

Maternal Infant Resource Guide



136 S. West Street Lima, Ohio 45801

PH: 419-221-5035

www.ActivateAllenCounty.com

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Introduction to Guide

This guide has been created in an effort to improve infant health in Lima/Allen County, Ohio. Creating strong, healthy babies begins before they are born. A woman can take steps even before she gets pregnant to improve her own health and the health of her baby.

In this guide booklet, you can find information about your health prior to pregnancy, assistance in determining if you are pregnant, and where to go during pregnancy to ensure that your basic needs and the needs of your child are met. We live in a community that holds many valuable resources, ready for you to use and benefit from!

You will find tips and also specific resources and agencies to help you care for yourself and your baby in each section of this guide. To get more specific information on the services and agencies listed throughout this book, please call that agency or organization and obtain further details concerning getting the assistance that you need.

Please be aware, that all area agencies that can help are not included in this guide. If you are unable to find the assistance you are looking for within this book, please do not stop looking!

By calling 2-1-1, which is a toll free call, you can get connected with thousands of services and programs available to Northwest Ohio residents. This line is sponsored by the United Way of Greater Lima.

This booklet can be found online at www.activateallencounty.com within Resources for Mothers.

It is our hope that you use this guide as a great source of knowledge, since knowledge is power. It is up to you to take the knowledge and use it to better your life as well as the life of your infant.

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READINESS FOR PREGNANCY

It could happen to you! Nearly half of all pregnancies are “accidents”. It is important that you be “ready” for a pregnancy, especially if you are in the childbearing years, sexually active, and not using birth control.

Being “ready” for pregnancy includes:

- Eating healthy foods
- Being physically active
- Maintaining a healthy weight
- Taking care of your teeth
- Not smoking
- Not using alcohol and other drugs
- Not exposing yourself to sexually transmitted infections.

Not being ready for pregnancy can increase the chances that your baby will be born too early, too small, or with health problems. In the following section are ideas to help you be as healthy as possible and things to think about, such as what do you want your life to be like, what you want to achieve, and when you want to have children.

Nutrition

Pregnant women have special nutritional needs. Your goal should keep you and your baby happy and healthy. While the saying that you are “eating for two” may not be 100% accurate, you do need to increase your consumption of vitamins and minerals in your daily diet. Healthy eating while you are pregnant is very similar to healthy eating when you are not. You want to make sure that you are including all the food groups in your diet- focusing on fruits, vegetables and whole grains- along with high quality protein sources such as eggs, tofu, tuna, chicken breast and beans. Additionally, low fat dairy- such as yogurt, milk and cheese should be added. You will want to take a prenatal vitamin daily in addition to your healthy diet to ensure that your mineral and vitamin needs are met. Foods that include many “empty calories” such as pop, candy, fried foods, whole milk and fatty meats should be consumed only occasionally during pregnancy. Finally, do not forget to drink your water! Check out this website from Choose MyPlate for more details!

<http://www.choosemyplate.gov/pregnancy-breastfeeding.html>

For those who meet the guidelines, WIC is also available as supplemental nutrition- 940 N. Cable Rd. Suite 4, 419-224-8200.

Birth Control/Family Planning

Having a positive pregnancy test should be a happy time, not one of sadness and confusion. Being a parent is an important job and you should consider where parenting fits into your goals and dreams in life. If you are sexually active and not sure you want to have a baby now, use birth control. For information and an exam to get birth control you should contact your healthcare provider or:

Family Planning Assistance

Allen County Public Health- PH: 419-228-4457
219 E. Market St.

Health Partners of Western Ohio Quick Care- PH: 419-516-0327
1550 N. Main St.

Gene Wright Community Center- PH: 419-221-3072
441 E. 8th St.

Spartan Health Center- PH: 419-996-3436
1 Spartan Way

Emergency birth control (morning after pill) is also available behind the counter at local pharmacies. You must take these pills within 5 days after unprotected sex. To be most effective, they should be taken within 72 hours. (This is for emergency purposes and should not take the place of long-term family planning.)

Sexually Transmitted Infections (STIs) and HIV/AIDS

STIs can increase a woman’s chance of a tubal pregnancy, a miscarriage or trouble getting pregnant in the first place. HIV, which is the virus that causes AIDS, can be passed to a baby during pregnancy and delivery. Safe sex practices are important to protect yourself. If you feel as though you may have been exposed or at risk, early testing and treatment of STIs, HIV/AIDS is very important to reduce long term health effects. For free and confidential testing **contact your healthcare provider** or:

Allen County Public Health- PH: 419-228-4457
219 E. Market St.

READINESS FOR PREGNANCY

Adult Immunizations

Having your immunizations up to date before you get pregnant is very important. Immunizations can and do prevent disease. Some of these diseases can be passed on to the baby or cause birth defects if the mother gets a disease while she is pregnant. If you are unsure about your immunization status or need more information concerning immunizations, **contact your healthcare provider.** Before you get pregnant these immunizations should be up to date:

- Hepatitis B
- Measles, Mumps, Rubella
- Tetanus/Diphtheria
- Polio
- Chicken Pox

If you do not have a healthcare provider or need further assistance with immunizations contact:

Allen County Public Health

219 E. Market St., 419-228-4457

Health Partners of Western Ohio

Quick Care- 1550 N. Main St., 419-516-0327

Gene Wright Community Center- 441 E. 8th Street, 419-221-3072

Spartan Health Center- 1 Spartan Way, 419-996-3436

Pre-existing Medical Conditions

If you are under treatment for conditions like high blood pressure, diabetes, seizures, lupus, kidney disease, or thyroid disease, it is important they are under control before you get pregnant. When left untreated, these conditions can increase your risks for pregnancy complications like stillbirth, birth defects, miscarriage, or your baby being born too early or too small.

Your healthcare provider will review all of your previously prescribed medications and adjust or change the medication as necessary. Many prescribed medications are safe to use during pregnancy. You should never stop or change your medications without talking to your health care provider.

Dental

Dental problems with cavities and gums can cause infections that cause miscarriage and babies being born too early. Take care of your teeth—brush them twice a day, floss daily, and see a dentist at least every six months or as often as recommended by your provider. Call ahead and make sure the office you want to visit is covered by your insurance. If you do not have insurance or need payment assistance, there are low cost options and offices that accept Medicaid throughout the county.

Allen County Dental Offices (not a comprehensive list):

Aspen Dental- Elida Rd, 419-228-5000

Burns Dental- S. Main St., 419-228-5502

Health Partners of Western Ohio

Quick Care- N. Main St., 419-516-0327

Gene Wright- E. 8th St., 419-221-3072

Spartan Health Center-1 Spartan Way, 419-996-3436

Lima Community Dental- Allentown Rd., 419-222-0693

Lima Dental Associates- Allentown Rd., 419-228-6273

Whole Health Dentistry- N. Eastown Rd., 419-228-2233

Smoking

The **best time to quit is before you get pregnant.** We know that quitting is hard, but we also know that it is not impossible! In Allen County, about 1 in 4 residents smoke- leading to many smoking related diseases and illnesses.

Smoking also increases your risk of infertility and while you're pregnant, smoking can cause a miscarriage or your baby being born too small or too early. **Secondhand smoke is also dangerous to you and your unborn baby. When a mother smokes or anyone that the mother has close contact with smokes, the baby smokes as well.**

Quit Resources:

Ohio Tobacco Quit Line- 1-800-QUIT-NOW

Lima Memorial Hospital- 1001 Bellefontaine Ave., 419-226-5036

St. Rita's Medical Center- 730 W. Market St., 419-996-5069

American Cancer Society- www.cancer.org

American Lung Association- www.lung.org

READINESS FOR PREGNANCY

Alcohol and Substance Abuse

Alcohol can affect your baby's development in the very first weeks, even before you know you are pregnant. Stop drinking and using other drugs before you try to get pregnant. Drinking alcohol or using illegal drugs can hurt you and your baby. Drinking alcohol or using other drugs during your pregnancy can affect how a baby looks, grows, learns and acts. No amount of drugs or alcohol are safe during pregnancy.

Ask your doctor or pharmacist about any prescription or over-the-counter medications you are taking to make sure they are safe to take should you become pregnant.

Allen County offers many opportunities for counseling and support to assist you in your quest to maintain drug and alcohol free before, during and after your pregnancy. These organizations and centers will assist you in finding the support to fit your personal needs.

TO GET HELP CONTACT:

St. Rita's Addition Services- 419-226-9828, 730 W. Market St.

Coleman Behavioral Health- 419-229-2222, 567-242-6343, 799 S. Main Street

Lutheran Social Services- 419-879-6029, 658 W. Market St.

Life Management Center- 419-224-6222, 915 W. Market St.

**Mental Health and Recovery Services- 1-800-567-4673, 419-222-5120,
529 S. Elizabeth St.**

Health Partners of Western Ohio- 419-221-3072, 441 E. 8th Street

Lima UMADAOP- 419-222-4474, 809 W. Vine St.

Choices- 419-236-8947, 147 N. Main St.

WE CARE Regional Crisis Center- 1-800-567-HOPE, 797 S. Main St.

Also available for toll free phone assistance:

24/7 Addiction Help- 1-800-838-1752

Stress Management

Having a baby can add stress to your life. If you are thinking of getting pregnant, it is important to keep your life in balance. This includes having a support system, like friends and family, and taking care of yourself by doing things you enjoy. Here are some ways to reduce stress:

- Eat healthy foods
- Get plenty of rest
- Talk to friends and family
- Exercise
- Pray, meditate, listen to music



If you find yourself feeling anxious or stressed and you are having trouble managing, please seek out help within the community by calling 2-1-1 or reaching out to one of the agencies listed in this guide. It is always okay to ask for help and guidance whether you are pregnant, thinking about pregnancy or just in a tough spot in life and needing someone to talk to.

Finances

Babies are expensive and the additional cost of another member in your family should be considered when thinking about getting pregnant. Items such as medical care, clothes, diapers, food, crib, car seat, childcare and others quickly add up and if not thought through prior to pregnancy, can add a very large burden to carry. It is never too early to think about these expenses.. Also consider your housing. Is it stable? Can a baby live with you where you are now? Can you afford to move if not?

Budgeting Assistance

LACCA- Wealth Prep Program- PH: 419-227-2586
540 S. Central

MIGHT BE PREGNANT

Pregnancy Test

If you have “missed” a period or are late, it is important that you get a pregnancy test as soon as possible. The earlier you find out you are pregnant and get health care, the better it is for you and your baby.

Free/Low Cost pregnancy tests are available at:

Heartbeat of Lima- 419-222-7945, 3225 W. Elm St.

Health Partners of Western Ohio

Quick Care- 419-516-0327, 1550 N. Main St.

Gene Wright Community Center- 419-221-3072,

441 East 8th Street

Allen County Public Health- 419-228-4457, 219 E. Market St

I’m Pregnant

Go to the next section of this booklet for more information about how to precede and where to find community resources to assist you. Each pregnant woman has different needs and the goal of this guide is to make it easy for you to find the resource that you specifically need. We want you and your child to be a healthy as possible during your pregnancy and beyond. If you are not sure how you feel about this pregnancy, talk to someone you trust. Think about your options.

I’m Not Pregnant

Think about if you want to be pregnant or not. If now is not the time you want to have a baby, contact your health care provider or another community resource for birth control.. The next time you take a pregnancy test should be a time of happiness. Think about your goals in life and what you want to do.

If you **do** want a baby now, you need to be as healthy as possible, both physically and emotionally, to make sure your baby is healthy. Read the **Readiness for Pregnancy** section of this guide for ways to prepare for a healthy pregnancy in the future.



DURING PREGNANCY

Health Care

Do not delay in seeking a healthcare provider for you and your baby once you know you are pregnant. Early prenatal care is vital for a healthy baby. If you have no insurance, apply for Medicaid as soon as possible. You can, however, get prenatal care before you apply for Medicaid.

What to do:

Already have a doctor:

Call for an appointment as soon as possible.

Have insurance but don't have a doctor:

Call the number on the back of your insurance card to get a list of health care providers.

Need to apply for Medicaid:

The income guidelines are different when you are pregnant so you might qualify for Medicaid even if you didn't before. If you are an undocumented immigrant you may be eligible for Medicaid while you are pregnant.

A Certified Application Counselor (CAC) services primarily at Gene Wright Community Health Center (419-227-3072). Our CACs at Gene Wright can assist with Marketplace enrollment and applying for Medicaid. We also offer CACs at Quick Care (419-516-0327), but this is for Medicaid Applications only. These services are open to anyone who is interested; they do NOT need to be a patient of HPWO.

Need assistance with applying for Medicaid or learning about all for your options for assistance with care:

Job and Family Services- 419-228-2621, 1501 S. Dixie Hwy
Allen County Public Health- 419-228-4457, 210 E. Market St.

Need Prescription Insurance?

LACCA provides one time help for prescriptions and co-pays for eligible residents at 125% of the poverty level. Call 419-227-2586

Allen County OB-GYN Providers:

Alliance for Women's Health- 419-228-1000

Doctors: Barbu, Chung, Medina and Smaili

Bluffton Women's Care- 419-358-8856

Doctors: Dagani, Westcott, Perkins

Northwest OB-GYN- 419-369-4600

Doctor: Brown

OB-GYN Specialists of Lima- 419-227-0610

Doctors: Herrick, Kreider, Rumschlag, Scherger, S. Stallkamp, V. Stallkamp

The Office of Dr. Alan Bradley- 419-224-2632

Doctor: Bradley

Women's Health for Life- 419-227-2727

Doctors: Coates, Kindig, Niesen

Adoption Support Services:

Allen County Children Services- 419-227-8590, 123 W. Spring

Huffman, Kelly, Brock and Gottschalk- 419-224-4357,
504 W. Market St.

The National Center for Adoption Law and Policy- 614-236-6730



DURING PREGNANCY

Dental

Dental problems with cavities and gums can cause infections that cause miscarriage and your baby being born too early. Brush your teeth twice a day, floss daily, and see a dentist or dental hygienist at least once during your pregnancy. See page 7 for a partial listing of dental practices in the community.

Nutrition/WIC

Eating healthy foods can keep you and your growing baby strong. While you are pregnant you need to eat foods from all the food groups each day:

- Milk and other Dairy
- Meats, Fish, Beans, and Eggs
- Vegetables and Fruits
- Breads, Cereals, Rice and Pasta

Make sure that your snacks are healthy, too. What you eat, your baby eats! Drinking plenty of water a day is also vital- aim for 6-8 glasses each day. The saying that you are “eating for two” when you are pregnant is not necessarily true in the sense that you do not need to double your intake while you are pregnant. The most important goal is to eat a well balanced diet and take a prenatal vitamin after discussion with your healthcare provider. Talk with your provider if you feel you need to speak **with a Registered Dietitian** concerning your diet while pregnant and check out **www.choosemyplate.gov** for some additional helpful resources.

WIC (Women, Infants, and Children) is a supplemental food program for pregnant, breastfeeding, and postpartum women, infants, and children to age 5. This program provides nutrition education/counseling, supplemental foods, breastfeeding promotion and support, and referrals to health care and social services. Eligibility is required in order to be a part of this program.

Call our local WIC Clinic located at 940 N. Cable Rd. Suite 4 at 419-224-8200 to see if you qualify and set up an appointment at the WIC clinic.

Alcohol, Tobacco, and Other Drugs

Don't forget ... avoid alcohol, cigarettes and other drugs during pregnancy. Drinking any alcohol, smoking cigarettes and using other drugs during pregnancy can harm your baby. They can affect how your baby looks, grows, learns, and acts. Alcohol, tobacco, and other drugs can also cause a miscarriage or your baby to be born too early or too small. **See page 8 for community services available to assist you in this area.**

Smoking

If you cut down or quit smoking cigarettes while you are pregnant the growth and development of your baby will greatly improve. It is never too late to quit smoking.

For help to quit contact:

Ohio Tobacco Quit Line- 1-800-QUIT-Now

American Cancer Society, Guide to Quitting Smoking and other FREE resources- www.cancer.org

American Lung Association, Freedom from Smoking Program and other FREE resources- www.lung.org

Your **healthcare provider** will also be able to assist you with resources, support agencies and prescriptions as needed in your journey to quit smoking.

Alcohol and other drugs

Remember, there is no known safe level of alcohol use during pregnancy. Once you know you are pregnant, it is best to stop using alcohol and drugs, but this can be challenging. Seek help from the resources available to you to preserve the health of you and your baby. **See page 8 or dial 2-1-1 for community services available to assist you in this area.**



DURING PREGNANCY

Stress and Depression

When you are pregnant and coping with mood changes, the world may appear more challenging. Stress can lower your resistance to infectious diseases and create other health problems such as increased blood pressure. Stress and other related problems can cause pre-term labor leading to delivery of a premature baby or a baby with low birth weight. If you are pregnant and struggling with stress or depression help is just a phone call away:

Talk with your healthcare provider
Call the 2-1-1 line to connect to local service
Suicide Prevention Hotline- 1-800-273-TALK(8255)

Social Support

Having a social support network can help reduce your stress and help you have a happier, healthier pregnancy and baby. Your family and friends can help you a lot. You can also get support from your community through the following programs:

Many Shades of Blue-937-401-6844 or toll free
1-866-848-3163, your call will be returned within 36 hours
Family Resource Center of Northwest Ohio, Allen
County- 419-222-1168, after hours crisis- 1-800-567-4673
Life Management Center- 419-224-6222
Girl Talk Support Group- Guiding Light Ministries-
419-236-7935, 592 S. Main St
Baby Steps Support Group- Bradfield Community Center, 419-228-
7766, 550 S. Collett St.

When Someone Hurts You and Tries to Control You (Domestic Violence)

No one ever has the right to hit, kick, slap, push or try to force you to do things you don't want to do. No one should threaten to hurt you or people or things that you love. No one should call you names, make you feel that you don't count or keep you from seeing or talking to family or friends. This kind of physical, sexual or emotional violence can cause your baby to be born too early and too small. You deserve better and so does your baby. Break your silence. Tell someone what is happening to you. Find someone to support you. Confidential help is available.

Hotlines:

Crime Victim Services- 419-222-8666, 1-877-867-7273
330 N. Elizabeth St.

Crossroads Crisis Center Hotline- 419-228-4357
National Domestic Violence Hotline – 800.799.7233
National Sexual Assault Hotline – 800.656.4673

Reporting Violence and Legal Assistance:

Crime Victim Services- 419-222-8666, 1-877-867-7273
330 N. Elizabeth St.
Allen County Court- Domestic Relations Division- 419-223-8511

Shelters:

Crossroads Crisis Center- 419-228-4357
Guiding Light Ministries- 419-236-7935, 529 S. Main St.
Lima Samaritan House- 419-222-4663, 328 W. McKibben St.

Counseling:

UMADOP Abuse Outreach Program- 419-222-4474
608 W. High St.
Crossroads Crisis Center- 419-228-4357
Resting Place- 600 S. Elizabeth Street
600 S. Elizabeth Street, 419-236-7935

DURING PREGNANCY

Basic Needs – Food

Meals and Food Pantries (not a comprehensive list, please call for dates and times of meals and food distributions)

Christian Corner Community Center- 419-222-4425

1601 McClain

Churches United Pantry- 419-221-3243

129 S. Pierce

Our Daily Bread Soup Kitchen- 419-224-2086

125 S. Central

Salvation Army Food Pantry- 419-224-9055

614 E. Market St.

St. Vincent DePaul Society- 419-224-2419

692 S. Main St.

InFaith Ministries- 419-225-8871, 1575 E. High St.

Food Assistance

West Ohio Food Bank- 419-222-7946, 1380 E. Kibby

Allen County Job and Family Services- food stamp enrollment assistance- 419-228-2621, 1501 S. Dixie Hwy

WIC- supplemental nutrition assistance for those who meet eligibility requirements- 419-224-8200, 940 N. Cable

Basic Needs – Shelter

Lima Samaritan House- 419-222-4663, 328 W. McKibben St.

Crossroads Crisis Center- 419-228-4357

Guiding Light Ministries- 419-236-7935, 592 S. Main St

Family Promise- 419-879-4600, 129 S. Pierce St.

Resting Place- 419-236-7935, 600 S. Elizabeth Street

Housing Assistance

Includes fair housing services, rent/mortgage assistance, landlord/tenant education and Section 8 Voucher program, etc.

Allen Metropolitan Housing Authority- 419-228-6065, 600 S. Main St.

LACCA- 419-227-2586, 540 S. Central

Coleman- 419-229-2222, 799 S. Main St.

DURING PREGNANCY

Basic Needs – Utilities

Allen County Job and Family Services- 419-228-2621

1501 S. Dixie Hwy

LACCA- Home Energy Assistance Program- seasonal utility bill assistance- 419-227-2586, 540 S. Central

Salvation Army- 419-224-9055, 614 E. Market St.

Call 2-1-1 for further local resources

Basic Needs- Financial

United Way- Free income tax preparation- 419-227-634

616 S. Collett St.

LACCA- Wealth Prep Program- 419-227-2586

540 S. Central

Basic Needs- Transportation/Medical Transportation

Allen County Job and Family Services- transportation to and from work- 419-228-2621, 1501 Dixie Hwy

Black and White Cab- 419-222-6161, 420 E. Elm St.

Goodwill/Easter Seals- 419-224-0091,

2100 Harding Hwy

Greyhound Bus- 419-224-7781, 218 E. High St.

Mercy Express- St. Rita's patient transport only- 419-226-9300

Regional Transit Authority (RTA)- 419-222-2782,

200 E. High St.

Medicaid Managed Care Plans- call your plan for details concerning medical and health related transportation

If you are on a Medicaid HMO they can provide you with a ride to your medical appointments. You must call 5 days in advance and be prepared to give them:

- Your Medicaid number
- Your address and the address of your doctor
- Your doctors first and last name and phone number

DURING PREGNANCY

Basic Needs- Emotional

Many options include a sliding scale fee payment option and other low cost options for low income families and mothers. Other opportunities for assistance in your emotional health and well-being can be given by calling 2-1-1.

Family Resource Center- 419-222-1168

530 W. Main St.

Life Management Center- 419-224-1122

915 W. Market

Applied Psychological Services- 419-228-4555

2371 Western Ohio Avenue

Covenant Ministry Services- 419-228-2070

1130 W. Market St.

Practice of Clinical Psychology- 419-227-5515

1000 W. Market St.

Personal Growth Counseling- 419-222-2255

1128 W. Market St.

Coleman Behavioral Health- 419-229-2222

799 S. Main St.

Health Partners of Western Ohio, Clinical Counseling

Gene Wright Community Center- 419-221-3072

441 East 8th St.

Quick Care Clinic- 419-516-0327, 1550 N. Main St.

Girl Talk Support Group- Guiding Light Ministries-

419-236-7935, 592 S. Main St



GETTING READY FOR BABY

Sudden Infant Death Syndrome and Safe Sleep:

Sudden Infant Death Syndrome (SIDS), formerly called “Crib Death”, does not happen because the baby is sleeping in a crib. We are learning more about why some babies die of SIDS. Some of the risk factors are exposure to cigarette smoke (either during pregnancy or after birth), prematurity, overheating, and drug use by the mother while pregnant. Some of the babies who were thought to have died of SIDS actually were accidentally suffocated by people or things they were sleeping with. Babies need a bed of their own. The safest way for babies to sleep is on their backs, by themselves, with nothing extra in the sleep area including toys, bumper pads, quilts, and pillows.

For more information call:

Allen County Public Health Department- 419-228-4457/information available online at <http://www.odh.ohio.gov/safesleep/> or speak with your healthcare provider to obtain further information on this important matter.

Child Safety Seats:

Ohio’s child passenger safety law requires the following:

Children less than 40 pounds or 4 years old must use a child safety seat meeting federal motor vehicle safety standards

Children less than 8 years old, unless they are 4’9” tall or more, must use a booster seat

Children ages 8-15 must use a child safety seat or safety belt

For more information or to have your car seat checked call:

Allen County Public Health Department- 419-228-4457 or visit 219 E. Market St.

Family Planning

Research has shown that spacing pregnancies between 18 months to 5 years apart will result in a healthier pregnancy and, quite possibly, a healthier baby. Now is the time to start thinking about spacing your children and your birth control options. Talk with your healthcare provider about your plans for after the birth of your child so that your plan can be put into action as soon as possible after birth to avoid poor spacing.

Second Hand Smoke

Earlier in this guide, it was discussed that quitting is the best and healthiest course of action to protect you and your child from disease and illness. If you continue to smoke, consider how second hand smoke will affect your child after birth and take steps to decrease your child’s exposure. As always- quitting remains the best option! Go to www.ideservecleanair.com to learn more!

Breastfeeding

It is not too early to be thinking about how you plan to feed your new baby. As you are making this decision it may be helpful to know:

- Doctors recognize breastfeeding as the best way to feed newborns and infants and they recommend it as the only method through the first 6 months of your baby’s life. Breastfeeding for even a few weeks is better for your baby than not breastfeeding at all.
- Mothers who breastfeed may lose weight faster, experience less stress during the postpartum period, build stronger bonds with their babies, and have a decreased risk of breast cancer, just name a couple benefits.
- Breastfeeding can save you several hundred dollars over the cost of buying formula. Formula can cost up to \$200 per month! Breastfeeding is free and available right away...no need to make a bottle, breast milk is always ready to go!

GETTING READY FOR BABY

- Breastfeeding can help protect babies against a number of childhood illnesses, including diarrhea, respiratory infections and ear infections. Fewer illnesses mean fewer doctors visits, which give you savings on healthcare costs.
- Breastfeeding research has shown that it can reduce the risk of Sudden Infant Death Syndrome.
- Your ability to successfully breastfeed your baby depends on the support you receive from those around you. Be sure to tell your partner, family and friends that you want to breastfeed and ask for their support. When you deliver, if you need some help with breast feeding, ask to see a lactation consultant. They are there to support you and help you to succeed in breastfeeding.

If you are planning to go back to work, there are a few things to consider:

- You may need to use a breast pump to maintain your milk supply. Pumps are available for purchase or rental. to get started with obtaining a pump.
- Check into your employer's policy on breastfeeding. Will they allow you to bring the baby on site? Will they give you a flexible work schedule and a comfortable place to pump? Find out now. Ask for what you need to keep feeding your baby breast milk.

A Working Mother's Guide is also available online at www.activateallencounty.com in the breastfeeding section.

Breastfeeding Classes/Support and Education

Available at St. Rita's (419-226-9000) and Lima Memorial (419-998-4570) hospitals prior to childbirth. LaLeche League Lima- at St. Charles Church, see Facebook page for further details. WIC clients will obtain breastfeeding education and assistance with obtaining a pump as a part of the program- 419-224-8200.

Breast Pumps

Speak to your doctor and insurance company about specifics for obtaining a pump at little to no cost to you.

Pre-Natal Education

There are many opportunities for you to have support and assistance prior to childbirth in learning about the basic of being a mother and allowing your child to have the best start possible.

- Heartbeat of Lima- Bridges and Sleep/Ride Programs are both available for pregnant and new moms- 419-222-7945, 3225 W. Elm St.
- Caring for Two- Home visits for pregnant woman and kids through age 2 who meet program requirements- 419-228-4457, 219 E. Market St.
- St. Rita's Childbirth Classes- 419-226-9000
- Lima Memorial Childbirth Classes- 419-998-4570
- Allen County Help Me Grow- Home visits for first time expectant mothers- 419-221-0014, 2550 Ada Rd.
- WIC (Women, Infants and Children)- education concerning pregnancy given to all mothers who meet requirements in the program- 419-224-8200, 940 N. Cable Rd. Suite 4
- B.A.B.Y Project- Contact Lula Fields- fie622@aol.com
- Baby Steps Support Group- Bradfield Community Center, 419-228-7766, 550 S. Collett St.

Take the time to speak with your doctor about other opportunities for education in the community and do some research for yourself as well. Become familiar with safe sleep techniques, breastfeeding vs. formula feeding, child safety seats, child care in your area and how to effectively manage your work, family and job once your child arrives. As you can see, there are many resources right at your fingertips to assist you- take advantage of the support near you!

GETTING READY FOR BABY

Pre-Term Labor

Pre-term labor means you go into labor before the 38th week of your pregnancy. Pre-term labor is not the same thing as “false labor”. If you go into labor and give birth too soon, your baby could be seriously ill and may not live.

Pre-term babies...

- May have to stay in the hospital a long time because they are fragile.
- Can have problems breathing, eating and staying warm.
- May have problems with their health or development for years after they are born.
- May not live, even after having special care in the hospital.

These are the warning signs of pre-term labor. Call your doctor right away if...

- Blood or fluid leaks from your vagina.
- You feel cramps like your period is starting.
- You have low, dull backache.
- You have diarrhea.
- You have 4 contractions in 1 hour.
- You think or feel like something is wrong.

Danger Signs in Pregnancy

These signs are your body's way of telling you something is wrong. If you experience any of the following, call your health care provider immediately:

- Persistent or severe headache
- Dizziness or fainting
- Double or blurred vision; spots before your eyes
- Sudden swelling of face, hands, or feet
- Sudden weight gain
- Vaginal bleeding
- Fever and/or chills
- Severe or constant vomiting
- Sudden gush or steady trickle of water from the vagina
- Steady abdominal pain that is not relieved by a bowel movement

And another thing...

There are some other things to be careful of when you are pregnant.

- Don't get X-rays unless your healthcare provider tells you that you need them. When you go for an X-ray, make sure the X-ray technician knows that you are pregnant.
- Avoid hot tubs, saunas, and steam rooms.
- Don't change the cat litter box. Contact with cat feces can cause an infection, toxoplasmosis, that could hurt your baby.
- Don't eat fish high in mercury (shark, swordfish, king mackerel, tilefish). Eat no more than 12 ounces of fish a week that are lower in mercury such as canned light tuna, catfish, pollack, salmon, and shrimp. This includes those caught in Lake Erie and its rivers. Limit your intake of albacore (“white”) tuna to 6 ounces per week.
- Finally, be sure to cook meat well. That's the best way to make sure there are no bacteria that can get into your body and make you sick.

For other questions regarding diet or taking care of your body during pregnancy, talk to your doctor. Write down any questions that arise so that you remember to speak about them during your appointment time. If the question is urgent, always call and check- better to be safe!



BABY IS HERE

Health Care

Your baby needs a medical home, a health care provider or clinic that knows what your baby is like when he/she is well so they can better understand when your baby is sick.

You will need to decide what doctor you want to take care of your child. There are many options for care in Allen County- some offering sliding scale fees based on income and some who take Medicaid. It is best to call the offices and ask about new patients as well as, if applicable, speak with your insurance company about providers in your plan.

Children's Health Insurance

Child's Health Insurance Program provides free or lost cost insurance for qualifying children- 1-877-543-7669

Allen County Pediatric Offices

The following clinics and offices are taking new patients
(not a comprehensive listing):

Lima Pediatrics- 419-516-4860, 1005 Bellefontaine Ave.

Pediatrics of Lima- 419-222-4045, 830 W. High St. Suite 102

Health Partners of Western Ohio

Gene Wright Community Center- 419-221-3072,
441 East 8th St.

New Century Pediatrics- 419-222-5007, 730 W. Market St.

You must report the birth of your baby to your insurance provider as soon as possible. If you qualified for Medicaid while pregnant your baby will automatically qualify for Medicaid for the first year of his/her life. You must report the birth to your caseworker to activate Medicaid.

Well Child Check-ups and Immunizations

Your baby should see a healthcare provider for well child check-ups at 2 weeks, 2 months, 4 months, 6 months, 9 months 1 year and 15 and/or 18 months to be sure that your baby is growing and developing well. Other appointments and consults are at the discretion of your doctor.

If you keep all of these appointments you should not miss any of the immunizations (baby shots) that are needed. Your baby will need to get these shots starting at birth. These shots prevent some very dangerous diseases like polio, tetanus, whooping cough, mumps, measles, chicken pox, meningitis, hepatitis B, and more.

Infant immunizations are offered at Allen County Public Health

to eligible children by appointment only. Call for details- 419-228-4636 options #2 then #4.

Feeding/Nutrition/Breastfeeding

Breast milk is best for your baby. It contains all the nutrition your baby needs. It helps in the prevention of illnesses. See the previous sections for breastfeeding discussion and support in Lima. Breastfeeding support and guidance is a phone call away- do not be afraid to ask for help!

Breast milk or formula is the primary source of nutrition for your baby for the first year of her life. It is important not to introduce solids into a baby's diet until close to 6 months of age. This will reduce the chances of developing food allergies or becoming obese. If you have questions about feeding your baby, talk to your healthcare provider about a referral to a registered dietitian or another specialist (such as an allergist) as needed.. You may qualify for WIC (Women, Infants and Children), which will support you in breastfeeding or help you with formula. You can also return to the previous section for contact information for WIC.

A good online resource available is www.choosemyplate.gov which also provides information on diet for breastfeeding mothers.

BABY IS HERE

Safety

Your baby is completely defenseless. There are many things all around him that could hurt him or even cause his death. It is your responsibility to protect him. To do that, you need to be watchful and alert and able to make good decisions.

Sometimes you can be the biggest threat to your baby's safety:

- Never shake your baby. All parents get frantic and feel out of control at times. Put your baby down and walk away if you feel out of control. Everyone needs help. Ask for it.
- If you are using drugs or alcohol you cannot depend on your judgment and alertness. You need to find someone you trust to watch your baby when you are under the influence.
- In order to keep your baby safe you must be able to keep yourself safe. If you are in a violent relationship get help. See the previous section or the back of this guide for a listing of support services.

Burns

- Check bath water temperature before putting your baby in the water.
- Do not smoke, drink hot beverages, or cook while holding your baby
- Do not heat your baby's bottle in a microwave oven. The bottle may not be hot but areas of formula inside the bottle might burn his mouth. Always shake and test formula temperature before feeding.
- Make sure that there is a working smoke detector in your home. If you don't have one, contact your landlord or your local fire station.

Falls/Injuries/Drowning

- Do not leave your baby alone on a couch or a changing table. Even a newborn could roll off.
- Never hold your baby in your arms while riding in a car even if they are fussy or being fed. Always use a car seat.
- Never put anything around your baby's neck (small toy, pacifier, necklace). It could choke her.
- Use the safety straps that come with a stroller or bouncy seat.
- Keep your baby's infant seat on the floor.

Closely watch your baby when a young child or an animal is around.

- Get down on the floor to see what your baby could get into such as small objects or hanging cords. Move them or keep your baby away from them.
- Put safety plugs in electrical outlets.
- Never leave your baby alone in a bath or near water. She could drown quickly in just a few inches of water.

Choking

- Do not prop the bottle for a feeding.
- Do not give a baby nuts, popcorn, chunks of meat, hot dogs, peanut butter, whole grapes, raw vegetables or hard candy.
- Be careful of what you let your baby play with. Make sure there are no small parts that could fall off and that there are no sharp edges. Objects are too small if they can fall through the center of a toilet paper roll.

Poisoning:

- Always read the label when buying a new toy. Safe toys have labels like "non toxic", "nonflammable", and "lead free".
- Cleaning supplies, medicines and poisons should be kept in a high place or a locked cabinet.
- Carbon monoxide is an odorless poison that can cause death. It can leak from furnaces, gas lines, and gas appliances. Carbon monoxide detectors can be purchased at many local stores.

Safe Sleep:

- Babies need a bed of their own. Do not sleep with your baby or lay him down to sleep on a waterbed, cushion, or sofa.
- The crib, bassinet, or Pack n' Play should have a firm mattress and a tightly fitted bottom sheet
- The safest way for them to sleep is on their backs, by themselves, with nothing extra in the sleep area. No pillows, quilts, toys, wedges or bumpers—just your baby.
- Make sure your baby's bed does not tip over easily.

BABY IS HERE

Use cribs with slats less than 2-3/8 inches apart so the baby cannot get stuck in between them. If you can push the top of a pop can between the slats, the crib is not safe.

- Do not overdress your baby or keep the room too hot.

For help or more information on any of these issues about safety for your baby, contact:

Allen County Children's Services- 419-227-8590

Poison Control – 1-800-222-1212

Police/EMS/Fire – 911

Ohio Safe Kids- <http://www.ems.ohio.gov/SAFEKIDS/SKmain.htm>

Smoking

Remember, secondhand smoke can be harmful to your baby. It can increase their chances of getting colds, ear infections, asthma, and allergies. Exposure to secondhand smoke is also a risk factor for Sudden Infant Death Syndrome. See the previous sections concerning smoking or the back of this guide for information on quitting and go to www.ideserve-cleanair.com as well for further discussion and tips.

Tips to Avoid Secondhand Smoke:

- Have guests and family smoke outside.
- Don't allow smoking in your bedroom or child's bedroom or your car.
- Sit in non-smoking areas when you go to restaurants or other public places.
- If family members smoke, ask them to think about quitting.

If you smoke, it is not too late to quit. Refer to the resources in this guide to get started today.

Alcohol and Other Drugs

Using alcohol and other drugs is not a healthy way of dealing with the added stress of having an infant. Be responsible. Alcohol and other drugs can affect your decision making, resulting in bad choices for yourself and your baby. Being in an environment surrounded by drugs can be dangerous and unhealthy for you and your baby. Community assistance is available.

Postpartum Depression (PPD)

PPD is one of the most common complications of childbirth. PPD is not the "Baby Blues". Postpartum Depression interferes with your ability to enjoy your newborn. Symptoms do not go away within a few weeks of birth. Some of the symptoms are:

- tearfulness
- extreme sadness
- guilt
- anxiety
- sleep problems
- feelings of inadequacy
- inability to enjoy fun activities
- unable to concentrate
- having negative thought about your baby or harming your baby
- having thoughts of harming yourself

If you are experiencing any of the above symptoms, please seek help. Even if you are only feeling sad, getting help early is important. Here are some ways to obtain the help and support you need to work through these feelings.

Talk with your doctor

Reach out to a support group

Many Shades of Blue- call for a program in your area- 937-401-6844 or toll free 1-866-848-3163

Family Resource Center of Northwest Ohio-

Allen County- 419-222-1168

Crisis Center- 24 hour hotline- 1-800-567-4673

Postpartum Support International- Ohio Chapter- 614-315-8989, <http://www.postpartum.net/locations/ohio/>

Dial 2-1-1 for other local resources

BABY IS HERE

Family Planning/6 Week Check-Up

In the hustle and bustle of adjusting to life with an infant, it is important to not forget to take care of yourself as well. Your OB-GYN will likely ask to see you about 6 weeks after delivery and it is important that you keep this appointment. This is where you can discuss and obtain birth control. Healthy spacing (at least 18 months after your baby is born) between pregnancies is important for the health of your future children as well as yourself.

For your own health, during the first six weeks after delivery, it is not safe to have sex until you completely stop bleeding. To avoid getting pregnant use condoms until you are able to start whatever method of birth control you choose.

Father's Support

Opportunities exist for dad's to learn more about their important role as a father. These environments offer support, encouragement and education in relaxed atmospheres.

LACCA- Real Fathers Program- 419-227-2586
540 S. Central

St. Rita's- Daddy Bootcamp- 419-226-9000

Caring For Two- Male Involvement Program- for males with a partner in Caring For Two- Allen County Public Health

Baby Steps Support Group- Bradfield Community Center, 419-228-7766, 550 S. Collett St.

Child and Family Development

Children's emotional growth is dependent on a secure and nurturing relationship with a caregiver. Getting help while your child is young will help you better enjoy your baby, help you better enjoy parenting and help you avoid problems as your children get older.

Parenting is a tough job. Supportive services can help answer your questions and support you in your role as a parent. Growth occurs more quickly in the first few years of life than any other time. Children also grow at different rates. If you have concerns about your child's development, talk to your pediatrician or contact one of the programs below. Take advantage of this community built support system and get involved today! See the next page a list of resources and as always, call 2-1-1 for more options as needed.

- Allen County Help Me Grow- a wide variety of services and programs available- 419-221-0014, 2550 Ada Rd.
- ACT Raising Safe Kids, Great Lakes Regional Center- 419-549-8530
- Caring For Two- Serving high risk pregnancies and children, Call for eligibility requirements- 419-228-4457, 219 E. Market St.
- Alternative Learning Center- Tutoring available, fee is associated- 419-999-1799, 2018 Eastown Rd.
- Big Brothers-Big Sisters Allen County- 419-228-8664, 649 W. Market St.
- The Lima Family YMCA- wide variety of child and adult programs- 419-223-6045, 345 S. Elizabeth
- Lima Public Library- Children reading/activity times available- 419-228-5113, 650 W. Market St.
- St. Rita's Child/Adolescent Behavioral Services- outpatient facility- 419-226-9590, 718 W. Market St.
- Bureau for Children with Medical Handicaps- 419-228-4457, 219 E. Market St.
- Allen County Family and Children First Council- 419-221-0014, 616 S. Collett St.
- LACCA Nurturing Parent Classes- 419-227-2586, 540 S. Central Ave.
- LACCA Head Start/Early Head Start- 419-227-2586, 540 S. Central Ave.
- B.A.B.Y Project Education Classes- 419-227-7646

Child Care

Every parent deserves access to high quality childcare. It is an important decision for every parent to consider- where will I take my child while I am working? There are many options for childcare in the Lima/Allen County area. Take your time to look at your options, interview potential locations, talk with area friends and family about their preferences and be diligent to ask the tough questions. When it comes to your child, you should desire and you deserve the best care!

For additional assistance, contact the **YWCA- Childcare and Resource Referral Network**. This service is free and available to all families to assist with finding quality, affordable childcare to meet your needs. Contact 419-225-5465 for more details.

BABY IS HERE

Basic Needs – Clothing/Baby Supplies/Diapers

Baby supplies are costly. If you need help contact these agencies for assistance.

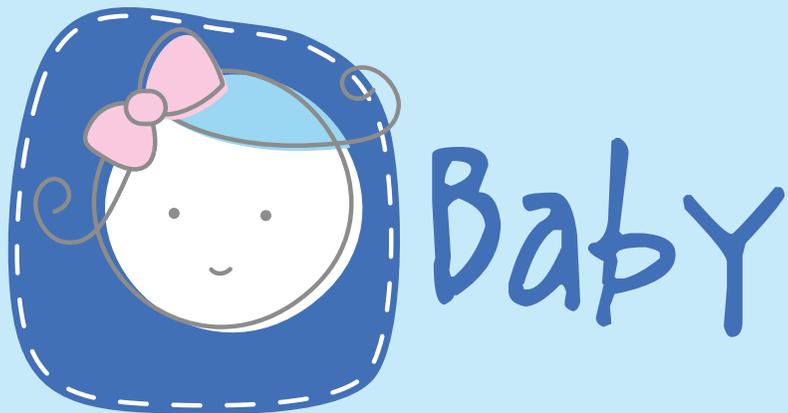
Call 2-1-1 for individualized instructions.

- Heartbeat of Lima- referral may be needed, call for details- 419-222-7945, 3225 W. Elm St.
- The Salvation Army- emergency assistance is available- 419-224-9055, 614 E. Market St.
- The Gabriel Project- free service for children up to age 1 -419-379-6830
- Baby Steps Support Group- Bradfield Community Center, 419-228-7766, 550 S. Collett St.

Government Agencies

These agencies are available to assist you in getting the necessary support and direct you as needed to the proper resources within the community in order to get your needs met.

- Allen County Public Health Department
419-228-4457, 219 E. Market St.
- Allen County Job and Family Services
419-228-2621, 1501 S. Dixie Hwy
- Allen County Child Support Enforcement Agency
419-224-7133, 200 W. Market St.
- Allen County Children Services
419-227-8590, after hours 419-221-5680, 330 N. Elizabeth St.



Adult Education

As you think about ways to improve your life and the life of your young family, you may want to look into education. In terms of education, there are many different avenues available to pursue and many different ways to meet your goal. The key will be to find the path that works for you and your family.

- ABLE/GED Classes- multiple dates and locations available, call 419-223-0252
- Locations include LACCA, Rhodes State College, St. Mark's United Methodist Church, and the YMCA Annex
- Northwest Ohio Literacy Council- adult reading programs, 419-223-0252, 563 W. Spring St.
- Parent and Pregnant Resources OSU-Lima Branch
571-379-7261, 4240 Campus Drive
- Rhodes State College- 419-995-8320, 4240 Campus Drive
- Apollo Career Center Adult Education
1-866-998-2824, 3325 Shawnee Rd.

In Closing

Babies deserve to be born strong and healthy. While you cannot control everything in your life, the actions you take before you get pregnant, during your pregnancy, and after your baby is born will have a major effect on him/her, not just during the first year of his life, but beyond. It is important to make the best choices possible. Please take advantage of the information in this resource guide. This guide can be a great place to start as you look for assistance to meet the needs of your family. As your community, we are dedicated to helping you and your baby be healthy and happy.