

StarBabies



AUGUST 2018

A publication of Texas Children's Health Plan

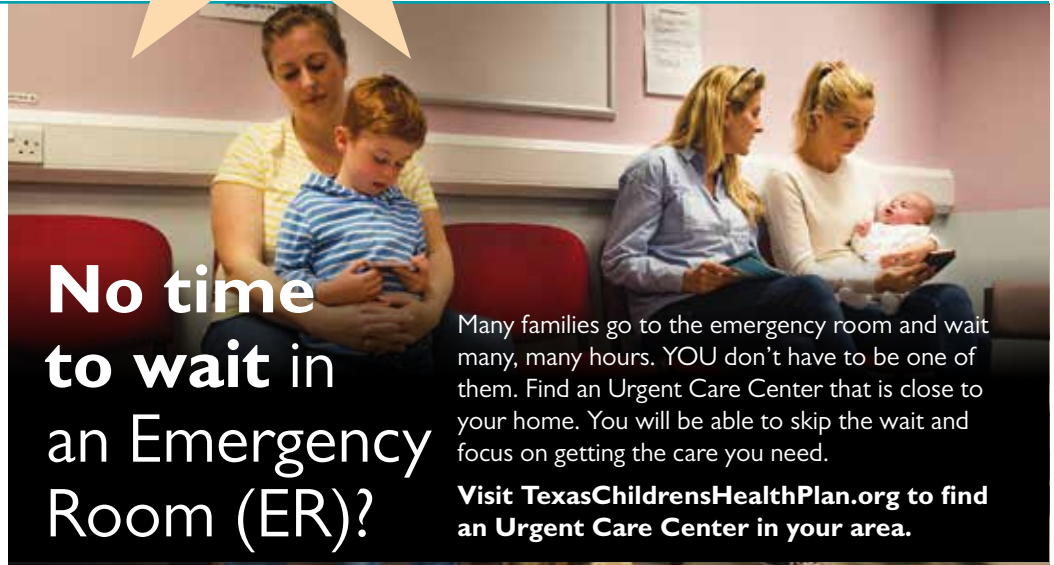
In this issue

- 2 7th month of pregnancy: What your baby is doing
- 3 Benefits of breastfeeding
- 4 How do I get my baby on a feeding schedule?
- 5 My ankles and feet are swollen; what's going on?
- 6 Get the care you need

No time to wait in an Emergency Room (ER)?

Many families go to the emergency room and wait many, many hours. YOU don't have to be one of them. Find an Urgent Care Center that is close to your home. You will be able to skip the wait and focus on getting the care you need.

Visit TexasChildrensHealthPlan.org to find an Urgent Care Center in your area.



NONPROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO. 1167
N. HOUSTON, TX

Texas Children's
Health Plan



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

What your baby is doing

Welcome to your 7th month and your 3rd trimester! It won't be long until you hold your beautiful baby in your arms!

Here's what your little one is doing this month.

Week 28: Baby weighs 2½ pounds and is almost 16 inches long. Baby can now blink her little eyes and dream!

Week 29: Your baby now weighs almost 3 pounds and is nearly 17 inches long. He will continue to grow and gain weight. He may weigh almost 3 times as much at birth as he does right now.

Week 30: Baby is now over 3 pounds and longer than 17 inches. Starting this week, her brain actually starts to look like a brain and is growing fast.

Week 31: This week, baby could be close to 3½ pounds and 18 inches long. While she still has 3 to 5 more pounds to gain before birth, she is getting close to her birth length. All that growing is making her tired and she may sleep for longer periods of time now.

Source: *What to Expect When You're Expecting*

What you may be feeling:

Even though it feels like forever until your baby is due, your delivery date is fast approaching. Here's what you may be feeling.

- 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.

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 formula-fed babies, their weight gain is steady.

Brainier babes. Studies show a slight increase in the intellect of breastfed babies compared with those who are fed formula. The skin-on-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.

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.



How do I get my baby on a feeding schedule?

Whether breastfeeding or bottle feeding, your baby may need a 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.
- 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.

Source: babycenter.com

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 cool gifts and tips for a healthy pregnancy and healthy baby.
- Learn in a comfortable environment 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/StarBabies/Register



My ankles and feet are swollen; What's going on?

Sometimes, late in pregnancy, your extremities may swell and your rings or shoes may get really tight. So what's going on?

Mild swelling or "edema" is normal because you have extra fluids in your body that support you and your baby. Usually, the swelling is more obvious late in the day or when the weather is warmer. Many times, the swelling goes away overnight or after lying down for a period of time.

Here are a few things to help ease the discomfort of swelling:

1. Avoid standing or sitting for long periods of time. Take a break when you can or a short, brisk walk.
2. Elevate your legs when you are sitting.
3. Lie down on your side when you rest.
4. Choose comfortable shoes that aren't too tight.
5. If your doctor says it's still okay to exercise, keep up your routine. It will help keep down the swelling.
6. Drink more water. Even though it doesn't seem right, the more water you drink, the less you will retain.
7. Wear support hose.

The good news is that the swelling will disappear after you give birth.

If your swelling seems more than mild or if you are not sure, talk to your doctor because severe swelling can be a sign of something more serious.

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](https://www.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 health care 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.

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 checkup. 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 Member Services at **1-866-959-2555 (STAR)**.

For help scheduling an appointment, you can call Member Services, email us at HealthPlan@texaschildrens.org, or we can offer a 3-way call with you and the provider.

Nurse Help Line

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

to speak with a registered nurse.

For help picking a doctor,
midwife, or OB/GYN,
call Member Services at
866-959-2555 (STAR)

StarBabies

is published monthly by
Texas Children's Health Plan.

Send comments to:

Star Babies
Texas Children's Health Plan
PO Box 301011
Houston, TX 77230-1011

Creative Manager,
Member Engagement
David Barras

Editor
Sara Ledezma

Layout designer
Scott Redding

©2018 Texas Children's Health Plan.
All rights reserved.
PO Box 301011
Houston, Texas 77230-1011
08/2018



[facebook.com/
texaschildrenshealthplan](https://facebook.com/texaschildrenshealthplan)



[youtube.com/
txchildrenshp](https://youtube.com/txchildrenshp)