

StarBabies



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We're giving away school supplies

Save the date
Saturday, July 28
10 a.m. to 1 p.m.
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Backpacks4School.org

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What to expect your fifth month of pregnancy...

Congratulations! You are halfway through your pregnancy now. By the end of the month, your baby will weigh about a pound and will be nearly 8 inches long. By now, your belly is getting rounder and you are regularly feeling your baby move.

Your baby is developing senses, including touch, hearing, sight, and taste. Even though her eyelids are still closed, she can perceive light. What you eat, she can now taste. She is learning to recognize the sound of your voice.

Here's what you may be feeling this month:

- **More energy.**
- **Achiness in the lower abdomen and along your sides from the stretching ligaments.**
- **More fetal movement.**
- **Backache.**

Be sure to keep your prenatal appointment this month. Keep eating right, taking your prenatal vitamins, and exercising because a healthy mom means a healthy baby!

Source: WhatToExpect.com

Exercise is good for you when you are pregnant!

Exercising while you are pregnant has many benefits. Besides the basic health benefits that people who exercise enjoy, there are a few added bonuses when you exercise during pregnancy. It can help your labor move more quickly and a fit body tends to better handle the hard work of labor. It can help you get back to your pre-baby weight faster after you deliver.

If your pregnancy is normal and your doctor says it is okay, you should get about 30 minutes of moderate exercise per day.

Here are a few exercise options for the hot summer months.

- **Walking.** This is something just about anyone can do. To beat the heat, walk indoors on a track or walk outdoors early in the morning or in the evening when it is cooler.
- **Swimming.** In the water, you weigh just 1/10th of what you do on land. This makes water workouts a perfect choice for a pregnant woman. Swimming in a cool pool can also help keep your body from overheating.
- **Exercise machines.** If you have been using an elliptical or walking on a treadmill before your pregnancy, you should be able to continue. Just be sure to adjust the machine and your pace as needed for your comfort.

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

Keep your cool this summer

Summer is coming and the weather can be hard on everyone, but if you are pregnant, you can really feel the heat. Here are a few ways to keep your cool this summer.

- A cool, damp washcloth placed on your forehead or the back of your neck can help keep your body temperature down.
- Be sure to drink plenty of cool fluids.
- Swim. Not only does swimming cool you off, it is great exercise.
- Wear lightweight fabrics that can breathe. This will keep you cooler and help keep you from developing heat rash.
- Carry a water-filled squirt bottle so that you can mist yourself when you start to feel warm.
- Exercise at the cooler times of day and try not to get overly hot when you exercise. Better yet, try to exercise indoors.

Source: *WebMD*

Wear your seatbelt to protect your baby

One of the best things you can do for your baby is keep yourself safe. One simple way to do that is to always wear your seatbelt when you are traveling in a car. When used the right way, seatbelts help save lives and can lower the risk of you getting badly hurt in a car wreck.

Bad accidents can cause serious problems in your pregnancy, including:

- **Preterm labor.**
- **Premature rupture of membranes (or water breaking).**
- **Placental abruption.** This happens when the placenta separates from the wall of the uterus before birth. This can keep your baby from getting enough oxygen and food.
- **Miscarriage.** This is when a baby dies in the womb before 20 weeks of pregnancy.
- **Stillbirth.** This is when a baby dies in the womb after 20 weeks of pregnancy.

Here is how you should wear a seatbelt when you are pregnant.

- Use both the lap belt and the shoulder strap. Make sure they fit snugly.
- Buckle the lap belt under your belly and over your hips. Do not place the belt across your belly.
- Put the shoulder strap between your breasts and off to the side of your belly. Never place the shoulder strap under your arm.
- If it adjusts, fix the length of the shoulder strap to fit you correctly.
- Adjust your seat to sit as far back from the airbags as possible.

Serious injury to the mother can create other problems for the baby. If you are in a car accident, get medical treatment to make sure you and your baby are okay.

Source: *MarchofDimes.org*



Sun safety tips for the whole family

Summer is here and it's time to go outside and have fun. While your family is having a great time in the sun, they also need to be safe. Here are some sun safety tips to help protect you and your family.

Cover up

- Wear a hat with a 3-inch brim or a bill facing forward.
- Use sunglasses that block 99-100% of UV rays.
- Wear cotton clothing with a tight weave.

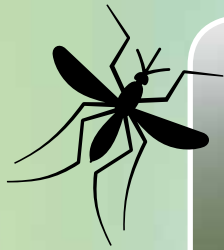
Use sunscreen

Use sunscreen with a sun protection factor (SPF) of 15 or greater whenever you are in the sun.

- Apply sunscreen at least 30 minutes before going outside.
- Re-apply sunscreen every 2 to 3 hours and after your child has been sweating or swimming.
- Apply waterproof sunscreen if you or your child will be around water or will go swimming. Waterproof sunscreens may last up to 80 minutes in the water.

Plan ahead to avoid peak sun hours

- You should avoid sun exposure during peak hours of 10 a.m. to 4 p.m.



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>



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.

Get the care you need

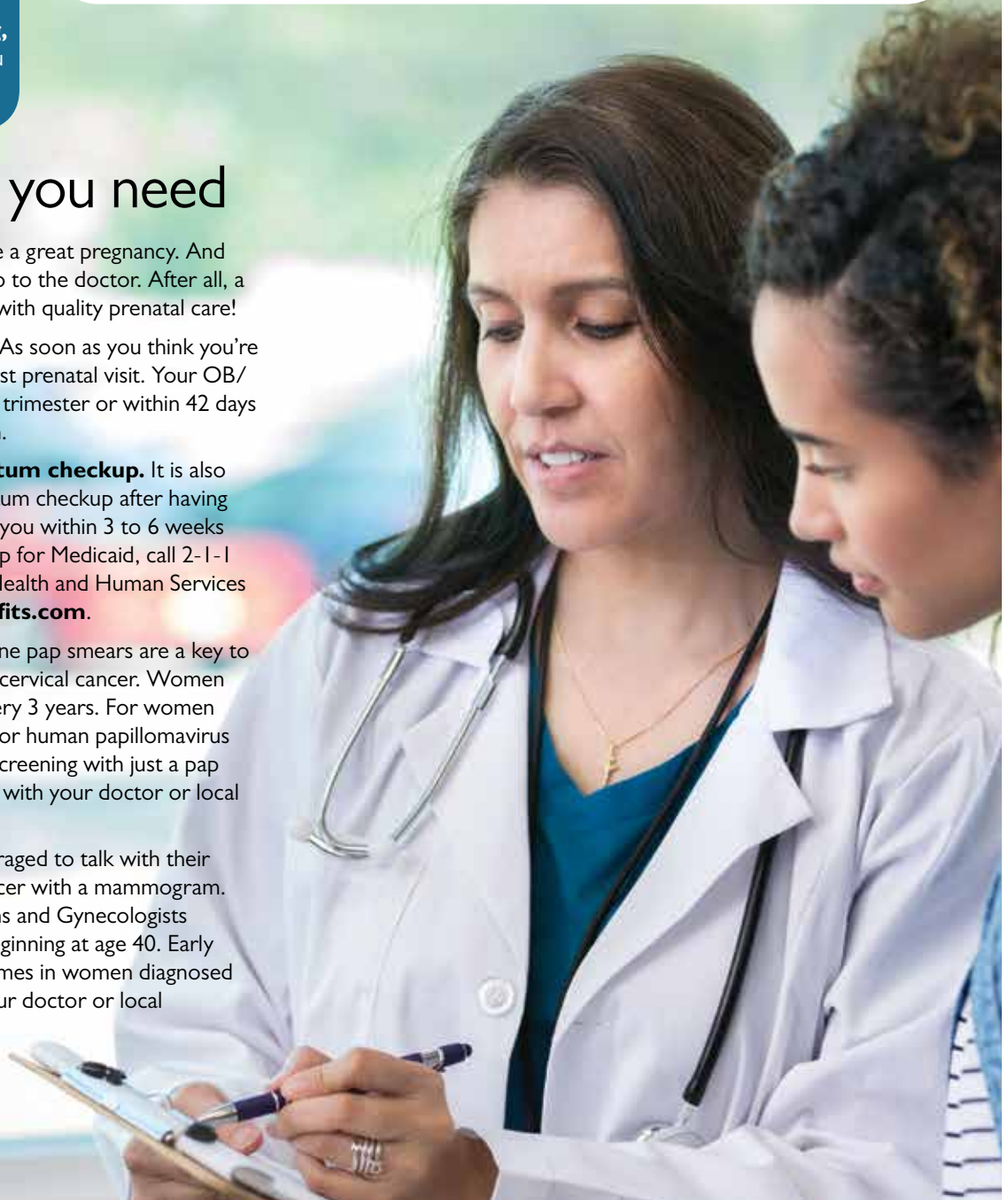
We want our expecting moms to have a great pregnancy. And that means it's important for you to go to the doctor. After all, a healthy mom and a happy baby begin with quality prenatal care!

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.





Enjoy these refreshing drinks to keep you cool and hydrated this summer.

Mixed berry and basil "sangria"

Ingredients:

- 4 ice cubes (if you like, you can freeze some blueberries and grape juice in an ice cube tray)
- ¾ cup unsweetened white grape juice
- 2 to 4 fresh, whole basil leaves
- 2 large or 4 small fresh strawberries, hulled and cut in half
- Cold seltzer water

Instructions:

Add the ice cubes to a glass with the strawberries and basil leaves. Pour the grape juice over the cubes. Top off with the chilled seltzer water.



Mocktails for Mom

Frozen "margarita"

Ingredients:

- 2 TBSP Kosher salt
- ½ lime, cut into 4 wedges
- 1 can (6 oz.) frozen limeade
- ¼ cup orange juice
- 4 cups ice cubes

Instructions:

1. Place salt in a flat dish. Rub rim of glass with a lime wedge. Dip rim into salt. Blend all other ingredients in a blender for 1 to 2 minutes or until crushed.
2. Pour into a glass and enjoy!

Remember to hydrate for your baby's health

As the weather gets warmer, it is important that you remember to drink plenty of fluids to keep yourself and your baby healthy during pregnancy.

Here are just some of the ways drinking water can help your growing baby.

- It helps form amniotic fluid.
- It delivers nutrients to your baby.
- It flushes out waste and toxins.

Drinking enough fluids while you are pregnant can also help you by:

- Easing constipation.
- Reduce swelling of your hands, feet, and ankles.
- Lowering your risk of urinary tract infections.
- Reducing your chance of getting hemorrhoids.
- Building up your blood supply.

Remember to drink 10 to 12 glasses of fluid a day. You don't have to drink only water. Milk, tea, and juice also count. So do fruits, especially juicy ones like watermelon. It is best to avoid sugary drinks and soft drinks. You should also limit drinks that have caffeine.

WhattoExpect.com



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



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