



Healthy Babies

August 2017

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For more information on how to lead a healthier lifestyle, visit our website GetHealthyCT.org



Importance of Prenatal Care

Now, more than ever, your health will be important to you. Your baby's growth and progress can be affected by how well you take care of yourself. It is a good idea to plan ahead. It is a known fact that women who receive care early and throughout their pregnancy have healthier babies.

Good Prenatal Care Includes:

- Good nutrition and health habits before and during pregnancy.
- Frequent prenatal examinations to detect early problems.
- Routine ultrasounds to detect fetal abnormalities and problems.
- Routine screening for:
 - Sexually transmitted diseases.
 - Rubella immunity.
 - Blood type problems (Rh and ABO).
 - Diabetes.
 - Genetic disorders — if there is a family history or the age of the mother indicates the need.
 - Blood pressure abnormalities.
 - Urine proteins.

The Goals of Prenatal Care are to:

- Monitor both the pregnant woman and the fetus throughout the pregnancy.
- Identify anything that could change the outlook for the pregnancy from normal to high-risk.
- Explain nutritional requirements throughout the pregnancy and postpartum period.
- Explain activity recommendations or restrictions.
- Address common complaints that may arise during pregnancy (for example, backache, joint pain, nausea, heartburn, headaches, urinary frequency, leg cramps and constipation) and how to manage them, preferably without medications.

Women who are considering becoming pregnant, or who are pregnant, should eat a balanced diet and take a vitamin and mineral supplement that includes at least 0.4 milligrams (400 micrograms) of folic acid. This level of folic acid supplement has been shown to decrease the risk of certain abnormalities (such as spina bifida) to your baby.

Pregnant women are advised to avoid all medications, unless the medications are necessary and recommended by a prenatal health care provider. Women should discuss all medication use with their health care providers. Pregnant women should avoid all alcohol and drug use. They should avoid herbal preparations and common over-the-counter medications that may interfere with normal development of the fetus.

Pregnant women should not smoke. Cigarettes contain chemicals that are harmful to babies. Smoking tightens blood vessels, which decreases the supply of oxygen and nutrients the baby receives. Smoking increases the risk of miscarriage, low birth weight babies and premature babies.

PRENATAL VISITS TO YOUR DOCTOR

- Every four weeks during the first 28 weeks of gestation.
- Every two weeks from 28 to 36 weeks gestation.
- Weekly from 36 weeks to delivery.

It is important to keep your appointments and follow directions for your care. The number of visits will be decided by your doctor. Don't be afraid to ask questions. Talk with your nurses and doctors about your plans for birth and any concerns that you may have.

What to Typically Expect on Your First Visit:

- You will be asked to give some information about your medical history, your family medical history and your partner's medical history. This is to help the staff caring for you to give you the best type of care.
- You will be weighed. Your urine and blood pressure will be checked.
- Blood tests will be done. Blood tests are done to check for some of the following:
 - Anemia (the blood's ability to carry oxygen).
 - German measles.
 - Rh factor (part of your blood type).
 - Sexually transmitted diseases.
 - Hepatitis B.
 - Blood sugar ranges.
 - HIV.
 - Cystic fibrosis.

What to Typically Expect at Your Second Visit:

Your doctor will do a complete physical for you. The physical will include an internal exam (pelvic) and may include a Pap smear and vaginal cultures to look for infection.

What to Typically Expect at Your Next Visits:

- Your urine will be checked.
- You will be weighed.
- Your blood pressure will be checked.
- Your baby's growth and heart beat will be checked.

What to Typically Expect at Your 28th Week of Pregnancy Visit:

- You will be given a slip to have blood tests done. It will take at least one hour to have your blood work completed. Blood tests to be performed are:
 - A test for diabetes.
 - A test for anemia.
 - Other tests may be included as your doctor sees fit.

What to Typically Expect at Your 35th Week of Pregnancy Visit:

- A vaginal swab may be taken to test for Group B strep. If it is positive, you will need IV antibiotics when in labor.
- A cervical exam may be done to check if your cervix is opening or becoming thinner.

Information and counseling: Will be available throughout your pregnancy.

Please feel free to ask at any visit.

- Nutrition and diet.
- Dental care.
- Exercise.
- Avoiding drugs, alcohol, caffeine, smoking, raw meat and handling cat litter.
- Growth of your baby.
- Cord blood sampling.
- Body changes during pregnancy.
- Ultrasound at 18 to 20 weeks.
- Mercury/fish warning
- Ways to lessen discomfort.
- Emotional support.
- Community resources.
- Sex during pregnancy.
- Seatbelt use.
- Breastfeeding or bottle-feeding.
- Signs/symptoms of problems during pregnancy.
- Childbirth/parenting education classes.
- Travel limits.

Pregnant? Steps for a Healthy Baby

You can help prevent miscarriage, birth defects or illness



1. Take a prenatal vitamin with 400 micrograms of folic acid each day.

It is best to start before getting pregnant. Most multi-vitamins have 400 micrograms of folic acid.



2. Do not drink alcohol.

That includes beer, wine, wine coolers and hard liquor. There is no safe amount.

3. Do not smoke.

For help quitting, ask your doctor or call 1-800-NO-BUTTS.

Also, avoid second-hand smoke.

4. Do not use any street drugs, including marijuana.

If needed, get counseling. You can ask your doctor for help to get treatment.

5. Check with your doctor before taking any drugs, medicine, or herbs.

Natural products and herbs are not always safe.

6. Limit caffeine from coffee, sodas with caffeine, and energy drinks.

Do not drink more than one cup each day.

7. Cook your meat until it is well done.

Do not eat raw meat, seafood or eggs. Do not eat hot dogs, luncheon meats, or deli meats unless they are reheated until steaming hot.

8. Do not share forks, cups, or food with children.

9. Avoid raw milk (not pasteurized) and foods made from raw milk.

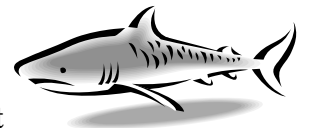
Do not eat soft cheeses such as queso fresco, feta or brie unless the labels show they are pasteurized.

10. Do not eat shark, swordfish, tilefish, or king mackerel.

They have higher amounts of mercury.

For other fish, do not eat more than 12 ounces per week.

For more information on fish, see <http://www.epa.gov/waterscience/fish/advice> or call 1-800-532-3749.



Pregnant? Steps for a Healthy Baby

11. Wash your hands with soap and water often.

Be sure to wash when

- leaving the bathroom
- eating or preparing food
- taking care of children or pets
- changing diapers
- being around people who are sick
- getting saliva (spit) on your hands

If there is no soap and water, use alcohol-based hand gel (at least 60% alcohol).



12. Avoid people who are sick.

Stay away from people who have infections, like fevers, rashes, coughs, or sore throats.

13. Avoid exposure to chemicals and fumes.

Use good ventilation and wear protective clothing.

Avoid **exposure to lead** in products such as paint, batteries, and imported pottery.

Find out more about **job safety** if you work with pesticides, or in:

- salons
- dry cleaning
- auto repair
- printing
- graphic design
- plumbing
- carpentry
- battery plants
- funeral homes
- factories
- laboratories



For help, call the California Pregnancy Risk Information Line: 1-800-532-3749.

<http://www.otispregnancy.org/otis-fact-sheets-s13037>

14. Do not change cat litter or garden.

If you must change cat litter or garden, wear gloves. Wash your hands after taking off the gloves.

15. Stay away from rodents and their droppings.

If you have wild rodents in or around your home, try to get rid of them. If you have a pet rodent, like a mouse or guinea pig, have someone else care for it until your baby is born.



16. Do not douche.

Douching may cause problems in pregnancy.

17. Avoid raising your body temperature for more than 10 minutes like in a hot tub, a very hot bath, or a sauna or from heavy exercise. If you have a fever, ask your doctor about medicine to lower it.

18. Avoid X-rays unless ordered by your doctor or dentist.

Be sure to tell health care workers you are pregnant.

19. Get a flu shot.

Flu shots are safe for you and your baby. Pregnant women who get the flu can have serious health problems.



20. Get help if you feel unsafe with your partner.

For domestic violence help, talk to your doctor or call 1-800-799-7233.

¿Embarazada? Pasos para un Bebé Saludable

Usted puede ayudar a prevenir un aborto espontáneo, defectos de nacimiento o enfermedades



1. Tome una vitamina prenatal con 400 microgramos de ácido fólico cada día.

Se recomienda empezar antes de embarazarse. La mayoría de las multi-vitaminas contienen 400 microgramos de ácido fólico.



2. No consuma alcohol.

Eso incluye cerveza, vino, licor y bebidas con vino como “wine coolers.” Ninguna cantidad de alcohol es saludable.

3. Deje de fumar.

Para ayuda pregúntele a su doctor o llame al 1-800-45-NO-FUME. También, evite el humo de segunda mano.

4. No consuma drogas, incluyendo marihuana.

Si es necesario, consiga servicios de un consejero. Le puede pedir ayuda a su doctor para recibir tratamiento.

5. Consulte con su doctor antes de tomar cualquier droga, medicamentos, o hierbas. Los productos naturales o hierbas no siempre son seguras.

6. Limite el consumo de cafeína en el café, en refrescos con cafeína, o en bebidas energizantes (energy drinks). No beba más de un vaso por día.

7. Prepare la carne hasta que esté bien cocida.

No consuma carne, mariscos, o huevos crudos. No coma salchichas (hot dogs / perros calientes), carnes frías ni fiambres, a menos que los haya recalentado a temperatura alta.

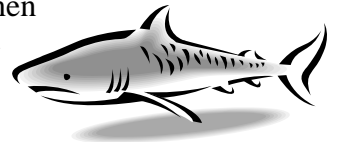
8. No comparta cubiertos, vasos o alimentos con niños.

9. Evite consumir leche cruda (sin pasteurizar) y alimentos derivados de leche cruda.

No coma queso blando, como queso fresco, feta y brie, a menos que la etiqueta indique que han sido pasteurizados.

10. No coma tiburón, pez espada, blanquillo (king mackerel), o caballa (tilefish). Estos pescados contienen grandes cantidades de mercurio. **Limite el consumo de pescado a 12 onzas por semana.**

Para mas información sobre el pescado, visite <http://www.epa.gov/waterscience/fish/advice/aviso.htm> o llame al 1-800-532-3749.



¿Embarazada? Pasos para un Bebé Saludable

11. Lávese las manos a menudo con agua y jabón. Asegúrese de lavarse las manos:

- después de usar el baño (inodoro)
- cuando prepara alimentos
- antes de comer
- cuando cuida a niños o mascotas
- después de cambiar pañales
- cuando esté cerca de gente enferma
- si le cae saliva en las manos (después de toser, estornudar, sonarse la nariz).

Si no dispone de agua y jabón, puede usar un gel para manos a base de alcohol (por lo menos 60% de alcohol).



12. Evite el contacto con personas que estén enfermas. Manténgase alejada de personas que tengan infecciones como fiebre, ronchas, tos, o dolor de garganta.

13. Evite exponerse a productos químicos y a gases o vapores tóxicos. Use buena ventilación y vístase con ropa protectora.

Evite **exponerse al plomo** en los productos tales como pintura, baterías, y la alfarería. Obtenga más información sobre **la seguridad en el trabajo**, especialmente si trabaja con pesticidas o en

- salones de belleza
- tintorerías
- reparación de automóviles
- plomería
- impresión
- diseño gráfico
- plantas de baterías
- carpintería
- funerales
- fábricas
- laboratorios



Para obtener ayuda, llame a la Línea de Información Sobre Riesgos Durante el Embarazo (California Pregnancy Risk Information Line): 1-800-532-3749.

<http://www.otispregnancy.org/otis-fact-sheets-s13037>

14. No cambie la caja de arena sucia para gatos o trabaje en su jardín. Si necesita cambiar la caja de arena, asegúrese de usar guantes. Lávese las manos después de quitarse los guantes.

15. Manténgase alejada de roedores domésticos (ratas, ratones, etc.) o salvajes y de sus excrementos. Contrate a un exterminador profesional para que elimine insectos y roedores peligrosos dentro y fuera de la casa. Si tiene un roedor como mascota, en el caso de un hámster o cobayo, pídale a otra persona que lo cuide hasta después de que nazca el bebé.

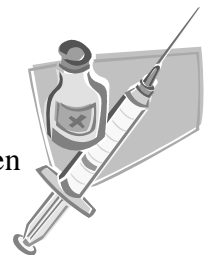


16. No use duchas vaginales. El usar duchas vaginales puede causar problemas en el embarazo.

17. Evite que se le suba la temperatura por más de 10 minutos, por ejemplo como en un baño muy caliente, un jacuzzi, una sauna o con ejercicio pesado. Si tiene fiebre, consulte con su médico sobre la medicina para reducir la temperatura.

18. Evite Rayos X a menos que su doctor o dentista se los ordene. Asegúrese de decirle a su proveedor de salud que está embarazada.

19. Vacúnese contra la gripe. Estas vacunas son seguras para usted y para su bebé. Las mujeres embarazadas que contraen la gripe pueden tener problemas graves de salud.



20. Busque ayuda si siente que está en peligro con su pareja. Para ayuda de violencia doméstica, hable con su médico o llame al 1-800-799-7233.

What you should and should not do:**Here are good things to do when you are pregnant:**

- Walk
- Swim (The water should not be too hot or too cold)
- Bicycle (You may want to use a stationary bike to protect you from falls that can happen as your uterus gets bigger)
- Do Kegel exercises (See the handout *Exercises To Do When You Are Pregnant*)
- Go to exercise classes for pregnant women
- Try to relax. You can sit in a chair or lay on your side. Breathe in through your nose. Breathe slowly out through your mouth.

If you were used to being active before you were pregnant, you may be able to:

- Jog up to two miles per day
- Swim
- Do exercises of low to moderate intensity for prenatal or postpartum women
- Lift weights (Do not hold your breath while you lift the weights)
- Ski cross-country below 10,000 feet
- Hike

When you are pregnant, you should NOT:

- Do exercises that might harm the abdomen
- Do exercises that involve jerky, bouncy motions
- Jog more than two miles per day
- Play contact sports like football or karate
- Ride horseback

It can also be dangerous to:

- Water ski, dive, surf, or scuba dive
- Ski downhill
- Bicycle when the ground is wet
- Skate



Always talk with your doctor before you start an exercise program. It is a good idea to try to exercise at least 30 minutes every day.





Hable siempre con su médico antes de iniciar un programa de ejercicios. Es una buena idea intentar realizar por lo menos 30 minutos de ejercicio por día.

Lo que debe hacer y no debe hacer:

Las siguientes son buenas actividades para realizar cuando está embarazada:

- Camine
- Nade (el agua no debe estar demasiado caliente o demasiado fría)
- Ande en bicicleta (quizás quiera usar una bicicleta fija para protegerla de caídas que pueden ocurrir a medida que su útero aumenta de tamaño)
- Realice ejercicios de Kegel (Vea el folleto *Ejercicios para hacer durante el embarazo*)
- Acuda a clases de ejercicio para mujeres embarazadas
- Intente relajarse. Puede sentarse en una silla o acostarse de costado. Inhale por la nariz. Exhale lentamente por la boca.

Si estaba acostumbrada a ser activa antes del embarazo, es posible que pueda:

- Correr hasta dos millas por día
- Nadar
- Hacer ejercicios de intensidad baja a media para mujeres embarazadas o después del embarazo
- Levantar pesas (no sostenga la respiración cuando levante pesas)
- Realizar esquí de fondo a menos de 10,000 pies
- Realizar excursiones

Cuando está embarazada NO debe:

- Realizar ejercicios que pueden lastimar el abdomen
- Realizar ejercicios de movimiento con saltos y rebotes
- Correr más de dos millas por día
- Hacer deportes de contacto, como por ejemplo fútbol americano o karate
- Andar a caballo

También puede ser peligroso:

- Realizar esquí acuático, clavados, surfear o bucear.
- Realizar esquí de pista.
- Andar en bicicleta cuando el suelo está mojado.
- Patinar





<http://www.womenshealth.gov>

1-800-994-9662

TDD: 1-888-220-5446

Do's and Don'ts

PRINT-AND-GO GUIDE

Eat this. Don't eat that. Do this. Don't do that. Pregnant women are bombarded with Do's and Don'ts. It's tough to keep it all straight. Pregnancy Do's are listed below. The next page has a list of pregnancy Don'ts.

Pregnancy Do's

- See your doctor regularly. Prenatal care can help keep you and your baby healthy and spot problems if they occur.
- Continue taking folic acid throughout your pregnancy. All women capable of pregnancy should get 400 to 800 micrograms (400 to 800 mcg or 0.4 to 0.8 mg) of folic acid every day. Getting enough folic acid lowers the risk of some birth defects. Taking a vitamin with folic acid will help you to be sure you are getting enough.
- Eat a variety of healthy foods. Include fruits, vegetables, whole grains, calcium-rich foods, lean meats, and a variety of cooked seafood.
- Get all essential nutrients, including iron, every day. Getting enough iron prevents anemia, which is linked to preterm birth and low-birth weight babies. Ask your doctor about taking a daily prenatal vitamin or iron supplement.
- Drink extra fluids, especially water.
- Get moving! Unless your doctor tells you otherwise, physical activity is good for you and your baby.
- Gain a healthy amount of weight. Gaining more than the recommended amount during pregnancy increases a woman's risk for pregnancy complications. It also makes it harder to lose the extra pounds

after childbirth. Check with your doctor to find out how much weight you should gain during pregnancy.

- Wash hands, especially after handling raw meat or using the bathroom.
- Get enough sleep. Aim for 7 to 9 hours every night. Resting on your left side helps blood flow to you and your baby and prevents swelling. Using pillows between your legs and under your belly will help you get comfortable.
- Set limits. If you can, control the stress in your life and set limits. Don't be afraid to say "no" to requests for your time and energy. Ask for help from others.
- Make sure health problems are treated and kept under control. If you have diabetes, control your blood sugar levels. If you have high blood pressure, monitor it closely.
- Ask your doctor before stopping any medicines you take or taking any new medicines. Prescription, over-the-counter, and herbal medicine all can harm your baby.
- Get a flu shot. Pregnant women can get very sick from the flu and may need hospital care. Ask your doctor about the flu vaccine.
- Always wear a seatbelt. The lap strap should go under your belly, across your hips. The shoulder strap should go between your breasts and to the side of your belly. Make sure it fits snugly.
- Join a childbirth or parenting class.



<http://www.womenshealth.gov>

1-800-994-9662

TDD: 1-888-220-5446

Steer clear of these pregnancy no-nos to help keep you and your baby safe and healthy.

Pregnancy Don'ts

- Don't smoke tobacco. Quitting is hard, but you can do it! Ask your doctor for help. Smoking during pregnancy passes nicotine and cancer-causing drugs to your baby. Smoking also keeps your baby from getting needed nourishment and raises the risk of miscarriage, preterm birth, and infant death.
- Avoid exposure to toxic substances and chemicals, such as cleaning solvents, lead and mercury, some insecticides, and paint. Pregnant women should avoid exposure to paint fumes.
- Protect yourself and your baby from food-borne illness, which can cause serious health problems and even death. Handle, clean, cook, eat, and store food properly.
- Don't drink alcohol. There is no known safe amount of alcohol a woman can drink while pregnant. Both drinking every day and drinking a lot of alcohol once in a while during pregnancy can harm the baby.
- Don't use illegal drugs. Tell your doctor if you are using drugs. Marijuana, cocaine, heroin, speed (amphetamines), barbiturates, and LSD are very dangerous for you and your baby.
- Don't clean or change a cat's litter box. This could put you at risk for toxoplasmosis, an infection that can be very harmful to the fetus.
- Don't eat swordfish, king mackerel, shark, and tilefish, which are high in mercury.
- Avoid contact with rodents and with their urine, droppings, or nesting material. This includes household pests and pet rodents, such as guinea pigs and hamsters. Rodents can carry a virus that can be harmful or even deadly to your unborn baby.
- Don't take very hot baths or use hot tubs or saunas. High temperatures can be harmful to the fetus, or cause you to faint.
- Don't use scented feminine hygiene products. Pregnant women should avoid scented sprays, sanitary napkins, and bubble bath. These products might irritate your vaginal area, and increase your risk of a urinary tract infection or yeast infection.
- Don't douche. Douching can irritate the vagina, force air into the birth canal and increase the risk of infection.
- Avoid x-rays. If you must have dental work or diagnostic tests, tell your dentist or physician that you are pregnant so that extra care can be taken.

A Child Care Provider's Guide to Safe Sleep

Helping you to reduce the risk of SIDS

DID YOU KNOW?

- About one in five sudden infant syndrome (SIDS) deaths occur while an infant is being cared for by someone other than a parent. Many of these deaths occur when infants who are used to sleeping on their backs at home are then placed to sleep on their tummies by another caregiver. We call this "unaccustomed tummy sleeping."
- Unaccustomed tummy sleeping increases the risk of SIDS. Babies who are used to sleeping on their backs and placed to sleep on their tummies are 18 times more likely to die from SIDS.

WHO IS AT RISK FOR SIDS?

- SIDS is the leading cause of death for infants between 1 month and 12 months of age.
- SIDS is most common among infants that are 1-4 months old. However, babies can die from SIDS until they are 1 year old.

Because we don't know what causes SIDS, safe sleep practices should be used to reduce the risk of SIDS in every infant under the age of 1 year.

KNOW THE TRUTH ... SIDS IS NOT CAUSED BY:

- Immunizations
- Vomiting or choking

WHAT CAN CHILD CARE PROVIDERS DO?

Follow these guidelines to help protect the infants in your care:

CREATE A SAFE SLEEP POLICY

Create and use a written safe sleep policy: Reducing the Risk of Sudden Infant Death Syndrome, Applicable Standards from Caring for Our Children National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs outlines safe sleep policy guidelines. Visit <http://nrckids.org/CFOC3/HTMLVersion/Chapter03.html#3.1.4.1> to download a free copy.

A SAFE SLEEP POLICY SHOULD INCLUDE THE FOLLOWING:

- Back to sleep for every sleep. To reduce the risks of SIDS, infants should be placed for sleep in a supine position (completely on the back) for every sleep by every caregiver until 1 year of life. Side sleeping is not safe and not advised.
- Consider offering a pacifier at nap time and bedtime. The pacifier should not have cords or attaching mechanisms that might be a strangulation risk.

- Place babies on a firm sleep surface, covered by a fitted sheet that meets current safety standards. For more information about crib safety standards, visit the Consumer Product Safety Commissions' Web site at <http://www.cpsc.gov>.
 - Keep soft objects, loose bedding, bumper pads, or any objects that could increase the risk of suffocation or strangulation from the baby's sleep area.
 - Loose bedding, such as sheets and blankets, should not be used. Sleep clothing, such as sleepers, sleep sacks, and wearable blankets, are good alternatives to blankets.
 - Sleep only 1 baby per crib.
 - Keep the room at a temperature that is comfortable for a lightly clothed adult.
 - Do not use wedges or infant positioners, since there's no evidence that they reduce the risk of SIDS, and they may increase the risk of suffocation.
 - Never allow smoking in a room where babies sleep, as exposure to smoke is linked to an increased risk of SIDS.
 - Have supervised, daily "tummy time" for babies who are awake. This will help babies strengthen their muscles and develop normally.
 - Teach all staff, substitutes, and volunteers about safe sleep policies and practices and be sure to review these practices often.
- When a new baby is coming into the program, be sure to talk to the parents about your safe sleep policy and how their baby sleeps. If the baby sleeps in a way other than on her back, the child's parents or guardians need a note from the child's physician that explains how she should sleep, the medical reason for this position and a time frame for this position. This note should be kept on file and all staff, including substitutes and volunteers, should be informed of this special situation. It is also a good idea to put a sign on the baby's crib.

If you are not sure how to create a safe sleep policy, work with a child care health consultant to create a policy that fits your child care center or home.



Face up to wake up – healthy babies sleep safest on their backs.



Do not place pillows, quilts, pillow-like toys, or anything in the crib.



Supervised daily tummy time during play is important to baby's healthy development.

SAFE SLEEP PRACTICES

- Practice SIDS reduction in your program by using the *Caring for Our Children* standards.
- Always place babies to sleep on their backs during naps and at nighttime.
- Avoid letting the baby get too hot. The infant could be too hot if you notice sweating, damp hair, flushed cheeks, heat rash, and/or rapid breathing. Dress the baby lightly for sleep. Set the room temperature in a range that is comfortable for a lightly clothed adult.
- Talk with families about the importance of sleep positioning and encourage them to follow these guidelines at home.

SAFE SLEEP ENVIRONMENT

- Place babies to sleep only in a safety-approved crib with a firm mattress and a well-fitting sheet. Don't place babies to sleep on chairs, sofas, waterbeds, or cushions. Adult beds are NOT safe places for babies to sleep.
- Toys and other soft bedding, including fluffy blankets, comforters, pillows, stuffed animals, bumper pads, and wedges should not be placed in the crib with the baby. These items can impair the infant's ability to breathe if they are close to their face.
- The crib should be placed in an area that is always smoke-free.
- Room sharing *without* bed-sharing is recommended. Evidence has shown this arrangement can decrease the risk of SIDS as much as 50%.

OTHER RECOMMENDATIONS

- Support parents who want to breastfeed or feed their children breast milk.
- Encourage parents to keep up with their baby's recommended immunizations, which may provide a protective effect against SIDS.
- Talk with a child care health consultant about health and safety in child care.
- Have a plan to respond if there is an infant medical emergency.
- Be aware of bereavement/grief resources.

AM I A CHILD CARE PROVIDER?

Some child care providers are professionals with college degrees and years of experience, but other kinds of child care providers could be grandparents, babysitters, family friends, or anyone who cares for a baby. These guidelines apply to any kind of child care provider. If you ever care for a child who is less than 12 months of age, you should be aware of and follow these safe sleep practices.

If you have questions about safe sleep practices please contact Healthy Child Care America at the American Academy of Pediatrics at childcare@aap.org or 888/227-5409. Remember, if you have a question about the health and safety of an infant in your care, ask the baby's parents if you can talk to the baby's doctor.

RESOURCES:

American Academy of Pediatrics
<http://www.aappolicy.org>
SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment
<http://pediatrics.aappublications.org/content/128/5/1030.full>

Healthy Child Care America
<http://www.healthychildcare.org>

Caring for Our Children, National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care, Third Edition. Visit the National Resource Center for Health and Safety in Child Care and Early Education Web site at: <http://nrckids.org/CFOC3/> to download a free copy. Hard copies are available from the American Academy of Pediatrics Bookstore at <http://www.aap.org>.

National Institute for Child and Human Development Back to Sleep Campaign
 Order free educational materials from the Back to Sleep Campaign at
<http://www.nichd.nih.gov/sids/sids.cfm>

First Candle/SIDS Alliance
<http://www.firstcandle.org>

Association of SIDS and Infant Mortality Programs
<http://www.asip1.org/>

CJ Foundation for SIDS
<http://www.cjsids.com/>

National SIDS and Infant Death Resource Center
<http://www.sidscenter.org/>

The Juvenile Products Manufacturers Association
<http://www.jpma.org/>

shot schedule

Shots are given to your child throughout their life to prevent disease and illness. Some are required at a certain age and some are recommended to prevent seasonal illnesses (like the flu shot). Use this chart to keep track of your child's shots by writing down the date they received them.

Hepatitis B (Hep B)

Dose	Age Given	Date
1 st	At birth	
2 nd	Between 1 and 2 months old	
3 rd	Between 6 and 18 months old	

Diphtheria, Tetanus, Pertussis (DTaP)

Dose	Age Given	Date
1 st	2 months old	
2 nd	4 months old	
3 rd	6 months old	
4 th	Between 15 and 18 months old	
5 th	Between 4 and 6 years old	

H. influenza Type B (Hib)

Dose	Age Given	Date
1 st	2 months old	
2 nd	4 months old	
3 rd	6 months old	
4 th	Between 12 and 15 months old	

Inactivated Polio (IPV)

Dose	Age Given	Date
1 st	2 months old	
2 nd	4 months old	
3 rd	Between 6 and 18 months old	
4 th	Between 4 and 6 years old	

Shot Schedule

Measles, Mumps and Rubella (MMR)

Dose	Age Given	Date
1 st	Between 12 and 15 months old	
2 nd	Between 4 and 6 years old	

Rotavirus (RV)

Dose	Age Given	Date
1 st	2 months old	
2 nd	4 months old	
3 rd	6 months old	

Varicella (chickenpox)

Dose	Age Given	Date
1 st	Between 12 and 15 months old	
2 nd	Between 4 and 6 years old	

Pneumonia (PCV)

Dose	Age Given	Date
1 st	2 months old	
2 nd	4 months old	
3 rd	6 months old	
4 th	Between 12 and 15 months old	

Other Shots Your Child May Get/Need*

*Talk with your doctor to determine if your child needs additional shots.

Type	Date
Influenza (Annual Flu Shot)	
Hepatitis A (Hep A)	
1 st dose – Between 12 and 23 months old	
2 nd dose – 6-18 months later	
Other shots:	
Meningococcal Vaccine (required by TX state law) 11-12 years of age with a booster at 16	

calendario de vacunas

A sus hijos les administrarán vacunas a lo largo de su vida para prevenir las enfermedades. Algunas se requieren a cierta edad y otras se recomiendan para prevenir enfermedades estacionales (como la vacuna contra la gripe inyectada). Usen este gráfico para llevar el control de las vacunas de cada uno de sus hijos escribiendo la fecha en que recibió dichas vacunas.

Hepatitis B (Hep B)		
Dosis	Edad que se administró	Fecha
1. ^a	Al nacer	
2. ^a	De 1 a 2 meses de edad	
3. ^a	De 6 a 18 meses de edad	

Difteria, tétanos y pertusis (DTaP)		
Dosis	Edad que se administró	Fecha
1. ^a	2 meses de edad	
2. ^a	4 meses de edad	
3. ^a	6 meses de edad	
4. ^a	De 15 a 18 meses de edad	
5. ^a	De 4 a 6 años de edad	

H. influenza tipo B (Hib)		
Dosis	Edad que se administró	Fecha
1. ^a	2 meses de edad	
2. ^a	4 meses de edad	
3. ^a	6 meses de edad	
4. ^a	De 12 a 15 meses de edad	

Polio inactivada (IPV)		
Dosis	Edad que se administró	Fecha
1. ^a	2 meses de edad	
2. ^a	4 meses de edad	
3. ^a	De 6 a 18 meses de edad	
4. ^a	De 4 a 6 años de edad	

Sarampión, paperas y rubeola (MMR)

Dosis	Edad que se administró	Fecha
1. ^a	De 12 a 15 meses de edad	
2. ^a	De 4 a 6 años de edad	

Rotavirus (RV)

Dosis	Edad que se administró	Fecha
1. ^a	2 meses de edad	
2. ^a	4 meses de edad	
3. ^a	6 meses de edad	

Varicela

Dosis	Edad que se administró	Fecha
1. ^a	De 12 a 15 meses de edad	
2. ^a	De 4 a 6 años de edad	

Neumonía (PCV)

Dosis	Edad que se administró	Fecha
1. ^a	2 meses de edad	
2. ^a	4 meses de edad	
3. ^a	6 meses de edad	
4. ^a	De 12 a 15 meses de edad	

Otras vacunas que sus hijos podrían recibir o necesitar*

*Hablen con su doctor para determinar si sus hijos necesitan vacunas adicionales.

Tipo	Fecha
Influenza (vacuna anual contra la gripe)	
Hepatitis A (Hep A)	
1. ^a dosis – de 12 a 23 meses de edad	
2. ^a dose – dosis – 6-18 meses después	
Otras vacunas:	
Vacuna meningocócica (requerida por ley estatal de Texas) 11-12 años de edad con un refuerzo a los 16 años de edad	



**SERVES
PORCIONES**

2

OMELET DE FRUTAS

2 cucharaditas de mantequilla

4 huevos **batidos**

1 taza de frutas surtidas **rebanadas**

1. Derrita la mantequilla en una sartén a fuego medio.
2. Añada los huevos y cocínelos hasta que estén firmes. Retire de la sartén.

③ Añada las frutas rebanadas y doble por la mitad.

FRUIT OMELET

2 teaspoons butter

4 eggs, **beaten**

1 cup assorted fruit, **sliced**

1. Melt butter in a skillet over medium heat.
2. Add eggs and cook until set. Remove from pan.

③ Add sliced fruit and fold in half.

NUTRITIONAL INFORMATION (per serving)

CALORIES 224; FAT 14g; PROTEIN 13g; CARB 11g; FIBER 2g;
CALCIUM 69mg; IRON 2mg; VITAMIN A (RE) 177mcg; VITAMIN
C 47mg; FOLATE 66mcg

INFORMACIÓN DE NUTRICIÓN (en cada porción)

CALORÍAS 224; GRASA 14g; PROTEÍNA 13g; CARB. 11g; FIBRA
2g; CALCIO 69mg; HIERRO 2mg; VITAMINA A (RE) 177mcg;
VITAMINA C 47mg; FOLATO 66mcg

DID YOU KNOW?...

Eggs are a great source of protein for you and your child, and they are only 70 calories per egg!

SABÍA USTED QUE?...

Los huevos son una gran fuente de proteína para usted y para su niño, y ¡contienen solamente 70 calorías por huevo!

Colored text = Kids can help
Letra a color = los niños pueden ayudar

**BREAKFAST
DESAYUNO 25**