



Molina My Health
Healthy Beginnings

Your Guide to a **Healthy Pregnancy**



Congratulations!

All of us here at Passport Health Plan by Molina Healthcare want to help you have a healthy pregnancy. We're going to be here for you — and sending you this book is our gift to you!

Keep Our Phone Number Handy!

We have special services and programs for members who need extra help during pregnancy. Please call our maternity program to get more information: **(866) 891-2320**.

What's Inside?

	Steps to a Healthy Pregnancy and Baby
Page 3	Step 1: Get Started with an OB Doctor
Page 4	Step 2: Get Extra Services for You and Your Baby
Page 5	Step 3: Healthy Eating Choices
Page 7	Step 4: Healthy Teeth and Gums
Page 8	Step 5: Avoid Unhealthy Choices
	Getting Help
Page 10	Getting Help with Unsafe Habits
Page 12	Protect Yourself and Your Baby from Domestic Violence
Page 13	Other Unsafe Things During Pregnancy
	Things to Know
Page 14	Warning Signs
Page 14	Emotional Warning Signs
Page 15	Your 1 st Trimester
Page 16	Your 2 nd Trimester
Page 17	Your 3 rd Trimester
Page 18	Get in the Know and Be Prepared
	Choices for Baby
Page 21	Choose Your Baby's Pediatric Doctor
Page 21	Safe Transportation & Car Seats
Page 22	Safe Sleep
Page 23	Choose to Breast or Bottle Feed
	Back at Home
Page 24	Let Your Body Heal
Page 25	Is it Baby Blues or Postpartum Depression?
Page 26	All Babies Cry
Page 27	Make Your Postpartum Visit
Page 27	Choose a PCP

Steps to a Healthy Pregnancy and Baby

Step 1: Get Started with an OB Doctor

You'll want to see your OB doctor as soon as you become pregnant. Start your prenatal care right away and get regular care for the rest of your pregnancy and the 8 weeks after delivery. It's best to be open and honest with your OB doctor about your medical history and lifestyle choices.

If you need help finding an OB doctor or making an appointment, call us at **(866) 891-2320**. If you are unhappy with your OB doctor, we can help you find a new one.

What to Expect During Your 1st Prenatal Visit

Your first prenatal visit will take more time than other visits. Someone in the office or your OB doctor should:

- Check your vital signs (heart rate, blood pressure, temperature)
- Get a urine and blood sample
- Ask you about:
 - Any past pregnancies
 - Any deliveries and children you've had (If you had complications with a previous pregnancy, you could be at high risk for this pregnancy and future pregnancies)
 - Your last period (this helps them decide your due date)
 - Your health, the health of your baby's father, and your family's health
 - Your habits and lifestyle choices
 - Any prescribed and over-the-counter medicines you take or have recently taken
- Talk with you about things that are unsafe for you and your baby
- Do a pelvic exam
- Talk with you about any risks for you or your baby and ways to treat them
- Tell you how and when to contact them for any questions or issues during your pregnancy

What to Expect During Your Follow-Up Prenatal Visits

Your follow-up prenatal visits will take less time. Someone in the office or your OB doctor should:

- Check your vital signs
- Get a urine sample
- Check your weight gain since the last appointment
- Measure your uterus size (fundal height) to track how your baby is growing
- Listen to your baby's heartbeat
- Ask if you can feel your baby move
- Draw blood if needed
- Review warning signs with you

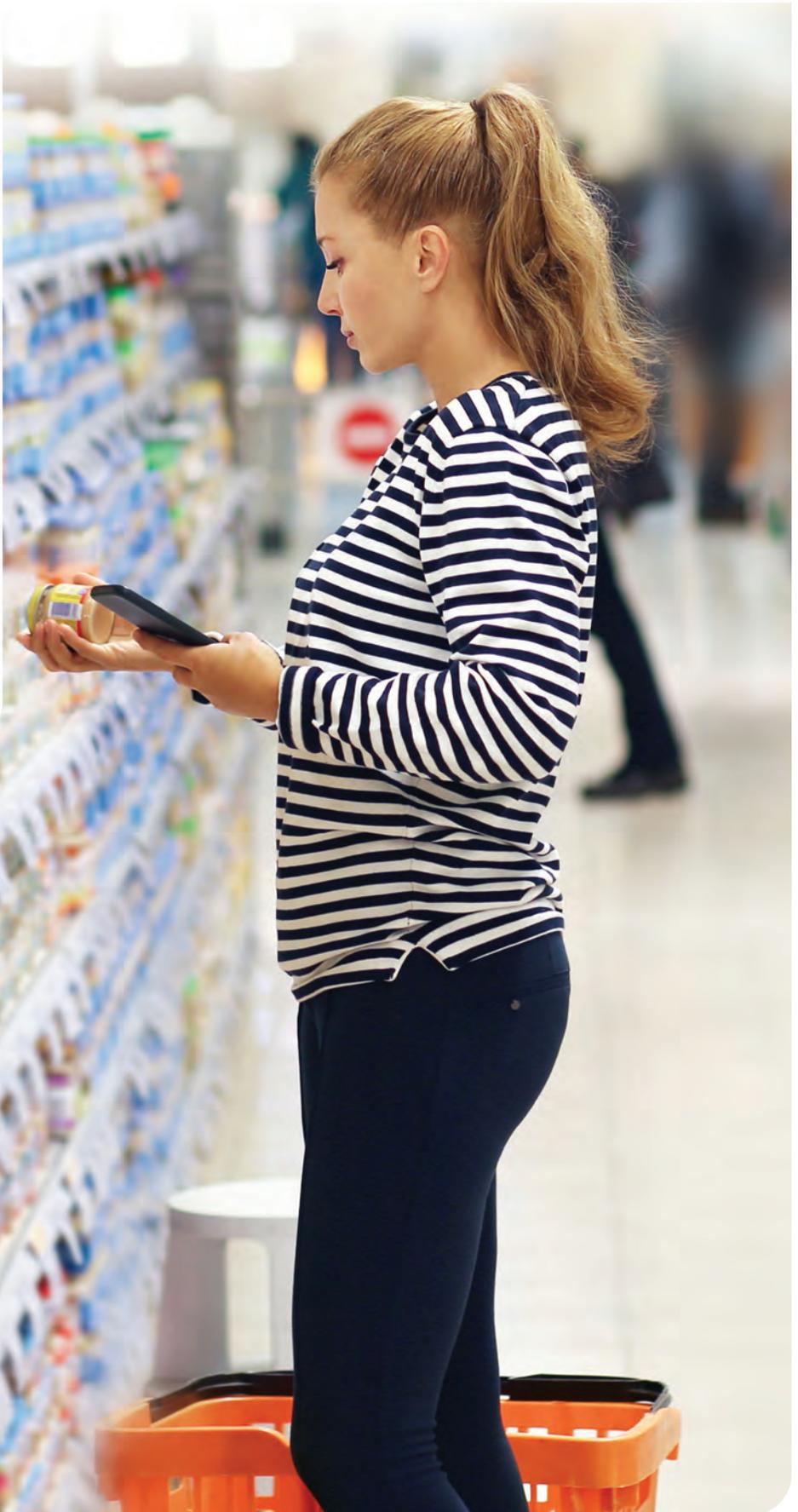
Your OB follow-up visits are important and help make sure you and your baby stay healthy. Your OB doctor can find and treat any health problems sooner when they see you regularly.



Step 2: Get Extra Services for You and Your Baby

Women Infants and Children (WIC) is a federal program that pays for healthy foods, milk, and juices during and after your pregnancy. As a Passport member, you should qualify for WIC benefits. WIC counselors can give you nutrition advice and breastfeeding information and support.

If you are interested in applying, please contact your local WIC office. WICShopper is an app you can download on your phone that helps you learn how to use your WIC benefits.



Step 3: Healthy Eating Choices



The best way to teach your baby how to eat healthy is for you to eat healthy during your pregnancy. Eat a variety of foods and a rainbow of colors at each meal. This will make the fluid around your baby healthy and your baby will learn to like the taste of healthy foods.

Eat 5 or 6 small meals throughout the day that have:

- **Iron-rich foods** that are good for your heart and blood like lean meats, foods with iron added, and dark green leafy vegetables.
- **Vegetables and fruits** of all different colors like seasonal fruits, vegetables, melons, tomatoes, and colorful sweet peppers. These fruits and vegetables have potassium which helps with muscle cramps and other important vitamins.
- **Whole grain and high fiber foods** like 100% whole wheat bread and cereals, brown rice and oats. These foods keep your bowels moving and help lower your risk of hemorrhoids.
- **Protein foods** like lean meats, fish, chicken and foods that WIC approves. These foods help your baby grow and give you energy.
- **Calcium-rich foods** like low-fat milk and yogurts and low-fat cheeses like ricotta or low-fat mozzarella. These foods give you healthy bones and teeth.
- **Small amounts of healthy fats** such as avocados, nuts, and olive oil. These foods give you energy.

Healthy snacks are okay sometimes in between meals such as fat-free popcorn, low fat yogurt, or raw fruits and vegetables.

On top of a healthy diet, take your prenatal vitamin every day with food. If your prenatal vitamins make you sick, tell you OB doctor.



Foods to Limit or Cut Out During Pregnancy

No more than 1 a week during pregnancy

- Sugar foods such as doughnuts, desserts, and sodas
- Artificial sweeteners
- Fried foods or red meats
- French fries
- Potato chips
- Canned tuna fish
- Caffeine such as coffee, sodas, tea, chocolate
- Foods high in salt such as lunch meats (cooked), canned foods, frozen foods, fast foods



Never during pregnancy

- Beer, wine, or alcohol of any kind
- Undercooked meats
- Undercooked eggs (sunny-side-up or over-easy)
- Raw fish or sushi
- Sea fish that has mercury such as swordfish, tilefish, king mackerel, shark
- Cheese that has not been processed at a dairy factory such as cow, goat, blue, feta, and brie cheese
- Raw honey
- Organ meats such as liver



If you have cravings for non-food items such as dirt, clay, paper, or anything else, talk to your OB doctor. This is known as PICA and could harm you and your baby.

Stay hydrated by drinking at least 8 glasses of water a day.

You may also drink milk and sometimes 100% fruit juice.



Step 4: Healthy Teeth and Gums

Keeping your teeth and gums healthy is important for you and your baby. If you're pregnant and have gum disease, you may be at risk for having your baby too early or being born too small.

Sometimes gum disease is painful, but not always. You may have gum disease and not even know it.

Signs of Gum Disease

- Your gums bleed when you brush your teeth
- You have red, swollen, or tender gums

If you have any of the signs listed above, keep brushing and flossing every day. Visit a dentist to have your teeth cleaned and be sure to tell the dentist you are pregnant. This is extra important if they need to take an x-ray.

Passport covers a dental cleaning every 6 months. If you need help finding a dentist, please call Member Services at **(800) 578-0603**.



Step 5: Avoid Unhealthy Choices

Smoking

There is **NO** amount of smoking that is safe during pregnancy. Any type of smoking (cigarettes, cigars, e-cigarettes or vaping) can cause complications during your pregnancy.

When you smoke during pregnancy, your baby gets less oxygen.

Smoking can increase YOUR risk of having:

- A miscarriage or stillbirth
- A baby being born too soon or too small



Smoking can increase your BABY'S risk of having:

- Crib death, also called Sudden Infant Death Syndrome/Sudden Unexplained Infant Death (SIDS/SUID)
- Ear and lung infections
- Lifelong learning problems

Secondhand or Thirdhand Smoke

Secondhand smoke is when you are around someone smoking and you breathe in the smoke they exhale. It can cause low birth weight, SIDS, SUID, ear infections, lung problems, coughing, wheezing, and increases your child's chances of going to the hospital for bronchitis or pneumonia.

Thirdhand smoke is when the gas and particles from smoke sticks to surfaces such as hair, skin, clothes, toys or furniture. If you or anyone smokes inside your house, **STOP!** A fan or air freshener will not get rid of Secondhand or Thirdhand smoke.

Stopping smoking will **IMPROVE** your health and the health of your baby.

Some other benefits are:

- Less morning sickness
- Baby gets more oxygen
- Lower risk of a miscarriage or stillbirth
- Fewer complications during and after delivery
- Lower risk of being born too early or too small
- Lower risk for SIDS/SUID



Relapse

Relapse is when you start smoking again after you have stopped. It can happen. Lots of people start smoking again. The first few days are the hardest, but the symptoms are a sign that your body is starting to recover! Take one day at a time and reward yourself for success. Remind yourself why you stopped smoking.

Quitting smoking is the best gift you can give to your baby! It is never too late to quit smoking.

For information on how to quit, go to the end of the next section.

Alcohol

No amount of alcohol is safe during pregnancy.

Any type of alcohol (beer, wine, liquor) can cause complications during your pregnancy.

When you drink, alcohol reaches your baby through the placenta. Exposure to alcohol can seriously harm your baby. It can stunt the growth of your baby's mind and body, and increase your risk for complications. If you drink during pregnancy, your baby can be born with Fetal Alcohol Syndrome (FAS).

Alcohol and FAS can increase your baby's risk of:

- Being born too early or too small
- Withdrawal symptoms (baby's that are in withdrawal will need to stay in the hospital when mom goes home)
- Birth defects
- Lifelong medical and learning problems

Being alcohol-free is the best gift you can give to your baby! For information on quitting alcohol, go to the end of the next section.



Pills, Medicines, and Other Substances

Some medicines are safe to use during your pregnancy, like medicine to treat long-term conditions such as asthma, thyroid disease, diabetes or epilepsy.

Not all natural or home remedies are safe during pregnancy. Herbal and homeopathic remedies and aromatherapy could harm your baby.

You should always:

- Check with your OB doctor before taking any medicine, including herbal and homeopathic remedies.
- Make sure your OB doctor knows about any medicines or treatments you get from all other doctors and dentists.
- Use over-the-counter medicines only with approval from your OB doctor and use them as little as possible.
- Ask your OB doctor about alternative pain medicine for after you deliver.



Neonatal Abstinence Syndrome (NAS) or Neonatal Opiate Withdrawal (NOWS) is when your baby is exposed to painkillers (opioids), antidepressants, sleeping pills (benzodiazepines) and other illegal street drugs (cannabis, ecstasy, cocaine and heroin) during pregnancy.

It is important to let your OB doctor know if you are using any substances that can cause NAS or NOWS. Stopping too quickly can harm you and your baby.

Substances that cause NAS or NOWS can also increase the risk of:

- Miscarriage or stillbirth
- Birth defects
- Baby being born too early or too small
- Withdrawal symptoms
- SIDS/SUID
- Lifelong learning and behavior problems

Child Protective Services (CPS) may get involved if they think a baby is not safe. Work with your OB doctor to show that you want your baby to be safe.

Getting Help

Getting Help with Unsafe Habits

Things to Know

- You are 4 times more likely to quit if you have support.
- You can trust your OB doctor! Tell him or her about any unsafe habit you struggle with and ask for help.

How to Get Ready to Quit

- Be aware of things that trigger the habit.
- Change your routine so you can avoid triggers.
- Think about the bad things that can happen if you keep doing unsafe habits.
- Think about the good things that will happen if you stop.
- Avoid people and situations that make you want to continue the habit.
- Ask for help and support from your friends, family, and your OB doctor.
- Make a list of things to help distract you if you feel an urge, such as:
 - Talk to your baby and tell him or her how much you love them and want the best for them
 - Remind yourself of the good things that can happen if you stop
 - Take a walk
 - Search the internet for happy videos
 - Play a game on your cell phone
 - Call a positive friend for support
 - Go for a drive
 - Call one of the phone numbers on the next page
- Praise yourself for the progress you have made so far!
- Take it one day or even one hour at a time.



Passport Pays for Behavioral (Mental) Health Benefits!

If you need help with your mental health:

- Call Project Link at **(502) 583-3951** if you live in Jefferson, Bullitt, Henry, Oldham, Shelby, Spencer or Trimble County.
- Call Communicare at **(270) 769-1304** if you live in Breckenridge, Grayson, Hardin, Larue, Marion, Meade, Nelson or Washington County.
- Call Northern Kentucky Regional Crisis Center at **(502) 732-9331** if you live in Carroll County.



Tips to Help You Quit Smoking

- Only smoke outside
- Get rid of all ashtrays in the house
- Ask others to not smoke around you
- Choose a day to stop, write it down, and post it on the fridge
- Call **1-800 QUIT NOW** at **(800) 784-8669**
- Call the American Cancer Society at **(800) 227-2345**
- Contact your local Health Department for support groups or classes
- Visit www.smokefree.gov



Tips to Help You Quit Drinking

- Call the National Alcohol and Drug Dependence Helpline at **(800) 622-2255**
- Call the Substance Abuse Treatment Facility Locator at **(800) 662-4357**
- Visit www.findtreatment.samhsa.gov
- Visit www.aa.org (Alcoholics Anonymous)



Tips to Help with Substance Use, Misuse, or Abuse

- Call the National Alcohol and Drug Dependence Helpline at **(800) 622-2255**
- Call the Substance Abuse Treatment Facility Locator at **(800) 662-4357**
- Visit www.findtreatment.samhsa.gov
- Visit <https://findhelpnowky.org/>
- Visit www.NA.org (Narcotics Anonymous)



Protect Yourself and Your Baby from Domestic Violence

Not all relationships are healthy and supportive. It is abuse if someone is hurting you in any way. There are different types of abuse: mental, emotional, physical, or sexual. An abuser could be anybody in your life.

Protect yourself from abuse — it's the best thing for you and your baby!

Examples of Abuse

When someone:

- Makes fun of you, calls you names, or puts you down in front of your friends or family
- Controls where and when you go somewhere
- Controls how you get food, money, sleep or other resources
- Keeps you away from friends or family
- Blames you for their frustrations or anger
- Accuses you of being unfaithful
- Threatens you or your family
- Demands to know where you are all the time
- Destroys your favorite things
- Pushes, shoves, slaps or throws things at you
- Kicks or chokes you
- Leaves marks or bruises on you
- Forces you to do things you don't want to, including sexual acts



Tips on How to Handle Abuse

- If you are abused, don't hide it. No one can help you if they don't know.
- Don't be afraid to ask for help. You and your baby have the right to be safe!
- Talk to someone you trust such as your OB doctor, a family member or friend, or call one of the numbers below.



Things To Know

- Be aware of quick exit routes from your home like doors and windows.
- Tell a trusted neighbor what to do, such as call the police, if something happens.
- Know where you will go if you must leave.
- Your children have a high chance of being abused by the same person that is abusing you — even higher if your partner is not the child's parent.
- Children in an abusive home have a higher chance of becoming an abuser and having drug or alcohol problems later in life.
- Abuse is not your fault.
- You are not alone.
- Help is available.

Who to Call for Help

- Call the Abuse Hotline at **(800) 752-6200** or the 24-Hour Crisis line at **(877) 803-7577**.
- If you don't know what to do or you can't get away, call **9-1-1!**

Other Unsafe Things During Pregnancy

Never Do This During Pregnancy

Why?



Don't change or clean a cat litter box or be around during and after the cat uses it.

Cats can carry a parasite that can cause Toxoplasmosis. Toxoplasmosis can hurt your baby.



Don't douche.

Douching can wash away good bacteria and increase your chances of yeast infection. It also can introduce infection to your baby.



Don't take bubble baths.

Can cause urinary tract irritation and infection.



Don't get around people who are sick.

Can cause you to get sick.



Don't use hot tubs, steam rooms, or saunas.

Can cause your body temperature to become too high and unsafe for baby.



Don't:

- Do impact or jumping sports or ride animals.
- Ride jarring rides like roller coasters or bumper cars.
- Do hard physical work like lifting, pushing, or pulling heavy loads.
- Use dangerous machinery such as jack hammers or chainsaws.

These activities are dangerous during pregnancy. They can cause your placenta to pull away from the uterus (placental abruption) which can threaten your life and your baby's life.



Don't touch lizards, snakes, or turtles.

They have harmful bacteria on their skin called salmonella.

Things to Know

Warning Signs

Some pregnancies have complications or problems. If there is a problem, you may see **warning signs**. A warning sign is your body's way of telling you something could be wrong with you or your baby.

What are the warning signs of a problem during pregnancy?

- Regular contractions — when you feel like your belly is tightening up like a ball. You may have contractions with or without pain
- Any vaginal bleeding
- Bloody show – mucus with a small blood streak (this is normal after 37 weeks)
- Leaking of fluid from the vagina
- Vaginal discharge that changes in color, odor, or amount
- Low, dull backache
- Pelvic pressure or pressure between your legs or in your thighs
- Your baby does not move as much as he or she did before or stops moving
- Stomach pain with or without diarrhea
- Cramping that feels like a period
- Having a burning or painful feeling when you urinate
- Feeling dizzy or faint
- Blurred vision, seeing spots, or other vision changes
- A headache that does not go away
- Vomiting or diarrhea that does not stop
- Having chills, a rash, or fever
- Sudden swelling in your face or hands
- A sudden increase in swelling to your feet or legs

If you have any of these warning signs or if you just don't feel right, call your OB doctor right away! Your OB doctor may want you to come to their office or go to the hospital.

Emotional Warning Signs

A healthy mind and emotions are part of your good health. Most pregnant women have mood swings during pregnancy and after delivery. Talk to your OB doctor if you have any of these emotional warning signs:

- You feel sad most of the time or it lasts 2 weeks or longer
- You have a history of depression or anxiety
- You have any new symptoms of depression or anxiety

Moms with mental health needs have a higher risk of having pregnancy complications. These complications could put you and your baby at risk. You are not alone. You can still have a healthy pregnancy with mental health needs.

Don't hide how you are feeling. Someone can help you when they know you need or want help.

If you have any thoughts of hurting yourself or someone else call 9-1-1!



Your 2nd Trimester

(Weeks 13 to 26 | Months 4 to 6)

- Your OB doctor will want to see you every month.
- You may be ready to wear maternity clothes now.
- Your OB doctor will do an ultrasound to make sure all your baby's organs are present and growing like they should. They may also be able to see if you're having a girl or boy. If you don't want to know the sex of your baby, tell them before they do the test!
- **You should expect:**
 - Someone to draw your blood to check your baby's brain and spinal cord. This is called Alpha-Fetoprotein (AFP).
 - A glucose tolerance test (GTT) to see how your body is controlling your blood sugar now that you're pregnant.
 - This test is usually done around 24 to 28 weeks. If you have a history of diabetes, your OB doctor may do it as early as 13 to 14 weeks.
 - You should not eat or drink anything after midnight the night before the test.
 - The lab will draw your blood after you drink a glucose solution.
- Your OB doctor may want to do other tests. They will explain what these tests are, ask your permission, and tell you what they are wanting to learn about you and your baby.
- It's too early for delivery. Call your OB doctor if you have any warning signs! If you're not sure if something is a warning sign, call our 24-hour Nurse Advice Line at **(800) 606-9880**.
- Drink at least 8 glasses of water every day.
- As your belly gets bigger, your balance will be off. Remember to be extra careful when using bathtubs and stairs.
- Sign up for prenatal classes at the hospital you'll use to deliver your baby.
- Ask your OB doctor when and how you should start keeping track of your baby's movements.



Questions or Notes I have about my 2nd Trimester:

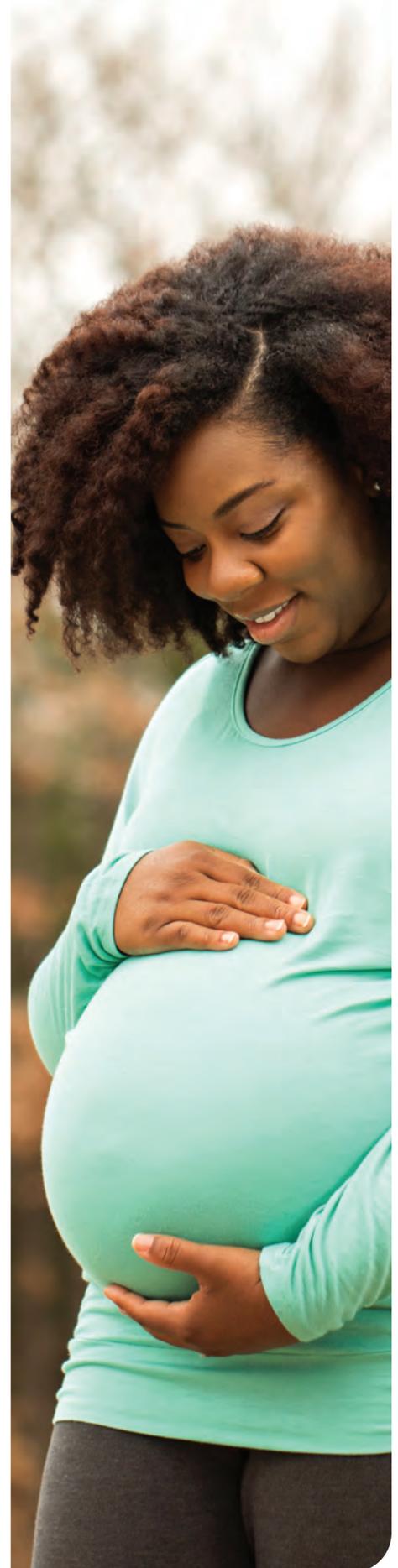


Your 3rd Trimester

(Weeks 27 to 40 | Months 7 to 9)

- If you have not had a glucose tolerance test yet, your OB doctor should schedule one for you.
- If you have not registered for prenatal classes, you should register now by calling the hospital you'll use to deliver your baby.
- You should have 2 visits each month during your 7th and 8th months of pregnancy.
- You should have weekly visits during your 9th month of pregnancy.
- If you have any pregnancy complications, your OB doctor may see you more often and may do extra tests. These visits are very important for you and your baby.
- Your baby will kick and stretch, respond to light and sounds, and should weigh about 5 or 6 pounds.
- Your OB doctor may do a swab of your vagina around 36 weeks to make sure there are no infections that could be unsafe for your baby during delivery. You may not know you have an infection.
- If you think you've had contractions, your OB doctor may want to check your cervix.
- If you've not had contractions, it's OK to ask your OB doctor not to check your cervix.
- If you are having signs of labor or any warning signs, call your OB doctor right away! If you're not sure if something is a warning sign, call our 24-hour Nurse Advice Line at **(800) 606-9880**.
- A healthy pregnancy can last longer than 40 weeks. If this happens, you may have 2 visits a week.

Questions or Notes I have about my 3rd Trimester:



Get In The Know and Be Prepared

- Pack a bag for the hospital in your 3rd Trimester.
- Know that if you go into labor on your own, and your contractions are not happening often enough or dilating your cervix, your OB doctor may give you medicine to help your labor.
- Know that your OB doctor may decide to start your labor for you. This is called **induction**. Some reasons for an induction:
 - You are past your due date
 - Your blood pressure is too high
 - You have other health problems
 - Your water has broken but labor has not started
 - Your baby has health problems
- Know when labor is coming soon:
 - Lightening or dropping — your baby has dropped or settled deeper into your pelvis.
 - Bloody show — mucus with streaks of blood
 - An increase in energy or “nesting”



Braxton Hicks vs. True Labor

- Know the difference between False Labor (Braxton Hicks) contractions and True Labor:

False Labor (Braxton Hicks)	True Labor
<ul style="list-style-type: none">• Irregular contractions• Do not get stronger• Do not become more frequent• Go away when you drink water, walk, or change positions• Do not dilate the cervix	<ul style="list-style-type: none">• Regular contractions• Get stronger• Become more frequent• May start in your back and hug around to your belly• Do not go away when you drink water, walk, or change positions• Dilate the cervix

- Know that if your water breaks, it may be a small amount of fluid or a gush. It can be clear, green, yellow or blood-tinged. You should call your OB doctor and go straight to the hospital. Do not take a bath or insert a tampon.

If you have any labor signs before 37 weeks, call your OB doctor right away!

- If you think you might be in labor, start timing your contractions. Call your OB. They will ask about your contractions. You'll need something to record time such as your cell phone.
 - Time your contractions from the **beginning** of one to the **beginning** of the next one. This will tell you how often they are coming or the **frequency**. Time each contraction from the start to the finish. This will tell you the length of each contraction or the **duration**.
 - You should not drive yourself to the hospital if you are in labor. Have a friend or family member drive you. Wear your seatbelt. If you do not have anyone to drive you to the hospital, call for safe transportation – a cab or 9-1-1.
 - **Always go straight to the hospital** if your water has broken, if you have heavy vaginal bleeding, or if you do not feel your baby moving.



Types of Deliveries



- **Vaginal Delivery** – This is when the baby passes through the vagina or birth canal. Most women have vaginal deliveries. During labor, contractions will dilate your cervix until it is completely open or dilated. You will push your baby out of your vagina.



- **C-Section Delivery** – This is a surgery in which your baby is born through a cut that your OB doctor makes in your belly and uterus. Sometimes a baby cannot be safely delivered through the vagina, and a C-section is needed. This may be known ahead of time and scheduled. If something unplanned happens during your labor, you may need a C-section.

Some reasons for an unplanned c-section are:

- You're in labor too long or your cervix won't dilate
 - You or your baby do not tolerate labor (distress)
- **Vaginal Birth after C-Section (VBAC)** – This is when a previous baby was delivered by C-section, but the current baby is delivered vaginally.
 - Know that if you have a C-section:
 - You may not get to hold your baby right away. The nurse or pediatrician may take the baby to the nursery to watch them closely for a few hours.
 - Once the surgery is over, you will go to the recovery room
 - When you are in your regular room, the nurse or pediatrician will bring your baby to you

Recovery Time in The Hospital

2 days after a vaginal delivery

- Staff will check your vitals regularly and show you how to care for yourself. This includes ice packs, sitz bath, numbing spray to your vaginal area, and pain relief.
- Staff will give you personal care items that you can take home.

4 days after a C-section

- Staff will check your incision and vital signs regularly and show you how to care for yourself. If you pushed before you had your surgery, someone will show you how to care for your vaginal area.
- Staff will give you personal care items that you can take home.

Know that your baby may stay in the room with you:

- Staff and a nurse will show you how to take care of your baby. This includes feeding, safe sleep, cord car, and giving baths.
- Staff will give you personal care items that you can take home.



Choices for Baby

Choose Your Baby's Pediatric Doctor

A pediatrician is a doctor who cares for children from birth to early adulthood. A family Primary Care Provider (PCP) is a doctor who provides care from birth to old age.

Choosing your baby's doctor, whether it's a pediatrician or a family PCP, is a big decision. You want to be happy with your choice and trust their care.

- If you already have children and are happy with their doctor, you can take your newborn to the same doctor.
- Ask friends, family, neighbors or co-workers for doctors they like and trust. Your OB doctor can also help you make a choice.
- You may want to visit the office and meet the doctor before deciding. Call and ask the office for a tour and to ask questions such as:
 - When are you open?
 - What should I do if my baby has an emergency?
 - Who will take care of my baby when the doctor is off or out of town?
 - What hospital or emergency department does the doctor use?
 - What kind of support do they have if I want to breastfeed?

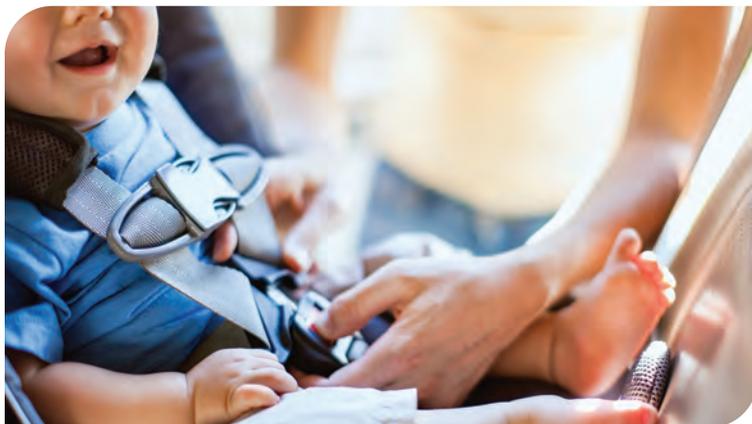
If you need help finding a pediatric doctor, please call Member Services at **(800) 578-0603**. Member Services can give you a list of doctors that are accepting new patients and help you choose one.

Safe Transportation & Car Seats

When your baby is ready to be discharged from the hospital you'll need a car seat. Read the instructions and learn how to properly install the seat in the car, and how to secure your baby in the seat. If you are unsure, call your local police, fire station, or health department and they may check the car seat for free.

Safe Travel Tips for Your Baby

- Always read the instructions to the car seat
- Always place car seats in the back seat
- Infants should face the rear of the car until they are about 2 years old
- Ask about the car seat rules on public transportation
- If you borrow or buy a used car seat:
 - Check with the manufacturer for any safety recalls
 - Make sure it has never been in an accident
 - Do not use the seat if it's expired
- When it's cold outside, strap your baby into their car seat and then cover them with a blanket. This will make sure the straps fit properly on the baby. It's not safe to use a blanket or bulky coats in between the baby and straps.
- Follow the weight and size guidelines of your car seat to know when to get a bigger car seat.



Safe Sleep

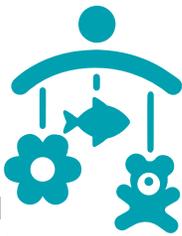
SIDS/SUID is when infants die during sleep and is the leading cause of death for infants between the ages of 1 month and 1 year. Many deaths happen because of unsafe sleeping environments.

Examples of Sleeping Environments

Safe Sleep

ALWAYS do this!

- When it's time to sleep, lay your baby on their back.
- When it's time to be awake and active, you can lay your baby on their tummy for "tummy time." Make sure you are with them.
- When it's time to sleep put your baby in their own environment such as a:
 - Safety-approved crib
 - Bassinet
 - Pack and play
- Use a safe sleep surface such as a safety-approved mattress with a fitted sheet.
- When it's time to sleep, dress your baby in light clothing such as a sleeper or something that's not too hot or too cold



Unsafe Sleep

NEVER do this!

- Never put your baby to sleep on their belly.
- Do not use bumper pads or put blankets, pillows, toys or stuffed animals in your baby's sleep area.
- Do not use an outdated or unapproved crib.
- Do not sleep with your baby (co-sleeping or bed-sharing) or let anyone sleep with your baby.
- Do not let your baby sleep on an adult bed, a sofa, a pillow or other soft surface, in a bouncy seat, carrier, or in a swing. Babies can suffocate in these places. If your baby falls asleep in one, move them to a safe sleep environment.
- Do not smoke during pregnancy or allow anyone to smoke around your baby.



Choose to Breast or Bottle Feed

Breastfeeding

Breastfeeding is best, but it's not always right for every woman. There are some medical conditions that you should not breastfeed with for safety reasons. Talk to your OB doctor to see if breastfeeding is right for you.



Benefits of Breastfeeding:

For You:

- Brings you closer to your baby.
- Is more convenient –always ready, always the right temperature, always the right amount!
- Costs you less money.
- Baby's diapers are less smelly!
- Helps you lose pregnancy weight faster.
- Helps your uterus go back to its normal size faster.



For Baby:

- Is the perfect food! It is made by you, for your baby.
- Is easier for your baby to digest.
- Has antibodies to help your baby's immune system fight infections.
- Lowers your baby's chance of getting colds, allergies, and asthma.
- Lowers your baby's chance of having stomach problems like gas and colic problems that make your baby cry a lot.
- Lowers your baby's chance of being overweight as a teen and adult.
- Lowers your baby's chance of having diabetes as a teen and adult.

Bottle Feeding

If you choose not to or are unable to breastfeed due to a medical issue, you can give your baby formula. Formula is made from cow milk and/or soy. If you are signed up for the WIC program, they will help you get formula. WIC provides Nestle Good Start® brand formulas.

Changing formulas can be stressful to a baby's system. They may be fussy, have more gas, or even constipation. Talk to your pediatric doctor for help if formula needs to be changed.



Back at Home

Let Your Body Heal

Your body has been through a lot and it will take time for you to heal.



To Help Your Body Heal:

- Get plenty of rest and sleep when your baby sleeps.
- Keep taking your prenatal vitamins and any prescribed medicines.
- Keep eating a variety of healthy foods and drink plenty of fluids.
- Do not lift anything heavier than the baby until your OB doctor tells you it is OK.
- Ask family and friends for help with household chores and meals. This will allow you more time to rest and bond with your baby.
- Keep using your ice packs, peri bottle, numbing spray, sitz bath, and witch hazel pads for comfort.
- If you had a C-section, look at your incision daily for redness, bleeding, or drainage. If you cannot see your incision, look in a mirror or have a family member look at it.
- Don't have sex until your OB doctor tells you it is OK.
- Your period may start around 6 to 8 weeks after delivery. If you are breastfeeding, you may not have a period. Even though you may not have a period, you can still get pregnant. It's important to use birth control!
- As your body adjusts to changes in your hormone levels, you may have mood swings, night sweats, skin changes, or hair loss/texture changes. These things will usually go away within a few weeks. Talk to your OB doctor if you have concerns.



Is It Baby Blues or Postpartum Depression?

There is a difference between “Baby Blues” and Postpartum Depression. Many women have some form of “Baby Blues” which should go away in a few days or a week. These symptoms are mild and do not need treatment unless they last longer than 2 weeks.

Postpartum Depression can start any time after delivery. Symptoms are more serious and may need treatment and can last from a few weeks to several months.

Baby Blues vs. Postpartum Depression

Baby Blues:	Postpartum Depression:
<ul style="list-style-type: none">• Sadness• Mood swings• Tearfulness/crying spells• Less appetite• Difficulty sleeping• Feeling nervous for no clear reason• Feeling scared for your newborn or yourself for no clear reason	<ul style="list-style-type: none">• Constant sadness, hopelessness, or feeling overwhelmed• Crying all the time• No energy, or feeling tired all the time• No appetite• Changes in your sleep pattern• Feeling guilty or blaming yourself for no clear reason• No interest in spending time with friends or family or doing things you used to enjoy• No interest in taking care of yourself or your baby• Feeling like things will never be the same• Thoughts of hurting yourself, your baby or anyone else – call 9-1-1!

Things You Can Do

- Let your OB doctor know how you’re feeling. He or she can help you get back to feeling like yourself again.
- Get plenty of rest.
- Keep eating a rainbow of colors at every meal.
- Keep taking your prenatal vitamins.
- Talk to your partner, family, or friends.
- Join a support group with other new moms.
- Ask for help with household chores.
- Ask people you trust to watch your baby, so you can have some time for yourself.

Call your OB doctor right away if you or your loved ones notice any signs of Postpartum Depression!



All Babies Cry. It's the Only Way They Can Communicate.

The Most Common Reasons Babies Cry

- Hunger (this is the first thing you should think of when your baby cries)
- Stomach problems from colic or gas
- Need to be burped
- Dirty or wet diaper
- Needs sleep
- Needs to be held or cuddled
- Too hot or cold
- Something is hurting or bothering them (this could be clothes tag or buttons irritating their skin)

If you have checked everything above and your baby is still crying, it's OK for you to put them in a safe sleep environment (on their back in a crib) and walk away to take a few minutes to calm yourself down. Check on the baby every 10 to 15 minutes until you are both calm.

Never shake a baby. Shaking is abuse and your baby can die!





Make Your Postpartum Visit

It's very important to see your OB doctor after delivery. If you had any complications or a C-section, you should see your OB doctor 2 weeks after delivery and again for your regular postpartum appointment at 6 weeks.

If you have any of the following warning signs before your appointment, call your OB doctor right away:

- Having a burning or painful feeling when you urinate
- Vomiting or diarrhea that does not stop
- Feeling dizzy or faint
- Having chills, a rash, or fever
- Blurred vision, seeing spots, or other vision changes
- Sudden swelling in your face or hands
- A headache that does not go away
- A sudden increase in swelling to your feet or legs

A postpartum exam is when your OB doctor will check you physically and emotionally to make sure you are healing from your delivery. Your OB doctor will discuss birth control options with you. You should wait at least 18 months before you get pregnant again.

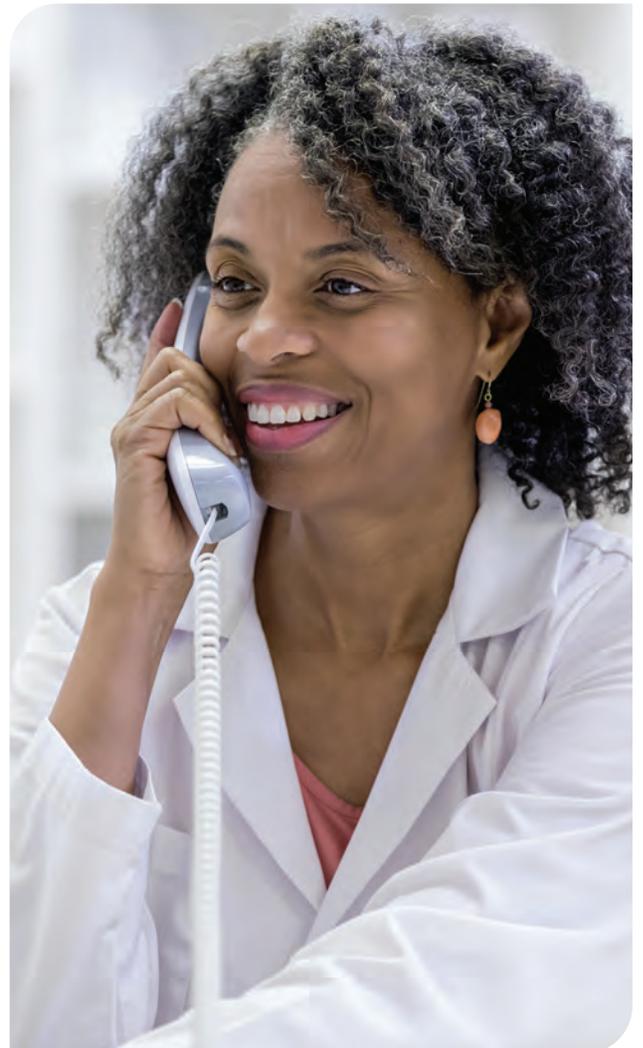
If you lost your baby, it's still important to go to your postpartum appointment to make sure you're healing both physically and emotionally.

Choose a Primary Care Provider (PCP)

It's important to make an appointment with a PCP. Your PCP will take care of most of your care and makes referrals to other doctors when you need them. Think of your PCP as your "medical home," the place that knows you the best.

If you have any medical needs after your postpartum timeframe, about 8 weeks after your delivery, your OB doctor should tell you to call your PCP. If you need help finding a PCP, call Member Services at **(800) 578-0603**.

If you have not had a dental or vision exam during your pregnancy, now is the time to make an appointment to get them done.





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