

StarBabies



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CM-0000-000

Remember: it's mosquito season

As the weather gets warmer, the mosquitoes get more active. Mosquitoes can carry serious viruses, including Zika. Zika can be harmful to unborn babies. We want you to have a healthy pregnancy and the best possible outcome, so don't forget to protect yourself from getting bitten. Be sure to use mosquito repellent containing DEET and wear long sleeves and pants, socks, and closed shoes when outdoors. You can find out more at <http://cdc.gov/zika/pregnancy/index.html>



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Early care = better care

Having a healthy pregnancy is one of the best ways to promote a healthy birth. Getting early and regular prenatal care improves the chances of a healthy pregnancy. Prenatal care is extremely important because it reduces the risk of pregnancy-related complications such as anemia, preterm birth, preeclampsia, complications of diabetes, or poor growth of the baby during the pregnancy.

Women who think they might be pregnant should plan a visit to their healthcare provider to start prenatal care as soon as a home pregnancy test is positive. Many local clinics or hospitals do a pregnancy test at no cost. They can give you a proof of pregnancy letter. Some of these clinics will even start your prenatal care before you have your Medicaid card. Ask at your clinic.

Prenatal visits to a health care provider include a physical exam, weight checks, and providing a urine sample. Depending on the stage of the pregnancy, healthcare providers may also do blood tests and imaging tests, such as ultrasound exams. These visits also include discussions about the mother's health, the infant's health, and any questions about the pregnancy.

Prenatal care is an important part of a healthy pregnancy. For more information visit www.nichd.nih.gov/health/topics/pregnancy/conditioninfo/Pages/prenatal-care.aspx.

*Dr. Lisa Hollier, Chief Medical Officer of Obstetrics/Gynecology
Texas Children's Health Plan*

Baby's first kicks

Toward the end of your 4th month, it is possible that you will begin to feel the tiny, subtle movements of your baby.

When you feel your baby move for the first time, it may not feel like a kick. It may feel like the tiny flutter of a butterfly in your belly. You might not recognize the movement at first. You might think it is gas or your stomach growling. Or, it could feel like a bubble bursting in your stomach.

Do not worry at this stage of your pregnancy if you don't feel your baby move every day. This is not unusual during your 4th month. Some mothers do not feel their babies move at all during this time. As your baby grows, the kicks and movements will get stronger. Soon enough, you will feel your baby kick, flip, and move about at all hours of the day or night!

Source: What to Expect When You're Expecting

Your doctor will probably want to see you on the following recommended schedule of prenatal visits.

- Weeks 4 to 28: 1 prenatal visit a month.
- Weeks 28 to 36: 1 prenatal visit every 2 weeks.
- Weeks 36 to 40: 1 prenatal visit every week.





what to expect

your fourth month of pregnancy..

Congratulations! You are now starting your second trimester of pregnancy. During the 4th month (14 through 17 weeks), the symptoms of early pregnancy may start to ease up. This means that the nausea and tiredness might be replaced with feeling hungry and having energy. Maybe you will not need to urinate (pee) as often. You might start to experience heartburn and constipation. And, it is very likely that your pregnant belly will start to “show.”

Your visit to the doctor this month will include checking your weight, listening to the baby’s heartbeat and checking the size of your uterus.

It is possible that you will be scheduled for an ultrasound this month so the doctor can be sure that your baby is growing properly. You may also have a simple blood test that can show an increased risk for some potential problems. Even though this seems like a lot of tests, most babies are born completely healthy.

Source: WhatToExpect.com



Here is what your baby will be doing during the next 4 weeks:

Week 14—Your baby is about the size of your clenched fist. He may be sprouting hair and eyebrows.

Week 15—Baby is about the size of an orange. He may wiggle his fingers and toes. He may suck and swallow.

Week 16—Your baby weighs between 3 and 5 ounces and is 4 to 5 inches long. He is moving more and more. Even though his eyes are still sealed shut, he can start to perceive some light.

Week 17—Baby is about 5 inches long and weighs about 5 ounces. He is beginning to grow body fat. He will continue to practice sucking, swallowing and breathing.

During your 4th month, continue to **eat well, exercise and get plenty of rest.**



Breathe easy so your baby can, too!

It's important to manage your asthma during pregnancy.

When you are pregnant, one of the most important things for your baby's health is your breathing. If you have an asthma attack, it is much more dangerous for your baby than medicines prescribed to prevent or treat an asthma attack.

Protect yourself from asthma.

How well you breathe starts with what you breathe. Often the worst air is in our homes. Smoke, from any sources, hurts breathing. Strong smelling chemicals like air "fresheners" and cleaners can irritate lungs and hurt breathing. Allergies can also trigger asthma – but only if you are allergic to something. Common allergies include dust and dust mites, the dander (shed skin) from furry or feathered pets, cockroaches, mold and mildew, and the pollens of trees, grasses, and weeds. If you have problems with allergies and /or asthma ask your doctor to help you find your allergies.

Protect your baby.

What you breathe when you are pregnant can affect how your baby's lungs develop. Babies of mothers who smoke or breathe second-hand smoke have a much higher risk of wheezing as a baby and asthma that is hard to control when they are older. So, don't smoke or be around others who smoke.

All-natural, low-odor cleaners are better for your health

Here are some recipes for all-natural, low odor cleaners that you can use during your Spring cleaning.

All-purpose cleaner

- White vinegar
- Water
- Lemon juice (few drops)
- Tea tree oil (few drops)

In a spray bottle, combine equal parts white vinegar and water. Add a few drops of lemon juice for a fresh scent.

Or you can add a few drops of tea tree oil for disinfectant properties. Shake well before using.

Floor cleaner

- ½ cup white vinegar
- 1 gallon hot water

Mix ½ cup white vinegar with 1 gallon hot water to safely clean hardwood, linoleum, vinyl, tile, and laminate flooring.

Window cleaner

- Water
- White vinegar

In a spray bottle, combine 2 parts water with 3 parts white vinegar. Spray on windows and wipe with newspaper or paper towels.



It's not too early to prepare for your baby's birth

Make your plans now to attend one of our childbirth classes. These classes are just one of the extra services you get for being a Texas Children's Health Plan member. Why should you take a childbirth class?

- Get gifts and tips for a healthy pregnancy and healthy baby.
- Comfortable environment to learn with other mothers like you.
- Your partner/family member will be able to learn with you.
- Have answers to your questions regarding healthy birth and breastfeeding.
- Learn the keys to successfully begin to breastfeed.

For the breastfeeding portion of the class, you will:

- Increase your confidence in your ability to breastfeed your baby for as long as you desire.
- Learn what to expect, how to establish your milk supply, and how to properly latch baby to the breast.

Sign up at [TexasChildrensHealthPlan.org/events/member/childbirth-education](https://www.texaschildrenshealthplan.org/events/member/childbirth-education)



Take
advantage of
berry season!

Layered Berry Parfait

Ingredients:

- 1 cup sliced fresh strawberries
- 1 cup fresh blueberries
- 2 Tbsp. honey
- 1 tsp. grated lemon peel
- ¼ tsp. nutmeg
- 4 containers (6 oz. each) low-fat vanilla yogurt
- 1 ½ cups granola or strawberry bran cereal

Directions:

1. In a small bowl stir together strawberries, blueberries, honey, lemon peel, and nutmeg.
2. In 6 parfait glasses or dessert dishes, layer yogurt, fruit mixture, and cereal.
3. Serve immediately.

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. 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).



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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Send comments to:

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We're giving away school supplies

Save the date
Saturday, August 5
10 a.m. to 2 p.m.
Almeda Mall
12200 Gulf Fwy.
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