

StarBabies



SEPTEMBER 2018

A publication of Texas Children's Health Plan

In this issue

- 2 What can I expect in my eighth month of pregnancy?
- 3 How to manage stress incontinence
- 4 It's not too early to prepare for your baby's birth
- 5 Are you prepared for your hospital stay?
- 6 Labor-less Labor Day breakfast

MK-0817-269

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 provider's office.



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What to expect your 8th month of pregnancy...

Here's what your baby is doing this month.

Week
32



4
pounds



19
inches

This week your baby is tipping the scales at almost 4 pounds and topping out as just about 19 inches.

Week
33



4 ½
pounds



19
inches

Baby's gaining weight almost as fast as you are these days which puts the grand total so far at more than 4½ pounds.

Week
34



5
pounds



20
inches

Your baby could be as tall as 20 inches right now and weighs about 5 pounds.

Week
35



5 ½
pounds



20
inches

Your baby stands tall this week—if he or she could stand, that is—at about 20 inches, and weighing in at about 5 ½ big ones.

In this next-to-last month, you may still be enjoying every moment, or you may be growing more and more weary of, well, growing—and growing! Either way, you're sure to be excited about the much anticipated event: your baby's arrival!

What you may be feeling

By now, you probably learned every pregnancy and every woman is different. That said, here are some of the physical and emotional symptoms you may be feeling:

- Strong, fetal activity.
- Heartburn, indigestion, gas, bloating, constipation.
- Occasional headaches, faintness, or dizziness.
- Increasing eagerness for the pregnancy to be over.
- Apprehension about labor and delivery.
- Excitement—at the realization that it won't be long now.

During this month's visit you can expect your doctor to check your:

- Urine, for sugar and protein.
- Fetal heartbeat.
- Height of fundus (top of uterus).
- Symptoms you have been experiencing, especially unusual ones.

As usual, you will have questions and problems you want to discuss with your provider—have a list ready!

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

How to **manage stress incontinence**

During your third trimester of pregnancy, you may experience stress and urge incontinence. This lack of bladder control—causing you to spring a small leak when you cough, sneeze, lift something heavy, or even laugh—is the result of the mounting pressure of the growing uterus on the bladder. You may also experience urge incontinence, the sudden, overwhelming need to urinate (gotta go now!) during late pregnancy.

Here are a few tips you can try to help prevent or control stress and urge incontinence:

- Empty your bladder as completely as possible each time you pee by leaning forward.
- Practice Kegel exercises (see article below).
- Wear a panty liner if you need one, or you're worried you'll need one.
- Stay as regular as you can, because stool can put pressure on the bladder.
- Urinate more frequently—about every 30 minutes to an hour. After a week, try to gradually stretch the time between bathroom visits, adding 15 minutes more at a time.
- Continue drinking at least eight glasses of fluids a day, even if you experience stress incontinence or frequent urges. Limiting your fluid intake will not limit leaks and it may lead to bladder infections and/or dehydration.

Ready, set, push!

One of the most important exercises you can do while pregnant is Kegel exercise. Kegel exercises strengthen the muscles of your pelvic floor. These are the muscles that help control urination.

Strong pelvic floor muscles will help:

- Reduce tearing during delivery.
- Push the baby out.
- Speed up recovery of the vagina and cervix after birth.

Ready to Kegel? Here's how: Tense the muscles around your vagina and anus and hold (as you would if you were trying to stop the flow of urine), working up to 10 seconds. Slowly release and repeat; shoot for 3 sets of 20 daily.

Make this exercise your main squeeze during pregnancy. Do them each time you stop at a traffic light, while you check your e-mail, in line at the ATM, or while working at your desk. You'll soon reap the benefits of stronger pelvic floor muscles!

Source: What to Expect When You're Expecting

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 useful 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.
- Get answers to your questions regarding healthy birth and breastfeeding.

For the breastfeeding portion of the class, you will:

- Learn the keys to successfully begin to breastfeed.
- 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/events](https://www.texaschildrenshealthplan.org/starbabies/events)

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



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](https://www.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](https://www.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.

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.

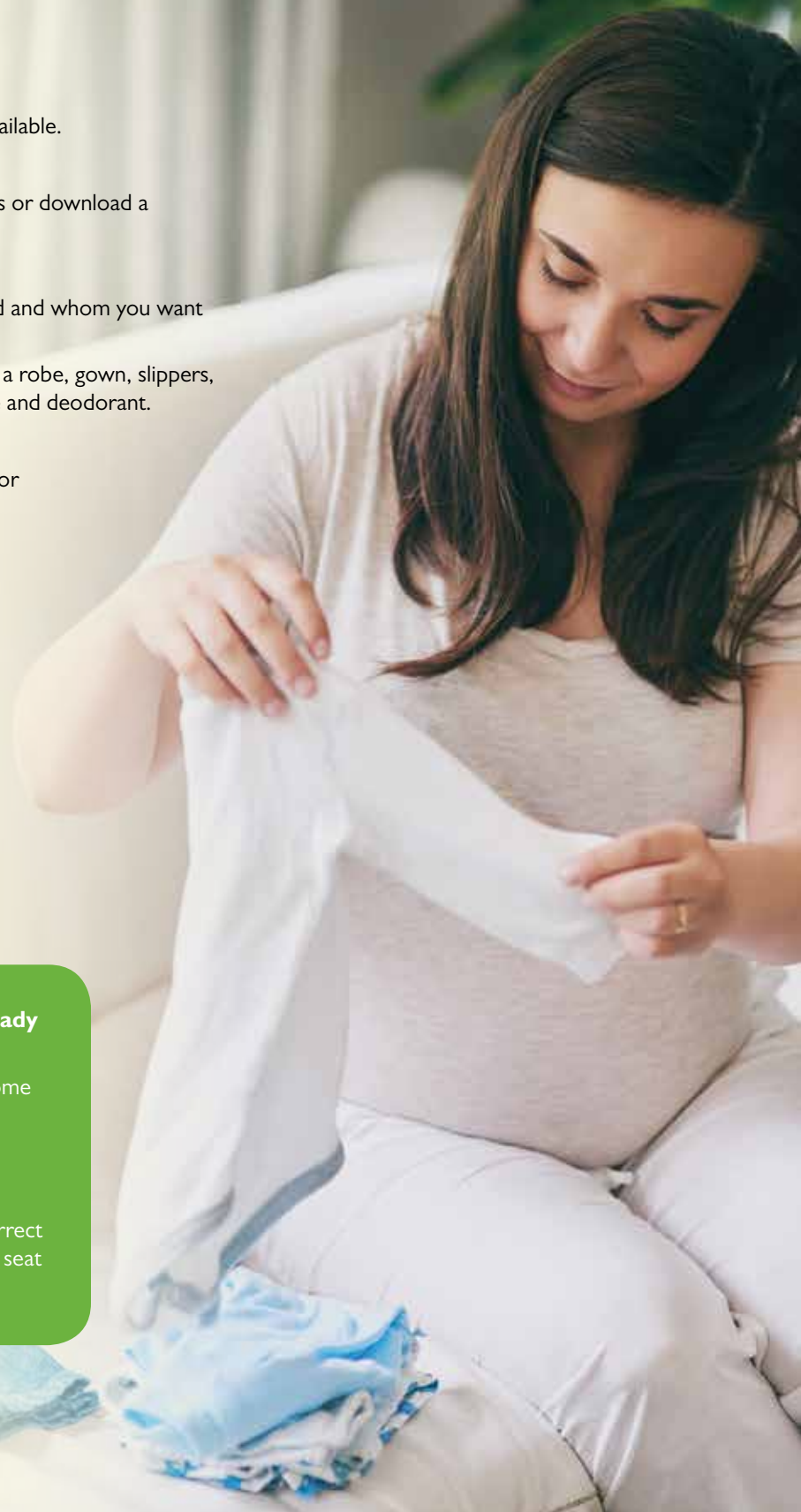
Below are a few things to do to help you be prepared before and after labor.

- Know the route to your hospital. Make a trial run if needed to be sure you know the way.
- Keep your car 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.
- 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.
- 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 ID card.
- List of telephone 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.
- Headphones for soothing music.



Items to have ready for your baby:

- Baby's coming-home clothes.
- Baby blanket.
- Infant car seat.
- Knowledge of correct installation of car seat in your vehicle.



So, are white clothes really out after Labor Day?

One of the most time-honored fashion traditions is to retire your white clothes after Labor Day. Historians think this rule stems from class divisions at the end of the century when lightweight clothes were a symbol of the leisure classes.

Back then, Labor Day marked the time the rich returned from vacation, packed away the summer clothes and went back to school and work. While there's a practical reason for the rule — white clothes dirty easily, making them unfit for heavy autumn rains and winter slush — those who carried the rule through the decades had a less than practical reason for doing so.

Indeed, as the years went by, traditionalists and newly rich alike continued to avoid winter whites throughout the 20th century in order to remain acceptable in high society.

But where there's a rule, there is always a rule breaker: Coco Chanel broke the custom as early as the 1920s, and today many people have moved toward a seasonless wardrobe, wearing white in all seasons.

Source: *Time.com*

Green Smoothie Bowl

Take the "labor" out of Labor Day's breakfast with this quick and easy recipe, loaded with calcium and iron. Perfect for your third trimester's dietary needs!

Ingredients:

- 1 banana, frozen
- 1 pear, chopped
- 1 apple, chopped
- ¼ cup spinach
- ¼ cup watercress
- Unsweetened almond milk
- 1 kiwi, chopped
- ½ green apple, chopped
- 2 tablespoons pumpkin seeds
- 2 tablespoons unsweetened coconut flakes

Instructions:

1. Combine the banana, pear, apple, spinach and watercress in a blender. Blend until smooth, adding almond milk to achieve the desired consistency.
2. Divide evenly between 2 bowls and top with the kiwi, apple, pumpkin seeds and coconut flakes.

Source: *eatingwell.com*



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.

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Houston, TX 77230-1011

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09/2018



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