
Your Pregnancy

Month by Month



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Sources

- *Agency for Healthcare Research and Quality*
- *American Academy of Family Physicians*
- *American Academy of Pediatrics*
- *The American Congress of Obstetricians and Gynecologists*
- *American Diabetes Association*
- *Centers for Disease Control and Prevention*
- *March of Dimes*
- *National Domestic Violence Hotline*
- *National Institutes of Health*
- *United States Consumer Product Safety Commission*

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Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de MDwise, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-800-356-1204.

Your Body

The best way to have a healthy baby is to make sure you are healthy. To take care of yourself and your baby:

- Make and keep all your prenatal appointments with your provider. Your provider may be a doctor, nurse practitioner or certified nurse midwife.
- Eat the right foods (vegetables; fruits; whole grain bread or pasta; lean protein; and dairy products like milk or cheese).
- Do not drink alcohol.
- Do not smoke. Avoid being around people who smoke.
- Do not take any street drugs.
- Do not take any medicines unless your provider tells you.
- Exercise—your provider will tell you the best ways and how much to exercise.
- Get enough rest.
- Avoid stress as much as possible.

You probably won't feel any different during the first month of your pregnancy. You will miss your period this month. But you may notice a bit of light spotting. Spotting is when you notice a few drops of blood every now and then on your underwear or toilet paper. It is not even enough to cover a panty liner. Some spotting is normal very early in pregnancy. You should still tell your provider about it.

At the end of the first month, your baby is about one fourth inch long—smaller than a piece of rice! Baby's face and eyes are starting to form. The mouth, lower jaw and throat start to develop. Blood cells take shape and baby's blood will start to circulate.

What You Should Be Doing

1. **If you haven't already, stop smoking.** You can go to MDwise.org/smokefree for more information on how to quit.



SMOKE-free

MDwise REWARDS

You can earn rewards for making and keeping all of your prenatal (care before the baby is born) and postpartum (care after the baby is born) appointments.

Your rewards will add up and you can earn VISA gift cards. You don't have to sign up for MDwiseREWARDS to earn rewards. You are automatically enrolled. Go to MDwise.org/MDwiseREWARDS to learn more about how pregnant MDwise members can earn rewards.

2. **See your provider as soon as you think you are pregnant.** Healthy pregnancies start with early prenatal care. It is important to go to all of your prenatal appointments, even if you are feeling fine. They will help make sure you and your baby are healthy. Usual visits are:
 - One time every four weeks for the first 28 weeks.
 - One time every two or three weeks from 28–36 weeks.
 - After 36 weeks, once a week until you have your baby.But, your provider may want to see you more often.
3. **Ask your provider how much weight you should gain during your pregnancy.** This is different for every woman. It is important to gain enough weight so your baby is healthy. Most women should gain about 25 to 35 pounds.
4. **BLUEBELLEbeginnings**  **BLUEBELLE beginnings** is a program for MDwise members who are pregnant. MDwise holds Bluebelle's community baby showers for pregnant members across the state. We also provide pregnancy information and resources.

Your Body

You may have some morning sickness and not be able to eat as much as usual. Morning sickness usually starts in the first nine weeks of pregnancy. Don't worry; normal morning sickness won't hurt baby. Talk to your provider if you are vomiting more than three or four times a day. This may cause you to become dehydrated or lose too much weight.

You may also feel more tired than usual and need to pee more often. Your breasts may feel sore or tender. You may gain a few pounds this month. If you have morning sickness, you may lose a little weight. This is normal. You may also notice you feel a little moody. Certain smells may make you feel queasy.

Your Baby's Growth

In the second month of your pregnancy, baby grows to about the size of a pea. Baby's heart, brain, muscles, bones and spinal cord start to develop. Tiny buds start to become arms, legs, fingers and toes. If you have an ultrasound this month, your provider may be able to hear the baby's heart beat.

What You Should Be Doing

1. Be sure you are taking very good care of your body. Between three and eight weeks, baby is very vulnerable. This is the time when things are most likely to affect baby's normal growth. Taking care of your body will help baby stay healthy and grow normally. Be sure to go to all your prenatal visits.

2. Eat a healthy diet. Choose a variety of foods from the recommended food groups. Drink at least six to eight eight-ounce glasses of water a day. Avoid drinks with a lot of caffeine, sugar and sugar substitutes (like diet pop).



3. Take your prenatal vitamins as your provider instructed. It is very important to get enough folic acid and iron during pregnancy. Folic acid will help prevent birth defects. Foods high in folic acid include spinach, oranges and beans. Good sources of iron are liver, beef, lamb, pork, eggs, dried beans and dark green or leafy vegetables. Be sure you ask your provider before you take any vitamins or supplements, even if they are not prescriptions.

4. If you have morning sickness, the following tips may help:

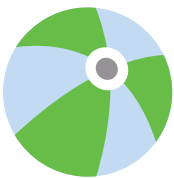
- Eat smaller meals more often.
- Carry snacks with you.
- Stay away from smells or foods that make you feel sick.
- Drink plenty of water.
- Stay away from cigarette smoke.

5. Don't drink any alcohol or take any medications or other drugs not ordered by your provider. Ask your provider what medicines are safe for you to take. Even over the counter medicines.

Your Body

Your uterus is about the size of a large grapefruit now. You probably still aren't showing much. But your clothes may feel a little tighter around your belly. You should have gained about one and a half to five pounds so far. You may notice your hair and nails are growing faster. They are also stronger. You will have more energy in the next few weeks. When you go to your provider, they will use a Doppler stethoscope. This will let you hear the baby's heartbeat.

Your Baby's Growth



At the beginning of month three, baby is about the size of a peanut. This is the month when baby starts to really look like a baby. By the end of the third month, your baby is fully formed.

Baby has arms, hands, fingers, legs, feet and toes. Tiny fingernails and toenails are starting to grow. Ears and teeth are starting to form. Your baby's genitals start to develop. But it is not easy to tell the baby's sex yet on an ultrasound. Baby's heart is pumping blood. Kidneys and bladder are working. The liver starts to work too.

What You Should Be Doing

1. **Make sure you are eating plenty of foods that contain calcium.** Some examples are milk, cheese, broccoli, tofu and almonds. The calcium you eat will help baby's bones grow.
2. **Wear a bra with good support.** Breast support during pregnancy will help you feel more comfortable.
3. **Now is a good time to start thinking about breast-feeding your baby.** Breast milk is best for your baby. Breast milk contains all the vitamins and nutrients your baby needs in the first six months of life. It is also packed with disease-fighting substances. The substances protect your baby from getting sick. The American Academy of Pediatrics recommends giving your baby only breast milk for the first six months. But any amount of breast-feeding is good for your baby, even if it's for less than six months. Talk to your provider if you have questions.
4. **Avoid getting infections.** When you are pregnant, an infection can be more than just a problem for you. Some infections can be dangerous to your baby. To help avoid infections:
 - Don't eat raw or undercooked meat.
 - Don't share food or drinks with other people.
 - Wash your hands frequently.
 - Don't empty cat litter. Cat feces might have a parasite called toxoplasmosis (TOX-so-plaz-MO-sis), which can make you or baby sick.
5. **Know the signs and symptoms of urinary tract (and bladder) infections (UTIs).** Call your provider if you have:
 - Burning or pain when you pee.
 - Cloudy or bad smelling pee.
 - Flu-like symptoms (fever, chills).
 - A need to use the bathroom more often than usual.
6. **It is important to get tested for sexually transmitted infections (STIs) and HIV/AIDS when you are pregnant.** If you have an STI and don't get it treated, this can hurt baby. You may not have any symptoms. Sometimes, you may have itching or bad-smelling discharge. You can get an STI by having genital, oral or anal sex with someone who is infected. Talk to your provider if you think you may have an STI.
7. **You may be screened for lead exposure.** If you have a risk factor, you may have your blood tested. Lead can pass to the unborn child. It can increase the risk for low birth rate, miscarriage or stillbirth.

Breast-Feeding

If you decide to breast-feed, it is best not to smoke, drink alcohol or take any medicines your provider did not prescribe. Don't give baby bottles of water. They should get enough to drink with breast milk or formula. Never give your baby honey. This can cause a serious illness in babies.

Your Body

Your uterus has grown a lot. It's filling your pelvis now and starting to grow up into your belly. Because your uterus is moving upward, you may not have to pee as often. You're probably wearing maternity clothes now. You may notice some constipation. It can be caused by pregnancy hormones. It can also be from your uterus growing and pushing on your intestines.

Your Baby's Growth

At the end of the fourth month, your baby is about six inches long and weighs about five or six ounces. That's about what a deck of cards or a cell phone weighs.

Your baby's fingers and toes are well-defined. Baby now has eyelids, eyebrows, eyelashes and even fingerprints. Baby is starting to get hair on top of his or her head. Teeth and bones are getting harder. Your baby can even suck his or her thumb, swallow, yawn, stretch and make faces. Your baby is beginning to respond to stimulation. Baby will try to move away if your belly is poked. You may be able to feel baby move by the end of this month.

The baby's genitals are now fully developed. Your provider can see on ultrasound if you are having a boy or a girl. You don't have to find out the baby's sex yet—that's up to you.

Childbirth Classes

Taking a childbirth education class is a great way to get ready for delivery and your new baby. Even if you have had a baby before, childbirth classes can still be helpful. Most hospitals have classes. Ask your provider how to sign up for a class.

What You Should Be Doing

1. **Keep all your prenatal appointments.** Your provider will want you to have tests early in your pregnancy. This is to make sure you and your baby are healthy. Some of the usual tests are:

- Urine and blood test.

- HIV screen.
- Ultrasound.
- Blood test called quadruple marker screen (to check for Down Syndrome).

2. **Ease constipation by getting moderate exercise.**

Also, drink plenty of fluids and eat lots of fruits and vegetables.

3. **Sleeping on your side is best for you and baby. Even better is to sleep on your left side.** This helps your circulation and baby's. You can try tucking pillows behind you and between your legs.

4. **Choose a doctor for your baby.** Every MDwise member must have a doctor, even new babies. Pick a doctor for your baby while you are still pregnant. MDwise has a program called pre-birth selection. It can help you pick a doctor if you don't know who to pick. Or, you can talk with your doctor, nurse, caseworker or family and friends. You should pick a doctor in your own MDwise hospital system. We also call it a medical home. As soon as you pick your baby's doctor, call MDwise customer service to tell us your choice.

5. **As soon as your baby is born, call your caseworker, local office of the Division of Family Resources (DFR) or the Document Center at 1-800-403-0864.** You will need to get a Hoosier Health card number for your baby.

6. **Call Hoosier Healthwise to learn how to enroll your baby once he or she is born.** The baby will not be automatically enrolled. You must call to sign your baby up for health care benefits. Call Hoosier Healthwise at 1-800-889-9949 to see if your baby will qualify.

Transportation

MDwise covers transportation to provider appointments for pregnant Hoosier Healthwise, and HIP members. Call MDwise customer service at **1-800-356-1204** if you need help getting a ride.



RIDEwise

Your Body

Your heart will beat faster. You may feel more tired now. You may feel dizzy or light headed if you move too quickly when you stand up. Your feet and ankles may swell. You may get leg cramps and backaches. Eight or more hours of sleep each night may be needed. Rest and take breaks during the day if you can. Don't push yourself.

Your Baby's Growth

Your baby will grow a lot this month. By the end of the fifth month, your baby is about 10 inches long and weighs one half to one pound. Your baby starts to be more active. Baby can turn from side to side and sometimes head over heels. Your baby goes to sleep and wakes up. Baby can hear sounds like your voice and heart beat. You should feel the baby move often by the end of this month. If you don't, tell your provider.

What You Should Be Doing

1. Most women will have a glucose (sugar) test when they are about 24–28 weeks pregnant. A lot of women develop gestational diabetes during pregnancy. Gestational diabetes starts when your body is not able to make and use all the insulin it needs for pregnancy. Without enough insulin, glucose (sugar) cannot leave the blood and be changed to energy. Glucose builds up in the blood to high levels.

Having gestational diabetes that is not controlled well can lead to your baby growing larger than normal. Having a large baby can cause problems during labor and delivery. Be sure to follow your provider's advice about treating gestational diabetes, so you and your baby both stay healthy. If you already have diabetes, it is very important to get your blood sugar under control as soon as you find out you are pregnant. Healthy eating and regular, daily exercise can help.

2. Get regular exercise during pregnancy.

Exercise helps:

- Improve your mood.
- You sleep better and feel less tired.
- Prevent constipation.
- Build strength to make delivery easier.

- Make it easier to get back in shape after delivery.

Walking is one of the best exercises you can do. Before starting any kind of exercise, always ask your provider about what exercise is safe for you during pregnancy. Be sure you don't overdo it. Do not lift heavy things.

The Benefits of Being Tobacco Free

- Your baby gets more oxygen, which promotes healthy growth.
- Your baby's lungs function better.
- It lowers the risk of your baby being born too early.
- It increases your chances of having a healthy baby.
- It lowers the risk that your child will have health problems (coughs, colds, ear infections and asthma).
- It decreases the chance your baby will die of Sudden Infant Death Syndrome (SIDS).
- You will have more energy and breathe easier.
- It saves money so you can buy more things for you and your baby.

The Indiana Tobacco Quitline is a free phone-based counseling service. It helps Indiana tobacco users quit.



1-800-QUIT NOW

Indiana's Tobacco Quitline

1-800-QUIT-NOW (1-800-784-8669)
in.gov/quitline

Your Body

You may feel a little more uncomfortable as your baby grows. You may notice:

- Stretch marks.
- Itching on your belly.
- Pain down the sides of your belly as baby gets bigger.
- Backaches.
- Constipation.

Don't let stretch marks upset you. They usually fade after you have your baby. Use lotion and wear looser clothes if your belly itches. Don't stand for long periods of time. Don't lift heavy things. Remember to talk with your provider before taking any medicines, even Tylenol. Drink more water. Eat foods high in fiber, like fruits and vegetables.

You and your partner can still have sex, but stop if you feel pain or cramping.



Your Baby's Growth

Baby continues to grow quickly now. By the end of the sixth month, your baby is about 12 inches long and weighs one and a half to two pounds. Baby's lungs are beginning to work.

Baby can kick strongly now. Your baby's eyes are almost completely formed. Soon they can start to open and close. Baby may even get the hiccups and you can feel this inside you.

Perinatal Mood Disorder

Depression or anxiety can occur during and after pregnancy. The symptoms are treatable and are usually temporary. They can affect any woman who is pregnant or has delivered. This does not mean you are weak or that there is "something wrong with you." It does not mean you are not able to be a good mother.

Symptoms can be mild to severe. It is important to get help early, so you need to know the signs and

symptoms of perinatal mood disorders. Symptoms may appear during pregnancy or up to one year after delivery. The symptoms, if not treated, may make it hard for you to care for your baby and handle other daily tasks. Common symptoms are:

- Crying and feeling sad.
- Loss of appetite.
- Severe mood swings.
- Difficulty bonding with your baby.
- No interest in things you used to like doing.
- Feeling hopeless or worthless.
- Withdrawal from family and friends.
- Not being able to sleep or sleeping much more than usual.
- Feeling overwhelmed or nervous.
- Low energy or feeling very tired.
- Trouble paying attention or making decisions.
- Thoughts of harming yourself or your baby.

There is help and you can feel better. Talk to your provider about how you feel. If you are having any of these symptoms and need help, call MDwise customer service and choose your program option.



Your Body

You may see stretch marks on your belly and your breasts as they get bigger. Your feet and ankles may swell. You may have trouble sleeping because baby is moving a lot. You may notice that you are sweating more than usual. You may also find that it is harder to keep your balance as your belly gets bigger. Some women have light contractions around this time. This is normal. Call your provider if you have more than five contractions in one hour.

Your Baby's Growth



Baby can open and close his or her eyes now. If a bright light is pointed at your belly, baby will follow the light with his or her eyes or try to cover them. As your baby grows, the movements may feel different.

You may feel a “rolling” sensation. This is baby turning and rolling around. By the end of this month, baby will be about 14 inches long and will weigh about two and a half to three pounds. Baby's lungs become more mature with each week.

What You Should Be Doing

1. **Try to lie down on your side throughout the day and put your feet up if you have swelling.** If your hands and face swell suddenly, call your provider right away. If you have trouble keeping your balance, get up and down slowly. Be very careful when walking and going up and down stairs.
2. **Decide if you want your baby boy circumcised.** Male circumcision is the surgical removal of some, or all, of the foreskin from the penis. It is one of the most common procedures in the world. You should think about whether this is right for your baby after he is born. The decision to circumcise your baby boy is up to you. You should talk with your provider about the benefits and risks. You can also ask about how they will control baby's pain during and after the circumcision.
3. **Pregnancy should last about 40 weeks.** Babies born too early (before 39 weeks) have many more problems than babies born on time. Watch for signs of preterm labor including:

- Changes in vaginal discharge.
- Pressure that feels like baby is pushing down.
- Stomach or menstrual-like cramps, with or without diarrhea.
- Low backache that does not go away even after rest.
- Contractions that happen every 10 minutes or more.
- If you have any of these signs, call your provider right away.

4. **During your visit this month, you should receive a vaccine called Tdap.** During your visit this month, you should receive a vaccine called Tdap, which includes tetanus, diphtheria, and pertussis (whooping cough). Getting this vaccine provides protection for you and your baby. This helps protect your baby until they get their 2 month vaccinations. Whooping cough is very dangerous for a baby. It is also important for all caregivers to have this vaccine.

Domestic Abuse

Many people think domestic abuse is rare. In fact, one in four women in the United States has been abused at some point in their lives. About 17 percent of women who have been abused say their partner first hurt them when they were pregnant. Domestic abuse is not your fault.

Help is available and you are not alone. For your sake and your baby's, don't wait to get help. Your lives may depend on it. If your partner has hurt you, tell someone. You and your baby could be at risk for many health problems, especially if you get hit in your belly. If you are ever afraid your partner is about to hurt you, call 911 or the local police department.

It is important to talk to your provider or someone you trust at your provider's office. They can give you the support and care you need. For more help, call the 24-hour statewide domestic violence hotline at **1-800-332-7385**.

Your Body

You will gain about one pound each week this month. You may notice fluid leaking from your breasts. This is called colostrum. This fluid leaks out before your breast milk comes in. You can wear breast pads inside your bra if you have leaking. As baby grows and pushes on your lungs, you may feel short of breath. You may not be able to eat as much at one time now because baby is pressing on your stomach. You may feel stronger contractions this month.

Your Baby's Growth

Baby begins gaining weight quickly. Baby's fingernails and toenails are fully formed now and reach the tips of fingers and toes. Baby's skin is pink and smooth. Baby is moving a lot more now. Kicks are much stronger. You may see the shape of an elbow or knee move across your belly as baby rolls over. Your baby's lungs and brain continue to grow. By the end of the eighth month baby will be about 17 to 19 inches long and weigh about four or five pounds.

What You Should Be Doing

1. **Sit and stand up straight to give your lungs more room to breathe.** Try eating five or six smaller meals a day. Remember to call your provider right away if you have more than five contractions in an hour, or leak fluids. Review the signs of preterm labor. Call your provider if you have any of these signs or are not sure if you might be in labor.
2. **Decide if you want your tubes tied after your baby is born.** If you are on Hoosier Healthwise, you must sign a consent form at least 30 days ahead of time. Remember to ask your provider's office about this form.
3. **Pack a small bag to take with you to the hospital.**
 - You will want to bring:
 - A picture ID (driver's license or other ID).
 - Your insurance card.
 - Eyeglasses and/or contacts and solution.
 - A bathrobe.
 - One or two nightgowns if you prefer not to wear the hospital gowns.

- Slippers and socks.
- Comfortable nursing bras or regular bras.
- Underwear.
- Going-home outfits for you and for baby.
- A receiving blanket for baby's ride home in the car.

4. Start to get things ready for baby to come home.

Here is a list to get you started:

- **Infant car seat**—So you can bring baby home from the hospital safely. It is against the law to drive your baby home without an infant car seat. Go to [month 9](#) on [page 12](#) for more information on car safety.
- **Crib**—Follow these safety guidelines:
 - Do not use cribs more than 10 years old. Newer cribs have to meet all safety standards.
 - Railings must be no more than two and three-eighth inches apart (so that you can't fit a pop can through them).
 - No gaps larger than two fingers between the sides of the crib and the mattress. Baby can get caught in these gaps.
 - No pillows, blankets, quilts, comforters, stuffed animals or bumper pads in the crib. These things can cover baby's head and face and cause baby to suffocate.
 - Use a fitted sheet that fits tight around the mattress. Baby could get tangled in loose sheets and strangle.
 - Never place a crib near a window with blind or curtain cords, or near baby monitor cords. Baby can strangle on cords.
 - For more information about crib safety standards, visit the Consumer Product Safety Commission website at cpsc.gov.

Baby Cribs/ Infant Supplies

There are a variety of local programs offered throughout the state.
Call 211 for local information.

- **Diapers and diaper pail**—Your newborn should have about six to eight wet diapers and three to four dirty diapers per day by the end of the first week. When you take baby in for check-ups, your doctor will ask how many wet diapers baby is having. This helps the doctor know if baby is getting enough breast milk or formula.
- **Changing table**—Put shelves or tables to hold diapers, wipes and other supplies close enough to reach, but away from the baby's reach. You don't want to step away from the table, even for a second, to get anything.
- **Large plastic washtub**—You can also use the kitchen sink to bathe your newborn. For more information on bathing your baby, go to [month 9](#) on [page 12](#).
- **Baby essentials**—Stock up on onesies, blankets, wipes, burp cloths and bottles for expressed breast milk or formula.



Child Abuse

Abuse may occur when the parents or other adults are under a lot of stress. The extra stress may make you lose control and lash out at your child. This may happen especially when your baby is fussy or crying a lot. Even though a parent may not mean to hurt their child, if they do it once, they may do it again. This is more likely if you don't take care of the things causing the stress.

Shaking a baby is a serious form of child abuse. Shaking your baby or hitting your baby's head can cause very serious physical and mental harm. It can cause brain damage, blindness, spinal cord injury or delay normal development. It can even cause death.

It is never okay to shake your baby. If you or your partner has lost control and shaken or hit your baby's head, take your baby to the doctor or emergency room right away. Any brain damage that may have been caused will only get worse without treatment.

Here are some tips to help you stay calm if you feel that you might lose control and hurt your baby:

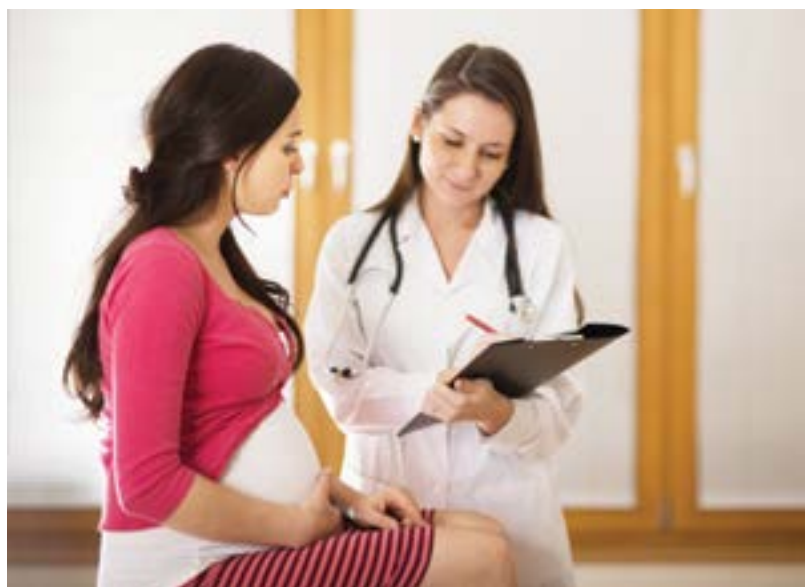
- Take a deep breath and count to ten.
- Put your baby in his or her crib, or another safe place. Leave the room and let baby cry alone.
- Call a friend or relative for support.
- Call your baby's doctor. There may be a medical reason your baby is crying a lot.

You can also call your PMP for support as well as a local chapter of Parents Anonymous or another crisis hotline. They can give you the support you need.

Important Phone Numbers

Keep a list of these important names and phone numbers. Put it where you and others can easily see it—like on the front of the refrigerator.

- Your provider.
- Your baby's doctor.
- Your hospital.
- Your pharmacy/pharmacist.
- Poison Control: The main U.S. number is [1-800-222-1222](tel:1-800-222-1222).



Your Body

You're probably finding it difficult to move, walk and sleep. Your baby is almost ready to be born. You may have a lot of heartburn, indigestion and gas. You may lose your mucus plug a week or two before delivery. Sometimes this doesn't happen until right before delivery.

Your Baby's Growth

Baby will continue to grow about a half ounce per day. Baby's lungs will continue to get stronger. Baby's brain is developing very quickly now. Baby's head is probably facing down with his or her bottom toward your ribs. If this is your first baby, he or she may "drop" a few days to a couple of weeks before delivery. "Dropping" means your baby moves further down into your pelvis to get ready for birth.

What You Should Be Doing

1. A full-term pregnancy is 40 weeks. Your baby grows a lot in the last weeks of pregnancy. The baby gets stronger. Important lung and brain growth happens.



With some pregnancies your provider may tell you that you need to have a scheduled delivery. A scheduled delivery is when you and your provider pick the day to deliver your baby.

Here is what the experts say about scheduled deliveries:

- It is best to wait for natural labor. As long as there is not a medical reason for you to deliver before your due date you should wait.
- The American College of Obstetricians and Gynecologists says that scheduled deliveries should not take place before 39 weeks into your pregnancy unless there is a medical reason.
- The closer your baby is born to his or her due date, the healthier he or she should be.

Sometimes, there may be a medical reason for you to have a C-section delivery. This could be needed even if you did not plan to have one. If you have a C-section, you will probably stay at the hospital a

little longer to heal. It is very important to go to your postpartum check-up to make sure you are healing well.

You may be tested for bacteria called Group B Beta Strep. The bacteria commonly lives in your gut. It can also be in the vagina. The bacteria can be harmful to your baby. You may be given medication while you are in labor. This will help prevent the bacteria from going to the baby. If you were not tested before going into labor, you may be given medication as a precaution.

2. Follow these safety rules when baby comes home:

- **Bathing**—Set the thermostat on your hot water heater to below 120° F. This keeps the water from scalding baby. Always test the water temperature with your wrist or elbow before you put baby in. Never leave baby alone in the water. Keep one hand on baby the entire time he or she is in the water. Babies can drown in as little as one inch of water.
- **Car Safety**—Your child should always be buckled in a car seat, booster seat or seat belt that is appropriate for their age and size. They should ride in the car seat rear-facing car seat until they reach the highest weight or height allowed by the car seat's manufacturer. Have the seat properly installed before baby is born. Know how to buckle your baby in correctly. Local fire stations, police stations or hospitals are places you can go to have the car seat checked or installed properly. Visit seatcheck.org to find a location near you.

Infant/Child Car Seats

Automotive Safety Program

You can get information on local agencies that provide free car seats or booster seats.

Call **1-800-543-6227** or go to preventinjury.org.

- **Sleep**—These things help prevent Sudden Infant Death Syndrome (SIDS):
 - Place your baby to sleep on his or her back for every nap and at night until baby is one year old.

- Place your baby to sleep on a firm sleep surface. A crib, bassinet, portable crib or play yard should meet current safety standards.
- Keep soft objects, loose bedding or any objects that could cause baby to suffocate out of the crib.
- Place your baby to sleep in the same room where you sleep but not the same bed. Parents can roll onto babies during sleep. Or babies can get tangled in the sheets or blankets.
- When baby is awake, be sure to lay him or her on his or her tummy several times a day. This will help strengthen neck muscles. It will also help avoid flat spots on the back of baby's head. Always stay with baby during tummy time. Make sure baby is awake.

When You and Baby Come Home



Having a new baby at home is exciting. But it can also be more difficult than it looks. There are some important things to remember to make this time a little less stressful for you and your family.

Baby can't tell you what he or she wants or needs. If baby is crying he or she may be trying to tell you:

- I'm hungry.
- I'm tired.
- My diaper needs to be changed.
- I'm not comfortable.
- I'm too hot, too cold, sick or hurt.

If you try to calm baby but he or she keeps crying, try these things:

- Wrap baby in a blanket.
- Rock your baby.
- Sing, talk or play soft music.
- Walk with your baby or take a car ride.
- Give baby something to suck on (like your finger or a pacifier).
- Put baby in a safe place (like a crib). Leave him or her alone for 15 minutes.

- Ask someone to help with the baby. Take a short break.

No matter how frustrated you get, do not shake your baby. For tips to help you stay calm, go to [month 8](#) on [page 11](#).

Check-ups for You and Your Baby

It is very important for you to keep your postpartum check-up (four to eight weeks after you have your baby). Keep this appointment even if you feel okay.

Well-child check-ups help to make sure your baby is growing up healthy. If the doctor finds a problem, it is treated and watched. These benefits are available to your child with MDwise. Children should get check-ups regularly on or before the ages listed below:

- | | |
|--------------|------------------------|
| • 3–5 days. | • 15 months.* |
| • 1 month. | • 18 months. |
| • 2 months. | • 24 months. |
| • 4 months. | • 30 months. |
| • 6 months. | • 3 years. |
| • 9 months. | • Every year age 4–20. |
| • 12 months. | |

**Your baby should have this check-up BEFORE he/she turns 15 months old.*

Know When to Call Your Baby's Doctor or Your Provider

Knowing when to call your baby's doctor or your provider will help you feel more comfortable taking care of your baby and yourself when you get home.

Normal for You	Call Your Provider...
For the first few days after your baby is born, you'll have bright red, heavy bleeding. When you're sitting or lying down, the blood may pool in your vagina. When you stand up, the blood may feel as though it's pouring out. You may pass small blood clots as well. You should have a little less discharge each day. Two to four days after you give birth, the flow will be more watery and pinkish in color. By about the tenth day, you should have only a small amount of white or yellow-white discharge.	If you have excessive bleeding. If you soak a pad—front to back, side to side—in an hour, go to bed. If the bleeding doesn't slow down after you've rested, or you pass clots larger than golf balls, call your provider.
Your perineum may be sore and slightly swollen after birth. The puffiness decreases in a few days. If you had an episiotomy or a tear that was repaired, the stitches will dissolve in about two weeks. They do not need to be removed. The skin heals in about two to three weeks. You may see small pieces of the stitches in your underwear or on toilet paper as your episiotomy heals. This is normal.	If you have any increased pain, increased swelling, redness or odor.
It may be slightly uncomfortable to pee for a few days after your baby's birth.	If you have pain or burning when you pee, the urge to pee frequently or cloudy or bad-smelling pee. This may mean you have a UTI (urinary tract infection).
Even if you were in good physical condition before you deliver, you may feel extremely tired or exhausted after you have your baby. Feeling tired all the time may last for weeks or even months. Your body has been through a major physical process. You need to give yourself time to recover.	If you feel tired all the time and have the following signs: <ul style="list-style-type: none">• Sadness and frequent crying.• Loss of appetite.• Severe mood swings.• Difficulty bonding with your baby.• No interest in things you used to like doing.• Feeling hopeless or worthless.• Withdrawal from family and friends.• Thoughts of harming yourself or your baby.

Normal for Baby	Call Your Baby's Doctor...
<p>Baby should have six or more wet diapers a day. Babies who are breast-fed will have three or more dirty diapers a day. Babies on formula may not have as many dirty diapers.</p>	<p>If baby has less than six wet diapers a day.</p> <p>If baby has less than five dirty diapers per week for two weeks in a row.</p>
<p>Most umbilical cords will fall off by the time baby is two weeks old.</p>	<p>If the skin around the umbilical cord gets red or you see drainage.</p>
<p>Many babies have skin rashes while in the hospital. They could also have them for a few months after they are born.</p>	<p>If baby develops a rash he or she didn't have in the hospital.</p> <p>If baby has the same rash he or she had in the hospital, but gets a fever, seems extra sleepy or can't be calmed (baby is crying a lot more than usual).</p>
<p>A baby's temperature should usually be taken under the armpit. Your baby's doctor may ask you to take a rectal temperature as well. Normal temperature under the armpit is 97.5° to 99.3° F*. Normal rectal temperature is 100.2° F or less*.</p> <p><i>*These are the American Academy of Pediatrics recommended ranges. You should discuss this with your baby's doctor.</i></p>	<p>If baby has a temperature over 100° F under the armpit or a rectal temperature over 100.5° F.</p>
<p>Babies often have skin with a lacy red or blue pattern. This is more noticeable in babies with lighter skin. For babies with darker skin, the lacy or bluish patterns might be harder to see on their skin. But you can check for changes in color by looking closely at the lips, gums, the inside of the mouth, and nail beds. These areas might show signs of bluish color if the baby's circulation is still getting stronger. Sometimes, you may notice that only the hands and feet are blue or purple while the rest of the baby looks normal. This is normal and happens because the baby's circulation is still developing. As the baby gets older, these changes will go away. If you notice any unusual or long-lasting changes in color, it's always a good idea to talk to your doctor.</p>	<p>If your baby turns blue around the lips or face or is blue in the chest. Call your baby's doctor immediately. This is not normal and may be a sign of something serious.</p>
<p>Some newborns develop a yellow coloring called jaundice. It is a common condition in newborns where the skin and eyes may look yellow. For babies with lighter skin, jaundice is easier to see because their skin may turn yellow, especially on the face and chest. For babies with darker skin, jaundice can be harder to see on their skin. You can check for yellowing in other areas, like the whites of the eyes, or by gently pressing on the baby's skin. If the skin turns yellow when you press it, it could be a sign of jaundice. This is caused by the body getting rid of extra red blood cells. Often babies are sent home from the hospital with a bit of jaundice..</p>	<p>If your baby gets more orange or yellow after coming home from the hospital.</p>

ADDITIONAL RESOURCES

MDwise INcontrol Program

Find more information to help you through your pregnancy.

Web: www.mdwise.org/mdwise/mdwise-incontrol and click on "Pregnancy"

Indiana 211

211 is available in all Indiana counties. Services are available in multiple languages. Call 211 for help finding services for things like food, housing and utilities.

Phone: 211

Available: 24 hours a day, 7 days a week

Web: in211.org



Dental and Vision Services

Dental and Vision Care is important to you and your baby's health during your pregnancy. It is a covered benefit when you have your pregnancy coverage. To find participating providers, please contact MDwise at **1-800-356-1204** Monday through Friday, 8 a.m. to 8 p.m. ET (7 a.m. to 7 p.m. CT)

MCH MOMS Helpline

The Helpline can refer you to community resources for:

- Clothing.
- Day care/respice care services.
- Dental care services.
- Emergency shelter.
- Food.
- Medicaid transportation providers.
- Mental health providers.
- Pregnancy/child health care services.
- Substance abuse programs.

Phone: **1-844-MCH-MOMS (1-844-624-6667)**

TTY (for Hearing Impaired) **1-866-275-1274**

or Email: MCHMOMSHelpine@isdh.in.gov

Available: Monday - Friday, 7:30 a.m. - 5:00 p.m. ET (6:30 a.m. - 4:00 p.m. CT)

Web: in.gov/isdh/21047.htm

Food Assistance

SNAP—Supplemental Nutrition Assistance Program

It allows families to buy nutritious food through Electronic Benefits Transfer (EBT) cards at participating retail

MDwise Customer Service

1-800-356-1204

MDwise.org

stores. It can be used to buy baby formula.

Phone: **1-800-403-0864**

Available: During regular business hours

Web: in.gov/fssa/dfr/2691.htm

WIC—Women, Infants and Children Program

WIC provides:

- Nutrition and health screening assessment.
- Nutrition education and counseling.
- Breast-feeding promotion and support.
- Referrals to other health, family and social services.
- Supplemental healthy foods for special nutrition needs.

Phone: **1-800-522-0874**

Available: During regular business hours

Web: in.gov/isdh/19691.htm

Maven

Maven provides free 24/7 support as you become a parent.

With Maven, you have access to:

- Unlimited online appointments and messages with doctors
- A dedicated Care Advocate to help you find the right provider
- Trusted resources like articles and parenting classes

Get support with things like:

- Your mental health
- Concerns about your pregnancy
- Questions as you recover from birth
- Learning more about your baby's milestones
- Nursing or formula feeding
- And much more

Maven is included at no cost as part of your MDwise health plan. That means no co-pays and no surprise bills.

Join Maven for free