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**Texas Children's** 

Houston, TX 77230-1011 Texas Children's Health Plan

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.

Arm yourself against the flu!

Don't wait. Protect yourself and your family.

You can get the flu shot at your doctor's office.

## In this **ISSUE**

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Events listed on back cover. CM-0816-282

Flu season is here! You can help stop the spread of flu by getting the flu shot. It's especially





# The home stretch- Your 8th month

# of pregnancy

It is almost time for your baby to be born! You are probably excited, tired, uncomfortable, and maybe a little scared of what is to come in the next few weeks. This is all normal in your 8<sup>th</sup> month of pregnancy.

During weeks 32 to 35, your baby will continue to grow, gaining about 1/2 pound a week. At the end of the month, she may weigh 5 1/2 pounds and be 20 inches long. She will continue to kick and move around a lot. She also will practice breathing, sucking, and swallowing. She may even suck her thumb! Baby's brain is also growing quickly.

Your doctor will probably check the following things at checkups during this month. Your doctor may want to see you once a week after this month.

- Weight and blood pressure.
- Urine, for sugar and protein.
- Fetal heartbeat.
- Height of uterus.
- Baby's size and position.
- Feet and hands for swelling.
- Group B strep test.
- Symptoms you have been having.
- Review plans for birth control after delivery.

# How your baby is growing this month

### Weeks 32-35

At week 32, your baby is tipping the scales at almost 4 pounds and is almost 19 inches long! Babies gain nearly ½ pound a week at this stage. So, by week 35, he is about 5 ½ pounds and 20 inches long. Baby is almost his birth length, so he will spend most of the rest of his time in the womb gaining weight and growing brain cells!

🕂 1-866-959-2555 (STAR) 🔶 1-866-959-6555 (CHIP)

## Newborn Screening: What you should know

Your baby will be arriving soon and most likely, she will be perfectly healthy. But, sometimes babies are born looking healthy and then suddenly get sick sometime after birth. These illnesses can cause serious health problems or can be life-threatening.

Luckily, there are newborn screenings that can detect these diseases early and, with treatment, can result in a much better outcome for the baby. The Texas Newborn Screening (NBS) tests for 53 disorders in newborns. The tests are performed when the baby is 1 or 2 days old and is done by a simple heel stick. The drops of blood from the heel stick are placed on a card and sent for testing.

Your baby will need to have a second heel-stick when she is 2 weeks old. It is very important to take your baby to this appointment!

Chances are, the test will come back perfectly normal. But, if the test comes back positive for any of the disorders, it doesn't mean that your baby has the disease. Sometimes test results are wrong. What it does mean is that your doctor will want to have more tests done on your baby. If your baby has one of the diseases, treatment will start right away.

Ask your doctor or call our Nurse Hotline at 1-800-686-3831 if you have any questions about the tests.

Source: SaveBabies.org, Texas Department of State Health Services

## Are you prepared for your hospital stay?

Your baby will be arriving soon! To make it the best experience possible, plan now for your hospital stay.

Below are a few things to do to help you be prepared before and after labor.

- Know the route to your hospital. Make a trial run if needed to be sure you know the way.
- Keep your car tank full of gas.
- Know how to contact your partner.
- Arrange for a backup driver in case your partner is not available.
- Know the signs of labor and when to call your doctor.
- Get a watch with a second hand to time your contractions, or download a contraction app on your phone.
- Make arrangements for the care of your other children.
- Prepare your birth plan. This includes the delivery method and whom you want in the delivery room.
- Have your bag packed long before your due date. Include a robe, gown, slippers, a pair of socks, toothbrush and toothpaste, comb, hair tie, and deodorant.

### Items to have ready for your baby:

- Baby's coming-home clothes.
- Baby blanket.
- Infant car seat.

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- Carry lip balm to soothe dry lips during labor and birth.
- Bring tennis balls or a rolling pin in case you have back labor and need them for massage.
- Take your Medicaid or CHIP ID card.
- List of phone numbers of family and friends to call when your baby arrives.
- Camera or video camera.
- A nightgown with a front opening for breast-feeding.
- Maternity nursing bras or tanks.
- Cotton underwear.
- Loose-fitting outfit to wear home.
- Flat pair of shoes.

1-866-959-2555 (STAR)

# **Get ready!** Baby is coming!

Before you bring your baby home from the hospital, you will want to make sure everything is ready to care for her. Here are some things you will need.

> Layette (clothing for your newborn):

- 6 to 8 t-shirts or onesies.
- 6 to 8 sleepers.
- 4 to 6 pairs of booties or socks.
- 4 to 6 receiving blankets.
- Washcloths and towels.

Child safety seat: Make sure your baby's child safety seat is correctly installed in your car before you go to the hospital.

Crib: Choose a crib with slats no more than  $2^{3}/8$  inches apart (the width of a soda can). Make sure the crib isn't painted with lead or varnish. Cribs made after 1989 meet these safety rules.

Diapers: Plan on using about 70 diapers (disposable or cloth) a week.

#### **Medical supplies:**

- Rectal digital thermometer (not a mercury thermometer) and lubricant (petroleum jelly). A rectal digital thermometer gives the best temperature reading for newborns.
- Rubbing alcohol to help clean umbilical cord stump (if advised by doctor).
- Cotton swabs.
- Saline drops to help a stuffy nose.
- Infant nail clippers.
- Suction bulb for nose.

# Creamy Avocado & White Bean Wrap

#### **Ingredients:**

2 Tbsp. cider vinegar 1 Tbsp. canola oil 2 tsp. finely chopped canned chipotle chile in adobo sauce 1/4 tsp. salt 2 cups shredded red cabbage 1 medium carrot, shredded 1/4 cup chopped fresh cilantro 1 15-ounce can white beans, drained and rinsed 1 ripe avocado 1/2 cup shredded sharp cheddar cheese 2 Tbsp. minced red onion 4 8-to 10-inch whole wheat wraps or tortillas

Try this high-protein, highfiber lunch!

#### **Directions:**

- 1. Whisk vinegar, oil, chipotle chile, and salt in a medium bowl. Add cabbage, carrot, and cilantro. Toss to combine.
- 2. Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in cheese and onion.
- 3. To assemble the wraps, spread about  $\frac{1}{2}$  cup of the bean and avocado mixture onto a wrap (or tortilla) and top with about 1/2 cup of the cabbage and carrot slaw. Roll up. Repeat with the remaining ingredients. Cut the wraps in half to serve, if desired.

TexasChildrensHealthPlan.org/StarBabies 🛨 September 2016 🛨

**Star**Babies

## Nurse Help Line

## 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). 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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