

StarBabies



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FIGHT ZIKA: get your insect repellent today!

Texas Medicaid and CHIP will now pay for the cost of mosquito repellent to help prevent the spread of Zika.

Women who are between the ages of 10 and 45 or pregnant are able to get up to 2 cans per month from their pharmacy until October 31, 2016. Zika is spread mostly by mosquito bites. It can cause severe birth defects in unborn babies if their mothers are infected while they are pregnant. If you are an eligible CHIP or Medicaid participant, you can request mosquito repellent at your pharmacy.



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Texas Children's Health Plan
P.O. Box 301011
Houston, TX 77230-1011

Nine months and counting!

Finally— the month you have been waiting for! By the end of this month, your baby is fully grown. He is ready to come out and be loved! Most newborn babies are between 19 to 22 inches long and weigh from 6 to 10 pounds.

During this month your body will feel different than the other months. You may:

- Feel the baby squirming, with less kicking, since the baby has less room to move around.
- Have thicker and more vaginal discharge.
- Be constipated.
- Have leg cramps.
- Have aches in your pelvis.
- Have Braxton Hicks (false labor pains).

Things you need to do:

- Keep your prenatal appointments.
- Report any contractions to your doctor.
- Know the difference between real contractions and Braxton Hicks.
- Learn how to count and time your contractions.
- Know when you should call your doctor.
- Make sure you have the phone numbers of people you need to call when you go into labor.
- Pack for the hospital.
- Call the nurse hotline with any questions you have. The nurses are available 24 hours, 7 days a week. Call toll-free at 1-800-686-3831.
- If you have a nurse case manager, contact her for questions.

Am I in labor?

Know the differences between true and false labor.

It is often hard to tell the difference between true labor and false labor. If you are not sure, call your doctor or the Nurse Help Line at 1-800-686-3831 for advice.

Contractions are the tightening of your belly. Here's how you can tell the difference.

Real labor contractions:

- Regular pattern.
- Become closer together and stronger.
- Walking increases the strength and intensity.
- Heating pad will not stop them.
- They start in the back and move to the abdomen or stomach.

False labor contractions:

- Don't come in a regular pattern.
- Do not get closer together or increase in strength.
- May stop if you change positions or activity.
- Heating pad or hot shower may stop them.
- Felt in lower abdomen or stomach and groin.
- Light food, water and rest may stop them.



How your birth partner can help

Decide on a birth partner before your baby's due date. The father of your baby, a friend, or a relative can make a great birth partner. They can help you relax both at home and after you get to the hospital or birthing center. Share the following tips with your partner on how to help you during the delivery.

- Keep you calm and cheerful. Help you breathe and relax during contractions.
- Play your favorite music softly.
- Keep the room quiet while you are having contractions. If other people are in the room, your birth partner can ask them to leave for awhile.
- Encourage and help you change positions or walk around. Even if you don't want to move, it could help you be more comfortable.
- Give you a light or firm massage to help you relax during contractions. Your partner can press on your lower back firmly if it aches.
- Urge you to rest between contractions.
- Be sure you follow all of the doctor's orders during labor and delivery.
- Give you praise and encouragement, especially during the painful moments.
- Stay supportive even if you get angry with your partner.

Arm yourself against the flu!

Flu season is here. You can help stop the spread of flu by getting the flu shot. It's especially important for women who are pregnant to get the flu vaccine because you are at a higher risk for problems from the flu. Not only is it safe for pregnant women to get the flu shot, it could save you or your baby's life.

Don't wait. Protect yourself and your family. You can get the flu shot at your doctor's office.

Should I swaddle my baby?



From moments after birth, parents are taught and encouraged to soothe their newborns to sleep by swaddling them in a snugly wrapped blanket. Pediatricians and caregivers have long recommended this, when done safely as a way to have a happy baby. Yet, a recent study published in the journal, *Pediatrics*, has alarmed parents about the potential risk that swaddling may increase the risk for Sudden Infant Death Syndrome (SIDS).

The study showed that position and age in swaddled babies may be key risk factors. Swaddled infants placed on their tummy or side and swaddled infants who were at least 6 months old had greater risk of death from SIDS or accidental suffocation. Since the American Association of Pediatrics' Back to sleep campaign," death rates from SIDS have decreased thanks to strongly recommended safe sleep practices.

The AAP recommends that parents and caregivers follow these safe sleep practices every time they place their baby to sleep for naps or at nighttime:

- Place your baby on his back to sleep, and check to be sure he doesn't roll over while swaddled. By the age of 2 months, your infant may start trying to roll. This would be a good time to stop swaddling baby for sleep.
- Do not have any loose blankets in your baby's crib. A loose blanket, including a swaddling blanket that comes unwrapped, could cover your baby's face and increase the risk of suffocation.
- Always place your baby to sleep on a firm surface.
- Do not use bumper pads, soft bedding, wedges, toys, pillows or positioners in your baby's crib. Even products advertised to reduce the risk of SIDS can be dangerous in your baby's bed.
- Share a room, not your bed. Your baby is safest in her own crib or bassinet.
- Swaddling can increase the chance your baby will overheat, so avoid letting your baby get too hot. He could be too hot if you notice sweating, damp hair, flushed cheeks, heat rash, and rapid breathing.
- Consider using a pacifier for naps and bedtime.
- Keep your baby away from smokers and places where people smoke. Exposure to smoke has also been associated with an increased risk of SIDS.

In my role as a pediatrician and parent, reading this study reminds me that advising and following the sleep practices for infants supported by the American Academy of Pediatrics is still the best way to keep babies safe while they sleep.

Lia Rodriguez MD FAAP



Schedule your 2-WEEK WELL-BABY VISIT

It takes a lot of time to care for a newborn. Even though you are really busy, it is important not to miss your baby's 2-week well-baby visit.

During this visit the doctor will:

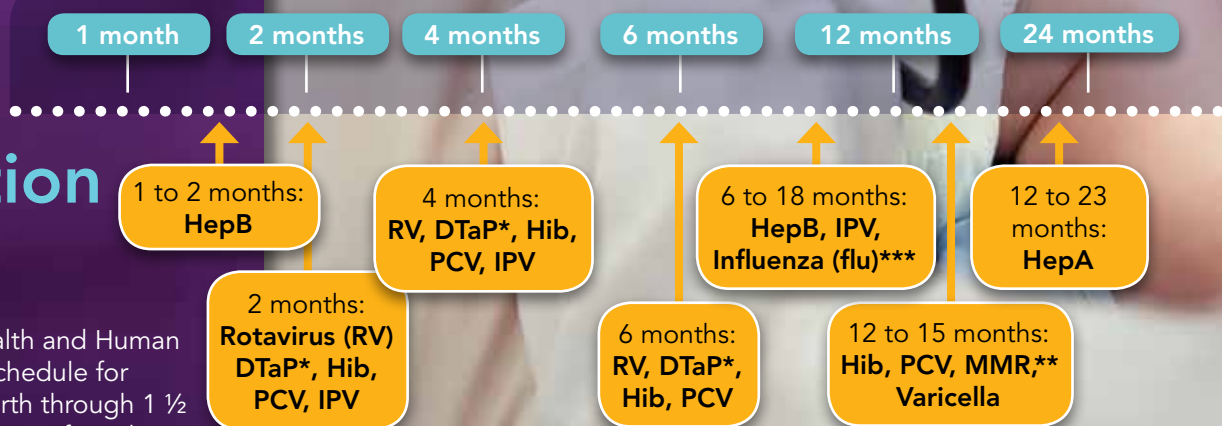
- Check your baby's length, weight, head size, and shape. He will also check other body parts, and will see if she is developing normally.
- Take a blood sample.
- Give your child a shot if needed.
- Talk to you about why it's important for your baby to sleep on his or her back.
- Discuss your baby's eating habits.

Each doctor will have a different approach to well-baby checkups. The length of the exam will vary depending upon your baby's needs. Make the most of your baby's checkup. This is a good time to ask any questions you have.

- Go prepared. Before your appointment, write down the questions you want to ask the doctor.
- If your baby gets a shot, ask the doctor or nurse to give you a copy for your records.
- Talk about how things are going with your baby.
- Share concerns you have about your baby's care.
- Tell the doctor about your baby's eating and sleeping habits.
- Ask about signs and symptoms of common illnesses you should look for in your baby.

Baby Immunization Schedule

The U.S. Department of Health and Human Services recommends this schedule for your baby's vaccines from birth through 1 1/2 years. Talk to your baby's doctor if you have questions about immunizations.



*DTaP protects against diphtheria, tetanus, and pertussis (whooping cough)

**MMR protects against measles, mumps, and rubella

***Yearly, after first series of 2 shots are given.



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).

We need **heroes like YOU** to take a stand against the cold and flu!

Are flu and colds your arch enemy? Don't worry! We are putting the power in your hands to fight these vicious viruses!

Visit **ColdandFluHero.org** to learn what you can do to keep your child well and help him become a cold and flu hero!



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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