



Pregnancy Tips

Pregnancy Do's and Don'ts

- * See your Doctor regularly. Prenatal care can help keep your baby healthy and spot problems early.
- * Take 400 to 800 mcg or 0.4 to 0.8 mg of folic acid every day to lower risk of some birth defects.
- * Get all essential nutrients, including iron, every day which decreases the risk of anemia which is linked to low-birth rates.
- * Eat healthy foods. Fruits, vegetables, whole grains, lean meats and cooked seafood.
- * Gain a healthy amount of weight. Too much weight increases risk for complications during birth.
- * Get enough sleep!
- * Control your stress.
- * Get a flu shot.
- * Don't smoke.
- * Avoid chemicals such as cleaning solvents, lead, mercury, insecticides and paint fumes.
- * Don't drink alcohol.
- * Don't use illegal drugs.
- * Don't clean or change a cat litter box. This can put you at risk for toxoplasmosis, which is harmful to the fetus.
- * Make sure your health problems are kept under control such as diabetes or high blood pressure.
- * Avoid rodent droppings.
- * Don't take long hot baths. High heat can be bad for the fetus.
- * Avoid x-rays. If you need dental work, tell your dentist that you are pregnant so that extra care can be taken.
- * Always wear a seatbelt.
- * Join a childbirth or parenting class.

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Health & Children

Badlands Head Start: Prenatal to Five has a commitment to wellness and embraces a comprehensive vision of health for children. Through collaboration among families, staff and health professionals, a child's health and developmental concerns are identified, and children and families are linked to an ongoing source of continuous, accessible care to meet their basic health needs. The program provides an organized health plan that includes vision and hearing screening, oral health services, immunizations, and Well Child Exams. Parents are encouraged to become involved in the health care process for their child.

Special points of interest:

- ☺ Pregnancy Do's & Don'ts
- ☺ Breastfeeding
- ☺ Fish Facts
- ☺ When to Call Baby's Doctor
- ☺ Spending Time Outdoors Matters

Breastfeeding

Early breast milk is liquid gold! This milk known as colostrum is rich in nutrients and antibodies to protect your baby. Breast milk changes as your baby grows and is easier to digest. Breast milk fights disease.

Mothers benefit from breastfeeding by saving money, no bottles to wash, no bottles to warm at night and it gives you more physical contact with your newborn. It helps them feel warm, secure and comforted. It can also be good for the Mothers health by lowering the risk of Type 2 diabetes, breast cancer, ovarian cancer, & postpartum depression.

Breastfeeding benefits society by saving nearly 1000 deaths/per 6 months. The babies typically need fewer sick call visits, which could save the US \$13 billion per year. It is better for the environment because there is less trash and plastic waste made by formula cans and bottle supplies.

During an emergency, breastfeeding protects babies from contaminated water, protects against respiratory illnesses and diarrhea. It is always the right temperature so it protects them from hyperthermia. And breast milk is readily available!!

Fish Facts

Fish & shellfish are an important part of a healthy diet. They are a great source of protein and heart-healthy omega-3 acids for people of all ages. The nutrients in seafood are important for unborn babies as well as for the infants and young children. Research shows that omega-3 fatty acids eaten by pregnant women may aid in the babies' brain and eye development. Researchers also believe depression in women during and after pregnancy may be related to not eating enough fish. Women who are pregnant or breastfeeding can safely eat a large variety of **COOKED** seafood. 8-12 oz. per week. The following is a list of fish that have little or no mercury and are high in omega-3 fatty acids: salmon, anchovies, herring, sardines, pacific oysters, trout & atlantic and pacific mackerel (NOT king mackerel). Always eat your fish cooked! Fish high in mercury are swordfish, tilefish, King mackerel & shark. Avoid eating these fish. Also limit albacore tuna to 6oz per week. Before eating fish caught in local waters, check with State Health Dept. which should have guidelines on fish from local waters.



When to Call the Baby's Doctor

Call your pediatrician if your baby has any of the following symptoms:

- * No urine for 24 hours.
- * No bowel movement in the first 48 hours.
- * Trouble breathing, very rapid breathing, or blue lips or finger nails.
- * Pulling in of the ribs when breathing.
- * Wheezing, grunting or whistling sounds when breathing.
- * Rectal temp above 100.4 or below 97.8.
- * Persistent cough.
- * Nosebleeds.
- * Yellow or greenish mucus in eyes.
- * Pus or red skin at base of the umbilical cord stump.
- * Yellow color in whites of eye and/or skin.
- * Circumcision problems.
- * Vomiting or diarrhea.
- * A sunken soft spot (fontanel).
- * Refuses several feedings or eats poorly.
- * Hard to wake, extreme floppiness, lethargy or jitters, crying more than usual.

Outdoors Matter for Infants and Toddlers

Being outside offers infants & toddlers unique sensory experiences that aren't available within the four walls of a classroom, home or other indoor space. Think about it. sounds, smells, sights, and light are all different outside. Laying on the grass and watching a bird circle high overhead, feeling a breeze move through your hair or catching falling snowflakes on your tongue. There is strong evidence that going outside improves children's health. Outside your children are more likely to play actively, using their whole bodies, which can

strengthen their hearts, lungs and muscles. They also have more time to develop their large motor skills, to freely crawl, toddle, walk, climb, run, and move their bodies through space in new and different ways. This improves their overall fitness and is an important defense against childhood obesity. It helps regulate and balance sleeping patterns. A few minutes in the sun increases Vitamin D production. It also increases their creativity and imagination; enriches their opportunities to make deci-

sions, solve problems, and cooperate with others; improves reasoning and observation skills; and has positive effects on their ability to focus and pay attention. It also builds their connection to nature and the outdoor world. They will learn the weather, and seasons, and discover plants, animals and insects that live and grow around them. We all have a role in supporting a safe, healthy and developmentally appropriate and challenging outdoor experience.

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new prod-

uct.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So,



Caption describing picture or graphic.

when you're finished writing your newsletter, convert it to a Web site and post it.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or

an editorial. You can also profile new employees or top customers or vendors.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols. Once you have chosen an image, place it close to



Caption describing picture or graphic.

the article. Be sure to place the caption of the image near the image.

Business Name

Primary Business Address

Address Line 2

Address Line 3

Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com

Business Tagline or Motto



Organization

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all

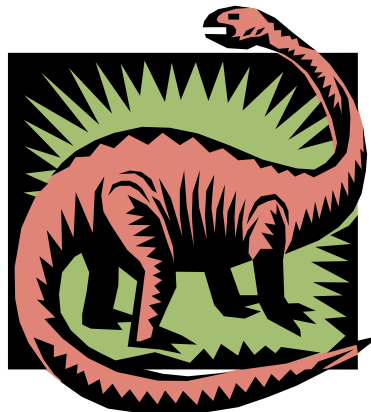
employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a bi-annual charity auction.

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.



Caption describing picture or graphic.

If space is available, this is a good place to insert a clip art image or some other graphic.