

StarBabies



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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.



**Texas Children's
Health Plan**



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Healthy you, healthy baby



Why your baby benefits from breastfeeding

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.



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 formula-fed 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 well-developed 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 early-morning 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



What can I expect in my...

7th month of pregnancy?

The 7th month of pregnancy marks the beginning of the 3rd trimester. You are two-thirds through your pregnancy, and it won't be long now until your baby's birthday!

Between 28 to 31 weeks of pregnancy, your baby will grow from about 2½ pounds and 16 inches long to over 3 pounds and 18 inches long.

At this point in your pregnancy, your baby:

- Kicks strongly.
- Blinks.
- Has rapid brain growth.
- Has all 5 senses.
- Is gaining weight quickly.

Besides a rapidly growing belly you may also experience some of the following:

- Achiness in your lower belly and sides as your ligaments continue to stretch.
- Leg cramps.
- Backaches.
- Swelling in your feet and ankles.
- Braxton Hicks contractions, which usually don't hurt and are helping to prepare your uterus for labor.

This month, your doctor may check your blood sugar levels. This visit is also a good time to talk about your birth plan with your doctor. Have you signed up for childbirth classes yet? We offer classes for our members. You can sign up at [TexasChildrensHealthPlan.org/StarBabies](https://www.texaschildrenshealthplan.org/StarBabies).



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.

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.



Cervical Cancer Screening. Routine pap smears are a key to the prevention and early detection of cervical cancer. Women ages 21–29 years should be tested every 3 years. For women ages 30–65, a pap smear with testing for human papillomavirus (HPV) every 5 years is preferred but screening with just a pap smear every 3 years is OK. Plan a visit with your doctor or local community clinic.

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).

How your baby is growing



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.





It's time
to choose

your baby's doctor

Your baby's birthday is getting closer and closer and it is time to choose the doctor who will take care of him.

Pediatrics is the medical specialty that is focused on the physical, mental, and social health of children. Their patients include newborns through teenagers. Pediatricians work hard to keep your child from getting sick in the first place. They also treat children when they become ill.

So, what do you need to know as you look for a pediatrician? Here are some ideas.

1. Ask for referrals from friends, families, or other doctors.
2. Find out if the referred doctor is on your healthcare plan. If you are a member of Texas Children's Health Plan, you can find a list of doctors at **TexasChildrensHealthPlan.org** under "Find a Doctor."
3. Set up an appointment to meet with the doctor before your baby is born.
4. Make a list of questions for the doctor. You should ask which hospitals they are affiliated with, what their office hours are, and their after-hours availability. Also, find out if you will be able to communicate directly with your child's pediatrician if you need to. Feel free to talk about any concerns you might have as well. This is the time to learn about the doctor's personality and if his ideas on parenting match yours.

Once you decide on a pediatrician you would like to use, follow your health plan's instructions on how to select him as your baby's main doctor.

Choosing the right healthcare provider will help you feel confident your baby will be well cared for through childhood and beyond. This will help ease some of the worry about becoming a new parent.

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)
for help picking a doctor,
midwife, or OB/GYN.

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