Let’s go, baby

Healthy you, healthy baby
A guide for moms and families

AetnaBetterHealth.com/Virginia

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Aetna Better Health® of Virginia

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Congratulations

You've got a baby on the way. Overjoyed? Excited? Nervous? Scared? It's normal to have all these feelings when you're pregnant, often at the same time. You can use this guide to help make healthy choices for yourself and Baby. Just keep it handy as questions come up. The more prepared you are, the better you'll feel. And remember, we're here to help.

Services here for you now

Member Services

Questions about your benefits and services? Call **1-800-279-1878** (**TTY: 711**).

Care coordinators

As a member, you can get help from a care coordinator. This is someone who can help you through your pregnancy, as well as after Baby's birth. Just call **1-800-279-1878** (**TTY: 711**) to learn more.

24/7 nurse line
You and your family can get health advice when you need it – it's covered. Just call **1-800-279-1878** (**TTY: 711**) and ask for the nurse line. Nurses are always ready to help.

Mom and Baby extras
You can get $50 just for seeing your doctor. You can also get 300 free diapers. Once Baby is born, you can get a breast pump at no cost. And Baby is eligible to be enrolled in the Ted E. Bear, M.D.® Wellness Club.

Rides to planned health care visits
You can get a ride to your planned eye, dental, behavioral health and medical visits – it's covered if you don't have your own ride.

- Call **1-800-734-0430**. Be sure to call at least 3 working days before you need a ride.
- Go online at **member.medidrive.com/login**. You'll need to register. Then choose "Request Reservations."

Breastfeeding support through Pacify: 24/7 access to a national network of International Board Certified Lactation Consultants® and doulas via live video consultation. For more information, call **1-800-279-1878** (**TTY: 711**).

New Moms box and stipend: You may be eligible to get a New Moms box care package filled with benefit information and products to help you care for your baby. And get a monthly stipend to help you get more things you and your baby need through 12 months postpartum if you stay connected with your case manager.

Doula services: Doulas are available to help you by offering unique childbirth and new baby support services. Doulas can help you have the best possible experience during pregnancy, birth and postpartum. To learn more, call **1-800-279-1878** (**TTY: 711**).

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Hello, mom

What to do first

Here are some key steps you'll want to take right now.

1. **Choose and see your doctor (OB/GYN or family doctor) for prenatal care.** You'll want to take this step as soon as you think you may be pregnant. Your doctor can answer questions, help you make healthy choices and talk with you about family planning that works for you.
2. **Choose baby's doctor by month 7.** Once born, babies need their own doctor (pediatrician or family doctor). This isn't the same doctor you see during your pregnancy. You can choose the same doctor you have for your other kids. Or just call **1-800-279-1878** (**TTY: 711**). We can helpyou find a doctor.
3. **Choose and see your dentist now.** Did you know that your mouth (oral) health affects your baby's health? Studies suggest that gum disease is linked to low birth weight and premature birth. So if you're due for a cleaning, call your dentist. Or call DentaQuest at **1-888-912-3456** (**TTY: 1-800-466-7566**). We work with DentaQuest to provide adults and children with dental and oral health care.

   You and your children can get dental exams and cleanings twice a year, X-rays once a year, plus fillings and extractions. To learn more, call Smiles For Children at **1-888-912-3456**.

Healthy you, healthy baby

Get regular prenatal care

Prenatal care is the health care you get when you're pregnant. You'll want to get care as early as you can – as soon as you think you might be pregnant.

Regular checkups can help your OB/GYN or other doctor find any problems early, when they're easier to treat. So keep all your appointments. Each one is a chance to celebrate the health and growth of Baby. And healthy babies start with healthy moms.

You may be eligible to get a new mom's box care package filled with benefit information and products to help you care for your baby. And you can get a monthly stipend to help you get more things you and your baby need through 12 months postpartum if you stay connected with your case manager.

Get your first checkup

At your first checkup, your doctor:

- Asks questions about your lifestyle, habits, health history and family health history
- Does a pelvic exam and Pap test
- Takes blood and urine for routine lab tests
- Checks your blood pressure, height and weight
- Talks with you about prenatal tests
- May give you a flu shot

Your first checkup is also a great time to ask questions. The more honest you are, the more your doctor can help. Be sure to ask about your due date, too.

Future checkups might be shorter. It's common to check your blood pressure, weight gain, baby's heart rate and growth. Your doctor may also give you a Tdap shot to protect you and Baby against pertussis (whooping cough).

Ask your doctor how often you need prenatal checkups

Prenatal checkups are usually:

- Weeks 4-28: one checkup each month
- Weeks 28-36: twice a month
- Weeks 36 to birth: every week

Some women with high-risk pregnancies may need checkups more often. This doesn't mean you'll have problems. Just share any concerns with your doctor and follow this advice. You can also get help through your pregnancy from a care coordinator. Call **1-800-279-1878** (**TTY: 711**) to learn more.

Set a goal to make every prenatal checkup. Healthy checkups are part of enjoying your pregnancy.

Be sure to cover these topics at your first checkup

1. **Prescription and over-the-counter (OTC) medicine:** tell your doctor about all the prescription and OTC medicine you take. This includes vitamins, herbs and supplements. Some of these can harm Baby.

2. **Drugs:** if you use illegal drugs or prescription medicine the wrong way, don't try to quit suddenly or on your own. This could harm you and Baby. Just check page 17 to learn more.

3. **Smoking:** if you smoke, your doctor is the best person to help you quit as easily and safely as possible. You can read more about quitting on page 17.

Partner with your doctor to get the best care

Think of your doctor as your partner – this is someone you can trust with your questions and concerns. The more honest you are with your doctor, the better for both you and Baby.

“You” care

Eat for two with good nutrition

“You” care starts with eating right. And “eating for two” doesn’t mean eating twice as much food. It means getting extra nutrition. Babies need the right vitamins to grow and be healthy.

Sweets and junk food don’t provide the nutrients Baby needs. Baby will have to “steal” the nutrients from your body. Your own health can suffer as a result. But don’t worry – you can eat lots of different foods to get the nutrition you and Baby need.

- **Whole grains:** breads, cereals, pastas and brown rice
- **Fruits:** fresh, frozen or canned without added sugars
- **Vegetables:** colorful vegetables, fresh, frozen or canned with no added salt
- **Lean protein:** meat, poultry, fish, eggs, beans, peas, peanut butter, soy products and nuts
- **Low-fat or fat-free dairy:** milk, cheese and yogurt
- **Healthy fats:** avocados, nuts, seeds and vegetable oils (canola and olive oil)

Some women have health conditions, like diabetes, that need a special diet. Are you concerned about getting good nutrition while you're pregnant? Just check with your doctor.

Talk with your doctor about prenatal vitamins

Your doctor may prescribe prenatal vitamins. You can also get them without a prescription. Take one that has folic acid (400-800 micrograms), iron and other vitamins and minerals you need.

Get more help with nutrition

You may be able to get help with a nutrition program for Women, Infants, and Children (WIC). To learn more, just call **1-888-942-3663**. Or visit **vdh.virginia.gov/wic**.

Prevent infections and food problems

Toxoplasmosis is an infection that can pass to you from food and animals. It can also pass from you to Baby. Women with a strong immune system may have no symptoms. But for babies, it can cause serious eye problems or diseases of the nervous system, at birth or later in life.

Cats can play a role in spreading this infection. Do you need to give up your cat while you're pregnant? No, but someone else should change the litter box daily. Keep your cat indoors and avoid getting a new cat while you're pregnant.

Eating undercooked, contaminated food can also cause toxoplasmosis. See the table on page 12 for tips to avoid this and other types of food illnesses.

Avoid certain foods during pregnancy

Avoid this	Eat this instead
Soft cheeses (Brie, feta, Camembert, Roquefort, queso blanco and queso fresco) made from unpasteurized milk	Hard cheeses (cheddar or Swiss) or cheese made from pasteurized milk
Unpasteurized cow or goat's milk	Pasteurized milk
Raw cookie dough or cake batter	Baked cookies and cakes
King mackerel, marlin, orange roughy, shark, swordfish, tilefish (golden/white snapper), bigeye tuna; sushi	A "best choice" or "good choice" fish cooked to 145°F): **fda.gov/food/consumers/advice-about-eating-fish**
Raw shellfish, such as oysters and clams	Shellfish cooked to 145°F
Unpasteurized juice or cider, including freshly squeezed	Pasteurized juice: bring unpasteurized juice or cider to a rolling boil for at least 1 minute before drinking
Salads made in a store, such as ham, chicken or seafood salad	Salads you make at home, with food safety basics: clean, separate, cook and chill
Raw or undercooked sprouts, such as alfalfa, clover, mung bean and radish	Sprouts cooked thoroughly
Unwashed fruits or vegetables	Washed or peeled fruits and vegetables

Source:
foodsafety.gov/risk/pregnant/chklist_pregnancy.html

Gain the right amount of weight for you

Everyone is different, but most women gain about 25-35 pounds during pregnancy. If overweight, aim to gain only 10-20 pounds. If underweight or pregnant with multiples, aim for 35-45 pounds. Just work with your doctor to gain the right amount of weight for you.

Drink a lot of water to avoid problems

How much is a lot? Try checking your urine. It should be pale yellow or colorless. And you shouldn't feel thirsty. Just try to avoid drinks with caffeine and sugar.

You need even more fluids when you're pregnant. Not getting enough can lead to preterm labor. Drinking enough water and other fluids can also help prevent:

- Constipation
- Hemorrhoids
- Swelling
- Urinary tract infections

Exercise with your doctor's approval

Being pregnant doesn't mean you have to stop doing the activities you enjoy. In fact, you'll want to stay active. It can help you be more comfortable and even lower the risk of problems during pregnancy. Regular exercise can prevent leg cramps and weight gain. Some types of yoga may help you sleep. Check with your doctor about healthy ways to stay active.

Set a goal for 2 hours and 30 minutes of moderate activity each week

Start slowly if you're not used to exercise. You don't need to do all your exercise at once. Break it into small chunks or time. You can crush your activity goal of 2 hours and 30 minutes each week by being active just 22 minutes each day.

Some good activities are walking fast, dancing, swimming or raking leaves. Take a break when you need one and drink plenty of water. You'll want to avoid exercise that strains you, like lifting heavy weights. And remember to breathe – out as you lift, in as you relax. Avoid activities that could cause you to fall or be hit in the belly.

Get enough sleep and rest

Lots of things can make it hard to get the rest you need – everything from heartburn to anxiety, back pain to baby movement. Try these tips to get the rest you need:

- Try sleeping on your left side with one or both knees bent. This can help blood flow to you and Baby.
- Use pillows between your bent knees under your belly or behind your back. You can also use them to raise your head and decrease heartburn or snoring.
- Stick with your sleep routine by going to bed and waking up at the same time. You'll want to sleep in a dark, quiet and cool room.
- Drink plenty of water during the day, but cut back late in the day to avoid getting up to pee during the night.
- Eat healthy foods in small frequent meals and avoid fried, spicy foods to prevent heartburn.
- Practice breathing exercises to lower stress.
- Avoid smoking and second-hand smoke. This makes nasal congestion worse. Use nasal saline sprays or dilators if it helps your congestion.
- If you're still awake after 10-15 minutes, get up and go to another room. Relax by reading or listening to soft music.

Practice safe sex during pregnancy

For most women with a healthy pregnancy, it's safe to have sex. It doesn't hurt Baby. Just talk with your doctor first if you have concerns. Do you have a high-risk pregnancy? If so, you'll want to work closely with your doctor to be sure that sex is safe.

Be sure to protect yourself and Baby from sexually transmitted infections (STIs). These can pass between partners through vaginal, anal or oral sex. Some STIs can pass from a woman to her baby during pregnancy or birth, causing serious problems. To learn more, just visit **marchofdimes.org/pregnancy/sex-during-pregnancy.aspx**.

Learn more about "you" care

Work closely with your doctor and learn all you can about "you" care. Taking care of yourself during pregnancy is the best thing you can do for Baby.

Quitting for good

Ask your doctor for help quitting bad habits

Sometimes women continue bad habits before they know they are pregnant, like:

- Smoking
- Drinking alcohol
- Using illegal drugs
- Using prescription medicine the wrong way

But when a pregnant woman continues these bad habits, Baby does, too. She passes them along to Baby through her blood.

Quitting bad habits isn't easy, but you can do it. Here are some keys to success:

- Don't go it alone. Talk with your doctor for help and support.
- Don't quit suddenly. Doing so can harm you and Baby.

Don't be too hard on yourself if you have a bad habit. Your doctor will understand and support you. Together, you can find a safe treatment plan that works for you and Baby. It's much safer than no treatment at all.

Quit smoking

Smoking during pregnancy passes nicotine and cancer-causing drugs to Baby. It can increase the risk of low birth weight, birth defects like a cleft lip or palate and sudden infant death syndrome (SIDS).

If you smoke while pregnant, you're more likely to have a:

- Miscarriage (pregnancy loss before 20 weeks)
- Premature birth (birth before 37 weeks of pregnancy)
- Stillbirth (pregnancy loss after 20 weeks)

Quitting smoking is hard, but you can do it. And remember, your doctor can help.

Quit drinking alcohol

Alcohol can cause physical and behavioral problems that last a lifetime. In fact, alcohol can harm Baby at any stage of pregnancy. And there's no "safe amount." Drinking during pregnancy can cause fetal alcohol spectrum disorders (FASD). Babies born with FASD can have:

- Attention and memory problems
- Heart, kidney or bone problems
- Hyperactive behavior
- Trouble learning or problems in school
- Low IQ, poor reasoning or judgment skills
- Sleeping or sucking problems as a baby
- Small head size, shorter height, low body weight
- Speech or language delays
- Vision or hearing problems

You can prevent FASD. Just don't drink alcohol, even when you might be pregnant. Talk with your doctor about quitting today.

Quit using drugs and harmful substances

Babies can become addicted to some drugs before birth. Even medicine your doctor prescribes can harm you and Baby when used in the wrong way. Baby can go through withdrawal and other problems if dependent on these substances at birth:

- Alcohol
- Amphetamines
- Barbiturates
- Benzodiazepines
- Buprenorphine
- Certain antidepressants
- Cocaine
- Codeine/hydrocodone (Vicodin®)
- Heroin
- Marijuana
- Morphine (Kadian®, Avinza®)
- Methadone
- Nicotine
- Oxycodone (OxyContin®, Percocet®)

You'll want to talk with your doctor:

- About all the prescription medicines or drugs you take
- Before you stop taking any of these medicines or drugs
- About the right way to stop taking a medicine or drug – so that you don't harm yourself or Baby

Neonatal abstinence syndrome (NAS) happens when babies become addicted to some substances before birth. Babies can have lots of problems as a result of NAS:

- Feeding, sleeping and sucking problems
- Irritability and more crying than usual
- Diarrhea, fever, sneezing and stuffy nose
- Sweating, trembling or vomiting
- Seizures and death

To prevent NAS, you'll want to have regular checkups. You can trust your doctor. Just talk openly about what you're taking or have taken in the past:

- Prescription and over-the-counter (OTC) medicine
- Illegal drugs
- Herbal remedies
- Alcohol and cigarettes

Get help now to quit for good

Talk with your doctor about getting help to quit. It can be very hard to quit on your own. And in some cases, it can harm you and Baby. You're not alone – find help today.

Get help today

Goal	Help
Quit smoking	• Text MOM to **222888** • Call **1-800-784-8669** anytime • Chat with a quit-smoking counselor at **livehelp.cancer.gov** • Visit **women.smokefree.gov/pregnancy-motherhood/quitting-while-pregnant/quit-for-two**
Quit using alcohol	• Visit **findtreatment.samhsa.gov**, or call **1-800-662-4357** (**TTY: 1-800-487-4889**) • Visit **aa.org**
Quit using drugs or prescription medicine the wrong way	• Visit **findtreatment.samhsa.gov**, or call **1-800-662-4357** (**TTY: 1-800-487-4889**) • Visit **samhsa.gov/find-help/national-helpline**
Get help from your health plan	• Call **1-800-279-1878** (**TTY: 711**). Just ask to talk with your care coordinator. We're here to help.

Safe and sound

Protect yourself, protect Baby

The best way to protect Baby is to protect yourself. If you are experiencing abuse, it can get worse during pregnancy. You and Baby deserve to be healthy and happy. If you need help:

- Call us at **1-800-279-1878 (TTY: 711)**
- Call the National Domestic Violence Hotline at **1-800-799-SAFE (7233) (TTY: 1-800-787-3224)**
- Visit **thehotline.org**

Learn to spot abuse

You may not be sure what abuse is. Learn how to spot it. It may be scary, but your life and Baby's life depend on it. Meet Kate, Jean and Maria. These women all share stories of abuse.

Do any of these behaviors sound familiar? If so, get help. It's never too late to change your story.

Kate's story

Kate and Mike were surprised but excited to find out Kate was pregnant with their third child. But then Mike lost his job and couldn't find a new one right away. They all had to move in with Kate's mother. Kate's growing belly was a daily reminder of their money problems. Mike started to lash out with hurtful words. He also blamed her after he started smoking again. Kate told herself just to ignore it. The stress wasn't Mike's fault, after all.

Jean's story

Jean and Tom were happily married for four years, but when Jean got pregnant with their first child, Tom seemed to become jealous. Tom began to demand all of Jean's time and attention. When he could, he kept her from seeing family and friends. One night, Tom came home to find that Jean had shopped for baby supplies with some friends. Furious, he took away her car keys and phone. Jean had to go to a neighbor for help to call her mother.

Maria's story

One day, Maria came home from work extra-tired. She knew it was normal to feel sleepy during the first trimester, so she decided to take a quick nap before starting dinner. A few hours later, Michael came home. Where was dinner? He'd worked hard all day and was angry to find her "doing nothing." After shouting and calling her names, Michael backed Maria into a corner. She didn't see the punch to her belly coming – he'd promised never to do that again. Maria lost her pregnancy, but saved her own life by calling **911**.

Watch for some common signs of abuse from a spouse or partner

Emotional abuse	Risks to you and Baby
• Name calling or blaming you for something you haven't done • Not letting you see family or friends • Always telling you what do	• Feelings of fear or depression • Eating unhealthy foods • Bad habits (smoking or drinking)
Physical and sexual abuse or violence	**Risks to you and Baby**
• Hitting, slapping, kicking, choking, pushing, pulling hair • Violence toward your pregnant belly • Blaming you for the abuse • Partner/marital sexual assault/rape to control or make you feel bad about yourself	• Feeling fearful and concern for safety • Post-traumatic stress disorder (PTSD) • Depression • Not being able to focus on work or school • Miscarriage, vaginal bleeding • Premature birth and low birth weight • Injuries to your body

Connect and make a safety plan

If you spot the signs of abuse in these stories, connect with someone you trust – a friend, clergy member or your doctor. They can help you make a safety plan:

- Learn how to contact your local police and doctor. Call **911** for emergencies.
- Find your safe place with a friend or family member. This should be somewhere you can go, day or night, to be safe.
- Get organized. You may need some cash, your driver's license, health insurance card, checkbook, banking information, Social Security card and prescription medicines. Have all these things handy when you need them.
- Pack a bag with personal care supplies, a change of clothes and an extra set of house and car keys.

All the way

Aim for a full-term birth

Full-term babies have the best chance of being healthy. Baby needs even the final months and weeks of pregnancy to fully grow and develop. Full-term pregnancy lasts between:

- 39 weeks, 0 days
- 40 weeks, 6 days

See how important every day is for Baby's health and growth. Just check the pregnancy calendar at kidshealth.org/en/parents/pregnancy-calendar-intro.html.

Preterm and premature mean the same thing – too soon. When is too soon for birth? Any time before 37 weeks of pregnancy. Labor can start on its own without warning, even if you do everything right. Premature babies can have:

- Breathing and feeding problems
- Cerebral palsy (a condition that affects movement, balance and posture)
- Delays in growth
- Vision and hearing problems

Know the signs of preterm labor

Call your doctor right away if you have preterm labor. You may be able to take medicine to help stop it or improve Baby's health before birth. The signs of preterm labor are the same as the signs for full-term labor:

- A feeling like Baby is pushing down
- Belly cramps with or without diarrhea
- Change in vaginal discharge (watery, mucus or bloody) or more discharge than usual
- Low, dull backache
- Regular contractions that make your belly tighten like a fist, with or without pain
- Your water breaks

Lower your risk of preterm labor and premature birth

Some things increase your risk of preterm labor and premature birth. You can't control many of these risk factors, like your age. But others you can manage or improve on:

- Go to your first prenatal care checkup as soon as you think you're pregnant.
- Talk with your doctor about progesterone treatment if you had a past premature birth.
- Get help to quit smoking, drinking alcohol, using illegal drugs or using prescription medicine the wrong way.
- Get treatment for health conditions like high blood pressure, diabetes, depression and thyroid problems.
- Talk with your doctor about getting shots to help protect against some infections.
- Find a healthy weight before pregnancy. And gain the right amount of weight during pregnancy.

- Lower your stress. Ask family and friends for support. And get help if your partner abuses you.
- Wait at least 18 months between pregnancies.
- Drink plenty of water.

Talk with your doctor about planning for a full-term birth. Unless there's a health reason, avoid birth before 39 weeks of pregnancy. You can learn more about premature birth at marchofdimes.com.

Ready, set, go

Make a birth plan

Babies aren't always on time. Sometimes they're early. Other times, they're late. This means you need to be ready for Baby well before your due date.

A birth plan is how you share what you want or prefer for your labor and Baby's birth. A plan makes it easier for your doctor to support you. Try to be flexible, as you may change your mind once labor starts. Your doctor may also advise you based on what's best for both of you. Your plan is also subject to what your health plan covers, as well as options at the hospital where you give birth.

A birth plan can include details about:

- The birthing room
- Labor and birth
- Pain relief during labor
- What happens right after birth
- Postpartum care (care for you and Baby after birth)

Ask your doctor about what else should go into your birth plan.

Sign up for classes several months before your due date

The more prepared you are for Baby's birth, the better you'll feel. To learn more about birthing classes, just ask your doctor. You can start around week 30 of your pregnancy. But you'll want to sign up for classes several months before your due date. Classes fill up quickly and cover topics like:

- The signs and stages of labor
- Positions for labor and birth
- Ways to manage pain and stay relaxed

Doulas are available to help you by offering unique childbirth and new baby support services. Doulas can help you have the best possible experience during pregnancy, birth and postpartum. To learn more, call **1-800-279-1878** (**TTY: 711**).

Plan to enjoy the perks of breastfeeding

Breastfeeding offers lots of perks. It's the best food for Baby, can help protect against common childhood infections and lowers the risk of sudden infant death syndrome (SIDS). The World Health Organization recommends that:

- Moms start breastfeeding within an hour of birth
- For the first six months of life, babies get all their nutrition from breastfeeding
- After six months, babies get added nutrition from other safe foods while they keep breastfeeding
- You breastfeed up to two years or more

For you, breastfeeding is a low-cost way to feed Baby. It also provides a natural method of birth control for up to six months after birth (98 percent protection). It can lower your risk of breast and ovarian cancer, type 2 diabetes and postpartum depression. You may also lose weight faster and easier when you breastfeed Baby.

Plan to get help breastfeeding

All moms can breastfeed with the right help. Many women can have problems in the beginning. It's just like learning any new skill. Ask your doctor about how to find a breastfeeding class. You can also get help from a lactation consultant, an expert with special training in breastfeeding. Here are just a few ways you can get help:

- Call the National Breastfeeding Helpline at **1-800-994-9662** (**TDD: 1-888-220-5446**).
- Call the La Leche League at **1-877-452-5324**.
- Call **1-888-942-3663** to see if you are eligible for Women, Infants, and Children (WIC). Or visit **vdh.virginia.gov/wic**.
- Call us at **1-800-279-1878** (**TTY: 711**). We're here to help.

Check your lead levels before breastfeeding

Ask your doctor to check your lead levels before you start breastfeeding. Lead poisoning can cause premature birth and miscarriage. Read more on page 46.

Breastfeeding support is available through Pacify: 24/7 access to a national network of International Board Certified Lactation Consultants® and doulas via live video consultation. For more information call 1-800-279-1878 (TTY: 711).

You can make life easier with a no-cost breast pump. Pump the breast milk when it works for you. Then Baby can get the best nutrition, no matter what your schedule. A breast pump also gives other family members the chance to feed and bond with Baby. Call 1-800-279-1878 (TTY: 711) to get your no-cost breast pump. Then ask to speak with your care coordinator.

Learn the signs of labor

The signs of normal labor are the same as the signs for preterm labor. Check page 27 for a reminder of these signs, so you can spot them when it's time for Baby's birth.

Tips that can help you plan for Baby

- Pack your hospital bag with anything you'd like to have with you. This way, you can just grab it when you start labor.
- Prepare your other kids and arrange for their care while you're away.
- Keep Baby safe in an approved car seat – you'll want to install it correctly before you take Baby home from the hospital. From birth to 12 months, use a rear-facing car seat. Need more help? Just visit **nhtsa.gov/equipment/car-seats-and-booster-seats**. Or check with your local hospital, police or fire department for help with car seats.

Hello, baby

What to do first

Here are some key steps you'll want to take as soon as Baby arrives.

1. **Enroll in services and benefits.** Baby can get benefits for up to 12 months after birth. To enroll Baby, just:
   - Call Cover Virginia at **833-522-5582** (**TDD: 1-888-221-1590**) or the Department of Social Services (DSS) at **1-855-635-4370**.
   - Visit **dss.virginia.gov/localagency/index.cgi** to find your local DSS.
2. **Make your appointment for an early-discharge visit:**
   - Before you leave the hospital
   - For two to five days after birth
   - When you're released within 48 hours of birth

Most healthy babies leave the hospital within 48 hours. Baby can still get an early-discharge visit, even if you stay in the hospital. Bring these items to your visit:

- Baby's member ID and vaccine (shot) record
- Your list of questions about Baby's health and care

Questions? Just call **1-800-279-1878** (**TTY: 711**), Monday – Friday, 8 a.m. to 5 p.m.

3. **Make your appointment for a postpartum visit to be sure you're healing well:**
   - Within one week of having your baby
   - For six weeks after Baby's birth

? **Did you know postpartum coverage has been extended from 60 days to 12 months? That means you have more time to get the health services that you need. This includes a variety of benefits that you are eligible for. You also have more time to talk about birth control, your body healing, and taking care of yourself.**

4. Talk with your doctor about birth spacing and birth control.
It's best to wait at least 18 months between giving birth and getting pregnant again. Talk with your doctor about birth spacing at your postpartum visit. Birth spacing is good for babies. Without good birth spacing, babies are more likely to have low birth weight or be born too early.

Your doctor will help you with the birth control that works best for you. You and your partner can choose from these options – they're covered:

- Birth control pills, patches or vaginal rings
- Implanon® (long-acting birth control placed under the skin)
- Depo-Provera® (a shot given in the muscle once every three months)
- Intrauterine device (IUD): a small device your doctor inserts into your uterus
- Diaphragm: a small device that fits inside the vagina and covers the cervix
- Spermicidal foams, jellies and creams
- The morning-after pill: a form of emergency birth control
- Sterilization (tubal ligation for women or vasectomy for men) for members 21 and older

Ask your doctor about options for LARC (long-acting reversible contraceptives) before going home with your new baby.

5. **Take care of yourself and watch for problems.** It's normal to feel sore and tired after Baby's birth. Just try not to push yourself too hard. You'll want to watch for any signs of a health problem and call your doctor about:
   - Bleeding heavier than your normal menstrual period or that gets worse
   - Discharge, pain or redness that doesn't go away or gets worse – from a C-section cut, episiotomy or perineal tear (a tear between the vagina and rectum)
   - Sadness that lasts longer than 10 days after giving birth
   - 100.4°F fever or higher
   - Pain or burning when you pee
   - Pain, swelling and tenderness in your legs, mostly around your calves
   - Red streaks on your breasts or painful lumps in your breasts
   - Severe pain in your lower belly, feeling sick or throwing up
   - Bad smelling vaginal discharge

   Feel like something is wrong? Call your doctor. The treatment for some of these problems is easy. If you fear for your life, trust that feeling. Call **911** right away if you have:
   - Chest pain
   - Breathing problems
   - Signs of shock (chills, clammy skin, dizziness, fainting or a racing heart)
   - Bleeding you can't control

If you're scared and don't know what to do, use the 24/7 nurse line. Call 1-800-279-1878 (TTY: 711). Then ask for the nurse line.

Baby love

Keep Baby healthy with well-child visits

Checking up on babies as they grow can help them stay healthy and strong. Call Baby's doctor to set up your next well-child visit.

Well-child checkup schedule

- ☐ Newborn/early-discharge visit (3-5 days after bringing baby home)
- ☐ 1 month
- ☐ 2 months
- ☐ 4 months
- ☐ 6 months
- ☐ 9 months
- ☐ 12 months
- ☐ 15 months
- ☐ 18 months
- ☐ 24 months
- ☐ 3-20 years (one every year)

Well-child checkups find problems early

Why get regular checkups, even when Baby isn't sick? Checkups can help Baby's doctor find or prevent health problems early. This is when they are easiest to treat.

Baby's doctor covers a lot in a short time

What happens during a well-child visit? Baby will get a complete exam, checking things like height, weight, hearing and vision. You can also learn about sleep, safety, childhood diseases and what to expect as Baby grows.

The doctor may also give Baby shots (vaccines). These shots help protect against many diseases. Be sure to share any concerns or questions about shots with Baby's doctor.

Follow the advice from Baby's doctor

It's great to have friends and family with babies or other children. Sharing stories and advice can give you peace of mind. Just remember, every baby is different. Your best source of advice for Baby is Baby's doctor. Be mindful that during the first two months Baby is home, it's a good idea to keep Baby away from other children and adults, especially if they have a cold or have recently been sick.

More than baby blues

Watch for postpartum depression

Up to eight of ten women have the baby blues after childbirth. Some women have mood swings, sadness, anxiety and crying spells. Others lose their appetite or have trouble sleeping. But the baby blues usually don't need treatment and go away after a week or two.

Postpartum depression is more than just the baby blues. The symptoms last longer, are more severe and need treatment right away:

- Feeling hopeless, sad, empty or worthless
- Feeling moody, irritable or angry
- Crying for no reason
- Thoughts of hurting yourself or Baby
- Problems bonding with Baby
- Doubting you can care for Baby
- Withdrawing from friends and family
- Losing interest in things you once enjoyed
- Oversleeping or not able to sleep
- Suffering aches and pains
- Overeating or not eating enough
- Problems with daily tasks like caring for Baby, family and yourself

Get treatment to improve symptoms and feel better

One of nine new moms has postpartum depression. If you have it, it's not your fault. No one knows the cause. But you've gone through a lot of hormone and body changes. Added to that is the stress of caring for a new baby. Not getting the sleep you need doesn't help either. Just remember, you're not a bad mother. And you're not alone.

Talk with your doctor right away

Just talk with your doctor if you think you might have postpartum depression. Medicine and counseling can help improve symptoms or even make them go away.

Get help for postpartum depression

Concern	Help
If you have thoughts of hurting yourself	Call the 24/7 National Suicide Prevention Lifeline at **988**
If you have an emergency	Call **911**
For support, guidance and help with mental health	Call **1-800-994-9662** (**TDD: 1-888-220-5446**), or visit **womenshealth.gov/mental-health/get-help-now**
To connect with your care coordinator who can help	Call us at **1-800-279-1878** (**TTY: 711**)

Kindness matters

Manage mom stress and be kind to yourself

Now that Baby is here, it's an exciting, happy time. But it can also be busy and stressful. Your mind jumps from one topic to another, from breastfeeding to child care, from weight loss to work and school schedules. And that's just the first few minutes of your day. You may think of kindness in terms of how you treat others. But being kind to yourself is more important than ever.

Stay calm and step away from stress

Baby is crying. You're tired and frustrated. This is when it's easy to forget that Baby's head and neck are fragile. **Never shake Baby for any reason.** This can cause abusive head trauma (AHT), also known as shaken baby syndrome (SBS).

Crying is the number one trigger that causes caregivers to violently shake and injure babies. One moment of lost control can cause years of regret and permanent brain damage, blindness and death. Be sure to read about ways to soothe Baby on page 55.

Plan to soothe yourself, too. When you hit your stress limit, stay calm. This is more important than stopping the crying. If Baby isn't hungry, hurt or sick, step away. Breathe. Call someone for help. Being kind to yourself in this way will help avoid a tragedy. Dads, grandparents and other caregivers can have stress, too. Be sure that everyone who cares for Baby knows about AHT and never to shake Baby.

Make a crying plan with people you trust

What caregivers, besides yourself, can you trust? Keep their names and numbers handy. And make that call when you need to. You can also visit **purplecrying.info** to learn more about crying. You can succeed by making a plan.

Find healthy ways to manage stress

How do you deal with stress? Some women overeat or use tobacco or alcohol. But these habits are harmful, not kind. What you need is healthy food, physical activity and sleep. And since your kids will copy what you do, being kind to yourself matters. You're teaching them how to manage stress with each choice you make.

Get help with the house

Got dust bunnies? You know – those giant balls of dust that tell you it's time to clean? Why not give them each a name and laugh about it? Then move on to important things, like caring for yourself and Baby. If you must clean, take some shortcuts. Yes, you need a path to walk through your home. No, you don't need it to be perfect.

Get the whole family involved

If you have other kids, they can help with Baby. Small jobs can help them feel involved and help you, too. Partners, grandparents, in-laws, aunts, uncles, cousins and babysitters are all good helpers. Just ask for help.

Take a mom time-out

How can you be more kind to yourself? Everyone is different. Here are some ideas:

- An hour to read a book or take a nap
- Coffee with a friend
- Date night
- Shopping for yourself

Remember, caring for yourself is the best way to care for Baby. So be kind. If the stress is too much, get help from your doctor right away.

Safety first

Focus on these key areas for Baby safety

Home

- Install smoke and carbon monoxide detectors. Test them each year.
- Never leave medicines, household cleaners or other poisons near Baby.
- Protect Baby from electrical shocks. Use outlet protectors.
- Don't let Baby play with electrical cords or curtain cords.

Play

- Wash your hands before touching Baby. People with colds, coughs, the flu or cold sores shouldn't touch Baby.
- Don't leave Baby alone with animals.

Car and travel

- Use a rear-facing car seat in the back seat. Install it correctly.
- Never leave Baby alone in a car or in a car seat outside the car.
- Remember Baby in the back seat. Read the tips on page 45.
- Don't put Baby in a car seat on a shopping cart.

Serious diseases

- Take Baby to well-child visits to get shots (vaccines) that protect health. Read more on page 36.

Abusive head trauma (AHT)

- Never shake Baby for any reason, not even in play.

Check for safety recalls on hand-me-down car seats, strollers, cribs or toys. Call 1-800-638-2772 (TTY: 1-301-595-7054). Or visit cpsc.gov.

Sleep-related death

- Always put Baby to sleep on their back.

Burns

- Don't hold a hot drink when holding Baby.
- Test bath water with your hand before putting Baby in the bath.
- Turn down your hot water heater to 120°F or lower.
- Use sleepwear with a label that says the fabric is flame-retardant.

Falls

- Never leave Baby alone on a bed or changing table. Baby may fall and get hurt.

Choking

- Never leave Baby near small objects like food, coins or toys. Also keep plastic bags and balloons away from Baby.

Drowning

- Never leave Baby alone near water. An adult should watch Baby at all times by swimming pools, lakes, ponds or even a bathtub.
- Keep lids down on toilet seats and bathroom doors shut tight.
- Don't leave out buckets or containers with water in them. Baby can drown in one inch of water.

Protect Baby against heatstroke and weather extremes

Think you would never forget Baby in the car? It happens, even to the best of parents. With an outside temperature of just 60°F, the temperature in your car can reach 110°F quickly. A child dies when the body temperature reaches 107°F. Keep Baby safe with these tips:

- Look before you lock – always check the back seat before you lock it and leave.
- Keep a stuffed animal in Baby's car seat when it's empty – move it to the front seat to remind yourself that Baby is still in the back seat.
- If your daily routine changes or someone else is driving, check to be sure Baby arrives safely.
- Keep your car locked and the keys out of reach of other kids in your home.
- Don't leave Baby in or around a car for any reason.

If you see a child alone in a car, it's your business. If the child responds to you, ask someone to search for the driver or ask to page them. Stay put until help arrives. If the child seems in distress, call **911**. If you can, get the child out of the car and spray them with cool water.

Safe from lead

Prevent lead poisoning at home

Lead is a metal that you can't smell or taste. But it can hide in your air, water and food. Lead poisoning happens when you have high levels of lead in your body. You'll want to ask your doctor to check your lead levels, especially if you're breastfeeding.

Be safe in homes built before 1978

Some homes built before 1978 used lead paint. If you're not sure, you can get a home inspection for lead, including your pipes. If lead is found, trained workers must remove it. Stay out of your home until they remove the lead. Just ask your local health department for help:

- Finding an inspector
- Talking with your landlord about lead

Here are some other tips for keeping safe from lead in homes built before 1978:

- Clean up any peeling or chipping paint with water.
- Learn how to remodel your home safely, or stay out of your home if paint is being sanded or scraped.
- Keep flat surfaces like floors, porches and windows free of dust.

- Always wash your hands before eating and teach kids to do the same.
- Use bottled or filtered water for cooking and drinking. If you use tap water, only use cold water and run it for one to two minutes first.

Know some common places lead can hide

- Painted toys and metal toy jewelry
- Arts and craft supplies like oil paint and glazes
- Canned food, candy, spices, toys and makeup from other countries
- Herbs and supplements
- Dirt

Know some signs of lead poisoning in kids

- Being fussy or very tired
- Belly pain and constipation (poop is hard to pass)
- Slow growth and reaching common milestones for kids, like sitting, walking and talking
- Learning problems
- Hearing loss
- Loss of appetite and weight
- Vomiting

Lead testing for kids

Kids need lead testing at both 12 and 24 months old. Testing is also for kids younger than 6 years old who haven't been tested before. They may need retesting if their risk of being around lead goes up. So, check with your doctor.

You can get a ride to lead testing. Just call 1-800-734-0430. Be sure to call at least three days before you need a ride.

Visit **cpsc.gov**. Or call **1-800-638-2772** to check for safe toys. To learn more, call your local Department of Health. Or visit **vdh.virginia.gov/leadsafe**.

Right care, right time

Where to get care for illnesses, injuries and accidents

It's scary to think about, but there may be a time when you have an emergency and need to decide what to do. The best way to ease your mind is to prepare. Every parent should learn:

- Cardiopulmonary resuscitation (CPR) and basic first aid
- How to take Baby's temperature
- Where to go for care

Baby's doctor can help you with all of these things, so be sure to ask.

Call Baby's doctor

Call Baby's doctor at the first sign of illness when Baby is 3 months old or younger. Baby's doctor can help with many routine issues, like a cold or cough, mild diarrhea, constipation or sleep problems.

Use urgent care when you can't see Baby's doctor

Be sure to save the after-hours number for Baby's doctor. You can often speak with the doctor on call to find out if Baby needs urgent care for:

- Any cough or cold that does not get better in several days or with a fever and gets worse
- Blood in the urine
- Diarrhea that is bloody or won't go away
- Cuts that may need stitches
- Ear drainage
- Ear pain with fever, vomiting, diarrhea, acting ill and not able to sleep or drink
- Fever and vomiting at the same time

- Problems moving an arm or leg
- Not drinking for more than 12 hours
- Rash, especially with fever
- Rectal temperature of 100.4°F (38°C) or higher in babies younger than 2 months
- Severe sore throat or problems swallowing
- Sharp pains or pains in belly that don't go away
- Vomiting and diarrhea that last for more than a few hours

Go to the emergency room (ER) or call 911 for true emergencies

What's a true emergency? This is when you think a severe injury or illness threatens Baby's life or may cause permanent harm. Go to the ER or call **911** for:

- Strange, withdrawn or less alert behavior
- A cut or burn that is large, deep or involves the head, chest, abdomen, hands, groin or face
- Bleeding that does not stop with direct pressure over the wound
- Neck stiffness or rash with fever
- Head injury with confusion, vomiting, poor skin color or no response
- Sudden lack of energy or can't move
- Suspected poisoning (call Poison Control at **1-800-222-1222**)
- Seizures (rhythmic jerking and no response)
- Trouble breathing
- Skin or lips that look blue, purple or gray
- No response

Follow these tips for visiting the ER

- Know where the nearest ER is. Don't wait until you have a true emergency to find out.
- Leave other kids at home if you have care for them.
- Speak up and repeat your questions if you don't understand something.
- Have Baby's health information handy for emergencies: health insurance card, main doctor and contact information, allergies, past health history, list of current medicines and note of the last time Baby had anything to eat or drink.

Be sure to let us know that Baby visited the ER: **1-800-279-1878** (**TTY: 711**). You can call Baby's doctor for a follow-up visit, too. The doctor will want to be sure Baby is OK.

Follow these tips for calling 911

Try to be calm as you answer questions from the operator for emergency medical services (EMS). Know your address, whether you're at home or traveling. You might think you'll remember your address, but under extreme stress, you can forget. Stay on the line until help arrives.

Get expert advice with the 24/7 nurse line

Still not sure about the type of care Baby needs? You can get expert advice and quick answers from a friendly nurse. A nurse can help you decide what to do next – see your doctor, go to the ER or help you treat the problem at home. Call **1-877-878-8940** anytime. You can speak with a nurse in English or Spanish. Interpreters can help with other languages, too.

Calm and cool

Understand crying

Crying in babies is a normal reflex in response to hunger, pain or other things. You'll want to respond to crying. You can't spoil Baby with too much attention. Premature babies don't have the crying reflex. If Baby was born too early, you'll need to watch closely for hunger and pain.

Never shake Baby

It's normal to want to stop the crying. But it's more important to be sure that Baby is OK. Stay calm. Remember that Baby's head and neck are fragile and need support. **Never shake Baby.** This can cause abusive head trauma (AHT), also known as shaken baby syndrome (SBS). AHT can cause babies to have growth delays, physical disabilities, vision problems and hearing loss. Babies can die from AHT, too.

Know why babies cry

There are many reasons why babies cry. Is Baby breathing easily? Are fingers, toes and lips pink and warm? Do you see any swelling, redness, wetness, rashes, cold fingers and toes, twisted arms or legs, folded earlobes or pinched fingers or toes? Is Baby well?

Babies may cry due to illness or infection. If crying goes along with fussiness, fatigue, poor appetite or fever, Baby may need a doctor visit. Diarrhea, vomiting, rash, breathing problems or other signs of illness are also cause for concern. Call Baby's doctor and set up a visit.

Know that health conditions like NAS (page 20) can also cause babies to be fussy and cry a lot. If Baby has NAS, be sure to work closely with Baby's doctor and follow all the advice. Baby may need medicine and extra gentle treatment.

If Baby seems well, check for the most common causes of crying:

- **Hunger or thirst:** newborns want to eat every two to three hours
- **Gas:** from overfeeding or feeding too fast, or not enough burping
- **Allergies or colic triggers:** certain foods that breastfeeding moms eat (caffeine, chocolate, dairy and nuts) or proteins in baby formula
- **Teething:** starts between 6-8 months old; use a firm rubber teething ring
- **Discomfort or pain:** from a wet diaper, being too hot or cold, feeling too wrapped up or not wrapped up enough
- **Too much noise, light, wind or activity:** these can overwhelm Baby
- **Boredom or loneliness:** trying touching, holding or talking to Baby more
- **Medicine you pass through your breast milk:** talk with your doctor

It's more important to stay calm than to stop the crying.

Learn about colic, or the Period of PURPLE Crying

Colic is not a health problem. It's a normal part of growth in babies aged 2 weeks to 3-4 months. Some experts describe colic as the Period of PURPLE Crying. This is the time when babies cry more than any other time as they grow. Each letter in **PURPLE** describes the crying:

- **P**eak of crying: crying more each week, the most in month 2
- **U**nexpected: crying can come and go and you don't know why
- **R**esists soothing: Baby may not stop crying no matter what you try
- **P**ain-like face: Baby may look in pain, even when they aren't
- **L**ong-lasting: as much as 5 hours a day or more
- **E**vening: Baby may cry in late afternoon and evening

Soothe Baby, soothe yourself

Every baby is different, so you'll have to find out what Baby likes over time. First, check the common causes of crying. Then you can try some of these ideas:

- While sitting, hold Baby across your thighs. Pat Baby's back gently.
- Take Baby for a walk in the stroller or a ride in the car (with car seat in backseat).
- Make faces or quiet noises.
- Give Baby a warm bath.
- Turn on some "white noise," like a fan, vacuum cleaner or clothes dryer.
- Sing or hum to Baby. Or play soft music.

- Give Baby familiar feelings, like the sound of your voice, the beat of your heart, the feel of your skin, the smell of your breath and the comfort of your hug.
- Try skin-to-skin contact, as some babies (and parents) find this soothing.
- Change Baby's position.
- Rock Baby in a chair or swing and hold Baby close.
- Try a wind-up swing. Watch closely to be sure Baby doesn't slump over.
- If Baby is safe, step away. Breathe. Keep your cool and call for help.

Listening to Baby cry can be stressful. Remember to stay calm. Getting angry won't help, but it can hurt. If Baby seems well and you've checked the common causes of crying, take a time-out. Go back to the crying plan you learned about on page 40. Then call Baby's doctor to set up a visit. Need help keeping your cool? Just visit **dss.virginia.gov/family/cps/shaken_baby.cgi**.

Sleepy time

Keep Baby safe during sleep

Sudden unexpected infant death (SUID) and sudden infant death syndrome (SIDS) are two kinds of sleep-related deaths that happen in babies. You can help protect Baby. Just follow these DO'S and DON'TS. And be sure that everyone who cares for Baby follows them, too.

The DO'S and DON'TS of safe sleep

- **Do** place Baby on their back for every sleep (naps and bedtime) until their first birthday.
- **Do** give Baby awake "tummy time" when you are watching.
- **Do** use a firm sleep surface.
- **Do** have Baby share your room, but not your bed.
- **Do** breastfeed, if you can, as it helps protect Baby.
- **Do** offer a pacifier at nap time and bedtime.
- **Do** get Baby any vaccines (shots) that Baby's doctor recommends.
- **Don't** place anything in Baby's sleep area. No pillows, blankets, toys or crib bumpers.
- **Don't** let Baby sleep in your bed, on a couch or chair alone or with anyone.
- **Don't** let Baby overheat during sleep.
- **Don't** use products that claim to lower the risk of SIDS/SUID.
- **Don't** use home heart or breathing monitors to lower the risk of SIDS.
- **Don't** smoke or let anyone smoke around Baby. In Virginia, it is against the law to smoke in a moving or stopped car with kids aged 8 or younger.

Relax about rollovers

If Baby rolls over on their stomach during sleep, it's OK. You don't have to keep flipping Baby over. But continue to put Baby down on their back to sleep. By the time babies learn to roll over, the risk of SIDs is much lower.

And no need to worry about choking. Babies have a reflex to keep the airway clear and will cough up or swallow any fluid they spit up. Some babies can't sleep on their backs for health reasons. You'll want to follow the advice from Baby's doctor.

Learn more about safe sleep

Want to learn more? Just visit **dss.virginia.gov/family/safe_sleep.cgi**. This is your Virginia Department of Social Services. The Safe Sleep Virginia program has even more tips and tricks to create a safe and healthy sleeping space for Baby, including their Baby Box program.

Get your rest, too

You might be wondering if you'll ever sleep again. Really sleep. Don't worry, you will. Many babies aged 3-4 months can sleep at least five hours at a time. During the first year, Baby may sleep up to 10 hours. In the meantime, here are some good rules of rest to try:

- Sleep when Baby sleeps. Most other things can wait.
- Don't play the host. Instead, ask friends and family to watch Baby. If Baby isn't sleeping, be sure they know how to hold Baby and what to do if Baby cries.
- Share duties with your partner so that both of you can rest.
- Be sure your room is dark, quiet and cool.
- Avoid nicotine, caffeine and alcohol in the afternoon or at night.
- Get moving with physical activity, but not too close to bedtime.
- Avoid bright light from TVs, phones or computers around bedtime.

If you have trouble sleeping, talk with your doctor. Certain health conditions can make it harder to sleep. Remember, Baby care starts with "you" care. Be sure to take care of yourself.

Baby smiles

Prepare for teething

Teething is a normal part of growth that all babies go through. It can start as early as 4 months or not until much later. Most often, you'll see the two bottom front teeth first, followed by the two top front teeth.

When teething starts, Baby may be fussy or have trouble sleeping. You may also see a loss of appetite or more drooling than usual. Be sure to keep the skin dry to prevent a rash. You can also try a water-based lotion. Some babies have a low-grade fever (rectal temperature of 99°F). These are all normal signs of teething. Diarrhea, rash and a fever over 100.4°F are not normal, so call Baby's doctor if you're worried.

Start brushing that first tooth

Start caring for Baby's teeth as soon as you see them. And set up that first dental checkup after the first tooth comes in and before Baby's first birthday. You can brush with fluoride toothpaste and a soft child's toothbrush. Avoid cavities by:

- Not giving Baby a bottle at nap or bedtime
- Not using bottles or sippy cups as pacifiers
- Limiting sweet or sticky foods, like juice

Don’t use teething creams, gels or tablets

Teething creams and gels don’t work because they wash out so quickly. They can also lead to a serious health condition (methemoglobinemia) that can cause death. Avoid homeopathic teething tablets as well, as many use belladonna, a plant poison.

Follow these tips for teething pain

- Give Baby a teething ring made of firm rubber to chew on (avoid liquid-filled or plastic). Teethers that you freeze can get too hard and cause harm.
- Gently rub the gums with a cool wet washcloth or your clean finger. You can also try a cool spoon or moist gauze pad.
- Feed Baby cool soft foods, like applesauce or yogurt (if eating solid foods).
- Use a bottle if it helps, but use water. Formula, milk and juice can cause tooth decay.
- You can try acetaminophen (Tylenol® and others) or ibuprofen if Baby seems to be in a lot of pain. Ask Baby’s doctor how much medicine to give. **Never give aspirin to Baby.**

Care for your own teeth, too

When you’re caring for Baby, it can be easy to skip healthy habits for yourself. Remember your own oral health. And see your dentist. It’s covered. Smiles For Children provides dental care for children and pregnant women aged 21 years and older. To learn more, just call **1-888-912-3456**.

Happy tummies

Feed Baby when hungry

Feed Baby every time they seem hungry. This can mean 8-12 times a day for babies who breastfeed (with 10-15 minutes per breast each time). Or 6-10 times a day for babies who feed on formula (including overnight).

Wake Baby for feeding

It's OK to wake Baby for feeding. Babies who breastfeed shouldn't sleep more than four hours without feeding. Babies who feed on formula shouldn't sleep more than four to five hours.

Know the signs of hunger

Feeding will be much more fun if you can spot the signs before Baby gets fussy:

- Grabbing or leaning toward a breast or bottle
- Pointing at a spoon or food
- Smacking lips
- Sucking on hands

Know the signs of getting enough to eat

Several wet or dirty diapers during the first few days are a good sign that Baby is getting enough to eat. About four to five days after birth, Baby will also start to gain weight. Later, Baby may show these signs:

- Actively moving hands
- Closing mouth
- Falling asleep
- Handing food back to feeder
- Pulling away
- Shaking head

Breastfeed if you can

You may have planned to breastfeed when you were pregnant. Did you change your mind? Why not give it another try? Remember, breastfeeding has lots of perks for both Baby and you. If you can breastfeed for the first six months, you'll be giving Baby a great start. And you can get lots of help (see page 31).

Remember the facts about breast milk

If you're breastfeeding, everything you eat or drink passes to Baby through your breast milk. This includes alcohol, medicines or drugs.

Get your no-cost breast pump

If breastfeeding, you'll want to empty your breasts regularly with feeding or a breast pump. This prevents your breasts from becoming full and painful. You can get a breast pump at no cost. Just call us at **1-800-279-1878 (TTY: 711)**.

Choose the right formula if you don't breastfeed

If you don't breastfeed, Baby needs formula for the first six months to one year. Ask your doctor for a good choice. Baby needs the nutrients in formula. You'll want to follow the directions on the container closely. You may need to switch formula if Baby shows any signs of allergies. Watch for extra gas, very loose watery stools and a lot of crying or fussiness after feeding.

Start solid foods when Baby is ready

When babies move to solid foods, they need less breast milk or formula. You'll want to give all solid foods with a spoon, not added to a bottle. Baby may be ready for solid foods when hungry for more after 8-10 breastfeedings or 32 ounces of formula. Baby may also show an interest in what you're eating.

Follow these feeding tips

- Don't give honey to Baby. Avoid eggs, peanuts (and tree nuts) for now, too.
- If breastfeeding, follow the same rules for avoiding food illnesses that you followed while you were pregnant (see page 12).
- Wash your hands often to avoid spreading bacteria to Baby from dirty diapers, raw meat, eggs, pets or dirt.
- Don't put baby food or a bottle back in the refrigerator if Baby doesn't finish.
- Don't give Baby raw or unpasteurized milk, fruit or vegetable juice.
- Use soap and hot water to wash everything that comes into contact with Baby's food.
- Always call Baby's doctor with questions about feeding or weight gain.

Don't worry about spitting up

Spitting up is normal for Baby and not a sign of bad health. But call the doctor if Baby:

- Begins spitting up at age 6 months or older
- Spits up blood or something that looks like coffee grounds
- Spits up forcefully
- Spits up green or yellow fluid

You can burp Baby during and after feeding to help prevent too much spitting up.

Get the scoop on poop (bowel movements or stools)

Three things to notice about Baby's poop are color, consistency (soft, hard) and frequency (how often). These can all change in the first days and months after birth. Baby's first poops are black, dark green and tarry. This is called meconium. After Baby digests breast milk, the poop turns yellow-green to yellow and looks seedy and loose. Babies that feed on formula have yellow or tan poop with hints of green. It's also a bit more firm.

Watch for constipation and diarrhea

Poop changes again once Baby starts eating solid foods. Be careful with cereal and cow's milk. These can constipate Baby and make it hard to go. Experts don't recommend cow's milk for babies aged 12 months and younger. Their bodies can't handle it yet. If Baby has diarrhea and is aged 3 months or younger, call the doctor. In some cases, they may need medicine. And be sure Baby is getting enough fluids to prevent dehydration.

If you're worried that the poop doesn't look normal, call Baby's doctor, especially if poop is:

- White, red (bloody) or still black, even several days after birth
- Unusually watery or happens more often than usual
- Hard, dry and Baby seems to have trouble passing it

Baby's doctor will want details about Baby's poop, so keep track of the color, consistency and frequency.

Helping hands

Aetna Better Health of Virginia
See your Member Handbook to learn more about your benefits. Visit **AetnaBetterHealth.com/Virginia** to review the handbook online. Need a paper copy at no cost? Call us at **1-800-279-1878** (**TTY: 711**). You can also get a handbook in another language or in audio, large print or Braille.

Aetna Better Health of Virginia
9881 Mayland Drive
Richmond, VA 23233

Member Services and care coordinators
1-800-279-1878 (TTY: 711)
24 hours a day, 7 days a week

24/7 nurse line
1-877-878-8940

Before Baby Moms Club of Virginia
This no-cost club focuses on help and support for pregnant women. To find a meeting near you, just visit **bbmomsclub.com**.

CHIP of Virginia
CHIP provides services through a home visiting program to help families reach their full potential. You can learn more at **familiesforwardva.org/chip-of-virginia**.

Cover Virginia
Baby can get benefits for up 12 months after birth. To enroll Baby, call **833-522-5582**. Or visit **coverva.org**. You can also call your local Department of Social Services (DSS) office.

Dental services
Smiles For Children provides dental care for children and pregnant women aged 21 years and older. To learn more, just call **1-888-912-3456**. For pregnant women, these benefits stop at the end of the month following the 60th day after you gave birth.

Rides to planned health care visits
Call **1-800-734-0430**. Be sure to call at least 3 working days before you need a ride.

Virginia Department of Children and Family Services
Find services for parents at **dss.virginia.gov/family/cfs_plan.cgi**. Or call **211** to learn more.

Women, Infants, and Children (WIC)
WIC provides food, help and advice for pregnant women, infants, and children aged 5 and younger. To learn more, visit **vdh.virginia.gov/wic** or call **1-888-942-3663**.

Home-Delivered Meals
Meals delivered to your home after hospital discharge. For more information, call **1-800-279-1878 (TTY: 711)** or visit **AetnaBetterHealth.com/Virginia**.

Nondiscrimination Notice

Aetna complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Aetna does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

Aetna:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need a qualified interpreter, written information in other formats, translation or other services, call the number on your ID card or **1-800-385-4104**.

If you believe that Aetna has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with our Civil Rights Coordinator at:

Address: 4500 East Cotton Center Blvd
Attn: Civil Rights Coordinator
Phoenix, AZ 85040
Phone: 1-888-234-7358, TTY: 711
Email: MedicaidCRCoordinator@aetna.com

You can file a grievance in person or by mail or email. If you need help filing a grievance, our Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue, SW Room 509F, HHH Building, Washington, D.C. 20201, 1-800-368-1019, 1-800-537-7697 (TDD).

Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company, and its affiliates.

Multi-language Interpreter Services

English: Attention: If you speak English, language assistance services, free of charge, are available to you. Call the number on the back of your ID card or **1-800-385-4104 (TTY: 711)**.

Spanish: Atención: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que aparece en el reverso de su tarjeta de identificación o al **1-800-385-4104 (TTY: 711)**.

Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 귀하의 ID 카드 뒷면에 있는 번호로나 **1-800-385-4104 (TTY: 711)** 번으로 연락해 주십시오.

Vietnamese: Chú Ý: nếu bạn nói tiếng việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Hãy gọi số có ở mặt sau thẻ id của bạn hoặc **1-800-385-4104 (TTY: 711)**.

Chinese: 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電您的 **ID** 卡背面的電話號碼或 **1-800-385-4104 (TTY: 711)**。

Arabic: دمات المساعدة اللغوية تتوافر لك بالمجان. اتصل على الرقم الموجود
ملحوظة: إذا كنت تتحدث باللغة العربية، فإن خ
خلف بطاقتك الشخصية أو عل **1-800-385-4104** (للصم والبكم: **711**)

Tagalog: Paunawa: Kung nagsasalita ka ng wikang Tagalog, mayroon kang magagamit na mga libreng serbisyo para sa tulong sa wika. Tumawag sa numero na nasa likod ng iyong ID card o sa **1-800-385-4104 (TTY: 711)**.

Persian: رایگان می توانید به خدمات کمک زبانی دسترسی داشته باشید. با شماره
نماسَ بکیرید. اگر به زبان فارسی صحبت می کنید، به صورت
درج شده در پشت کارت شناسایی یا با شماره 1-800-385-4104 (TTY: 711)

Amharic: ማሳሰቢያ፡- አማርኛ የሚናገሩ ከሆነ ያለ ምንም ክፍያ የቋንቋ ድጋፍ አገልግሎቶችን ማግኘት ይችላሉ። በእርስዎ አይዲ ካርድ ጀርባ ወዳለው ስልክ ቁጥር ወይም በስልክ ቁጥር 1-800-385-4104 (**TTY:** 711) ይደውሉ።

Urdu: زبان سے متعلق مدد کی خدمات آپ کے لئے مفت دستیاب ہیں -
پر رابطہ کریں- توجہ دیں: اگر آپ اردو زبان بولتے ہیں، تو
اپنے شناختی کارڈ کے پیچھے موجود نمبر پر یا 1-800-385-4104 (TTY: 711)

French: Attention: si vous parlez français, des services d’aide linguistique vous sont proposés gratuitement. Appelez le numéro indiqué au verso de votre carte d’identité ou le **1-800-385-4104** (ATS: **711**).

Russian: Внимание: если вы говорите на русском языке, вам могут предоставить бесплатные услуги перевода. Позвоните по номеру, указанному на обратной стороне вашей идентификационной карточки, или по номеру **1-800-385-4104 (TTY: 711)**.

German: Achtung: Wenn Sie deutschen sprechen, können Sie unseren kostenlosen Sprachservice nutzen. Rufen Sie die Nummer auf der Rückseite Ihrer ID-Karte oder **1-800-385-4104 (TTY: 711)** an.

Hindi: ध्यान दें: यदि आप हिंदी भाषा बोलते हैं तो आपके लिए भाषा सहायता सेवाएं निःशुल्क उपलब्ध हैं। अपने आईडी कार्ड के पृष्ठ भाग में दिए गए नम्बर अथवा **1-800-385-4104 (TTY: 711)** पर कॉल करें।

Bengali: লক্ষ্য করুনঃ যদি আপনি বাংলায় কথা বলেন, তাহলে নিঃখরচায় ভাষা সহায়তা পরিষেবা উপলব্ধ আছে। আপনার পরিচয়পত্রের উল্টোদিকে থাকা নম্বরে অথবা **1-800-385-4104** (TTY: **711**) নম্বরে ফোন করুন।

Kru: Tû dɛ nâ jiɛ́ bò: ɛ yemâ wlu bɔ̀ɛ̀ɛ nˆ a po |Klào Win, neɛ́ â-á win kwa cɛtiyɔ+ ne-lá, i bɛlɛ́-ó bi má-ó mû bò kó putu bò. Dá nɔbâ neɛ́ ɛˆ nea-ó nˆ-á jiɛ́ jipolê katɛ́h jɛ ná kpó h, mɔ̀ɔ́ **1-800-385-4104 (TTY: 711)**.

Igbo (Ibo): Nrụbama: Ọ bụrụ na ị na asụ Igbo, ọrụ enyemaka asụsụ, n'efu, dịịrị gị. Kpọọ nọmba dị n'azụ nke kaadị ID gị ma ọ bụ **1-800-385-4104 (TTY:** 711).

Yoruba: Àkíyèsí: Tí o bá sọ èdè Yorùbá, àwọn olùrànlọ́wọ́ ìpèsè èdè ti wá ní lẹ fún ọ lọ́fẹ̀ẹ́, pe nọ́ńbà tí ó wà lẹ́yìn káàdì ìdánimọ rẹ tàbí **1-800-385-4104** (**TTY:** 711).

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