There's a big difference. A medicine dropper can be marked in many ways. When using a dropper, make sure you get the medicine to the correct line. You can ask your doctor, health care provider or drug store how to use the dropper. Make sure you give all the medicine in the dropper or on the spoon to your baby. Make sure your baby finishes all of the medicine as directed, even if your baby gets better or seems to be completely well.

Never Shake a Baby!

- Some adults may shake a baby or young child when they get frustrated or angry. Other adults may shake a baby or young child to calm them when they are fussy, or to discipline them. However, shaking your baby for any reason CAN BE DEADLY.
- Make sure anyone who cares for your baby knows the dangers of shaking.
- Learn what to do if your baby won't stop crying.
- NEVER SHAKE YOUR BABY! No matter how impatient or angry you feel, DO NOT SHAKE YOUR BABY. Shaking can cause brain damage or death. Letting your baby cry it out when you have had enough is safer than shaking or punishing your baby. Your baby will outgrow constant crying. **Holding and cuddling behavior tells your baby that you love them and want them to feel better**. For help, call 1-800-SC-CARES.
- If your baby cries a lot, BE PATIENT. NEVER SHAKE A BABY. Your baby is not trying to upset you. If you have had all that you can take, wrap the baby in a soft blanket and put the baby on his back in his crib. Take a break. Have someone else take care of the baby for a while.
- Babies love to be held and touched. All babies cry. Love your baby. Do not neglect the cries. Babies cry to let you know that they are hungry, cold, tired, or uncomfortable.
- Always support your baby's neck and head.
- Babies are fragile—be gentle with them, even during play.
- Do not throw babies in the air, or run with your baby in your arms.

Never Shake a Baby! *(continued)*

Shaking a baby can cause:

- Bleeding
- Developmental delays
- Hearing loss or blindness
- Mental retardation
- Death
- Seizures
- Brain damage

Help Your Baby's Brain Develop

In the months before your baby is born, and in the first few years after birth, your baby's brain develops at a very fast pace. As a result, your baby's brain can be greatly affected by the environment.

How Can You Promote Healthy Brain Development?

The brain is the only organ in the human body that is not completely developed. The parts of the brain that handle thinking, remembering, social behavior, and feelings continue to develop during the early months and years of your baby's life. Everything you do as a parent will effect your baby's brain development. You and other family members have many chances each day to contribute to your baby's healthy development!

- Be warm and loving with your baby.
- Respond to your baby's expressions and cues.
- Play with your baby and provide him/her with interesting toys.
- Give your baby lots of different things to see and explore.
- Talk, read, and sing to your baby.
- Establish daily routines.
- Repeat the sounds your baby makes.

Help Your Baby's Brain Develop

(continued)

- Play music and move to the rhythm of the music while holding your baby.
- Kiss and hug your baby, telling him/her you love them.
- Talk to your baby as you are doing your daily routine, telling your baby what you are doing.
- As your baby grows older, he/she will enjoy being part of the family and doing new things.
- Be sure to leave time at night for quiet activities, like reading or singing to your baby.

How Can You Avoid Physical Dangers to Your Baby's Developing Brain?

- Be sure your baby receives proper nutrition.
- Be sure your baby is not exposed to toxins such as lead (which is present in old paint), mercury, and pesticides, which can cause serious brain damage. Talk with your doctor about places where these toxins may be present in your environment.

Safety and Babies

- Put high, strong gates at the top and bottom of all stairs. Put child locks on all doors and cabinets.
- Put safety plugs in all empty electric sockets in your house. Move all heaters and radiators out of your baby's reach.
- Keep house plants away from your baby. Some plants are poisonous and can cause death.
- Avoid the chance of shock or burn by unplugging hair dryers, curling irons, and curlers that are in your baby's reach. Keep telephones and cords out of your baby's reach.
- Keep a fire extinguisher and fire blanket in the kitchen. Be sure to have several working smoke alarms in your home. Call your local fire department to ask how to get smoke alarms.
- NEVER let children play with matches or lighters.
- Keep all medicines and cleaning supplies locked up and out of your baby's reach. Write the number for PALMETTO POISON CENTER (1-800-222-1222) next to your phone in case your baby swallows something that could be poisonous. Avoid spills by giving your baby medicine from a medicine dropper. When you give your child medicine, make sure you give the right amount.

Safety and Babies *(continued)*

- Only use stationary walkers.
- Swallowing small toys, small candies, or other foods such as hot dogs can cause a baby or young child to choke.
- Take lots of pictures of your baby for your scrapbook, but never use a direct flash when taking your baby's picture, because it can cause eye damage.
- When you park a stroller, make sure it will not roll away. NEVER leave a child alone in a stroller, and NEVER tie a dog to the stroller. If the stroller is a fold-up stroller, make sure it is locked in place before you put your baby in it.
- NEVER leave your baby unattended in the bath tub or in any water. Babies can drown in just a few seconds, even in a small amount of water.
- NEVER leave your baby unattended. Even when the baby is asleep in the crib, you should be within hearing distance.
- NEVER hold diaper pins in your mouth. Baby might try to copy you.
- NEVER tie a pacifier around your baby's neck. NEVER hang toys with long ribbons, strings, cords, or loops in cribs or playpens, because babies may choke on them.

Safety and Babies *(continued)*

- NEVER leave your baby alone in a car, even with the windows cracked. The temperature inside the car changes rapidly and can cause death.
- NEVER leave your baby alone. Remember, it only takes a second for an injury to happen.
- Baby toys should not have sharp edges or be made of glass. Look at all your baby's toys carefully. Remove any loose buttons or objects from toys or from your baby's clothing. Give your baby safe toys to hold.
- Keep your baby shaded from direct sunshine. Babies get sunburned, too. Sunscreen, lotion or sprays are not recommended for babies 6 months of age or younger.
- Always have the phone number of your baby's doctor or health care provider handy.
- Always know where the closest emergency room is located.
- Be familiar with your baby's medical problems and ask questions so that you understand what you need to do.

For information on childhood injury prevention, call the SAFEKIDS Coalition near you, or contact the South Carolina SAFEKIDS Coalition in Columbia, at (803) 796-1950.

Parents and Babies

- To help your baby grow into a curious, confident, able learner, give him/her warm, consistent care. Allow your baby to bond to those who care for him/her.
- Children who receive loving care in the first years of life are more likely to develop strong social skills.
- Look into your baby's eyes. Talk, sing and read to your baby. Remember, placing your baby in front of the television is not the same as hearing your voice and seeing your face.
- Show your baby that you care for him/her. Help your baby feel safe and secure. Express pride in your baby.
- Surround your baby with positive language. Talk to your baby in a pleasant, soothing voice.
- Hug and kiss your child. Tell your baby that you love him/her every day. Tell your baby that you are proud of him/her.
- Call your baby by his/her name.
- Respond to your baby's cues. Try to understand what your baby is feeling. Notice your baby's moods and rhythms.
- Recognize that your baby is unique. Believe that your baby can succeed, and have positive expectations for him/her.

Parents and Babies *(continued)*

- Create routines for special times during the day, like meal time, nap time, and bed time. Try to be predictable, so your baby will know that he/she can count on you.
- Keep in close touch with your baby's caregiver. Talk with the caregiver about how your baby is changing and growing. Be involved in the care of your baby.
- Do not leave your baby in a crib, playpen, or seat without adult supervision, or for long periods of time.
- Place a mirror on the floor against the wall or next to the diapering area so your baby can watch him/herself.
- Praise your baby for his/her accomplishments. Remember, be patient with your baby.
- Point out bright colors or designs to your baby. Tell your baby about the objects you are looking at together.

Parents and Babies *(continued)*

- Wash your baby's toys, pacifiers, blankets, and sheets often.
- Babies that get a lot of love are happier, healthier babies. They need love from their mothers, fathers, brothers, sisters, grandparents and friends. Babies show their love by turning their heads at the sound of your voice, following you with their eyes, cooing and kicking when they see you.
- Love is not just keeping your baby fed and warm. Love means touching, holding, talking, and it means patience. There will be times when the crying and lack of sleep get the best of you. There will be times when you've done everything possible and your baby will still cry.
- Babies can never be spoiled by too much love. There is no such thing as loving a baby too much.

Fathers Can Make a Difference

- Start showing love and affection early.
- Read aloud to your baby every day, even before the baby is born. It doesn't matter what you read, just read.
- Make a habit of kissing and hugging your kids, even as they get older.
- Be dependable. Always do what you say you're going to do. If you can't, be sure to explain that you cannot keep your plan.
- Tell your kids you love them, and make sure they know that your love for them is unconditional.
- Teach your daughters that boys should always treat them with respect.
- Teach your sons to be gentlemen.
- Be a provider for your family. Accept the role of father, even if you did not plan to be a father at this time.

Finding Child Care for Your Baby

If you will need care for your baby, start looking for a caregiver or child care center while you are pregnant. Remember, your baby must be up to date on his/her shots before enrolling in a child care center.

Before you begin looking for care, think about the kind of place that you want for your baby's care. You may consider a large or small child care center, or the home of a caregiver.

Visit the child care facility or home that you are considering and look for the following:

- At the center, are there enough caregivers to hold the babies throughout the day, not just for feeding? Do the caregivers interact with the babies? Do they talk to the babies when caring for them, such as when feeding, changing clothes, and changing diapers? Is the center spacious? Are there plenty of safe toys?
- Does the child care center have a separate room for infants?
- Is the current license, registration, or approval certificate displayed?
- Is the staff friendly? Do they seem to enjoy working with the babies and children?
- Is the center or home safe, clean, and cheerful?
- Do the caregivers wash their hands often?
- Is there enough space to play inside?
- Ask if the caregivers take the babies and children outside. Is there a suitable play area outside?
- Ask if meals are provided. How many meals are provided? Is there a menu posted?
- Ask about the attendance policy for sick infants and children.
- Look for caregivers, either in a center or home, who are willing to talk, sing, and read to the babies.
- Is the center or home located near your home, work, or school?
- If you don't have transportation, is the center located on a city bus route?
- Are the hours that the center is open convenient for you?
- Make unannounced visits to the center that you are considering and look for the same things listed above.

Call the ABC Child Care Program at the Department of Health and Human Services (DHHS) at 1-800-763-2223 for information on quality child care. You can also request a list of providers who voluntarily meet standards higher than licensing requirements.

Disciplining and Teaching Your Child to Behave

As babies grow older, they have "wants" that they think should be taken care of now! Sometimes the things they want will not be good for them, such as eating candy before dinner or playing with a toy that may cause injury. You will have to help your baby learn about these things.

Here are some tips that will help:

- Tell your child why something can be harmful. For example, "Stay away from the stove because you could get burned."
- Follow the same rules every day. Don't let your child eat candy before dinner one day and then not allow it the next day.
- Give your baby a toy to keep him/her from reaching for or turning to other things that could be harmful.
- Try to be on your best behavior. Your baby will learn both good and bad behavior from you.
- If you get frustrated or feel out of control, take a break from the situation. Ask a friend to take care of your baby for a while and do something for yourself.
- Be honest with your baby, so your baby will learn to be honest with you.

For more information, contact Prevent Child Abuse South Carolina at 1-800-CHILDREN.

Baby's Calendar

The next several pages have information about what your baby will be doing in the months to come. There is also information on what you can do to help your baby grow healthy and learn. Babies develop differently, so your baby may not develop just like the information describes.

If you have questions about your baby's development and progress, ask your doctor. It's a good idea to write down your questions ahead of your visit to make sure you don't forget anything. Remember, you can always call your doctor or health care provider between scheduled visits.

If you want to know more about what you can do to help your baby grow and learn, call your local school district office and talk to a parent educator.

Month 1

Your baby will:

- Sleep a lot.
- Drink mother's milk or formula every 2 to 3 hours.
- Wet diapers often.

Parents:

- Learn when you need to take your baby to the doctor or health care provider.
- Never leave the baby alone in the bath, even for a few seconds.
- Learn CPR (Cardiopulmonary Resuscitation) for children in case your child stops breathing. Contact the local Red Cross, the hospital, the American Heart Association, or your local DHEC Health Department for information on CPR instruction.
- Talk, sing and read to your baby.
- Your baby should sleep on a firm mattress in a crib with the side rails pulled up.
- Your baby should not be left unattended on a pillow or bed.
- Your baby should be kept clean and comfortable.

Well-Baby Visit (2 to 4 Weeks)

Date of visit: _____ Baby's age: _____

Baby's weight: _____ Baby's length: _____

Baby's head measurement: _____

Next visit: _____ Time: _____

Ask your baby's doctor for the results of his or her newborn screening tests.

Your questions: _____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Month 2

What your baby will do:

- Recognize mom's voice and touch.
- Look at moving objects.
- Show some control of fingers.
- Begin to control movement of head.
- Smile and make lots of sounds.

Parents:

- Comfort your baby by cuddling and rocking.
- Take your baby to the doctor or your health care provider for a well child visit and shots.
- Talk, sing and read to your baby.
- Learn to know what your baby's cries mean.
- Let your friends and family help.
- Tell your baby, "I love you."
- Be careful with the baby while cooking or working around hot liquids.
- Select toys that are unbreakable, that have no small detachable parts or sharp edges, and that cannot be swallowed.

Well-Baby Visit (2 Months) Shots Due

Date of visit: _____ Baby's age: _____

Baby's weight: _____ Baby's length: _____

Baby's head measurement: _____

Next visit: _____ Time: _____

Baby's shots received:

Vaccine: _____ Date: _____

Vaccine: _____ Date: _____

Vaccine: _____ Date: _____

Vaccine: _____ Date: _____

Your questions: _____

_____

_____

_____

_____

_____

_____

_____

Month 3

What your baby will do:

- Hold head steady.
- Hold hands together.
- Smile.

Parents:

- Tell your baby, "I love you."
- Comfort your baby by cuddling and rocking.
- Talk, read, sing and play with your baby.
- Give your baby safe, soft objects to feel.
- Keep small objects like buttons and pins away from your baby.
- Never tie a pacifier around your baby's neck.
- Exercise.

Month 4

What your baby will do:

- Roll from stomach to side.
- Put everything in his/her mouth.
- Laugh, smile and coo.
- Enjoy baths and playing in the bath water.
- Sit with support for a few minutes.

Parents:

- Comfort your baby by cuddling and rocking.
- Take your baby for a checkup and the second set of shots.
- Talk, read, sing and play with your baby.
- Tell your baby, "I love you."

Well-Baby Visit (4 Months) ✎ Shots Due

Date of visit: _____ Baby's age: _____

Baby's weight: _____ Baby's length: _____

Baby's head measurement: _____

Next visit: _____ Time: _____

Baby's shots received:

Vaccine: _____ Date: _____

Vaccine: _____ Date: _____

Vaccine: _____ Date: _____

Vaccine: _____ Date: _____

Your questions: _____

_____

_____

_____

_____

_____

_____

_____

Month 5

What your baby will do:

- Turn head to sounds.
- Reach for toys.
- Cry when angry or scared.
- Follow objects with eyes.

Parents:

- Talk, read, sing and play with your baby.
- Comfort your baby by cuddling and rocking.
- Ask your baby's doctor or health care provider about beginning to feed solid foods.

Month 6

What your baby will do:

- Roll from back to stomach.
- Show emotion by making sounds.
- Bounce while standing with support.
- Enjoy lots of attention.
- Turn toward noises.
- Start teething.
- Play games with the family.
- Cry to be picked up.
- Chew on toes and feet.
- Sit without support for short periods of time.
- May act scared of strangers.
- May cut first tooth.

Parents:

- Take your baby for a checkup and the third set of shots.
- Put plastic plugs in all unused outlets and place electrical cords and window blind cords out of reach.
- Store all household chemical products like bleach, drain cleaner and paint out of baby's reach.
- When baby is cutting teeth, wipe baby's gums with a clean, damp cloth.
- Talk, read, sing and play with your baby.
- Begin giving your baby breast milk, formula or fruit juice from a cup.

Well-Baby Visit (6 Months) Shots Due

Date of visit: _____ Baby's age: _____

Baby's weight: _____ Baby's length: _____

Baby's head measurement: _____

Next visit: _____ Time: _____

Baby's shots received:

Vaccine: _____ Date: _____

Vaccine: _____ Date: _____

Vaccine: _____ Date: _____

Vaccine: _____ Date: _____

Your questions: _____

_____

_____

_____

_____

_____

_____

_____

Month 7

What your baby will do:

- Creep along on stomach.
- Stand holding on to something.
- Act afraid of strangers.
- Sit up without support.

Parents:

- Talk, read, sing and play with your baby.
- Tell your baby, "I love you."
- Comfort your baby by cuddling and rocking.
- If using a toddler safety gate, make sure it is a safe one.
- Offer your baby small pieces of soft fruits and cooked vegetables that are easy to digest and won't cause choking.
- Keep plastic bags, balloons and other small objects that might cause choking out of your baby's reach.
- Take time to unwind by doing something you like.

Month 8

What your baby will do:

- Play peek-a-boo.
- Pick up small things.
- Babble, shout for attention.
- Start to eat with fingers.

Parents:

- Talk, read, sing and play with your baby.
- Tell your baby, "I love you."
- Clean your baby's new teeth with a soft toothbrush.
- Give your baby a teething biscuit.
- When baby's first teeth appear, take your baby to the dentist.

Month 9

What your baby will do:

- Begin to crawl.
- Wave bye-bye.
- Look at picture books.
- Push away things he/she doesn't want.
- Cry when separated from mom.
- Pull on something to stand up.
- Pass things from one hand to the other.
- Like positive attention.
- Understand a few words, such as "no" and "bye."
- May say "dada" and "mama."

Parents:

- Comfort your baby by cuddling and rocking.
- Tell your baby, "I love you."
- Talk, read, sing and play with your baby.
- Don't try to force your baby to stand or walk.
- Ask your doctor or clinic about the best type of shoes for your baby.
- Offer your baby soft foods from the table.

Month 10

What your baby will do:

- Be very curious.
- Walk when holding someone's hand.
- Be able to feed himself or herself finger foods.

Parents:

- Talk, read, sing and play with your baby.
- Tell your baby, "I love you."
- Praise your baby.
- Don't use baby talk.
- Enjoy your baby's special personality.

Month 11

Your baby may:

- Stand without help.
- Like to look at pictures in books.

Parents:

- Tell your baby, "I love you."
- Talk, read, sing and play with your baby.
- Make sure your baby gets enough sleep.
- Keep your baby safe from any dangers.
- Talk and show your baby what to do (for example, say "Pet the dog this way").
- Comfort your baby by cuddling and rocking.

Month 12

Your baby may:

- Love to play with toys, pots and pans.
- Crawl everywhere.
- Drink from a cup.
- Like to feed him/herself.
- Show love to family and favorite toys.
- Play games like peek-a-boo.
- Walk with support or take a few steps alone.

Parents:

- Take your baby for a checkup and baby shots at 12 to 15 months.
- Keep your baby's surroundings safe.
- Begin weaning your baby from the bottle to the cup.
- Feed your baby table foods.
- Offer a small amount of whole milk from a cup.

Well-Baby Visit (12 to 15 Months) Shots Due

Date of visit: _____ Baby's age: _____

Baby's weight: _____ Baby's length: _____

Baby's head measurement: _____

Next visit: _____ Time: _____

Baby's shots received:

Vaccine: _____ Date: _____

Vaccine: _____ Date: _____

Vaccine: _____ Date: _____

Vaccine: _____ Date: _____

Ask your health care provider if your baby needs to have a blood test to see if lead is present.

Your questions: _____

_____

_____

_____

_____

_____

_____

_____

Month 15

Your baby may:

- Walk better.
- Bend to pick up objects.
- Love to throw things.
- Stack 2 blocks.
- Like to put things into containers.
- Use 3 or 4 words correctly other than "mama" or "dada."
- Imitate adult voices.
- Pull things out of cabinets, wastebaskets, and closets.
- Begin to use "no" to show independence.

Parents:

- Talk, read, sing and play with your baby.
- Read a book with pictures to your baby.
- Encourage your baby to find pictures in the book.
- Let your baby enjoy water play at bath time. Be sure to keep an eye on your baby.
- Take your baby for a checkup and baby shots.
- Finish weaning your baby.
- Allow baby to feed himself or herself with spoon.
- Be careful when using hot liquids around your baby, and never let your baby play in the kitchen.
- Comfort your baby by cuddling and rocking.
- Clean your baby's new teeth with a soft toothbrush.
- Spend time with other family members.

Well-Baby Visit (18 Months)

Date of visit: _____ Baby's age: _____

Baby's weight: _____ Baby's length: _____

Baby's head measurement: _____

Next visit: _____ Time: _____

Baby's shots received:

Vaccine: _____ Date: _____

Vaccine: _____ Date: _____

Vaccine: _____ Date: _____

Vaccine: _____ Date: _____

Baby's shots: Any remaining shots not given previously are completed at this time. Congratulations! These are the last shots scheduled until your child is 4 to 6 years of age.

Your questions: _____

Month 18

Your baby may:

- Kick and throw a ball.
- Climb and run, and fall less often.
- Climb on a chair to reach things.
- Dance to music.
- Follow simple directions.
- Imitate what you do at home, like dusting, phoning, hammering.
- Like to have his or her own way.
- Come when called.
- Say about 10 words.
- Enjoy nursery rhymes.
- "No" may be a favorite word.
- Put toys away with help.
- Use spoon and fingers to eat, and use a cup to drink.
- Stack 3 or 4 blocks.

Month 18

Parents:

- Keep the house and yard safe for your baby.
- Make sure that the infant safety seat is always used properly.
- Give your baby healthy foods.
- Praise your baby.
- Show your baby what should be done: "This is how you pick up your toys."
- Avoid offering your baby foods as a reward or a bribe.
- Talk, read, play and sing with your baby.
- Comfort your baby by cuddling and rocking.
- Tell your baby, "I love you."
- Do not expect your baby to share toys with other children.
- Make sure that your baby's shots are up to date.

Month 24

Your baby may:

- Like to be pushed on a swing.
- Pedal a tricycle.
- Throw a ball into a wastebasket.
- Walk down stairs (be sure to stay near your baby).
- Ask and answer some questions.
- Like to run and play tag.
- Put some clothes on.
- Want to do things without help.
- Turn doorknobs, open doors, and slam/close doors.
- Like to pull things apart.
- Be ready for toilet training.

Month 24

Parents:

- Take your baby for a checkup.
- Slowly, one by one, introduce new foods. Accept first refusals and try again a few weeks later.
- Make sure your baby is in a safety seat every time your baby is in the car.
- Never leave your baby alone in a car.
- Teach your baby to never run into the street.
- Be a model for your baby's behavior. Be polite and honest.
- Praise your baby.
- Talk, read, sing and play with your baby.
- Comfort your baby by singing and rocking.
- Tell your baby, "I love you."
- Talk with your doctor about toilet training
- Check batteries in smoke detectors.

Congratulations! Your baby is 2 years old!

Chapter Three

Family's Health Needs

Family's Health Needs

Everyone needs health care. Without it, you can't stay well. Sometimes it's hard to get the doctor you need. Maybe you don't know where to go for regular checkups. Maybe someone in your family has special health care needs and you don't know where to turn. Maybe you are afraid to go to a doctor because you can't afford to pay the bill. This chapter has ideas about where you can turn for help to get the health care you and your family need. There are always people who can help if you are willing to take the first step.

We hope this chapter will:

- Give information on taking care of mom after delivery.
- Give helpful information on getting health care.
- Help you meet any special health care needs your family may have.
- Give information on available programs.

Taking Care Of Mom After The Delivery

- Keep taking your prenatal vitamins for several months or until your doctor or health care provider tells you to stop. When you stop taking prenatal vitamins, start taking a regular multivitamin with folic acid each day.
- You should go to your doctor about 4 to 6 weeks after your baby is born. Make an appointment for your postpartum visit as soon as possible. If you have any questions before then, call your doctor.
- Ask the doctor about birth control. Mom can get pregnant again even if she is breastfeeding. Her body is not ready for another pregnancy right now.
- Eat different foods such as fruits, vegetables, meat, dairy products and cereal. Mom needs food for energy, especially if she is breastfeeding.
- Drink 8 to 12 glasses of water and other liquids each day.
- Don't use alcohol, cigarettes and other drugs. They are not healthy and can harm your baby.

Taking Care Of Mom After The Delivery

(continued)

- Try to sleep when your baby sleeps. If you feel stressed, take a break. Place your baby on his/her back in the crib, take a shower or bath, or call a friend. Ask your partner, a family member or a friend to watch the baby while you go for a walk, or put the baby in the stroller and go for a walk together. It's important to exercise to stay healthy and reduce stress.
- If you have other children, spend some special time with them.
- Many new mothers feel down or depressed, cry easily and feel very tired. These feelings may be caused by lack of sleep and changing hormones in your body. It doesn't mean that you don't love your baby. If you have any of these feelings, you may want to talk to your partner, a family member, a friend or another mother. If you need help coping, call your doctor or health care provider.

Taking Care Of Mom After The Delivery

(continued)

Call your doctor or health care provider if you have any of these warning signs after your baby is born:

- Temperature of 101 degrees or above, or chills with or without fever.
- An increase in vaginal discharge or a return to a bright red color that requires more than one sanitary pad every 2 hours.
- A vaginal discharge that smells badly.
- Extreme tenderness or swelling of any incision or at stitches made as a result of the delivery.
- Painful, tender or red areas in your legs (signs of blood clots).
- Pain after going to the bathroom.
- Bad stomach pain.
- Sore breasts with red areas and a temperature of 101 degrees or above.
- Depression that keeps you from taking care of yourself or causes you to want to hurt yourself, your baby or other children.

Remember, taking good care of yourself and your baby is very important.

Appointment reminders:

Date of mom's next appointment: _____

Date of baby's next appointment: _____

Postpartum Or Newborn Home Visit

The time right after your baby is born is called the postpartum period. During this time, you will have many questions and concerns. You may have a personal visit from a nurse within 2-3 days after your baby comes home if you have Partners for Health (Medicaid), are eligible for Partners for Health, and/or if your doctor or insurance provider orders a special visit. During the home visit, the nurse will check you and your baby. She will also make sure that your baby is eating well and then talk to you about your child's future health care.

If you know you will be receiving a visit, keep a list of questions to ask the nurse during the visit.

Mother's Checkup or Postpartum Visit

Date of visit: _____

Clinic or doctor: _____

Weight: _____

Blood pressure: _____

Type of birth control: _____

Special instructions: _____

_____

_____

_____

A Special Message From The March Of Dimes:

Before you become pregnant again...think ahead.

Think about your own health first.

Take care of yourself before you get pregnant again. Make sure that you and your family are ready for another baby. Doctors want you to wait at least two years before getting pregnant again. Another baby will change your life in many ways. More children add new responsibilities, as well as new joys. Both mothers and fathers need to be ready to be good parents to another baby.

Health problems.

If you have a health problem such as diabetes or high blood pressure, try to get it under control before you become pregnant. Once you become pregnant, you and your health care provider can work together to avoid medical problems. Even if you are healthy, it is still a good idea to talk with your doctor or health care provider before you become pregnant again. He or she could say something you had not thought about before. For more information on pre-pregnancy health, visit www.B4pregnancy.org.

If you need information about family planning and birth control, contact your doctor, the Family Planning Division of your county DHEC Health Department, or call the Care Line at 1-800-868-0404.

When should you be taking multivitamins? Right Now! Every Day!

All women should take a multivitamin with 400 micrograms (0.4 milligrams) of folic acid daily. Your body needs this vitamin for several months before pregnancy and during the early months of pregnancy. If all women of childbearing age take 400 milligrams of folic acid daily, before and during early pregnancy, it may help reduce the number of neural tube defects by up to 70 percent. Since many women don't know they are pregnant during the early weeks, it is a good idea to take a multivitamin with folic acid every day.

If you have questions about folic acid, call 1-800-6-SOMEDAY, or visit www.B4pregnancy.org.

March of Dimes
Saving babies, together

Take the following steps to prepare for pregnancy:

- Take 400 micrograms (0.4 milligrams) of folic acid everyday, even if you are not planning to get pregnant right away. Folic acid may help reduce the risk of birth defects of the brain and the spinal cord.
- Have a medical checkup before getting pregnant to identify health risks.
- If you are not immune to measles, hepatitis and rubella, get vaccinated before you get pregnant.
- Now is the time to reach your ideal weight.
- Know your family history. If you have had problem pregnancies or birth defects in your family, tell your doctor.
- Adopt a healthy lifestyle. Get plenty of exercise, reduce stress and don't drink, smoke or use drugs.
- Have medical problems like diabetes, epilepsy and high blood pressure treated.
- Eat a balanced diet to get essential nutrients before you get pregnant.
- Avoid exposure to toxic substances and chemicals.
- Don't handle cat litter. Germs in cat droppings can cause an infection called toxoplasmosis, which can seriously harm a developing fetus.
- Don't eat undercooked meat.

Pre-pregnancy Health Services

Becoming as healthy as you can before you get pregnant greatly improves your chances of having a healthy pregnancy and a healthy baby. Many risks that may threaten the health of your baby occur before you even know you are pregnant. If you have a pre-existing condition such as diabetes, asthma or high blood pressure, it is especially important for you to plan your pregnancy with your doctor in order to reduce the risks to your health and your baby.

The Preconception Care Resource Center is a program for women of childbearing age and their health care providers to learn how to improve health before pregnancy occurs. The program features a Web site, www.B4Pregnancy.org, that has information about pre-pregnancy health in 2 areas: 4Providers and Parents2B. Each area of the Web site contains pre-pregnancy health topics, a bookstore with reviews and recommendations, links to other sites with quality information on health before pregnancy, and the ability to find a provider by specialty or location in South Carolina.

At the B4Pregnancy Web site, you can find out what your pre-pregnancy health risk factors may be by filling out an online risk assessment form. When you fill out the form, you are given a report with possible risks specific to you and your partner. You will also get a list of questions about your possible risks to ask your doctor or health care provider.

For more information, call the Preconception Care Resource Center at the MUSC Prenatal Wellness Center, (843) 876-1200, or visit our Web site at www.B4Pregnancy.org.

The Preconception Care Resource Center is made possible through a partnership between the Medical University of South Carolina and the South Carolina Chapter of the March of Dimes.

Take Time to Know Your Baby and Plan For Your Family

The bond between you and your baby begins at birth. The first 2 years of your child's life are the most important, and he or she will do the most changing during these years. Take time to get to know your baby, and enjoy watching your baby grow.

Know your choices.

If you have recently had a baby and are receiving Partners for Health (Medicaid), you are eligible for Family Planning Services. These services can help you choose if and when to have another child.

Family Planning Services also provide:

- Free birth control (birth control pills, Depo-Provera, etc.)
- Family planning counseling and education
- A yearly physical exam, which includes a Pap smear

For more information about your choices, call your doctor, your county DHEC health department or the Care Line at 1-800-868-0404.

Our Family's Health History

Think about the health of your close blood relatives, those who are living and those who are not. Sometimes past health problems can help you protect your baby.

- Has a close blood relative ever had a disease passed down through the family like sickle cell disease?
- Have there been any birth defects like Downs Syndrome or Spina Bifida in your family?
- Do your relatives have illnesses such as cancer, heart disease or diabetes?

Write down your answers, and talk to your doctor or health care provider during your next visit.

Notes: _____

_____

_____

_____

_____

_____

_____

_____

Coping With Stress

Everyone has stress. It is a natural part of life. But sometimes even day-to-day chores can become too stressful, making us tense, irritable and tired.

Times of change are the hardest. Even happy changes, like the birth of a new baby, are often stressful. The signs of too much stress are different. You may become tense, moody or depressed. You may have aches or pains, or problems eating or sleeping. Some people start drinking or smoking too much. Others try to cope by taking drugs.

You may feel overwhelmed, depressed or worthless. You may be scared, confused, or feel that the world is against you. You may feel like you cannot take care of yourself or your children. You may find yourself acting in ways that others around you do not understand. You may feel you're going to hurt yourself, or your baby and/or children. Find help.

Coping With Stress *(continued)*

How to reduce stress:

- Exercise often. Walking is a good choice.
- Spend some time away from your baby and/or children.
- Talk things over with friends.
- Do something that you like to do such as reading, singing or dancing.
- Spend time with other parents.

Mental Health Services

If you or someone in your family needs help, you may want to talk to a mental health counselor about it. Many insurance policies cover professional counseling. Also, every county has a Mental Health Office. Look for it in the county government section or the yellow pages of the phone book under "Mental Health."

Family Violence

No one has the right to hit you, yell at you or force you to have sex when you don't want to. If you are abused or feel unsafe, keeping it a secret or hoping it will go away does not help. Tell someone you really trust and get help. Sometimes, even you may feel like becoming violent. Try to notice when this happens and see if you can figure out why. Violence is a big problem in our society. We need to work together in our homes and in our communities to make a safer, more peaceful world.

Violence Against Women or Men

Being beaten, threatened or treated cruelly by family members or other people is scary and often confusing. Feeling ashamed or blaming yourself does not help. There are laws to protect you and ways to stop the beating and the threats. If you or someone you know is being abused, call the 24-hour abuse hotline at 1-800-799-7233, or 1-800-787-3224 (TDDY).

Child Abuse and Neglect

New parents have many different feelings when taking care of their baby. Feelings can range from joy, excitement and fulfillment to loneliness, fear and anger. This is normal! What is not normal is when parents take out their anger on their innocent babies who are in no way responsible for the parents' feelings. The acting out of negative feelings by either withholding affection or by physically hurting babies damages to the healthy development of babies.

In South Carolina, the Child Protection Act defines physical child abuse as non-accidental injury to children. "Child neglect" is the willful withholding from children basic necessities, including food, clothing, shelter, medical care and proper supervision. "Mental injury" in babies is withholding affection and emotional care so that they fail to grow properly.

If, at any time, you are concerned about how you are caring for your baby, or are feeling lonely or seem overwhelmed, please reach out for help! There are individuals and programs that want to support you in your parenting role. Relatives, friends, neighbors or church members are often ready to help if you are willing to let them. If you cannot identify supportive individuals, please call South Carolina Cares for Children at 1-800-SC CARES (722-2737), and the counselor will help you find help in your community.

How to Apply for Partners for Health (Medicaid)

When you go to the Partners for Health office, you may apply that day. Mail-in applications are also available. The mailing address is on the form. You can fill out the form and mail it in with the proof you need, or you can take it to a Partners for Health worker.

You will be asked to give:

- Your Social Security Number. If your child does not have one, you will have to apply for one.
- If you are pregnant, proof of due date from doctor, nurse, or health department.
- INS documents for each non citizen requesting coverage.
- Copies of pay stubs for the last 4 weeks, or a letter from your employer that shows your last 4 weeks of GROSS pay, not take home pay.
- Benefit letter (Social Security, Unemployment, etc).
- Proof of child care/dependent adult expenses.
- Resource documents will be needed if you apply for someone who is age 65 or older, or is disabled.

If you do not have this information, other records can be used. A Partners for Health worker will help you. If you are not sure what you need, please call the toll-free line at Department of Health and Human Services (DHHS), 1-888-549-0820.

Partners for Health Income Guide

Getting your child on Partners for Health depends on your income. It does not matter how much money you have in the bank or if you own a car, land, house, etc. To find out if pregnant women or children qualify, check the chart below. Incomes above the limits may still qualify.

FAMILY SIZE	CHILDREN UNDER AGE 19 MONTHLY INCOME LIMIT	PREGNANT WOMEN AND/OR CHILDREN UNDER AGE 1 MONTHLY INCOME LIMIT
1	$ 1,164	$ 1,436
2	$ 1,562	$ 1,926
3	$ 1,959	$ 2,416
4	$ 2,357	$ 2,907
5	$ 2,754	$ 3,397
6	$ 3,152	$ 3,887
7	$ 3,549	$ 4,377
8	$ 3,947	$ 4,868
9	$ 4,344	$ 5,358

Department of Health and Human Services (DHHS) at 1-888-549-0820.

Partners for Health—Low Income Families

Your family may be able to get Partners for Health insurance. Parents and children who are covered can get health care services paid for by Partners for Health. There must be a child living in the home. A parent cannot be under a work sanction by the Family Independence Program (FIP). To find out if your family could qualify, check the chart below. Incomes above the limit may still qualify.

FAMILY SIZE	MONTHLY INCOME LIMIT
1	$ 374
2	$ 505
3	$ 635
4	$ 766
5	$ 897
6	$ 1,028
7	$ 1,139
8	$ 1,267
9	$ 1,395

Department of Health and Human Services (DHHS) at 1-888-549-0820.

WIC Program

The Women Infants and Children (WIC) program provides healthy foods, as well as information on eating the right foods and health care. There is a WIC program in every county. WIC vouchers are used at grocery stores and some pharmacies. WIC also provides support for breastfeeding.

Women and children may receive:

- Milk
- Cheese
- Vitamin C-enriched juice
- Cereal
- Eggs
- Dried beans and peas and/or
- Peanut butter

Breastfeeding women may receive:

- Everything listed above
- Tuna
- Carrots

Infants may receive:

- Iron-fortified formula
- Iron-fortified cereal
- Vitamin C-enriched juice

To find out if you or your children are eligible for the WIC program, call your local WIC office, or call the Care Line at 1-800-868-0404.

WIC Helps

- If you are pregnant, have recently been pregnant, are breastfeeding, or have a new baby.
- Children newborn to age 1.
- Children age 1 to age 5.

To apply for WIC Services, persons must show:

- One form of identification
- Proof of residence
- Proof of family income

For example, your family's income must be less than:

FAMILY SIZE	WEEKLY	MONTHLY	YEARLY
1	$ 332	$ 1,436	$ 17,224
2	$ 445	$ 1,926	$ 23,107
3	$ 558	$ 2,416	$ 28,990
4	$ 671	$ 2,907	$ 34,873
5	$ 784	$ 3,397	$ 40,756
6	$ 897	$ 3,887	$ 46,639
7	$ 1,011	$ 4,377	$ 52,522
8	$ 1,124	$ 4,868	$ 58,405
For each additional family member add	$ 114	$ 491	$ 5,883

The above represents gross income (pay before taxes) and is effective April 19, 2003 through April 18, 2004. Guidelines are updated annually. For more information, call your local WIC office, or call the Care Line at 1-800-868-0404.

Children's Special Health Services

If your infant or child has special medical problems, you may be wondering how to find services and how to pay for the care he or she needs. There are clinics throughout South Carolina where children can receive services for bone diseases, seizures, speech/language or growth delays, hearing loss, kidney problems, heart conditions and other chronic illnesses or disabilities.

The Children's Rehabilitative Services (CRS) program at the SC Department of Health and Environmental Control (DHEC) may pay for these services for your child:

- Doctor or clinic visits
- Hospital care
- X-rays and laboratory tests
- Surgery
- Medications
- Speech, physical and occupational therapies
- Equipment, such as wheelchairs and hearing aids
- Medical supplies

Children's Special Health Services

(continued)

In addition, nutritionists, medical social workers and nurses are available to provide family support services in each of the 13 health districts. To participate in the CRS program, a child must be a legal resident of the United States, must be less than 21 years of age, have a condition covered by the CRS program, and the family must meet certain income guidelines.

Call your county DHEC Health Department to complete an application, or call the Care Line at 1-800-868-0404 for more information.

We All Have a Hand in Helping Babies Grow and Develop

BabyNet, South Carolina's System of Early Intervention

All families want the best for their children. From time to time, your family may have questions about how your infant or toddler is learning or developing. The BabyNet system is here to help. BabyNet works with you to provide services and resources your family needs to help your infant or toddler learn and develop. BabyNet is for infants or toddlers birth to 3 years of age, who have a disability or delay in their ability to play, think, talk or move.

Early intervention services are based on the child's needs and may include physical therapy, occupational therapy, speech therapy or assistive technology.

Children who are eligible are served regardless of family income or citizenship. For more information about BabyNet, call the DHEC Care Line at 1-800-868-0404 or contact your local BabyNet office at your county DHEC Health Department.

Can Your Child?

By 4 months

- Make sounds when looking at toys or people?
- Lie on her back and bring her hands together over her chest?
- Reach for a toy while sitting on your lap?
- Lie on his back and wave his arms at a toy?
- Smile or coo at self in a mirror?

By 8 months

- Make sounds like "ba-ba," "da-da"?
- Stand and hold onto furniture without leaning on his chest?
- Pick up small toys with fingertips and thumb?
- Bang toys together in his hands or on a table?
- Feed self a cracker or cookie?

By 12 months

- Shake his head when he means "no" or "yes"?
- Stand up and take a few steps by herself?
- Help turn the pages of a book?
- Copy you when you scribble with a pencil or crayon?
- Play with a doll or stuffed animal by hugging it?

By 16 months

- Say at least 8 words besides "mama" and "dada"?
- Climb on a chair to get something he wants?
- Turn the pages of a book by herself?

Can Your Child? *(continued)*

By 16 months (continued)

- Turn a bottle upside down to get something out?
- Ask for help when needed, such as winding up a toy?

By 20 months

- Follow at least three simple directions like: "Close the door," "Put the toy on the table," and "Find your coat"?
- Walk up or down at least 2 steps by herself?
- Turn doorknobs, wind-up toys, twist tops, or jar lids?
- Find a chair or box to stand on to get something he wants?

By 24 months

- Use at least 2 words like "me," "I," "mine," and "you"?
- Kick a ball by swinging her leg forward?
- Thread a shoelace through a bead or shoe eyelet?
- Copy you when you line up four blocks or cars?
- Call herself "I" or "me" more than she calls herself by name?

By 30 months

- Tell you what's happening in pictures in a book?
- Stand on one foot for a little while without holding onto anything?
- Turn the pages in a book, one page at a time?
- Tell you about pictures he has drawn?
- Says "me" or her name when you ask, "Who's in "the mirror?"

Adapted from the Ages and Stages Questionnaires: A Parent-Completed, Child Monitoring System, Second Edition. By Bricker & Jane Squires. 1999, Paul H. Brooks Publishing Company.

Healthy Start

Healthy Start is a federally funded grant working to reduce infant deaths in South Carolina. Healthy Start provides outreach, case management and health education to pregnant women, their infants and families. We encourage prenatal women to get early prenatal care and offer prenatal education, support, and individual counseling to help a woman have a healthy baby. We also work with the mother and baby and encourage family planning, well baby check up and immunizations.

Healthy Start provides:

- Mother and Baby Home Visiting program
- Childbirth education
- Consumer meetings to provide education and support
- Breastfeeding and family planning education and support
- Social work services
- Health forums

For information, call:

Low Country Healthy Start ..... (803) 793-6000
1-888-581-0319
(Serving Allendale, Hampton, Bamberg and Orangeburg counties)
Web site: 1chealthystart.org

Genetic Services

Even with the best prenatal care, some children are born with birth defects or mental retardation. If you have been told or you think that your child was born with a problem, or someone in your family has a birth defect or a genetic condition such as Down Syndrome, cystic fibrosis or Spina Bifida, genetic services may be able to help you.

Genetic services help families by:

- Reviewing the family medical history.
- Testing for problems that occur many times in the family.
- Helping families to get treatment or services they need.

Genetic services are available at no cost to families who meet the program's income eligibility guidelines. A wide range of genetic services in South Carolina are provided by the Greenwood Genetic Center, USC School of Medicine, and the Medical University of South Carolina.

You may contact regional genetic services directly by calling the numbers listed:

Greenville..... (864) 455-1600

Greenwood 1-800-473-9411

Columbia..... (803) 799-5390

Charleston..... (843) 876-1511 or 1-800-424-6872

Newborn Screening

Parents sometimes worry about the health of their unborn baby. Usually a newborn who looks healthy, is healthy, but sometimes that may not be true. A baby may have an "invisible" problem, which could lead to mental retardation, growth problems, and even death. Catching these "invisible" problems early is the goal of the Newborn Screening Program at the Department of Health and Environmental Control. South Carolina law requires this testing.

Through this program, all newborns are tested soon after birth. Tests are done on a sample of blood taken by pricking the baby's heel. Early treatment can give your baby a chance for a healthy, productive life.

Ask your baby's doctor for the results of this test at his or her first check-up. Along with newborn screening, well-baby check-ups are very important to make sure your baby is healthy and that problems are found before they become serious.

Sickle Cell Disease Services

Sickle cell disease is an inherited genetic blood disorder, passed down in families. In the United States, African-Americans are mainly affected. However, other ethnic groups may also have the sickle cell gene, including persons of Mediterranean, Caribbean, South Central American, Arabian or East Indian descent or ancestry. This disease often causes anemia, weakness, pain and sometimes, even early death. All babies born in South Carolina are tested for sickle cell disease after deliver in a hospital, birthing center or through midwives as a part of the newborn screening program. To find out the results of the test, ask your doctor or health care provider during your baby's first check-up.

Babies identified with sickle cell disease may get medical services from the regional children's hospitals. Pediatric hematology department services are also provided through the Children's Rehabilitative Services (CRS) program at the Department of Health and Environmental Control. These special medical services are free to those children (and adults) who meet the program's income guidelines. For more information, call your county DHEC Health Department, the Care Line (1-800-868-0404), or the nearest sickle cell disease community organization.

Sickle Cell service numbers:

COBRA Sickle Cell Program (Charleston) 1-800-354-4704
or (843) 225-4869

James R. Clark Sickle Cell Foundation (Columbia) 1-800-506-1273
or (803) 765-9916

Orangeburg Area Sickle Cell Foundation (Orangeburg) ..... (803) 534-1716

Louvenia Barksdale Sickle Cell Foundation (Spartanburg)..... (864) 582-9420

James R. Clark Sickle Cell Foundation (Florence) ..... (843) 673-9509

Chapter Four

Support for Families

Support for Families

All of us have basic needs that include food, clothing and a safe place to live. Sometimes those needs may be hard to meet.

This section has ideas about:

- What you can do for yourself and your family
- Where you can go for help
- Who you can call for information about community groups and agencies that may help you

We hope this chapter will:

- Answer questions about basic needs
- Give information on employment and education
- Tell you about things you can do to help your child grow and get ready for school

Family Support Services

Who can receive services?

- Women
- Men
- Children of all ages
- Families

Family Support Services can help you:

- Find a doctor who will see you for sick and well care
- Get needed resources and services
- Learn life coping skills
- Resolve family conflicts
- Get health education, nutrition information and other things you need
- Follow your doctor's plan of care

Family Support Services will refer you for:

- Continuing educational needs
- Alcohol and drug services
- Better housing and living conditions
- Other community resources

Family Support Services *(continued)*

Public health professionals provide services through Family Support Services. They are:

- Registered Nurses
- Registered Dieticians
- Social Workers
- Health Educators
- Public Health Assistants
- Other Public Health Workers

You may be referred to Family Support Services by:

- Doctors, nurses, or other health care workers
- Hospitals
- School and child care programs
- Community education programs
- Health department programs
- Friends and family

You Can Even Refer Yourself!

For more information about Family Support Services, call your local county health department (see Page 174 for your local county health department telephone number).

Healthy Families South Carolina (HFSC)

HFSC is a program for all new parents who want to help their children get off to a healthy start. HFSC offers a home visit and other services to families who need support. HFSC can help you to become a better parent by teaching you ways to prevent child abuse and neglect.

HFSC is located in Allendale County, Beaufort County, Greenwood County, Greenville County (Golden Strip Community) and Lower Richland County. For more information, call 1-800-244-5373, or in the Columbia area (803) 733-5430.

Ways To Find Help In Your Community

Contact your local county Department of Social Services, the United Way, or your county Health Department.

These agencies offer many services that may help you meet your needs. The county health department phone numbers are listed on pages 174–176 in this book. Other toll-free numbers for services that may help you are on pages 172–173. You may also call the Care Line at 1-800-868-0404 for more information.

Use a phone book.

Some phone books have a section called Community Information. This section has local phone numbers and some toll-free numbers for the kinds of community services that could help you. You may also want to look in the County, South Carolina, and United States Government sections, where some community services may be listed. When using the yellow pages, remember to look under such topics as housing, child care, food, etc.

Check with the Chamber of Commerce to see if they have a directory of business/ resources.

Tips for making phone calls:

- Think about what you want to say.
- Write down your questions.
- Have a pencil and paper ready.
- If you are not sure what to ask, have a friend help you.
- Be patient. You may get a busy signal or be put on hold.
- Do not get upset if you have to make many calls.
- Hang in there! You may have to ask a lot of questions.
- Speak clearly and slowly about your needs.
- Always ask if there are other services available that could help you or your family.
- Write down who you spoke to, the phone number, and the date.
- If someone says something that you do not understand, ask him or her to explain.

Ways To Find Help In Your Community *(continued)*

Visit Your Public Library

Librarians can help you find out about almost anything. There are libraries all over South Carolina. Some of them keep a current list of community services. You can find the nearest library by looking in a phone book under "Libraries" in the yellow pages, or in the County Government section.

Low-Cost Rentals

All counties have an agency that provides low-cost "Public Housing" and "Section 8 Housing" for eligible low-income families, senior citizens and people with disabilities. To apply, call your city or county housing authority or your county Department of Social Services. Ask if you are eligible for "federal preference," which is a priority placement.

Low-Income Loans

You may qualify for special low-cost loans to buy or repair a house, to buy land or make farm improvements. Look for the Farmer's Home Administration number in the local phone book. To find out about other loan programs in your area, call your county Housing Authority or county Department of Social Services.

The South Carolina Housing Finance Agency provides below-market-rate loans and tax credits to moderate and low-income first-time home buyers.

Landlord Problems?

For help with problems between you and your landlord, call your nearest Legal Services office. To find out more about Legal Services, see page 168.

Ways To Find Help In Your Community *(continued)*

Food Resources

It helps to know what foods are good for you and your family, but you have to be able to pay for them. Some of us have a hard time getting enough food. It may be because of money. If you need help, you can get it. There are programs in every community. Local Churches, The Salvation Army and similar agencies are available to help.

Women, Infants and Children (WIC) Program provides healthy food and nutrition education to:

- Women who are pregnant
- Women who have just had a baby
- Women who are breastfeeding or who have young children

To see if you are eligible, see page 137 in this book. Call your local county health department (see pages 174–176 for your local county health department phone number) or the Care Line at 1-800-868-0404 to find the WIC office nearest you.

Emergency Food

You can get free groceries or meals from church groups and soup kitchens. Food banks supply these groups with bulk foods. To find help quickly, call your county Department of Social Services (DSS).

Food Stamps

Sometimes it is hard to stretch dollars for a growing family. If you are worried that you may not have the money you need for food, you may qualify for food stamps. Food stamps help you buy your food each month. Call your local county Department of Social Services (DSS) for help. Ask what you will need to bring when you apply. Sometimes you can apply by telephone, so ask about this. If you have no food or money, ask for the Emergency Food Stamp service. If you have questions or concerns, call the Food Stamp Hotline at 1-800-768-5700.

Clemson University Cooperative Extension Service

The Clemson University Cooperative Extension Service provides information on family, youth development and household management.

The programs include:

- Parenting and child care education
- Food and nutrition
- Money management and housing

They show you how to:

- Plan a family budget
- How to prepare food
- How to farm and grow a garden
- How to keep your home safe

To find the Cooperative Extension Service nearest you, look in the County Government section of your phone book.

Money Matters

Most of us have problems with money. Costs keep going up and it is hard to manage money. Knowing how to manage your money can help you balance what you earn with what you spend. Try not to spend money you do not have by making a budget.

Budgeting

Making a family budget and sticking to it can be hard. For help with budgeting, call the Clemson Cooperative Extension Service. Their number can be found in the County Government section of the phone book.

Credit

Credit can be trouble for you. Many people make purchases with credit cards. The interest rates can be very high. You can end up paying twice what the item costs. A consumer credit counseling service may be located in your area. They may offer help in solving credit problems. Look in the yellow pages for the credit counseling service nearest you.

Income Assistance

The programs listed below are usually limited to U.S. citizens and legal residents with financial need. It can take several hours to apply for help. Take food, something to read or do, and toys for your children if they go with you.

Temporary Assistance to Needy Families (TANF)

TANF is available to low-income families who qualify. For more information about this money payment program, call your county Department of Social Services or the TANF Hotline at 1-800-768-5700.

Supplemental Security Income (SSI)

SSI is available to some disabled children and adults, and to elderly people who have very little or no income or savings. Call your Social Security Office to find out how to apply. Ask what documents and papers you need to take with you. You may want a friend to come with you to help with the forms. Call the Social Security Office at 1-800-772-1213, Monday through Friday, from 7 a.m. to 7 p.m.

Child Support

Clothes, food, medicine and child care can cost a lot. These costs go up as your child grows. All parents, whether or not they live with their children, are required by law to support their children. There are services in every county that can help you get the financial support your child is entitled to. You do not have to be using Department of Social Services (DSS) to apply.

Child Support Enforcement Program

All South Carolina parents or guardians can get help from the state's Child Support Enforcement Program, no matter how much money they make.

The program:

- Finds absent parents
- Helps identify a child's father
- Establishes who is legally responsible for child support
- Collects child support payments
- Enforces child support obligations.

For more information, or to apply for Child Support Services, call your county Family Court, your county Department of Social Services, or the Department of Social Services Child Support Enforcement at 1-800-768-5858.

Child Care

Finding good, affordable child care that meets your family's needs takes time and patience, but it's worth it. For help in deciding, see page 93. Remember, state law now requires that children have up-to-date immunizations before entering day care. Ask your doctor or local health department about the law, or contact the SC Department of Health and Environmental Control at 803-898-0720.

Low-Cost Child Care

Some school and job programs may help pay for child care while you are in school or working. For more information, call the Department of Social Services office nearest you, or the ABC Child Care Program (1-800-476-0199), if you are a low-income parent working or in school.

Child Care Information

Some counties have Child Care Resource and Referral agencies that can help you find child care. They include:

Interfaith Community Services..... 803-252-8390

Greenville's Child 864-467-4800

Trident Resource and Referral 843-747-9900

Aiken Resource and Referral..... 803-648-8331

The S.C. Department of Social Services can give you a list of licensed and registered child care facilities in your county. Call the Department of Social Services, Division of Child Day Care Licensing at (803) 253-4049 in Columbia, or the Regional Department of Social Services Child Day Care office nearest you. You can also call the Department of Health and Human Services at 1-800-763-2223 to request a list of child care providers who voluntarily meet standards higher than licensing requirements.

Child Care For Children With Special Needs

Sometimes children with disabilities like cerebral palsy, mental retardation, hearing and vision problems, or learning problems can be helped by special child care centers. These centers have teachers and therapists trained to help children with these handicaps. The earlier a child gets into special child care facility, the more they can learn and do for themselves. To find out about special child care centers in your area, call your county Health Department, or the SC Department of Disabilities and Special Needs at (803) 898-9141 in Columbia or 1-888-376-4636.

Five Steps To Choosing Quality Child Care

1. LOOK

Begin by visiting several state-regulated child care centers or homes before you decide which one is best for your family. On each visit, think about your first impression. But don't stop there. Does the place look safe for your child? Are toxic substances like cleaning supplies and pest killers kept away from children? Do the caregivers/teachers who will care for your child enjoy talking and playing with children? Do they talk with each child at the child's eye level? Are there plenty of toys and learning materials within a child's reach? You should always visit a center or home more than once. Choose different times of day to visits and stay as long as possible so you can get a good feel for what the care will be like for your child. Even after you start using the child care services, continue to visit from time to time.

2. LISTEN

What does the child care setting sound like? Do the children sound happy and involved? What about the teachers' voices? Do they seem cheerful and patient? A place that's too quiet may mean not enough activity. A place that's too noisy may mean there is a lack of control.

3. COUNT

Count the number of children in the group. Then count the number of caregivers caring for them. Obviously, the fewer the number of children for each adult, the more attention your child will get. SC requirements for adult/child ratios in child care facilities can be obtained from your local Department of Social Services office.

Five Steps To Choosing Quality Child Care *(continued)*

4. ASK

It's very important that the adults who care for your children have the knowledge and experience to give them the attention they need. Ask about the background and experience of all staff: the program director, caregivers, assistant caregivers, and any other adults who will have contact with your child in the center or home. Find out about the special training each one has and whether the program is licensed, approved, ABC enhanced, accredited, or registered. Quality care providers and teachers will be happy to have you ask these questions.

5. BE INFORMED

For more information on choosing quality child care, contact your local ABC Child Care Program at 1-800-476-0199, contact Child Care Aware at 1-800-424-2246, or visit http://www.childcareaware.org.

Taken from Child Care Aware, America's most trusted child care resource.

Check it Out!

The following points are a good way to measure the quality of a child care home or center.

Caregivers/Teachers

- Do the caregivers/teachers seem to really like children?
- Do the caregivers/teachers speak on each child's level when talking to children?
- Are children greeted when they arrive?
- Are children's needs quickly met even when things get busy?
- Are the caregivers/teachers involved in continuing education programs?
- Does the program keep up with children's changing interests?
- Will the caregivers/teachers always be ready to answer your questions?
- Will the caregivers/teachers tell you what your child is doing everyday?
- Are parents' ideas welcomed? Are there ways for you to get involved?
- Do the caregivers/teachers and children enjoy being together?
- Is there enough staff to serve the children? (Ask your local Department of Social Services about the required staff/child ratios for different age groups)
- Are caregivers/teachers trained and experienced?
- Have the caregivers/teachers participated in early childhood development classes?

Setting

- Is the atmosphere bright and pleasant?
- Is there a fenced-in outdoor play area with a variety of safe equipment? Can the caregivers/teachers see the entire play area at all times?
- Are there different areas for resting, quiet play, and active play? Is there enough space for the children in all of these areas?

Check it Out! *(continued)*

Activities

- Is there a daily balance of play time, story time, activity time, and nap time?
- Are the activities right for each age group?
- Are there enough toys and learning materials for all of the children?
- Are toys safe, clean, and within reach of the children?

In General

- Do you agree with the discipline rules?
- Do you hear the sounds of happy children?
- Are children comforted when needed?
- Is the program licensed or accredited?
- Are surprise visits by parents encouraged?
- Will your child be happy there?
- Are well-balanced meals and snacks provided?
- Ask questions, and feel free to take notes about what you see and hear.

Taken from Child Care Aware, America's most trusted child care resource.

Head Start

Children benefit from having a school-type experience before they start a real school. The Head Start program offers this opportunity to children between the ages of 3 and 5. Some Head Start Centers take children at younger ages. Children in Head Start do better in school because they learn social skills, learn about healthy foods, get health and dental care services, and have new and different experiences. If your child has special needs, services may be available.

Head Start is an important part of the community, and parents are an important part of Head Start. You may call the State Head Start Collaboration Office at (803) 898-2550.

Education, Employment and Job Training

Technical Colleges

Your local technical college is one of the best places to help you get ready for a new job or career. There are technical colleges throughout the state to help you get the skills you need to get a job. They offer many different job training programs. If you left school before graduating, technical colleges can help you get a diploma or G.E.D. certificate. There is a small one-time fee to take the G.E.D. exam. All of the colleges have financial aid programs. For more information, call the technical college nearest you, or the S.C. State Board for Technical and Comprehensive Education at (803) 896-5320 in Columbia.

Employment Security Commission

Employment Security Commission Offices have a special program called Job Service. Job Service is a free employment service that helps employers and employees find each other. When you come to look for a job, you can see what is available throughout South Carolina, including jobs with the state and federal governments. You can also find out about job training programs. The first step is to make an appointment for an interview. To find the Employment Security Commission office nearest you, look in the County Government section of the phone book.

Learning To Read Better

Some people would like to learn how to read and write better, to help them in their job or for fun. Some mothers and fathers would like to be able to read to their children or be able to help them with homework. If you would like to learn how to read and write better, there are people who can help you.

Basic Adult Education

Basic Adult Education helps adults learn reading, writing, math and parenting skills at no charge. All local school districts in South Carolina offer Basic Adult Education. Many areas have Literacy Councils that have volunteers who help adults learn to read better. Reading to your baby is not just a nice thing to do. It is very important for your child's brain development.

To find out more about Basic Adult Education classes or a volunteer reading program near you, call your local school district adult education office, or the SC Department of Education toll-free at 1-800-277-7323.

Legal Services

Many people cannot afford a lawyer when they need one. The South Carolina Legal Services Association helps low-income families in matters of civil law. They do not help with criminal cases.

The S.C. Legal Services Association can help if you have a hard time getting the help you need from community agencies in the following areas:

- Housing problems
- Food, disability and transportation problems
- Partners for Health (Medicaid) and other public benefits, such as Temporary Assistance to Needy Families (TANF)
- Family problems
- Consumer problems, such as repossessions and creditor harassment

Legal Services may also be able to offer you assistance when you feel your rights have been violated, either on the job or in the community. To find the office nearest you, call the Care Line at 1-800-868-0404.

Emergency Assistance

If you have an emergency such as a fire or a financial crisis, you could qualify for emergency assistance and other support in your community.

Fuel Assistance

If you are out of money and need fuel such as firewood, coal, kerosene or oil, you may qualify for emergency fuel assistance. There are special programs called the Low-Income Energy Assistance Program and the Crisis Intervention Program, which may help with your utility bills in a heating or cooling crisis. For more information, call your county Department of Social Services.

Clothing

For information about where you can get used clothes for you and your family, call your county Department of Social Services (DSS). Some church groups, such as the Salvation Army and Crisis Ministries, may also help with emergency needs. Local services are listed in the telephone book.

Emergency Housing

There are programs that may pay for or arrange temporary housing in an emergency. They may also help with utility costs in an emergency. Contact your county Department of Social Services (DSS), or the Care Line at 1-800-868-0404, for more information on the nearest community action agency.

Emergency Food

You can get free groceries or meals from church groups and soup kitchens. You may also qualify for Emergency Food Stamps. To find help, call your county Department of Social Services (DSS) or the Food Stamp Hotline at 1-800-768-5700.

Need A Ride?

You may need a ride sometimes when you have a health care appointment. These visits are often during working hours when friends or family cannot help, but there is help available.

Partners for Health (Medicaid) Transportation

If you or your child has a Partners for Health card, you can get a ride to your health care visit. Partners for Health will help you get a ride if you do not have a car to drive or someone who can give you a ride. Please call a Transportation worker for help when you get the appointment. Call the Department of Health and Human Services (DHHS) at 1-888-549-0820 at least 5 working days before your appointment.

What to do if you are not eligible for Medicaid:

In some counties, public transportation systems have been set up to offer rides at low cost to community agencies. In other counties, some agencies may transport their own clients. County Department of Social Services offices may be able to help you locate a transportation resource near you, or you can call the Care Line at 1-800-868-0404.

Toll-free Numbers

Care Line 1-800-868-0404

The Care Line is a toll-free statewide hotline that helps mothers and families access prenatal care, baby and child health care, family planning services, and other needed services. The Care Line is working to end barriers to services for families with children that have special needs. Call the Care Line with any questions or problems that keep you from getting the care you need for yourself and for your family. The Care Line is open Monday through Friday from 8:30 a.m. to 5 p.m., except for holidays.

Poison Control Hotline..... 1-800-922-1117

Children often eat or drink things that can make them very sick, or even kill them. If your child has eaten something that is poisonous, like household cleaning supplies or someone else's medicine, you should call the Poison Control Hotline. They can tell you what to do next. It is helpful to have the bottle your child drank from available when you call. This number is open 24 hours a day, 7 days a week.

Other Toll-Free Numbers

ABC Child Care Voucher System 1-800-476-0199
American Cancer Society..... 1-800-227-2345
BabyNet 1-800-868-0404
Partners for Health (Medicaid) 1-888-549-0820
Care Line 1-800-868-0404
Child Care Resources and Referral 1-800-879-2219
Child Support Information ..... 1-800-768-5858 or (803) 253-7566
Family Service Center..... 1-800-922-5651
Food Stamp Hotline..... 1-800-768-5700
Hearing Hotline (deaf or hearing loss)..... 1-800-327-9355
Immunization Division (DHEC) ..... 1-800-277-4687 or (803) 898-0460
LaLeche League (Breastfeeding Information)..... 1-800-525-3243
Life Abilities (formerly Easter Seals) 1-800-951-4090
National Child Abuse Hotline..... 1-800-422-4453
National Domestic Violence Hotline..... 1-800-799-7233
National Domestic Violence Hotline (for hearing impaired) ... 1-800-787-3224
Palmetto AIDS Life Support Services 1-800-922-7319
Palmetto Poison Center..... 1-800-922-1117

Other Toll-Free Numbers *(continued)*

S.C. Cares for Children (Child Abuse) 1-800-244-5373

S.C. Commission for the Blind 1-800-922-2222

S.C. Department of Alcohol and Other Drug Abuse Services. 1-800-942-3425

S.C. Department of Consumer Affairs 1-800-922-1594

S.C. Department of Education..... 1-800-277-7323

S.C. March of Dimes 1-800-277-2773

S.C. Multiple Sclerosis Society 1-800-922-7591

S.C. Protection and Advocacy for People with Disabilities..... 1-866-275-7273

S.C. State Library Department 1-800-922-7818

Shriners' Hospital for Crippled Children
for the Blind and Physically Handicapped..... 1-800-237-5055

Social Security Office 1-800-772-1213

Temporary Assistance for Needy Families (TANF) 1-800-768-5700

U.S. Consumer Product Safety Commission 1-800-638-2772

Veterans Administration Regional Office..... 1-800-827-1000

Women, Infants and Children (WIC) Food Program 1-800-868-0404

County Health Department Numbers

County	Location	Phone
Abbeville	Abbeville	(864) 366-2131
Aiken	Aiken	(803) 642-1687
Allendale	Allendale	(803) 584-3818
Anderson	Anderson	(864) 260-5541
Bamberg	Bamberg	(803) 245-5176
Barnwell	Barnwell	(803) 541-1061
Beaufort	Beaufort Bluffton	(843) 525-7615 (843) 757-2251
Berkeley	Moncks Corner	(843) 719-4600
Calhoun	St. Matthews	(803) 874-2037
Charleston	Charleston	(843) 579-4500
Cherokee	Gaffney	(864) 487-2705
Chester	Chester Great Falls	(803) 385-6152 (803) 482-6133
Chesterfield	Chesterfield	(843) 623-2117
Clarendon	Manning	(803) 435-8168
Colleton	Walterboro	(843) 549-1516
Darlington	Darlington Hartsville	(843) 398-4400 (843) 332-7303
Dillon	Dillon	(843) 774-5611
Dorchester	St. George Summerville	(843) 832-0107 (843) 832-0041
Edgefield	Edgefield	(803) 637-4035
Fairfield	Winnsboro	(803) 635-6481
Florence	Florence Lake City	(843) 661-4835 (843) 394-8822

County Health Department Numbers

(continued)

County	Location	Phone
Georgetown	Georgetown	(843) 546-5593
Greenville	Greenville	(864) 282-4100
Greenwood	Greenwood	(864) 942-3600
Hampton	Varnville	(843) 943-3878
Horry	Conway	(843) 248-1500
	Loris	(843) 756-4027
	Little River	(843) 399-5553
	Myrtle Beach	(843) 448-8407
Jasper	Ridgeland	(843) 726-7788
Kershaw	Camden	(803) 425-6012
Lancaster	Lancaster	(803) 286-9948
Laurens	Clinton	(864) 833-0000
Lee	Bishopville	(803) 484-6612
Lexington	West Columbia	(803) 791-3580
	Batesburg	(803) 532-6326

County Health Department Numbers

(continued)

County	Location	Phone
Marion	Marion	(843) 423-8295
Marlboro	Bennettsville	(843) 479-6801
McCormick	McCormick	(864) 465-2511
Newberry	Newberry	(803) 321-2170
Oconee	Walhalla Seneca	(864) 638-4170 (864) 882-2245
Orangeburg	Orangeburg	(803) 536-9060
Pickens	Pickens	(864) 898-5965
Richland	Columbia	(803) 576-2900
Saluda	Saluda	(864) 445-2141
Spartanburg	Spartanburg	(864) 596-3365
Sumter	Sumter	(803) 773-5511
Union	Union	(864) 429-1690
Williamsburg	Kingstree	(843) 355-6012
York	York Rock Hill	(803) 684-7004 (803) 909-7300

For more information, call the Care Line at 1-800-868-0404.

March Of Dimes Pregnancy and Newborn Health Education Center

The mission of the March of Dimes is to improve the health of babies by preventing birth defects and infant mortality. The March of Dimes carries out this mission through research programs, community services, education and advocacy to save babies.

Pink or blue we're here for you

Visit the Pregnancy & Newborn Health Education Center at:
www.marchofdimes.com

The center has informaiton on hundreds of prenancy topics. Choose one that's on your mind right now or simply browse the site. We can answer all kinds of quesitons.

Email: askus@marchofdimes.com

Send us your questions about pregnancy or the health of your new baby, and receive a personal and confidential reply.

March Of Dimes Pregnancy and Newborn Health Education Center

(continued)

You have been touched by the March of Dimes if:

- You received a polio vaccine.
- You are aware that alcohol, tobacco and drug use during pregnancy can result in poor birth outcomes.
- Your baby or a baby you know was cared for in a neonatal intensive care unit.
- You are aware that women of childbearing age should take a multivitamin with folic acid to decrease the risk of neural tube defects.
- Your baby or a baby you know suffered from respiratory distress syndrome and received a lifesaving lung medication called surfactant.
- You or someone you know has received an amniocentesis test during pregnancy.
- You hear about the March of Dimes Prematurity Campaign, and you or someone you know learns about the signs and symptoms of preterm labor.

Please join our fight to save babies. Call the March of Dimes at 1-800-277-2773 for information on Walk America or other volunteer opportunities. Thank you!

ABC Child Care Program

What is ABC?

Advocates for Better Care (ABC) is the statewide system designed by South Carolina to administer the child care program funded by the Child Care and Development Fund (CCDF). South Carolina parents who meet established income guidelines may be eligible for help with the cost of weekly child care. Income eligible parents must be working, in school, or in a training program.

Parents participating in the ABC Child Care Program may choose who they want to care for their children. The program offers parents a variety of choices for receiving child care services and makes quality child care more available. ABC also works to improve child care for all children in South Carolina.

When are applications accepted for eligible children and families to participate in the ABC Child Care Program?

Applications can only be taken when funding is available to serve more families than are currently being served. If funds are available, the ABC Child Care Program publicizes the information. Parents receiving a Family Independence Stipend should contact the Department of Social Services office in the county where they live to request child care assistance.

How can I find out if I am eligible to receive ABC Child Care Services?

To be eligible, parents must meet income guideline and be working, in school, or in a training program.

For more information, call 1-800-476-0199.

ADVOCATES for BETTER CARE

Daniel's Law

Daniel's Law is a new law designed to provide a safe haven for abandoned babies. It is named for an infant boy who survived after being buried in a landfill soon after his birth. Nurses named him Daniel as he recovered at a hospital.

Like Daniel, other babies are born to women in crisis. Some of these babies are left alone, abandoned by mothers who don't plan to return or provide for their care.

If you are pregnant and confused or frightened about what to do with your baby or know someone who is pregnant and in crisis, there are people who can help—the Department of Social Services, your local health department and your local hospital.

What does Daniel's Law do?

Daniel's Law is intended to save babies. It is not intended to hurt or punish anyone. It provides a safe option for mother and baby.

- A person who abandons a newborn cannot be prosecuted for abandonment if he or she takes the unharmed baby to an employee at a hospital or hospital outpatient facility.
- The law applies to infants up to 30 days old.
- The person leaving the child does not have to reveal his or her identity.
- The person leaving the child will be asked to provide medical information about the baby's parents, and if possible the name of the baby's parents. This will help the medical personnel treat the baby for any health problems.
- The hospital will provide medical care and contact DSS.
- DSS will have legal custody of the child.

For more information, contact the South Carolina Department of Social Services at 1-888-722-2580 (Children's Helpline) or visit the DSS Web site at www.state.sc.us/dss.

South Carolina First Steps to School Readiness (First Steps)

South Carolina First Steps to School Readiness is a comprehensive, statewide school readiness initiative designed to help prepare the state's children to enter first grade ready to succeed. Research studies repeatedly show that children who arrive unprepared for first grade have a difficult time catching up and succeeding throughout the rest of their school years and beyond. To address this problem, the General Assembly established the South Carolina First Steps to School Readiness Act in 1999, Creating a statewide public/private initiative to mobilize communities to improve early learning for children ages 0-5 years. First Steps has contributed to the improved school readiness of more than 282, 890 children in all 46 counties since 1999.

Each county determines its greatest education needs, and implements or enhances necessary services or programs to boost the school readiness of its children. From 2002-2004, 30 percent funded family strengthening and family literacy strategies, 18 percent focused on increased child care quality, and five percent of all funds were spent on increasing results though early health program.

Collaboration between public and private sectors provides the success framework for First Steps to School Readiness. Parents, business and community leaders, teachers, local agencies, nonprofit organizations, and faith communities are encouraged to work together to improve school readiness in very focused ways at the community level. Results are measured at program, county and state levels.

SOUTH CAROLINA FIRST STEPS

Getting children ready for school.

South Carolina First Steps to School Readiness (First Steps) *(continued)*

Goals of First Steps

- Provide parents with access to the support they might seek and want to strengthen their families and to promote the optimal development of their preschool children;
- Increase comprehensive services so children have reduced risk for major physical, developmental and learning problems;
- Promote high quality preschool programs that provide a healthy environment that will promote normal growth and development;
- Provide services so all children receive the protection, nutrition and health care needed to thrive in the early years of life so they arrive at school ready to learn; and
- Mobilize communities to focus efforts on providing enhanced services to support families and their young children so as to enable every child to reach school healthy and ready to learn.

For more information contact:

South Carolina First Steps to School Readiness
1300 Sumter Street, Suite 100
Columbia, SC 29201
803-734-0479 1-877-621-0865 toll free
803-734-1431 fax

E-mail: 1ststeps@sde.state.sc.us
Web site: www.scfirststeps.org

Index—How to Find Help

A

ABC Child Care Program 179
Abuse Hotline 131
Acknowledgements..... 186
Alcohol and Pregnancy..... 4

B

Baby Teeth 61
BabyNet 140-142
Baby's Calendar 95-118
Baby's Health Needs 51-118
Baby's Nursery..... 24-25
Baby's Doctor 30
Basic Adult Education 167
Birth Certificate 53
Bottle Feeding 59-60
Brain Development 84-85
Breastfeeding 57-58
Budgeting..... 155

C

Car Seats 27-28
Care Line 171
Child Care for Children with Special Needs 159
Child Support Enforcement 157
Child Abuse and Neglect..... 132
Child Care 93, 158-163
Child Support 157
Children's Rehabilitative Services..... 138-139
Children's Special Health Services..... 138-139
Clemson Extension Services 154
Clothing..... 169
Colic 77, 79
Community Help..... 151-153
County Health Departments.. 174-176
Credit..... 155
Crib Safety 24-25
Crying Baby 76

D

Daniel's Law..... 180
Diarrhea 79
Discipline..... 94
Diseases Prevented by Shots 67-68
Drugs and Pregnancy 3

E

Ear Infections 78
Education..... 166
Emergency Housing 169
Emergency Food 153, 169
Emergency Assistance..... 169
Employment 166
Employment Security Commission 166
Exercise and Pregnancy 20

F

Family Health Needs..... 119-146
Family Support Services 148-149
Family Violence..... 131
Family Health History..... 128
Family Planning 127
Fathers Make a Difference 92
Feeding Your Baby 57-60
Fetal Alcohol Effects..... 4
Fetal Alcohol Syndrome 4
First Steps Program 181-182
Folic Acid..... 2, 124
Food Resources 153
Food Stamps 153
Free Shots..... 71
Fuel Assistance 169

G

Genetic Services 144
Get Ready for Hospital 31-32

H

Head Start Program..... 164
Healthy Families SC..... 150
Healthy Start..... 143
Hearing Testing.....72-73
Hearing Checklist 74
Home Safety 26-27

I

Immunization Schedule 69-70
Immunizations 65-68
Income Assistance 156
Infant Oral Health 61
Infant Safety Seats 28
Insurance (Private) 21-22

J

Job Training 165

K

Keeping Your Baby Well.....62-63
Knowing When to Call the Doctor 79

L

Labor 33
Landlord Problems..... 152
Legal Services 168
Loving Your Baby..... 52

M

March of Dimes 124, 177-178
Medicaid (Partners for Health)... 21,64
Medicaid Transportation 170
Medicaid Baby 64
Medicaid Low Income Families..... 135
Medicaid Income Guidelines..... 134
Medicaid Application 133
Medicaid Services..... 23
Medicine 81
Men's Role.....10-11, 92
Mental Health..... 130
Money Matters 155
Mothers Health..... 6

N

Neural Tube Defects..... 2
Never Shake a Baby.....82-83
Newborn Screening..... 145
Newborn Home Visit..... 123
Nursery 24
Nutrition and Pregnancy.....13-15

O

Other Toll Free Numbers 172-173

P

Parents and Babies.....89-91
Partners for Health..... 21, 64
Paternity..... 11
Poison Control..... 171
Postpartum Home Visit..... 123
Preconception Care Resource Center... 126
Pre-pregnancy Health Services..... 126
Prenatal Visit..... 5
Preterm Labor 34-36
Preparing for Baby.....1-50
Preparing for Pregnancy 125
Public Library 152

Q

Quality Child Care.....160-161

R

Reading..... 167

S

Safety and Babies.....86-88
SC Department of Education..... 167
Shots 65-66
Sick Baby 77
Sickle Cell Disease..... 146
SIDS 54-56
Signs of Labor 33-35
Smoking and Pregnancy..... 3
SSI 156
Stress 129-130
Support for Familes.....147-182

T

Taking Care of Mom.....120-122
TANF Hotline 156
TANF 156, 168
Technical Colleges..... 166
Transportation..... 170
Trimesters.....38-50
Tummy Troubles 79-80

U

Ultrasound 9

V

VAFAC 30
Vomiting..... 79

W

Warning Signs of Early Labor.....33-35
When to Call the Doctor 33
WIC.....136-137, 153

Y

Your Teeth 19

Acknowledgemments

A special thanks to the following financial sponsors who made the production of this book possible for every new parent in South Carolina:

- March of Dimes South Carolina Chapter
- SC Department of Health and Environmental Control
- SC Department of Health and Human Services

Special gratitude and appreciation to the advisory committee who generously contributed their time and expertise to the book's content. The committee was composed of representatives from the following organizations:

- March of Dimes South Carolina
- SC Department of Health and Environmental Control
- SC Department of Health and Human Services
- South Carolina First Steps
- Low County Healthy Start
- SC Department of Social Services
- SAFEKIDS/SC Health Alliance
- Palmetto Richland

Thank you very much for your artistic expertise:

- James M. de Leon
- Cristi M. Horne

South Carolina Department of Health
and Environmental Control

South Carolina
Department of Health and Human Services

Printed March 2005

Total Print Cost–$63,159.89
Total Number of Documents Printed–55,000
Cost Per Unit–$1.15

D H E C

PROMOTE PROTECT PROSPER

www.scdhec.gov

Promoting and protecting the health of the public and the environment.

CR-002235 5/05