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Events listed on back cover. CM-0716-279

We have moved!

Texas Children's Health Plan is growing! In order to serve you better, we have moved to a new space. Our new address is 6330 W. Loop South, Suite 800, Bellaire 77401. Visit us online at TexasChildrensHealthPlan.org for more information.



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> Texas Children's Health Plan

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Healthy you, healthy baby

Breastfeeding diet guidelines

If you plan to breastfeed your baby, it is important that you eat good, healthy food. This will nourish you and your baby, just like while you are pregnant. Follow these daily guidelines while you are breastfeeding.

Protein: 3 servings. This includes fish or meat, cheese, eggs, and beans.

Calcium: 5 servings. You can get this from yogurt, milk, cheese, and spinach.

Vitamin C: 2 servings. This vitamin can be found in citrus foods and juices, broccoli, and tomatoes.

Iron-rich foods: 1 or more servings. Lean meats, legumes (beans, lentils), and spinach contain iron.

Green leafy and yellow vegetables, and yellow fruits: 3 to 4 servings.

Other fruits and veggies: 1 or more servings.

Whole-grain carbs (such as 100% wheat bread): 3 servings.

Water, juice, non-carbonated, non-alcoholic drinks: 8 glasses a day.

High fat foods: limit the amount of these you eat.

Prenatal vitamin: continue taking while breastfeeding.

Why your baby

benefits from breastfeeding

Are you trying to decide if you are going to breastfeed? If so, take a look at these benefits.

Avoid infection. Breastfed babies are far less likely to get ear, respiratory tract, or urinary tract infections, as well as other common illnesses. This is in large part because your baby's immune system is strengthened by antibodies passed from the mom through her milk.

Avoid the flab. While breastfed babies tend to be thinner than formulafed babies, their weight gain is steady. There is less risk of obesity among exclusively breastfed babies.

Brainier babes. Studies show a slight increase in the intellect of breastfed babies compared with those who are fed formula. The skin-to-skin contact with mom is also great for your baby's emotional development.

Mighty mouths. Breastfed babies build stronger jaws and have welldeveloped teeth (and fewer cavities later in life).

Bold eaters. Research has found (and so have moms) that formula-fed babies are more timid than breastfed babies when they begin eating solid foods.



Spanish Egg Wrap

Craving some Mexican? This egg wrap will satisfy your earlymorning munchies.

- Scramble 1 egg and 1 egg white in 2 teaspoons olive oil.
- Add 1 cup baby spinach and sauté until just wilted.
- Put egg-spinach mixture on a 10-inch whole wheat tortilla, along with ¼ cup of shredded Mexican blend cheese and ¼ cup salsa.

• Roll up and enjoy!

How do I get my baby on a feeding schedule?

Whether breastfeeding or bottle feeding, your baby may need time to settle into an eating schedule. It is best to be flexible during those first few months, but there are a few things you can do to help your baby get into a feeding routine.

- Newborns need to eat every two hours or so and feeding on demand is important for that first month of life. Feed baby at early signs of hunger (sucking on hand, turning head towards you, lip smacking).
- As baby gets older, he will naturally begin to eat larger amounts at one time. This means he will also probably be able to go a little longer between feedings. After about a month, he may be able to space feedings out to every 3 hours. You can help make sure that your baby is full at the end of each feeding by burping him and not letting him fall asleep in the middle of a feeding.
- Try to time feedings consistently. For example, don't schedule a trip to the store at a usual feeding time.
- Try to be consistent with where you feed your baby to help him learn when it is feeding time.
- Keep in mind that even once your baby starts to get on a schedule, it is still important that you follow his hunger cues because babies may need to eat more often when they are going through a growth spurt. Crying is a late sign of hunger.

Source: babycenter.com



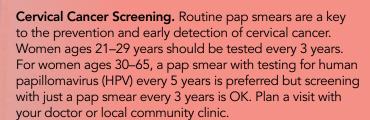




Get the care you need

We want our expecting moms to have a great pregnancy. And that means it's important for you to go to the doctor. After all, a healthy mom and a happy baby begin with quality prenatal care!

Don't wait. Get seen right away. As soon as you think you're pregnant, you should schedule your first prenatal visit. Your OB/GYN will want to see you in your first trimester or within 42 days of joining Texas Children's Health Plan.



Mammography. Women are encouraged to talk with their doctor about screening for breast cancer with a mammogram. The American College of Obstetricians and Gynecologists recommends annual mammograms beginning at age 40. Early detection can lead to improved outcomes in women diagnosed with breast cancer. Plan a visit with your doctor or local community clinic.

For help finding a doctor visit TexasChildrensHealthPlan.org under "Find a Doctor" or call 1-866-959-2555 (STAR) or 1-866-959-6555 (CHIP).

Don't forget about your postpartum check-up. It is also important for you to go for a postpartum checkup after having your baby. Your OB/GYN MUST see you within 3 to 6 weeks after delivery or sooner if you had a C-section.

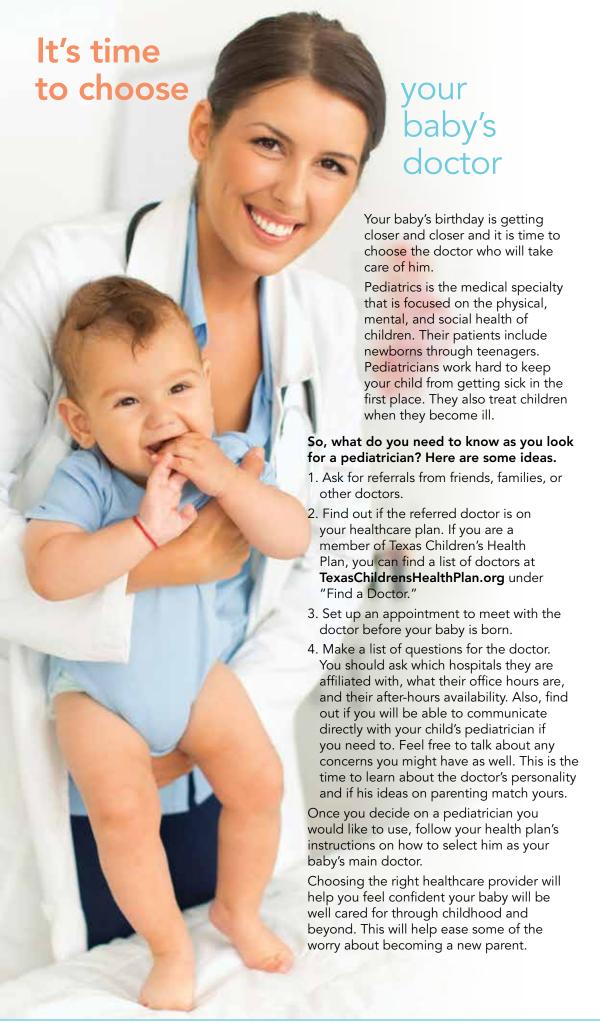
To sign your newborn up for Medicaid, call 2-1-1 and report the birth of your child to Health and Human Services Commission or visit yourtexasbenefits.com.





Your baby now weighs about 2½ pounds, about the size of a butternut squash, and is a tad over 15 inches long from head to heel. Your baby's muscles and lungs are continuing to mature, and its head is growing bigger to make room for his developing brain. Because his bones are soaking up lots of calcium, be sure to drink your milk, or find another good source of calcium, such as cheese, yogurt, or enriched orange juice.





Nurse Help Line

Call our **Nurse Help Line** 24 hours a day, 7 days a week at 1-800-686-3831

to speak with a registered nurse.

Call Member Services at 1-866-959-2555 (STAR) 1-866-959-6555 (CHIP) midwife, or OB/GYN.



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