



StarBabies

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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.



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Week 25

Your baby's development

You may notice that your baby has resting and alert periods. You'll notice fetal activity more readily when you are still or relaxing. Your baby's hearing has continued to develop too — he or she may now be able to hear your voice!

Your body

Pregnancy can cause some unpleasant side effects when it comes to digestion. Not only does the hormone progesterone slow the emptying of the stomach — it also relaxes the valve at the entrance to the stomach so that it doesn't close properly. This lets acidic stomach contents move upward into the esophagus. The result: reflux (also known as heartburn) that can make eating your favorite meals a nightmare.

The expanding uterus puts additional pressure on the stomach in the last few months of pregnancy. Try eating smaller, more frequent meals, and avoid spicy and fatty foods.

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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 to 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:

- Ask for referrals from friends, families or other doctors.
- 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 under "Find a Doctor."
- Set up an appointment to meet with the doctor before your baby is born.
- 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 and click "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.

Pregnant or breastfeeding? Nutrients you need

Healthy pregnant or breastfeeding women need to get between 300 to 500 additional calories per day to meet their energy needs and support the healthy growth of their baby.

During pregnancy or while breastfeeding your baby, be sure to eat a variety of healthy foods.

What nutrients do pregnant or breastfeeding women need?

The essential nutrients below will help you and your baby thrive. They're found in fresh fruits and vegetables, whole grains, nuts, beans, dairy products, and lean meats.

Calcium

Calcium helps build strong bones and teeth, and plays an important role in the healthy functioning of the circulatory, muscular, and nervous systems. Pregnant and breastfeeding women should get 1,000 mg of calcium a day. Healthy sources of calcium include low-fat dairy products, calcium-fortified orange juice and cereals, and spinach.

Carbohydrates

Eating carbohydrates helps provide energy to support the growth and development of a baby and, after delivery, breastfeeding. The best sources of carbs are whole grains, fruits, and vegetables, which also are good sources of fiber.

Fiber

Fiber is a nutrient that can help ease the constipation commonly associated with pregnancy. Whole grains (like whole-wheat bread, whole-grain cereals, and brown rice) and fruits, vegetables, and legumes (beans, split peas, and lentils) are good sources of fiber.

Folic acid

Folic acid helps the healthy development of a baby's brain and spinal cord. It's also needed to make red blood cells and white blood cells. Women who get 400 micrograms (0.4 milligrams) of folic acid daily prior to conception and during early pregnancy can reduce the risk that their baby will be born with a neural tube defect (a birth defect involving incomplete development of the brain and spinal cord). Good sources of folic acid include fortified cereals, leafy green vegetables, citrus fruits, beans, and nuts.

Healthy fats

Healthy fats (unsaturated fats) are used to fuel a baby's growth and development. They are especially important for the development of the brain and nervous system. Healthy fats are found in olive oil, peanut oil, canola oil, avocados, and salmon. While fat is necessary in any healthy diet, it's important to limit fat intake to 30% or less of your daily calorie intake.



Iodine

Iodine helps the body's thyroid gland make hormones that help with growth and brain development. Not getting enough iodine during pregnancy can put a baby at risk for thyroid problems and cognitive delays, some of which can be severe. Pregnant or lactating women should use iodized salt in their cooking and eat foods high in iodine, like seafood and dairy products. They also should take a daily prenatal vitamin that includes 150 micrograms of iodide (a source of iodine that's easily absorbed by the body). If your prenatal vitamin doesn't have enough, talk to your doctor about taking an additional supplement.

Iron

Eating a diet rich in iron and taking a daily iron supplement while pregnant or breastfeeding helps prevent iron-deficiency anemia. Women who don't get enough iron may feel tired and are at risk for infections. Good dietary sources of iron include lean meats, fortified cereals, legumes (beans, split peas, and lentils), and leafy green vegetables.

Protein

Protein helps build a baby's muscles, bones, and other tissues, especially in the second and third trimesters of pregnancy. The recommended protein intake during the second half of pregnancy and while breastfeeding is 71 grams daily. Healthy sources of protein include lean meat, poultry, fish, beans, peanut butter, eggs, and tofu.

Vitamin A

Vitamin A helps develop a baby's heart, eyes, and immune system. Prenatal vitamins should not contain more than 1,500 micrograms (5,000 IU) of vitamin A and pregnant women should not take vitamin A supplements.

Both too little and too much vitamin A can harm a developing fetus. Good sources of vitamin A include milk, orange fruits and vegetables (such as cantaloupe, carrots, and sweet potatoes), and dark leafy greens.

Vitamin B6

Vitamin B6 helps form a baby's red blood cells; breaks down protein, fat, and carbohydrates; and is needed for normal brain development and function. Good sources of vitamin B6 include poultry, fish, whole grains, fortified cereals, and bananas.

Vitamin B12

Vitamin B12 plays an important role in the formation of a baby's red blood cells, as well as brain development and function. Vitamin B12 is only found in animal products like meat and eggs, so it's important to speak with your doctor about taking a B12 supplement during your pregnancy and while breastfeeding if you're vegetarian or vegan and don't plan to eat animal products. Good sources of vitamin B12 include lean meats, poultry, and fish, and fat-free and low-fat milk.

Vitamin C

Vitamin C plays an important role in tissue growth and repair, and in bone and tooth development. Vitamin C also helps the body absorb iron. Good sources of vitamin C include citrus fruits, broccoli, tomatoes, and fortified fruit juices.

Vitamin D

Vitamin D aids in the body's absorption of calcium for healthy bones and teeth. Good sources of vitamin D include fortified low-fat or fat-free milk, fortified orange juice, egg yolks, and salmon.

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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
- 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



Yogurt Parfait

Ingredients:

- 1 cup low-fat vanilla yogurt
- $\frac{2}{3}$ cup 100% bran cereal
- 1 cup fresh peach slices

Directions:

Place the yogurt in a small bowl.
Top with peach slices and cereal.

Serves: 2

Serving size: 1 cup

Nutritional analysis (per serving):

- 220 calories
- 9g fiber
- 10g protein
- 5mg cholesterol
- 2.5g fat
- 200mg sodium
- 1g sat. fat
- 30g sugars
- 47g carbohydrate

This recipe has important nutrients for mom and baby, including:

Fiber

Fiber is a nutrient that can help ease the constipation commonly associated with pregnancy. Whole grains (like whole-wheat bread, whole-grain cereals, and brown rice) and fruits, vegetables, and legumes (beans, split peas, and lentils) are good sources of fiber.

Calcium

Calcium helps build strong bones and teeth, and plays an important role in the healthy functioning of the circulatory, muscular, and nervous systems. Pregnant and breastfeeding women should get 1,000 mg of calcium a day. Healthy sources of calcium include low-fat dairy products, calcium-fortified orange juice and cereals, and spinach.

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Call our Nurse Help Line 24 hours a day, 7 days a week at **1-800-686-3831** to speak with a registered nurse.
For help picking a doctor, midwife, or OB/GYN, call Member Services at **1-866-959-2555 (STAR)**.

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