



MARCH 2018

FACEBOOK POSTS

March 6

Getting 400 micrograms (mcg) of folic acid every day at least a month before becoming pregnant can help prevent serious birth defects of the brain and spine. To learn more about folic acid

visit: www.cdc.gov/ncbddd/folicacid/about.html

FOLIC ACID AND YOU:

Your Healthy Pregnancy

Folic acid is a B vitamin. Getting 400 micrograms (mcg) of folic acid every day at least a month before becoming pregnant can help prevent serious birth defects of the brain and spine. Here are three ways to get the recommended daily amount of this important nutrient:

MAKE IT QUICK!

A fast way to get your daily dose of folic acid is to take a multivitamin every day. Check the label to be sure it contains the recommended daily amount of 400 mcg.



MAKE IT EASY!

Many breakfast cereals contain 100% of the recommended daily amount of folic acid per serving. Check the label to be sure.

MAKE IT DELICIOUS!

Give your vitamin intake a boost by enjoying a healthy smoothie. Blend together these ingredients for a nutritious tropical smoothie: 1 small banana, ½ cup mango, ½ cup pineapple, ¼ cup orange juice, and ice.



TO LEARN MORE ABOUT FOLIC ACID, VISIT

<http://www.cdc.gov/ncbddd/folicacid/about.html>



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



March 8

The Women, Infant, and Children (WIC) Program gives pregnant women and moms personalized support, nutrition education, and breastfeeding guidance. Find your local Kansas WIC program at www.kansaswic.org/families/WIC_county_map.html.

FOOD. EDUCATION. SUPPORT. YOU GOT THIS.

We have resources, knowledge, and tools to help you be the mom you want to be.

 HEALTHY FOOD Fresh fruits and vegetables Milk, cheese & more Cereal and other grains Peanut butter, beans & more	 BREASTFEEDING SUPPORT Support and education Peer counseling Lactation support Classes and information	 NUTRITION EDUCATION Shopping guidance Prenatal nutrition tips Kid-friendly recipes Personalized nutrition counseling	 CARE BEYOND WIC Immunization services Substance abuse counseling Domestic abuse counseling Social services
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March 12

Healthcare providers, parents, and caregivers can all share these tips with to ensure safe sleep practices. More information at www.cdc.gov/vitalsigns/safesleep.

4 TIPS FOR PARENTS AND CAREGIVERS TO HELP BABY SLEEP SAFELY

1. Place your baby on their back for all sleep.
2. Use a firm sleep surface, such as a crib mattress.
3. Keep your baby's head and neck in a neutral position.
4. Place baby alone in their crib.

VitalSigns™
MAY 2018

3,500 There are about 3,500 sleep-related deaths among US babies each year.

1 in 5 22% of mothers reported not placing their baby on his or her back to sleep, as recommended.

2 in 5 39% of mothers reported using soft bedding (not recommended) when placing babies to sleep.

Safe Sleep for Babies: Eliminating hazards

There have been dramatic improvements in reducing baby deaths during sleep since the 1990s, when recommendations were introduced to place babies on their back for sleep. However, since the late 1990s, declines have slowed. Other recommended safe sleep practices today include eliminating hazards, such as keeping blankets, pillows, bumper pads, and soft toys out of the sleep area. Recommendations also include room sharing but not bed sharing. These practices can help lower the risk of sleep-related infant deaths, including sudden infant death syndrome (SIDS), accidental suffocation, and deaths from unknown causes. Not all caregivers follow these recommendations. Healthcare providers can counsel caregivers on safe sleep practices during pregnancy and baby care visits.

Healthcare providers can:

- Advise caregivers to place babies on their back for every sleep. Keep soft bedding such as blankets, pillows, bumper pads, and soft toys out of their baby's sleep area, and room share but not bed share with babies.
- Ask caregivers about how they place the baby to sleep, challenges to following recommendations, and help them find solutions.
- Model safe sleep practices in hospitals.
- Follow the latest recommendations from the American Academy of Pediatrics for safe sleep. bit.ly/2GmnaGV

Want to learn more? Visit: www.cdc.gov/vitalsigns

CDC Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

WHAT CAN BE DONE

THE FEDERAL GOVERNMENT IS:

- Working with state governments to create the best possible environment for safe sleep.
- Supporting research on safe sleep practices.
- Supporting research on the effectiveness of safe sleep interventions.
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HEALTHCARE PROVIDERS CAN:

- Offer guidance to other mothers on their visit for newborns. They can help with safe sleep practices, such as how to place your baby in their crib, and how to use a car seat.
- Ask caregivers about how they place the baby to sleep, challenges to following recommendations, and help them find solutions.
- Model safe sleep practices in hospitals.
- Follow the latest recommendations from the American Academy of Pediatrics for safe sleep. bit.ly/2GmnaGV

CAREGIVERS CAN:

- Place babies on their back to sleep.
- Use a firm sleep surface, such as a crib mattress.
- Keep your baby's head and neck in a neutral position.
- Place baby alone in their crib.

PROBLEM: Every year, there are thousands of sleep-related deaths among babies.

The number of sleep-related deaths among babies has declined since the late 1990s.

20% of mothers reported not placing their baby on his or her back to sleep, as recommended.

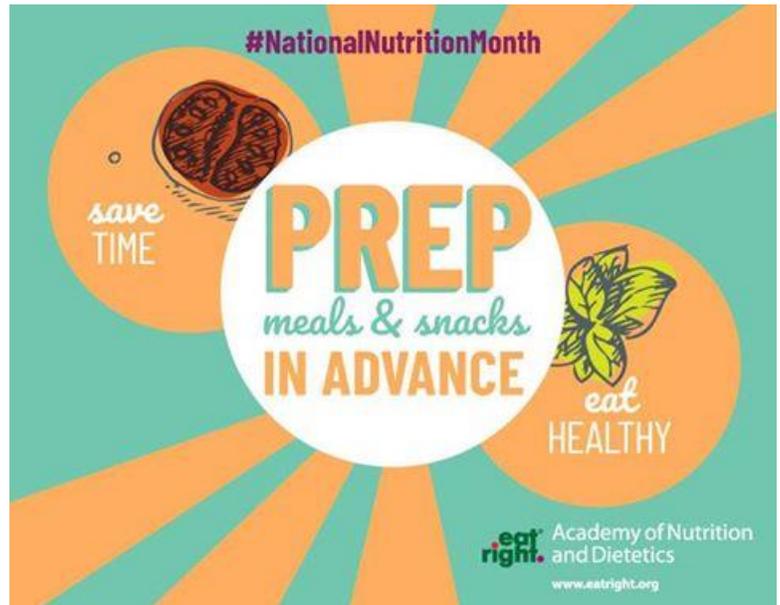
39% of mothers reported using soft bedding (not recommended) when placing babies to sleep.

LARGER SLEEP PRACTICES WITH BABIES ARE COMMON

Practice	Not Back to Sleep	Any Soft Bedding	Any Soft Bedding
Room sharing	27%	27%	27%
Room sharing with bed sharing	10%	10%	10%
Room sharing without bed sharing	17%	17%	17%
Not room sharing	10%	10%	10%
Not room sharing with bed sharing	10%	10%	10%
Not room sharing without bed sharing	10%	10%	10%

March 13

This National Nutrition Month, "Go Further with Food" by preparing meals and snacks in advance to enjoy throughout the week. It's also a great way to save time, waste less and eat healthfully! More tips: <http://sm.eatright.org/NNMpreparemeals>



March 15

Pregnant and planning to travel? Zika virus infection is most risky for pregnant women and their fetuses. Check with the CDC on places with Zika outbreaks and tips for prevention (www.cdc.gov/zika/pregnancy).

CDC's Response to **Zika**

PREGNANT? READ THIS BEFORE YOU TRAVEL

What we know about Zika

- Zika can be passed from a pregnant woman to her fetus.
- Zika infection during pregnancy can cause certain birth defects.
- Zika is spread mostly by the bite of an infected *Aedes aegypti* or *Aedes albopictus* mosquito.
 - These mosquitoes bite during the day and night.
- There is no vaccine to prevent or medicine to treat Zika.
- Zika can be passed through sex from a person who has Zika to his or her sex partners.

What we don't know about Zika

- If there's a safe time during your pregnancy to travel to an area with risk of Zika.
- If you do travel and are infected, how likely it is that the virus will infect your fetus and if your baby will have birth defects from the infection.

Travel Notice

CDC has issued a travel notice (Level 2-Practice Enhanced Precautions) for people traveling to areas where Zika virus is spreading.

- For a current list of places with Zika outbreaks, see CDC's Travel Health Notices: <http://www.cdc.gov/travel/page/zika-travel-information>

Symptoms of Zika

Most people with Zika won't even know they have it. The illness is usually mild with symptoms lasting for several days to a week.

The most common symptoms of Zika are

- Fever
- Rash
- Headache
- Joint pain
- Red eyes
- Muscle pain

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

CDC/2016-03-08/0469/2016

CDC's Response to **Zika**

CDC recommends special precautions for pregnant women and women trying to become pregnant

Pregnant?

Pregnant women should not travel to areas with risk of Zika.

Pregnant women and their sex partners should strictly follow steps to prevent mosquito bites.

If you have a sex partner who lives in or travels to an area with risk of Zika, you should use condoms from start to finish every time you have sex, or do not have sex during the pregnancy.

If you develop the symptoms of Zika, see a healthcare provider right away for testing.

Trying to become pregnant?

Women trying to become pregnant and their male partners should consider avoiding nonessential travel to areas with risk of Zika.

Strictly follow steps to prevent mosquito bites.

Talk to your healthcare provider about plans to become pregnant.

Your Best Protection: Prevent Mosquito Bites

Clothing

- Wear long-sleeved shirts and long pants.
- Treat clothing and gear with permethrin or purchase permethrin-treated items.
 - Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last.
 - If treating items yourself, follow the product instructions carefully.
- Do NOT use permethrin products directly on skin. They are intended to treat clothing.

Indoor Protection

- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.

Repellent

Use Environmental Protection Agency (EPA)-registered insect repellents. When used as directed, these insect repellents are safe and effective for pregnant and breastfeeding women.

- Always follow the product label instructions.
- Reapply as directed.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen before applying insect repellent.
- Use a repellent with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol, or 2-undecanone.

www.cdc.gov/zika



Kansas Maternal & Child Health

Like Page

March 15 at 10:16am



Kansas Maternal & Child Health added a button to help you learn more about them.

Learn More

March 20



Kansas Maternal & Child Health

Like Page

March 20 at 7:35am



March 22

Make sure everyone who cares for your baby, including siblings, grandparents, and babysitters, know these practices to ensure safe sleep.

CENTERS FOR DISEASE CONTROL AND PREVENTION'S
NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION
Division of Reproductive Health

Tips for Parents and Caregivers to Help Babies Sleep Safely



Place your baby on his or her back for all sleep times —naps and at night.



Use a firm sleep surface, such as a mattress in a safety-approved crib.

Have baby share your room, not your bed.



SAFE



UNSAFE

Keep soft objects, such as pillows and loose bedding out of baby's sleep area.



Do not allow smoking around your baby.

www.cdc.gov/SIDS



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION
[@CDCChronic](https://twitter.com/CDCChronic) | www.cdc.gov/chronicdisease



Raising a healthy person starts at birth.

Baby Buffer

Resources for raising healthy children ages 0-2 years.

www.babybuffer.org

March 26

www.Babybuffer.org is a wealth of information for parents with babies 0-2 years old. The website features age-specific information on brain development, nutrition, and positive parenting created by experts. Sign up for weekly age-specific emails delivered to your in-box with positive parenting tips and ideas that you can use to make the most of your baby's first years.

March 27

A busy mom's schedule can be overwhelming. Luckily, you can actually get a good workout at home! Try these resistance exercises and complete routine that works multiple body parts with practically no equipment and requires very little space.



At-Home Exercise Routine for Busy Moms -- Go Red For Women

Busy schedule with the kids and no time for the gym? Try this easy, effective at-home exercise routine that combines resistance and cardio training.

GOREDFORWOMEN.ORG