

HOW TO HAVE A HEALTHY BABY:

Six Lessons Learned in Indiana

These lessons were learned from a close review of infant deaths throughout Indiana. Following these lessons will also help you have a healthy pregnancy and a healthy baby.

1. Know the signs of preterm labor and what to do about it.

Contact your health care provider immediately if you have these symptoms:

- Contractions every ten minutes, or more than five in one hour.
- Backache that does not go away after resting on your side.
- Changes in vaginal discharge.
- Pressure that feels like the baby is pushing down inside.
- Cramps that feel like a period.
- Stomach cramps and diarrhea.

2. Don't smoke while you are pregnant.

- It's best to stop smoking before you are pregnant. If you can't stop, try to cut down.
- Try to stay in smoke-free places. Don't let people smoke around your baby.
- If you need help quitting, call the Indiana Tobacco Quitline at 1-800-QUIT-NOW, or visit <http://www.indianatobaccoquitline.net>

3. Start prenatal care as soon as you find out you are pregnant.

- See a health care provider as soon as you think you are pregnant. This will allow you to find any problems early.
- Even better, talk to your health care provider *before* you become pregnant. Planning when you want to get pregnant gives you and your baby the best chance for a healthy pregnancy and birth.

4. Pay attention to when the baby moves inside your body.

- If the baby's movements seem to slow down, call your health care provider.
- Your health care provider may ask you to do "kick counts". At a regular time each day, lie down on your left side. Keep track of how long it takes to feel the baby move 10 times. If you count less than 10 movements in two hours, call your health care provider.



5. Watch your weight gain during pregnancy.

- Based on how much you weigh at the start of your pregnancy, your health care provider will tell you how much weight you should gain during your pregnancy.
- If you don't gain enough weight, your baby may not gain enough weight. Gaining too much weight can cause health problems for you and your baby.
- Eating from the five food groups—milk, meat, fruits, vegetables, and grains—makes you and your baby stronger.

6. Put your baby on its back to sleep.

- You can lower the chance of SIDS (Sudden Infant Death Syndrome) by placing your baby on its back while sleeping.
- Don't sleep with your baby. Keeping the baby in the same room with you in a safe crib is a great way to stay close.
- Your baby should sleep on a firm mattress. Nothing should be in the crib—no pillows, bumper pads, blankets, or stuffed animals.

