

MISSISSIPPI DEPARTMENT OF HEALTH

WIC

Women, Infants & Children Program

Happy Healthy Baby



HAPPY HEALTHY BABY

Everyone needs to be active – even babies. Your baby needs good nutrition and plenty of daily activity and play. Learning begins with play, so play with your baby every day!

WHAT KINDS OF PLAY DO BABIES LIKE?

Taking things in and out of containers.

Crawling over, under, and around things (pillows, chairs, boxes).

Playing with things that are different shapes, colors, and sizes.

Gently turning, rolling, bouncing, and swaying your baby is a great way to build your baby's strength and to help him to learn.

Caution: NEVER shake your baby. This can cause brain damage.

A FUN ACTIVITY TO DO WITH YOUR BABY:

Around 6 months old, sit with your baby on your lap, facing you. While holding hands, encourage your infant to stand. Once your baby is standing, sway your baby from side to side.



GAMES TO PLAY:

Singing and clapping

Peek-a-boo

Pat-a-cake

Blowing bubbles for baby to pop

Get your baby out of the crib, playpen, or infant seat and let him move!

THINGS TO PLAY WITH:

Spoons

Plastic bowls

Plastic cups

Empty baskets or boxes

Mobiles

Soft blocks

Soft balls

Rattles

FEED YOUR BABY RIGHT.

Avoid foods that can choke your baby, such as hotdogs, bologna, sausage, nuts, seeds, snack chips, cheese puffs, and pretzels.

Babies who are overfed or do not get enough activity can become overweight.

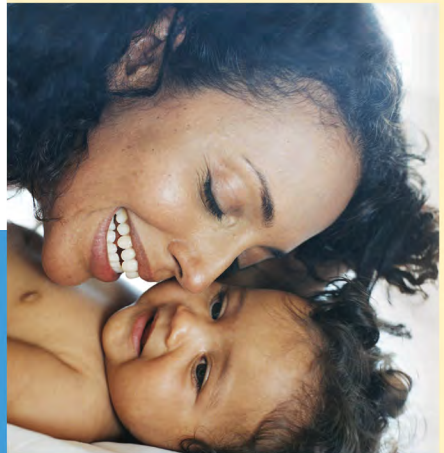
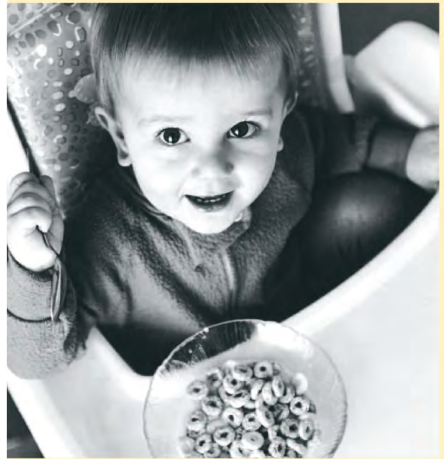


Here's what you can do to make your baby happy and healthy:

- Breastfed babies are less likely to become obese adults.
- Do not force your baby to finish a bottle or baby foods.
- Wait to begin baby cereal and baby foods until 4 to 6 months of age.
- Feed with a spoon, not an infant feeder.
- Give baby food fruits, vegetables, and meats rather than baby food desserts and dinners.
- Avoid sweet tea, soda pop, Kool-Aid, or other sweetened drinks.

Start introducing a cup when the baby is around 6 to 8 months old. Begin to offer the cup before the bottle, and place it within his reach. Continue with this approach daily, but do not put any pressure if he pushes the cup away. Eventually, he will begin drinking from the cup.

Hunger is not the only reason a baby cries. Sometimes babies just want attention or comfort.



SAFETY TIPS

Babies need a safe environment:

- Pick up any small items that baby could choke on or swallow.
- Never leave a baby alone in a room except when safely deposited in a play pen, crib or other safe enclosure, and then only for a few minutes.
- Never leave your baby alone near water or in a tub.
- Be certain that whoever is caring for your child is alert to any danger and knows how to avoid it.
- Don't put baby in a walker. Walkers can cause head injuries and do not help motor development.



KICK THE SMOKING HABIT.

Babies who are exposed to smoke are twice as likely to suffer illness. Reduce your baby's risk by keeping him away from cigarette smoke.

BABIES NEED SLEEP.

Babies need at least 14 to 16 hours of sleep every 24 hours. Sleep habits will change as the child gets older. Even older infants may wake at least once during the night. Try and aim for several naps a day to promote healthful sleep habits.





MISSISSIPPI STATE DEPARTMENT OF HEALTH

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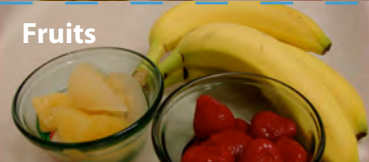
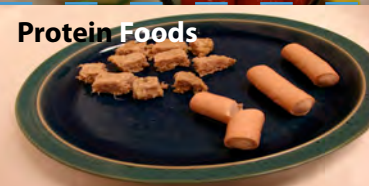

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Office of the Assistant Secretary for Civil Rights,
1400 Independence Avenue, SW,
Washington, D.C. 20250-9410
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- (3.) Email: program.intake@usda.gov.

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Infant Feeding Guide for Healthy Infants Birth to 8 Months Old

Adapted from the
New Jersey WIC Program

Foods	Birth to 3 months	4–6 months	6–8 months	Remember:
 Breast Milk	<ul style="list-style-type: none"> Breastfeed about 10–12 feedings per 24 hours in the 1st month About 8–10 feedings per 24 hours in the 2nd and 3rd months 	<ul style="list-style-type: none"> Breastfeed about 7–9 feedings in 24 hours 	<ul style="list-style-type: none"> Breastfeed about 4–6 feedings in 24 hours 	<ul style="list-style-type: none"> Your baby's bottle is for breast milk and/or formula. Do not use a microwave to heat breast milk or formula. Do not give your baby cow's milk for the first year of life. Babies need shots to protect them from diseases. Bring your baby's shot record each time you go to the WIC clinic. <p>Your baby may be ready to begin baby food or pureed food if he does all of the following:</p> <ul style="list-style-type: none"> Sits with help or support Doubled his birth weight and weighs >13 lbs. Is hungry after 8-10 breastfeedings or 32 oz. of formula in a day <p>When Starting Solids:</p> <ul style="list-style-type: none"> Add one new food at a time. Wait at least 5 days until you try another new food to give your baby time to adjust. That way if your baby has a reaction you will know which food caused it. If you buy jar baby food, choose plain meats, vegetables and fruits, then mix them to your baby's liking.
 Iron-fortified Infant Formula	<ul style="list-style-type: none"> 0–1 months: 18–24 oz 1–2 months: 22–28 oz 2–3 months: 24–32 oz 	<ul style="list-style-type: none"> 4–5 months: 25–40 oz 5–6 months: 25–45 oz 	<ul style="list-style-type: none"> 24–32 oz Offer cup 	
 Cereal & Breads	<ul style="list-style-type: none"> NONE 	<ul style="list-style-type: none"> Iron fortified infant cereal, by spoon. Start with 1–2 tablespoons rice cereal, mix with breast milk, formula or water, feed twice a day <p><i>Do not add sugar, corn syrup, or Karo syrup to foods. No honey for the first year.</i></p>	<ul style="list-style-type: none"> All varieties of plain, boxed infant cereal, (1–2 tablespoons) feed twice a day Slowly introduce crackers, dry unsweetened cereals, zwieback and toast 1 serving, feed twice a day 	
 Fruit Juices	<ul style="list-style-type: none"> NONE 	<ul style="list-style-type: none"> NONE 	<ul style="list-style-type: none"> 100% fruit juice with Vitamin C. Offer in child-size cup, 1–2 oz, twice a day 	
 Vegetables	<ul style="list-style-type: none"> NONE 	<ul style="list-style-type: none"> May begin strained vegetables at 5-6 months depending on developmental readiness 	<ul style="list-style-type: none"> Mashed winter squash, sweet peas, green beans, carrots and spinach, jarred or cooked 2 tablespoons, twice a day 	
 Fruits	<ul style="list-style-type: none"> NONE 	<ul style="list-style-type: none"> May begin strained fruits at 5-6 months depending on developmental readiness 	<ul style="list-style-type: none"> Fresh or cooked mashed banana, applesauce, jarred fruits Avoid fruit desserts 2 tablespoons, twice a day 	
 Protein Foods	<ul style="list-style-type: none"> NONE 	<ul style="list-style-type: none"> NONE 	<ul style="list-style-type: none"> Meats or poultry, plain, chopped, jarred (avoid meat/vegetable dinner combos), 1–2 tablespoons, twice a day Plain yogurt, 1–2 tablespoons/day 	
 Water	<ul style="list-style-type: none"> NONE 	<ul style="list-style-type: none"> NONE 	<ul style="list-style-type: none"> 2–4 oz, twice a day 	

Infant Feeding Guide for Healthy Infants 8 to 12 Months Old

Adapted from the
New Jersey WIC Program

Foods	8–10 months	10–12 months	Remember:
 <p>Breast Milk</p>	<ul style="list-style-type: none"> Breastfeed 4 or more feedings in 24 hours 	<ul style="list-style-type: none"> Breastfeed 3 or more feedings in 24 hours 	<p>Foods To Avoid in the First 12 Months:</p> <ul style="list-style-type: none"> Mixed dinners Bacon, lunch meats, hot dogs French fries Creamed vegetables Puddings Cookies, candy, cakes Sweetened drinks (iced tea, soda, Kool-Aid) <p><i>These foods contain too much fat and/or sugar and can hurt your baby's teeth!</i></p> <p>Foods That Can Cause Choking in Small Children:</p> <ul style="list-style-type: none"> Hot dogs Nuts Peanut butter Raisins Whole grapes Hard candies Berries Popcorn <p>Babies need shots to protect them from diseases. Bring your baby's shot record each time you go to the WIC clinic.</p>  <p>MISSISSIPPI STATE DEPARTMENT OF HEALTH</p>  <p>MISSISSIPPI WIC Women, Infants and Children</p> 
 <p>Iron-fortified</p>	<ul style="list-style-type: none"> 24–32 oz Offer cup 	<ul style="list-style-type: none"> 16–24 oz Offer cup 	
 <p>Cereal & Breads</p>	<ul style="list-style-type: none"> All varieties of plain, boxed infant cereal, 2–3 tablespoons, twice a day Soft breads such as plain bagels, rolls and muffins, or unsweetened dry cereal, 2–3 small servings 	<ul style="list-style-type: none"> Unsweetened dry cereal, toast, crackers, bread, bagels, rolls, plain muffins, rice and noodles 2–3 small servings 	
 <p>Fruit Juices</p>	<ul style="list-style-type: none"> 100% fruit juice with Vitamin C Offer in child-size cup 1–2 oz, twice a day 	<ul style="list-style-type: none"> 100% fruit juice with Vitamin C Offer in child-size cup 2 oz, twice a day 	
 <p>Vegetables</p>	<ul style="list-style-type: none"> Cooked, mashed vegetables Soft, bite-size pieces 3–4 tablespoons, twice a day 	<ul style="list-style-type: none"> Cooked, mashed vegetables Soft, bite-size pieces ¼ cup, twice a day 	
 <p>Fruits</p>	<ul style="list-style-type: none"> Peeled, soft, fresh fruits, or fruits canned in water or juice, such as bananas, pears and peaches Soft, bite-size pieces, no seeds 3–4 tablespoons, twice a day 	<ul style="list-style-type: none"> All peeled, soft, fresh fruits such as bananas, pears and peaches, melons, pineapples Canned fruit in water or juice Soft, bite-size pieces, no seeds ¼ cup, twice a day 	
 <p>Protein Foods</p>	<ul style="list-style-type: none"> Well-cooked, bite-sized pieces of meat, poultry or fish. Mild cheese Cooked beans, egg yolk, cottage cheese 2–3 tablespoons a day 	<ul style="list-style-type: none"> Strips of tender lean meats, chicken, fish, ground or chopped meats, and cheese strips 1 oz or ¼ cup, twice a day 	
 <p>Water</p>	<ul style="list-style-type: none"> 2–4 oz, twice a day 	<ul style="list-style-type: none"> 2–4 oz, twice a day 	

Pregnant? You Need a **Flu Shot!**



Information for pregnant woman



Because you are pregnant CDC and your ob-gyn or midwife recommend you get a flu shot to protect yourself and your baby from flu.

You should get vaccinated by the end of October, if possible. This timing can help ensure that you are protected before flu activity begins to increase. Talk to your ob-gyn or midwife about getting a flu shot.

Flu can be a serious illness, especially when you are pregnant.

Getting flu can cause serious problems when you are pregnant. Even if you are generally healthy, changes in immune, heart, and lung functions during pregnancy make you more likely to get severely ill from flu. Pregnant women (and women up to two weeks postpartum) who get flu are at high risk of developing serious illness, including being hospitalized.

Flu shots are the best available protection for you – and your baby.

When you get your flu shot, your body starts to make antibodies that help protect you against flu. Antibodies are also passed on to your developing baby, and help protect them for several months after birth. This is important because babies younger than 6 months old are too young to get a flu vaccine. If you breastfeed your infant, antibodies also can be passed through breast milk. It takes about two weeks for your body to make antibodies after getting a flu vaccine. Talk to your doctor, nurse, or clinic about getting vaccinated by the end of October.

Flu shots are safe for pregnant and breastfeeding women.

You can get a flu shot at any time, during any trimester, while you are pregnant. Millions of pregnant women have gotten flu shots. Flu shots have a good safety record. There is a lot of evidence that flu vaccines can be given safely during pregnancy, though these data are limited for the first trimester.

If you deliver your baby before getting your flu shot, you should still get vaccinated. Flu is spread from person to person. You, or others who care for your baby, may get sick with flu, and spread it to your baby. It is important that everyone who cares for your baby get a flu vaccine, including other household members, relatives, and babysitters.

Common side effects of a flu vaccine are mild.

After getting your flu shot, you may experience some mild side effects. The most common side effects include soreness, tenderness, redness and/or swelling where the shot was given. Sometimes you might have a headache, muscle aches, fever, and nausea or feel tired. The flu is a serious illness, especially when you are pregnant.



If you have flu symptoms, call your doctor immediately.

If you get flu symptoms (e.g., fever, cough, body aches headache, etc.) – even if you have already had a flu shot – call your doctor, nurse, or clinic right away. Doctors can prescribe influenza antiviral medicine to treat flu. Antiviral drugs can shorten your flu illness, make it milder and lessen the chance of developing serious complications. Because pregnant women are at high risk of developing serious flu complications, CDC recommends that they be treated quickly with antiviral drugs if they get flu symptoms. Oral oseltamivir is the preferred treatment for pregnant women because it has the most data available to suggest that it is safe and beneficial. These medicines work best when started early.

Fever is often a symptom of flu. Having a fever early in pregnancy increases the chances of having a baby with birth defects or other problems. Acetaminophen (Tylenol® or brand store equivalent) can reduce a fever, but you should still call your doctor or nurse and tell them about your illness.

If you have any of the following signs, call 911 and seek emergency medical care right away:

- **Difficulty breathing or shortness of breath**
- **Persistent pain or pressure in the chest or abdomen**
- **Persistent dizziness, or confusion, or drowsiness.**
- **Severe or constant vomiting**
 - **Seizures**
 - **Not urinating**
 - **Severe muscle pain**
 - **Severe weakness or unsteadiness**
 - **Fever or cough that improves, but then returns or worsens**
- **Decreased or no movement of your baby**
- **High fever that is not responding to Acetaminophen (Tylenol® or brand store equivalent).**



For more information about the flu or the vaccine, call: **1-800-CDC-INFO** or visit: www.cdc.gov/flu/



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

FICTION OR FACT?

FICTION: FASD is a childhood disorder, people outgrow it.

FACT: The damage caused by prenatal exposure to alcohol is permanent.

FICTION: FASD can be passed on genetically.

FACT: Unlike genetic disorders, FASD has a direct behavioral cause.

FICTION: Children are negatively affected by alcohol only if a mother drinks early in her pregnancy.

FACT: Alcohol can affect an unborn baby at anytime during the pregnancy. There is no 100% safe time or amount to drink during pregnancy.

FICTION: FASD is specific to certain races or communities.

FACT: The damaging effects of prenatal alcohol exposure happen in all races and communities if women drink when they are pregnant.



ONLY YOU CAN PREVENT FASD!

Fetal Alcohol Spectrum Disorders (FASD) is the leading known cause of preventable mental retardation. It can also cause birth defects and learning and behavioral disorders.

In Mississippi, more than 450 babies are born each year with FASD.



Mississippi Advisory Council on FASD

WHAT IS FASD?

An umbrella term used to describe the range of effects or disorders that can occur in an individual whose mother drank alcohol during pregnancy. It can include vision and hearing problems, respiratory problems, heart problems, low birth weight, and learning disabilities.



HOW TO AVOID FASD?

Short answer - don't drink. If you have already consumed alcohol during pregnancy, stop! If you are at risk or trying to become pregnant - don't drink! There is only one cause of FASD - drinking alcohol. This includes beer and wine. The only way to prevent FASD is to completely abstain from alcohol during pregnancy.

Rates of frequent drinking and binge drinking remain at high levels among pregnant women. It's estimated that at least 55% of women are drinking at the time they become pregnant and some of them continue to drink heavily throughout their pregnancy.



Women appear to be drinking alcohol more than in the past and drinking in a similar amount and pattern to men. Alcohol and tobacco continue to be used by pregnant women despite health warnings.

WHY IS ALCOHOL A PROBLEM?

ALCOHOL ABSORPTION

Alcohol by its very nature is an agent that can cause malformations of an embryo or fetus. Alcohol can cross the placenta and enter the circulation system of the unborn baby, damaging cells and the DNA they contain. This damage that prenatal alcohol exposure causes to the baby is permanent and seems to affect the developing brain more than any other organ.



The Surgeon General says don't drink if - you are pregnant now, if you find out you're pregnant, or if you're having sex without using birth control.



**FOR MORE INFORMATION CONTACT THE
MISSISSIPPI DEPARTMENT OF MENTAL HEALTH AT 601.359.1288
OR VISIT WWW.DMH.MS.GOV.**

Mississippi Department of Health

WIC — Women, Infants & Children Program

Thinking About Breastfeeding?





Answers to Common Breastfeeding Questions

How long should I breastfeed? The American Academy of Pediatrics recommends that babies receive only breastmilk for the first 6 months of life and continue to receive breast milk with other foods until at least 1 year of age. Breastfeeding can continue for as long thereafter as both mother and baby wish.

Can I eat my favorite foods if I breastfeed? Yes, eating a variety of foods will help you feel better and give you more energy.

Can I return to work and continue breastfeeding? Many women who return to work or school leave pumped breastmilk for their babies. If you don't want to pump, use formula when you are apart and breastfeed when you are together. Any amount of breastmilk is better than none at all.

Can I use birth control while breastfeeding? Yes, talk to your doctor or health care provider to help you choose a birth control method that's safe for nursing mothers.

Breastmilk is always warm, fresh, and ready to go. There's nothing to heat, sterilize or measure.

What about other medicines? There are many medicines that breastfeeding mothers can take. Call your breastfeeding counselor or doctor for specific information. Before taking any medications, be sure to let your health care provider know that you are nursing.

Won't the baby's father feel left out if I'm the one feeding the baby? There are lots of things fathers can do: singing or reading to the baby, rocking or holding the baby, or occasionally feeding the baby pumped breastmilk while Mom is away.

What can I expect from breastfeeding in the beginning? Many moms and babies breastfeed without any problems. Others may need a little help. The breastfeeding counselor can give you tips on good nursing positions. Knowing a few simple tips can prevent problems.

Does breastfeeding hurt? In the beginning some women experience breast tenderness. Pain usually means a baby is not latched well. Talk to your breastfeeding counselor if you have pain.

Does the size of my breasts matter? No, the size of your breasts does not affect how much milk you make. What matters most is how often you nurse. The more you nurse, the more milk you make.

Can I breastfeed after a Cesarean birth (C-section)? Yes. If you have a C-section, ask a nurse or breastfeeding counselor to help you find comfortable breastfeeding positions.

Breastfeeding releases hormones that help moms feel calm and relaxed.

Can I breastfeed if I smoke? Smoking can harm your baby whether you breastfeed or bottle feed, even if you don't smoke around your baby. Infants exposed to cigarette smoke have an increased risk of upper respiratory infections and Sudden Infant Death Syndrome (SIDS). Even if you smoke, breastfeeding is the best way to feed your baby.

- Try to quit smoking. If you can't quit, cut down.
- Limit smoking to outdoors and away from your baby.
- Always keep your baby away from second hand smoke.
- Ask your healthcare provider for more tips on quitting smoking.

Mississippi law protects your right to breastfeed



Mississippi passed a law in 2006 that gives you the right to breastfeed in public. The law states that you can breastfeed your baby anywhere you have a right to be. In other words, your baby has the right to breastfeed wherever and whenever he is hungry.

Employers must allow their workers to pump during any meal or break periods. Daycares must support breastfeeding practices.

WIC moms who breastfeed receive special WIC benefits:

- More foods in the WIC package for breastfeeding women who do not get formula from WIC
- Breastfeeding advice and support from trained staff and women who have breastfed
- Access to pumps, books, videos and classes on breastfeeding
- Visits or calls from breastfeeding staff
- And much more...

Breastmilk is best for babies.

Your milk contains things that protect your baby from:

- Infections
- Diarrhea
- Constipation
- Allergies
- Asthma
- Sudden Infant Death Syndrome (SIDS)
- Diabetes
- Certain cancers



Most baby formulas are made from cow's milk or soybeans and don't have the protective things found in breastmilk.

Breastfeeding Helps Your Baby Grow Normally

- Your milk changes to meet your baby's needs as he grows.
- Breastmilk promotes brain growth.
- Breastmilk may keep your child from becoming overweight later in life.

Breastfeeding helps mothers:

- Lose weight after pregnancy
- Recover from childbirth
- Decrease their risk of breast and ovarian cancers and osteoporosis (brittle bone disease)
- Enhance the bond between mom and baby

Did you know breastfeeding is good for the whole family?

Because breastfeeding saves money (fewer doctor's visits, no formula expenses), families have more money to buy fresh produce and other healthy foods for the family.

Your milk is always fresh and available, which is especially important in emergencies.



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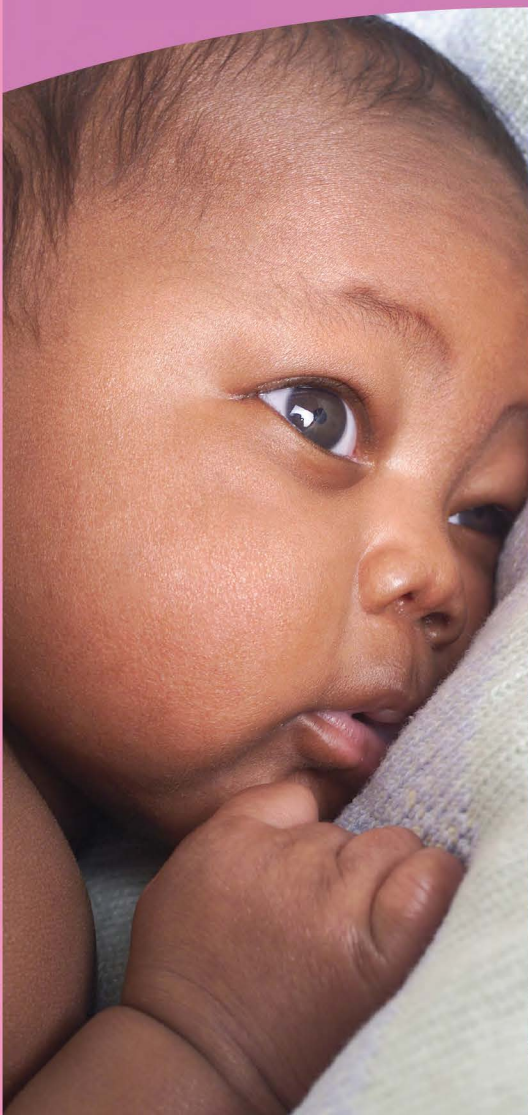
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Mississippi State Department of Health

WIC — Women, Infants & Children Program

Breastfeeding Basics

The First Weeks



How often should my baby nurse?

Breastmilk is gentle to your baby's stomach and easily digested. Babies nurse often to establish the milk supply they need. Newborn babies will nurse 8 to 12 times every twenty-four hours. Nursing patterns change as babies grow. Just like us, babies are hungrier at some times more than others. Around the time of growth spurts (2 weeks, 6 weeks, and 3 months), your baby may nurse more often to meet her needs. After the growth spurt, most babies usually return to their previous nursing pattern.

Watch your baby for hunger cues:

- Smacking lips
- Sucking on hands
- Moving head around
- Rooting or turning her head to search for the breast

Crying is a late sign of hunger. Most babies will give you cues that they are hungry before they begin to cry.

You'll know breastfeeding your newborn is going well when:

- Baby feeds 8 to 12 times every 24 hours, including at night.
- Baby wakes to feed.
- You hear swallowing when baby nurses.
- Mom's breasts soften during the feeding.
- Baby has plenty of wet and dirty diapers:
 - At least one wet diaper and one poop the first day of life.
 - On day three breastfed babies usually have 3–4 wet diapers and 1–2 poops.
 - Later during the first week of life breastfed babies usually have about six wet diapers and a yellow poop after almost every feeding.
- Baby has regained her birth weight within 10–14 days.



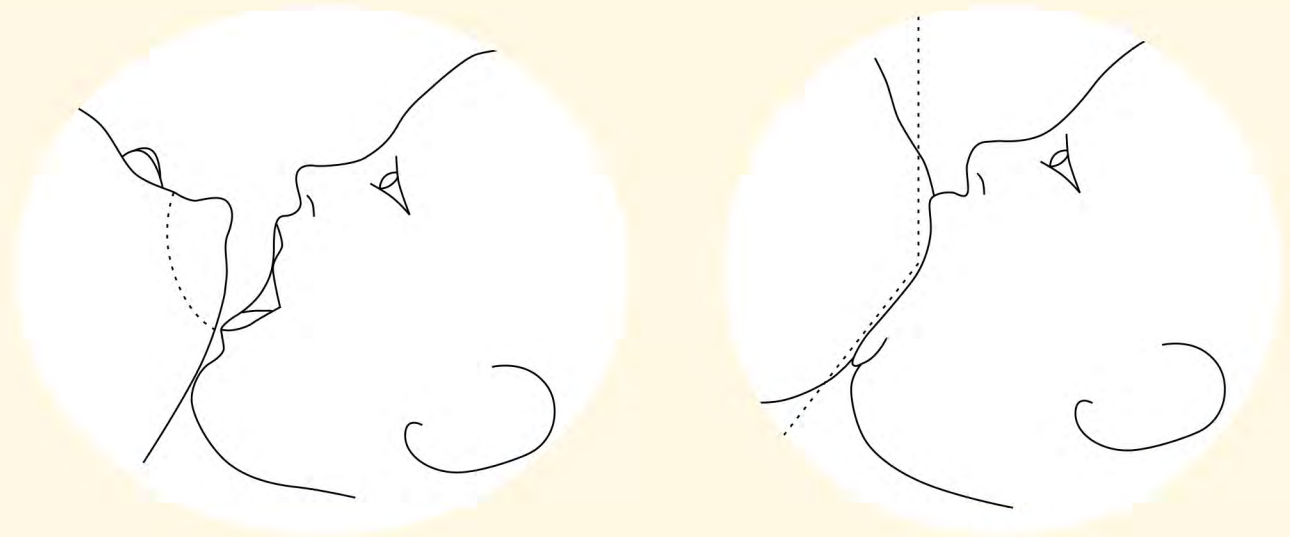
Your newborn's stomach is the size of her closed fist. Only a small amount of milk will fit into your baby's stomach at one time.

Proper Latching

You know your baby is latched on well when:

- A large part of the dark area (areola) below the nipple is deep in baby's mouth.
- Baby's chin is pressed into your breast and her nose is not.
- Baby's lips are curved outward.
- Breastfeeding is free from pain.

Most babies end the feeding by letting go. If you need to stop the feeding, slip your finger into her mouth to break the suction.



Watch the baby, not the clock, for hunger and fullness cues.

You'll know baby is full when:

- Her body is relaxed.
- Her fists are open.
- She lets go of the breast.

Should you wake a sleeping baby to nurse?

During the newborn period, wake a baby who has been sleeping for four hours. You can:

- Change the diaper.
- Remove the blanket.
- Wash the baby with a cool washcloth.

Diapers — What's normal?

During the first week, stools will change from black and tarry to yellow and liquid. This is normal and is not diarrhea. Normal stool texture is liquid to soft. In the first few weeks some babies will have a poop diaper after each nursing. You'll notice more wet and poop diapers as your milk supply increases.

*Be patient with yourself and your baby.
Breastfeeding is a learned skill that takes practice.*

Your decision to breastfeed is an important one for you and your baby. When you breastfeed, you can be sure that you are giving your baby the best nutrition with benefits that will last a lifetime.



Tips During the Hospital Stay

- Try to nurse within the first hour after delivery.
- Keep your baby in your room for frequent nursing.
- Nurse 8–12 times every 24 hours.
- Avoid formula, pacifiers, bottle nipples, and water unless medically necessary.
- Ask for help if breastfeeding hurts or if your baby doesn't latch on well.

Easy Steps to Get Started Breastfeeding

1. Get in a comfortable position, with relaxed shoulders and arms, sitting up straight with a flat lap.
2. Hold your baby beneath your breasts with her entire body facing you. Support her back, neck, and shoulders, allowing her head to rest naturally.
3. Support the breast by placing fingers underneath the breast against the chest wall.
4. Point your nipple to the area between your baby's nose and top lip.
5. Rub the bottom side of the nipple on the baby's lower lip, keeping your nipple above baby's top lip.
6. Wait for your baby to open her mouth wide, then pull her in close with her chin touching your breast and place your nipple into your baby's mouth. Her upper lip should reach just up and over the nipple.
7. Let the baby nurse on the first side for as long as she wants. Burp the baby. If she is still showing signs of hunger, offer the other breast.



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As a breastfeeding mom, you will get lots of support and help from WIC. To learn more, call your local WIC clinic or **1-800-545-6747**.

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- (1.) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410
- (2.) Fax: 202-690-7442 or
- (3.) Email: program.intake@usda.gov.

Food for a Healthy Mother and Baby

Eating a variety of foods during your pregnancy will help you get all the vitamins, minerals and nutrients you and your baby need for good health.

Follow the food guide below to give your baby the best possible start.



Grains: Eat 6 — 10 oz. of grams daily

- Grains include bread, cereal, crackers, rice, tortilla or pasta.
- Make at least 1/2 of your grains whole grains such as whole wheat bread, whole grain cereals, whole wheat pasta, etc.
- One oz. = one slice of bread, one cup of ready to eat cereal, or 1/2 cup of cooked cereal (oatmeal), 1/2 cup of cooked rice or pasta.



Vegetables: Eat 2 1/2 — 4 cups daily

- Vary your veggies. Choose a colorful selection of vegetables including dark green and orange vegetables such as broccoli, spinach, tomatoes, sweet potatoes and carrots.
- Two cups of raw leafy greens or one cup of cooked or raw vegetables or vegetable juice are considered one cup from this group.



Fruits: Eat 2 — 2 1/2 cups of fruit daily

- Focus on fruits. Choose more whole fruits instead of fruit juice and choose a colorful selection.
- One cup = one cup of fruit or 100% fruit juice, one small apple, one banana, one large orange, or 32 grapes.



Milk: Choose 3 — 4 cups of milk or dairy products daily

- Choose low fat or fat free milk and milk products.
- If you can't consume milk, choose lactose free products or other calcium sources.
- One cup = one cup of milk or yogurt, 1 1/2 oz. natural cheese or 2 oz. of American cheese.



Protein Foods (Meat, Beans and Eggs) 6 — 7 oz. daily.

- Try lean proteins, such as fish, skinless chicken, cooked dry beans and peas, and lean cuts of meat.
- One oz. = one oz. lean meat, fish or poultry, one egg, one tablespoon of peanut butter, 1/4 cup cooked dry beans or peas, or 1/2 oz. of nuts or seeds.



Oils: Keep intake to 6 — 8 teaspoons per day.

- Make wise choices
- Healthier monounsaturated and polyunsaturated fats found in nuts, fish, avocado, canola and olive oils are best.

Your Changing Body

Your chances of having a healthy baby are better when you gain enough weight during pregnancy.

The amount of weight you should gain depends on your weight before pregnancy. Gain at a steady rate throughout your pregnancy.

● Weight before pregnancy:	Suggested weight gain:
● Normal weight	25 – 35 pounds
● Underweight	28 – 40 pounds
● Overweight	15 – 20 pounds
● Very overweight	15 pounds

Wait until after delivery to try to lose weight. When your baby is born, you will lose 10 – 14 pounds. In the following months, you will continue to lose the rest of your pregnancy weight with regular exercise and a healthy diet.

Stay Active

Being physically active is important during pregnancy. Talk with your doctor about types of exercise that are right for you.

Alcohol, Tobacco and Other Drugs

Alcohol, tobacco and other drugs can harm you and your unborn baby. Risks include miscarriage, stillbirth, premature birth, birth defects and other complications. Don't use cigarettes, alcohol and other drugs.

Prenatal Care

Regular prenatal care is vital to your baby's health and your health. See your doctor as soon as you know you are pregnant.

Vitamins and Minerals

Sometimes we do not eat the right foods to get all the vitamins and minerals we need. Be sure to take any prenatal vitamins recommended by your health care provider. Folic acid is a vitamin that prevents birth defects. You can get this vitamin from your prenatal vitamin and foods such as green leafy vegetables, citrus fruits, and whole grain breads and cereals.



Other Good Habits During Pregnancy:

- Eat 3 – 5 meals and snacks a day.
- Drink plenty of fluids.
- Get adequate rest.
- Limit caffeine intake.

Good Oral Health Care

Mothers can pass the bacteria that causes tooth decay on to their children. Since your baby's teeth are formed during pregnancy, it is important for you to:

- Eat a healthy diet
- Brush after meals and snacks
- See a dentist regularly

Breastfeeding

Give your baby the right start by breastfeeding. It has all the right ingredients in the right amounts to meet all your baby's needs. It is easy to digest and helps keep your baby healthy.

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MISSISSIPPI
STATE DEPARTMENT OF HEALTH



Spitting Up

Is This Normal?

Spitting up is very common during a baby's first few months of life. Many babies spit up after feeding. Most spitting up is not a real problem — it's just messy. Some babies will spit up an entire feeding without distress. Others only spit up small amounts. Most infants outgrow this phase by the time they are sitting.

Causes of Spitting Up:

- Trapped air from burping
- Overfeeding
- Too much movement during a feeding
- Laying baby flat after a feeding

Things You Can Do:

- Burp baby often during a feeding.
- Never force an infant to eat more than he wants.
- Avoid too much motion or play during a feeding.
- Hold or put infant in a semi-upright position for at least 15 minutes after a feeding.

Vomiting

Vomiting, unlike spitting up, occurs when an infant forcefully expels the contents of his stomach. Frequent vomiting can be a sign of a more serious illness. If this happens, take your baby to your doctor as soon as you can.

Call Your Doctor Right Away If:

- Infant vomits large amounts often and throughout the day.
- Infant has fever or other illness.
- Infant is not gaining enough weight.
- Vomit has blood or mucus in it.

Managing Colic

Nobody knows exactly what causes colic, but there are some common symptoms associated with it. The most common symptom of colic is frequent, repeated episodes of excessive crying. These episodes of crying may last for long periods of time and typically occur at about the same time each day — late afternoon or early evening. However, they can occur at any time during the day. Other symptoms of colic may include fussiness, sleeping troubles or severe gas pains. If your baby is experiencing colic symptoms or feeding problems, you should talk with your baby's doctor.

Tips for managing colic symptoms:

Keep moving. Hold your baby close to you and take a walk or push him in his stroller. Another technique is to put your baby in his car seat and take a ride. The motion and hum of the engine may work.

Rock Around the Clock. Sometimes applying gentle pressure on a baby's stomach can help. Try holding your baby, stomach side down, across your lap or arm, then rock slowly and gently.

Bundle Up. Sometimes the movement of your baby's own arms and legs can upset him. Try swaddling your baby securely in a light blanket, holding him close and rocking gently. Bundling often resembles what it was like for your baby inside the womb and comforts your baby.

Make some white noise. Try putting on a "white noise" CD to create a steady background sound that could soothe your baby. Other suggestions may be running the vacuum cleaner or dishwasher.

Feeding time. Until you establish a regular feeding schedule, your baby may be hungry when you do not expect it. Nurse or offer a bottle. If it is clear that your baby is not really hungry, try giving a pacifier instead. Sometimes the simple motion of sucking can be enough to calm a baby.



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