

## Community Health Coalition, Inc.

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### **Health Sunday Topic: Infant Health and Pregnancy**

**The Durham Academy of Medicine, Dentistry, and Pharmacy states:**

**“It’s never too early to start planning for a healthy pregnancy!”**

Every mother and father wants a happy and healthy baby. Here are some ways to prepare for your little bundle of joy before he or she arrives.

- Choose a pediatrician, and remember to ask important questions about vaccinations, frequency of visits, and what to do in case of an emergency.
- Decide whether you are going to breastfeed or use formula. There are many benefits to baby and mother when breastfeeding and it’s free.
- Prepare your home and surroundings. Make sure you have a child safety seat for your car, a crib, plenty of diapers (about 70 per week), and newborn clothing. It is also a good idea to prepare an infant medical kit. These items would be a good baseline for the kit: infant nail clippers, suction bulb for nose, non-aspirin liquid pain reliever for infants, and rectal thermometer.

*For more information, please refer to the following websites:*

The Federal Government Source for Women’s Health Information

- [www.womenshealth.gov/pregnancy/](http://www.womenshealth.gov/pregnancy/)

The North Carolina Healthy Start Foundation

- [www.nchealthystart.org/public/index.htm](http://www.nchealthystart.org/public/index.htm)

The Department of Health and Human Services

- [www.cdc.gov/ncbddd/bd/abc.htm](http://www.cdc.gov/ncbddd/bd/abc.htm)

The March of Dimes

- [www.marchofdimes.com/pnhec/pnhec.asp](http://www.marchofdimes.com/pnhec/pnhec.asp)



**HEALTH SUNDAY IN THE BLACK COMMUNITY is a program of Health Tips. It is provided by the Community Health Coalition in cooperation with the Interdenominational Ministerial Alliance of Durham and Vicinity for church goes each 4<sup>th</sup> Sunday.**

**REMEMBER: A HEALTHY DURHAM INCLUDES YOU!**

# Healthy Mother, Healthy Baby

*It's never too early to start planning for a healthy pregnancy!*

Women who are planning to become pregnant should visit their healthcare provider to have preconception counseling, a physical examination and laboratory studies performed. Counseling and testing for genetic disorders may be recommended prior to attempts at conceiving.

Recommendations can be made for a healthy diet; exercise program/ smoking and alcohol cessation/ medication adjustments/ as well as nutritional supplements. A multivitamin which includes at least 400 micrograms of the B vitamin folic acid has been shown to reduce the incidence of birth defects of the brain and spinal cord.

After achieving pregnancy, early initiation of prenatal care is recommended to confirm and maintain a healthy gestation. A complete prenatal history will help your healthcare provider identify any risk factors for the pregnancy. Community resources and family support can be recruited for a high risk pregnancy.

*What can you do to help ensure a healthy outcome for your pregnancy?*

- Stop smoking
- Do not drink alcohol while trying to conceive
- Eat a well balanced diet with a multivitamin supplement
- Exercise regularly
- Know your family history (some illness are inherited)
- Seek prenatal care early
- Follow your healthcare provider's recommendations
- If you have pre-existing health conditions, discuss your desire for attempting pregnancy with your healthcare provider first



*Information provided by B.E.S.T. for Babies about Breastfeeding your baby:*

- Babies who are breastfed have fewer documented cases of ear infections, skin problems, and hospitalizations.
- Breastfeeding helps moms return to pre-pregnancy health status and weight, and reduces her chances of diabetes and many types of cancer, including breast cancer, and of postpartum depression.
- Breastfeeding helps you bond with your baby.

*For more information on the B.E.S.T. for Babies program, please call phone number 919-470-8680.*

**Your Healthy Sunday Coordinator is:**

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A Message from your Community Health Coalition in Association with the Interdenominational Ministerial Alliance of Durham and Vicinity, North Carolina Mutual Life Insurance Company, Central Carolina Black Nurses' Council Inc., and Durham Regional Hospital.

**REMEMBER: A HEALTHY DURHAM INCLUDES YOU!**

**Note: Please make enough copies of this flyer to distribute to each morning service attendee.**