

# Guide to a Successful Pregnancy



## **A Resource Manual for Pregnant and Parenting Young Women in Las Vegas**

*Health information presented in this manual was modified from the book “What to do When You’re Having a Baby”, as well as the websites [babyzone.com](http://babyzone.com), [safekids.com](http://safekids.com), and [cdc.gov](http://cdc.gov) (full citation listed at the end of this manual)*





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Are you pregnant?



## How do you know you are pregnant?

### 1) Symptoms:

- Missed or Delayed Menstruation (Period)
- Implantation Bleeding is the earliest symptom of pregnancy resulting in spotting and cramping
- Swollen/Tender Breasts is another early symptom that is seen 1 or 2 weeks after conception
- Fatigue or a feeling of tiredness
- Nausea/Morning Sickness
- Lower back aches
- Frequent urination
- Food cravings



2) If you have had intercourse recently, and have all or most of the symptoms listed above, especially a missed period, you should take a pregnancy test, using a home pregnancy test (Example: EPT). To confirm results you should visit a doctor and have a pregnancy test done at a doctor's office or clinic (Family or OBGYN).







# First Steps of Pregnancy



**If you are pregnant, then these are the first steps you should take:**

1) Consider your options.

There are several choices you can make about your pregnancy. You may choose to keep your baby; you may choose to put your baby up for adoption; or you may choose to terminate your pregnancy.

If you would like to know more information on terminating your pregnancy or about adoption agencies, there are several services available to you:

Locations	Services
Jewish Family Service Agency 4794 S. Eastern Ave, #C Las Vegas, Nevada 89119 702-732-0304	Adoption and Counseling
The Adoption Alliance 1785 E. Sahara Ave, #340 Las Vegas, Nevada 89104 702-968-1986	Adoption and Counseling
LDS Family Services 513 S. 9th Street Las Vegas, Nevada 89101 702-385-1072	Adoption and Counseling
Catholic Charities Care Ctr. 541 E Twain Ave. Las Vegas, NV 89109 702-735-5358	Adoption and Counseling
A-Z Women's Clinic 1670 E. Flamingo Road, # C Las Vegas, NV 89119 702-892-0660	Termination
Family Planning Institute 601 S Rancho Dr. St. A5 Las Vegas, NV 89106 702-382-0303	Termination



2) Decide how you will get health care during your pregnancy.

There are a number of ways to get medical care in the Las Vegas area if you do not have private insurance. Medicaid is a primary source to obtain a health care plan. Additional assistance is available through Temporary Assistance for Needy Families or TANF which provides assistance and work opportunities to needy families by granting states the federal funds and wide flexibility to develop and implement their own welfare programs. People can apply for assistance at their local TANF office which you can find by calling 1-800-992-0900. In Nevada you do not need to be a citizen to qualify for TANF.

Many hospitals offer referrals for payment plans, physicians, and advice for Medicaid. See the list below for some places you can call or go to get help finding a doctor or clinic to keep you and your baby healthy during and after your pregnancy:



Locations	Services
Nevada State Health Division 1-800-429-2669	Can help you find a health care provider and resources to help you pay for your prenatal care
Maternal Obstetrical Management Services (MOMS) 702-486-1533	Program of Nevada Medicaid that provides case management, information, and referral to pregnant women who are eligible for Medicaid. MOMS provides a large range of services, including assistance in obtaining prenatal care, providing transportation for doctor's visits, and assisting in dealing with substance abuse and personal problems.
Medicaid, Food Stamps, TANF 3330 E. Flamingo Las Vegas, Nevada 89121 702-486-9400	Referral service, insurance; Apply for Medicaid and food stamps as soon as possible retrieve form from any Medicaid office; phone number listed will offer several Medicaid offices; acceptance into program will occur between 30-45 days; TANF- cash assistance is available after 6 months of pregnancy and refer to same phone number
Sunrise Hospital 702-731-8703	Baby your Baby - offers pregnant (women with or without insurance) prenatal service; referrals to physicians; assistance in applying to Medicaid
North Vista Hospital/ Lake Mead Hospital 702-657-5510	Healthy Beginners - offers pregnant (women with or without insurance) prenatal service; referrals to physicians; assistance in applying to Medicaid
St. Rose Hospital Phone: 702-616-4508	Baby Rose- referral for physicians who offer payment plans, advice for applying to Medicaid, Teen pregnancy classes, educational programs, mentoring and assistance, vitamins, car seats and other baby items

### 3) Receive medical Care

Having a doctor is essential in order to confirm if you are pregnant and verify that your pregnancy is progressing normally. You should find a doctor as soon as you are aware that you are pregnant. You must see a doctor once a month during months 1 through 7, every two weeks in month 8, and every week in month 9. If you have insurance, then call the 1-800 number for your insurance company, in order to find out which physicians are in your health plan. If you do not have any source of health care, there are several sources available to help you find a doctor.

The table below lists some of those options.



Locations	Services Offered
Free Choice Pregnancy Services 860 E. Sahara Ave. Las Vegas, NV 89104 702-294-2273	Pregnancy Testing, Pregnancy Consultation, Medical Consultation, Ultrasound, referrals for medical attention
University Women's Center at University Medical Center of Southern Nevada 2231 W Charleston Blvd. 2 <sup>nd</sup> Floor Las Vegas, NV 89104 702-253-7802	Annual/Routine Exams, Family Planning, Reproductive Endocrinology/Infertility, Treatment of Abnormal Pap Smears, Colonoscopy/LEEP, Treatment for Menopause, Sub-specialty services are available for more complex cases involving gynecology and urology concerns., onsite eligibility worker for assistance with financial programs, provider for Women's Health Connection and the Avon-Cares program as well as many health insurances
Nevada Health Centers OBGYN 2320 McDaniel Street, Suite C North Las Vegas, NV 89030 702-253-7802	Obstetrics, Gynecology, Prenatal Care
Planned Parenthood 3220 W. Charleston Blvd. Las Vegas, NV 89102 702-878-7776	Vaginal Infection Testing & Treatment, Urinary Tract Infection Diagnosis and Treatment, Sexually Transmitted Infection Testing & Treatment, Pregnancy Testing and Counseling, Post-Abortion Exam, Menopause/Midlife Services, Male Health Services, HIV/AIDS Testing and Counseling, Emergency Contraception, Colposcopy, Breast Exam, Abnormal Pap Follow-up, Annual Exam, Birth Control without Pelvic Exam, Birth Control: Pills, Condoms, Depo-Provera, etc., IUD, Ultrasound
Babies R Beautiful Phone: (702) 657-8501	Doctor Referral, Medicaid, Epidural

<p>Stupak Community Center 702-229-2488</p>	<p>Food Vouchers and Clothing - Open T, W, Th - 8:30am to 2:30pm - Speak with Maragarita - Documentation: ID</p>
<p>Nevada Health Centers Women, Infants, and Children (WIC) Offices – 7 Locations</p> <p>(1) 3900 Cambridge Ave., Suite 102 Las Vegas, NV 89109 702-220-9934</p> <p>(2) 2031 McDaniel St., Suite 120 North Las Vegas, NV 89030 702-220-6096</p> <p>(3) 4241 W. Charleston Suite K Las Vegas, NV 89102 702-220-9944</p> <p>(4) 5A Tonopah Ave North Las Vegas, NV 89030 702-220-9928</p> <p>(5) 865 N. Lamb Suite 11 Las Vegas, NV 89110 702-220-9930</p> <p>(6) 3650 N. Rancho Dr. Suite 109 Las Vegas, NV 89130 220-9926</p> <p>(7) Address: 5225 E. Tropicana Suites D &amp; E Las Vegas, NV 89122 702-220-9929</p>	<p>WIC offices provide growth and basic health and nutritional needs of pregnant, post-partum, breastfeeding women and their young children; nutritional education, referrals for a Nutritionist, social services, medical practices for immunizations, pediatric care or obstetrical care, food, formula, help with children up to the age of 5; make an appointment in order to be considered for program- must bring in documentation to prove pregnancy, ID, proof of income (paycheck stubs or copies), if applicable bring in Medicaid, TANF, and food stamps forms, proof of address</p>
<p>Courtney Children’s Foundation 818 Westbrooks North Las Vegas, Nevada 89030 702-315-5159</p>	<p>Free Mentoring Program</p> <ul style="list-style-type: none"> <li>- Helps throughout pregnancy up until child is 1-2 years</li> <li>- Referrals to prenatal care locations</li> <li>- Transportation to medical facility</li> <li>- Refer to life committee- babysitting services</li> <li>- Life skill training</li> <li>- Refer to Smartshop Program- budgeting for food</li> <li>- Match mentor ethnically, culturally, many mentors were pregnant teens</li> <li>- Refer to welfare, rape crisis, family to family center, united way, and F.A.C.T.</li> </ul>

# Months

# 1, 2, 3

**The First Trimester**





## During the first, second, and third month (First Trimester):

The following ideas will help you feel better at the start of your pregnancy, and will help your baby stay healthy, too. These helpful steps should be followed throughout your pregnancy.

### 1) Have a healthy diet.

It is essential to eat a healthy diet in order to feel good and to have a healthy baby. You will gain about 25 to 35 pounds during your pregnancy. Following the Food Pyramid (see the Food Pyramid below) is a great start, but there are some vitamins you should eat more of during your pregnancy. In addition to your basic healthy diet, you should:

- Take 1000 mcg of Folic Acid. You can get folic acid from:
  - Vitamin B supplement pills
  - Spinach and lettuce
  - Broccoli and asparagus
  - Oranges, pineapples, cantaloupes, bananas, avocados
  - Cereal, pasta, and rice (that includes added folic acid)
  - Beans and lentils
- Drink 8-10 glasses of water every day

There are also a number of things you should stay away from during pregnancy. Avoid the following:

- Fish that contain a lot of mercury such as swordfish, shark, or tuna
- Drinking alcohol
- Smoking
- Using illegal drugs such as marijuana, speed, cocaine, heroine
  - There is a list of counseling services if you have an addiction in the appendix.
  - Only use legal drugs that have been approved by your doctor.
- Raw or uncooked meat or fish
- Getting X-rays
- Unchanged cat litter
- Breathing fumes from cleansers or paints
- Dieting, skipping meals, or being overweight
- Eating or drinking item with caffeine in them such as coffee, tea, chocolate, and sodas
- Taking baths hotter than 100 degrees Fahrenheit.



▶ Grains <sup>1</sup>	7 ounces
▶ Vegetables <sup>2</sup>	3 cups
▶ Fruits	2 cups
▶ Milk	3 cups
▶ Meat & Beans	6 ounces

## 2) Exercise or do some physical activity every day.

About 30 minutes of exercise a day is very important to help you and your baby stay healthy. It doesn't have to be sports or something hard – in fact, walking is the recommended exercise. If you have not been exercising regularly already, be sure to talk to your doctor or nurse before starting to exercise. Always listen to your body, and don't do anything that involves a lot of jumping or bouncing.



## 3) Expect and prepare for changes.

Your body is going through a lot of changes, so don't be surprised when you feel different than normal. The following are normal symptoms you may feel during the first trimester (3 months):

- Throwing up a few times a day
- Breasts are sore and bigger
- Tired
- Gas or heartburn
- Urinating often
- Moody
- Cravings
- Gaining 1 or more pounds
- Constipation
- Headaches
- Feet swelling

## 4) Some things are warning signals!

Even though changes are to be expected, there are some things that are signs of trouble early in your pregnancy. If you feel or experience any of the following, call or visit your doctor right away:

- Bleeding from your vagina
- Gush of water or fluid leaking from your vagina
- Sharp pains in your belly
- Throwing up, especially if you can't keep anything down for 24 hours.
- Cramps that are similar to how you feel during a period
- Pressure in your lower belly
- Vision is blurred or you see spots
- Dizzy or faint
- Constant or bad headaches
- Chills
- Pain or burning when you pee
- Fever of 100.6 degrees Fahrenheit or higher.
- Contractions every 10 to 15 minutes.

Months

4, 5, 6

**The Second Trimester**



## During the fourth, fifth, sixth month (Second Trimester)

### 1) Continue your healthy habits!

You should continue following the same routine as you did during the first three months of your pregnancy, and you may also add the next few items to your routine:

- Rub lotion or oil on your belly to help the skin stretch as the baby grows
- Keep out of the sun, and use sunscreen of SPF 20 if you are outside
- Wear walking shoes and a bra with good support
- Attend classes for breastfeeding, prenatal care, childbirth and parenting - having a friend come to these classes may be helpful.

The following is a list of organizations, agencies, and businesses that offer these kinds of services in the Las Vegas area:

Locations	Services
Courtney Children's Foundation 818 Westbrooks North Las Vegas, Nevada 89030 702-315-5159	Mentor during pregnancy and 1 year postpartum (after birth)
UMC Family Resource Center Baby Steps 1120 Shadow Lane Las Vegas, Nevada 89102 702-383-2229	Child Birth courses, Parenting courses, financial consultant, Medicaid, nurse consultation, physician referrals
University of Nevada Reno Cooperative Extension Nurturing Partners 2345 Redrock St. Ste #100 Las Vegas, Nevada 89146 702-257-5547	Community Outreach Program- Breast feeding courses, pre- natal care courses
Family Mediation and Assessment Center 601 N. Pecos Road Las Vegas, NV 89101 702-455-5295	Parenting Courses
Bridge Counseling Associates 1701 W. Charleston Blvd. #620 Las Vegas, Nevada 89102 702-474-6450	Mental Health During Pregnancy
Parenting Project- Dept. of Family and Youth Services 2837 S. Maryland Pkwy Las Vegas, NV 89106 702-455-5295	Different Parenting Classes – based on the age of your child:  1. Baby Care – Expecting to 6 months old  2. Nurturing Parents and Families -6 months to 5 years  ABC's of Parenting – 5 to 10 years olds

## 2) More changes are coming!

Your baby is growing, and even more changes are occurring in your body, but your body is also getting used to a lot of the changes that are happening. During the second trimester, you might feel some of the following:

- You may have more energy
- Morning sickness is reduced or gone
- Less urination
- Constipation continues
- White vaginal discharge
- Gas, heartburn, headaches
- Gums will bleed
- Ankles, feet, face, and hands will swell
- Dull aches in lower belly
- Skin changes on face and belly
- Breasts may leak clear, sticky fluid (early breast milk)
- Back pain
- Hunger with a craving for sweets
- Hemorrhoids (swelling of veins in rectum causes bleeding)- notify your doctor
- Stuffy nose
- Total gain of about 10 to 12 pounds

Months

7, 8, 9

**The Third Trimester**





## **During the seventh, eighth, and ninth months** **(Third Trimester)**

### **1) Continue your healthy habits!**

You should continue following the same routine as you did during the first six months of your pregnancy. In addition, doing some of the following things may help you to be more comfortable and to be prepared for your delivery:

- Take a tour of the hospital where you will be delivering your baby
- Keep a record of how many times your baby kicks in a day
- If burning in your stomach occurs, eat 5 or 6 smaller meals a day, instead of 2 or 3 larger meals.
- Do not add salt to your food.
- Avoid fruit juices, drink 8-10 glasses of water instead.
- Sleep on your side with a pillow between your legs and under your belly
- Find a labor partner to be with you during the delivery of your baby
- Find someone who will take you to the hospital when it is time for your delivery
- Prepare a bag of things to take to the hospital: camera, nightgown, socks, slippers, toothbrush, nursing bra and pads, clothes to wear home, clothes for baby, baby blanket, car seat
- Kegel exercises are exercises that prepare the muscles that will do some of the work during delivery. Doing these exercises during your third trimester will help make your delivery go more smoothly:
  - Squeeze your muscles as if you are stopping pee from coming out
  - Hold and count to 6, don't hold your breath
  - Slowly relax muscles
  - Do this ten times, five times a day
- Count contractions

### **2) It is getting really close to your delivery time.**

The baby is growing very fast, and putting a lot of demands on your body. During the third trimester, you might feel or experience some of the following:

- Stretch marks on belly and breasts
- Breasts sore and leaky
- Tired, trouble sleeping
- Hot all the time
- Contractions
- Heartburn
- Thick vaginal discharge with some blood or pink and brown streaks
- Clumsy when walking
- Gain of about 16-20 pounds
- Cervix (the opening between the vagina and the uterus, or womb) is starting to open and thin out
- Large veins in your legs



# Labor & Delivery



## The **BIG MOMENT** is finally here!

Delivery can be both a very exciting and very scary event. The following information will help you know what to expect and be better prepared.

1) Tune in to anything that doesn't feel right. Listen to your body.

As you approach your delivery date, you should try be aware if something doesn't feel right. If you experience any of the following symptoms, visit the doctor right away. These are warning signs that something is wrong:

- Green colored fluid from vagina
- Bleeding from the vagina
- Baby moves less or not at all

2) During labor, your contractions will come harder and occur more often.

Here is a list of the sequence of events that most likely will occur during labor:

- Mild cramps or back pain
- Amniotic sac breaks (water around the baby)
- As soon as your water breaks, leave for the hospital with your friend, coach, or partner and take your overnight bag with you.
- Contractions will start about every 15 to 20 minutes and last for 30 to 45 seconds. As time goes on, the contractions will get stronger and closer together.
- Walking around, squatting, or sitting will help to start labor.
- During labor and delivery, have your friend, coach, or partner comfort you, time your contractions, and remind you to relax (as much as possible!) during contractions.





# Parenting





### **1) Getting your body back to normal takes time.**

It will take your body a little time to fully recover from the experience of pregnancy and birth. After the baby is born, there are several symptoms you may have including:

- Vaginal bleeding for 2-6 weeks
- Constipation
- Hemorrhoids
- Sore breasts
- Tired and sore
- More sweating than usual
- Depression – this is not unusual, if you feel depressed, please see your doctor.

### **2) Tips to help you get back to your normal state as quickly as possible:**

- Sit in warm water 2 or 3 times a day to relieve the soreness of your vagina and any hemorrhoids. You may also use an over-the-counter medicated cream for your hemorrhoids (ask the pharmacist).
- Drink 8-10 glasses of water.
- Take naps.
- Walk around
- Put ice packs on your breasts (use ice in a plastic bag, using a towel to protect the skin) to keep them from hurting
- See your doctor 4-6 weeks after you give birth

### **3) Breast feeding is healthy for you and your baby.**

Breastfeeding is not always easy, but it is very important to help your baby build up its immune system, it is free, and it helps you lose weight after delivery. Following are some suggestions to make breastfeeding a little easier and more comfortable for you.

- Remember the lessons of breastfeeding you learned during the classes you have taken.
- In the Second Trimester section of this manual, you will find a list of classes available
- WIC offices also offer nutrition information, specific to nursing mothers
- Nursing pads and bras will be helpful.
- Taking vitamins and maintaining the same diet as you did during pregnancy will keep you well nourished.
- A breast pump is also convenient in order to store milk for later use. Breast milk is good up to 72 hours after refrigeration and 3 months in the freezer.
- Do not use a pacifier for three weeks so that your baby can get used to your breast.
- Baby formula can be an acceptable alternative to breast milk.

### **4) All babies cry!**

It doesn't necessarily mean that there is something serious wrong. There are several reasons why your baby may be crying:

- Hungry - feed the baby every three hours
- Needs a diaper change

- Wants to be held – don't do this EVERY time, but it will usually work, if something is not physically wrong
- Has gas pains – don't forget to burp after feeding
- Too hot or cold
- Tired – put baby down for a nap or to rest; do not put baby to sleep on their side; do not put lots of stuffed animals, blankets, pillows, etc. in the crib with baby

### 5) Babies need baths.

You need to clean your baby's belly button to avoid infection and help the cord fall off.

- Keep the belly button dry until the cord comes off; clean around it gently with rubbing alcohol, with a q-tip or cotton ball, every time you change the diaper.
- The cord will fall off after about a week

If your baby had a circumcision, follow the steps given to you by your doctor on how to care for it. However, if your baby experiences the following symptoms, please see a doctor:

- A bad smell from the penis
- Yellow/ green oozing
- Red and swollen penis
- If the circumcision area has not healed after 8 days

### 6) Child Care Services

Child care can be obtained through several locations throughout Nevada, many offer child care on a sliding fee scale. A list of child care services is provided below that may accept various kinds of assistance or that provides scholarships.

Location	Service
Child Development Ctr 4412 S. Maryland Parkway Las Vegas, NV 89119-7530 702-733-7157	Accept EOB Childcare Assistance Program for sliding fee scales
Creative Kids Learning Ctr. Inc Many Locations 702-617-8131	Accept EOB Childcare Assistance Program for sliding fee scales
ABC Preschool & Day Care Ctr 1730 N Pecos Rd Las Vegas, NV 89115- 0608 702-642-5176	Accept EOB Childcare Assistance Program for sliding fee scales
All Saints' Day School 4201 W Washington Ave Las Vegas, NV 89107-2005 702-878-1205	Scholarship Opportunities
Child Care Licensing 702-455-3894	Referral to Licensed Child Care Facilities
Child Care Licensing, LV 702-229-6922	Referral to Licensed Incorporated Child Care
Clark County Child Care 702-734-0504	Referral to Licensed In-Home Child Care

## Other Services

The table below lists other agencies that may have services useful to you during your pregnancy or after the baby is born. The first column contains contact information and the second lists the services provided and any other information you may need to know.

Location	Services
Catholic Charities Care Ctr. 541 E Twain Ave. Las Vegas, NV 89109 702-735-5358	Child Care Facility Referral to other Agencies: Adoption Services: Counseling, etc. Social Services: maternity clothes, strollers, car seats Employment Services
Early Headstart 2753 S. Highland Dr. Ste2000 Las Vegas, NV 89109 702-387-0179	Pregnant Girls: classes about Pregnancy How bodies change, Nutrition, What to do, etc. Parenting Girls: Pre-school to low income families
Rafael Rivera Community Center 702-229-4600	Access Health- Primary Care - Referral Program - Baby Program - Outreach Program - No documentation needed - Sliding fee scale available - Speak in English, Spanish, native languages of Mexico, and interpreters provided - <a href="http://www.riveralv.com">www.riveralv.com</a>
Huntridge Teen Clinic 702-369-2616	Ages 12 to 18 - Pregnancy testing - STD testing - Birth Control - Referral Service - Adoption Awareness - Dental services with parent permission - Walk in or appointment with nurse practitioner or physician's assistant - Documentation: ID - Free or low cost dependent on income - Accept donations - Refer to Baby your baby and UMC
Westcare Harris Springs Ranch 401 S. Martin Luther King Blvd. Las Vegas, NV 89106 702-385-2020	Drug and Alcohol Counseling Services
Nevada Treatment Center Outpatient Drug-Free Counseling 721 E. Charleston Blvd Las Vegas, NV 702-382-4226	Drug and Alcohol Counseling Services
Southern Nevada Narcotics Anonymous 702-369-3362	Drug and Alcohol Counseling Services

# Keeping your Baby Safe and Healthy

Now that you are a new mother your baby's safety is YOUR responsibility. Here are some tips on how to keep your baby healthy and safe!

## Immunizations

Immunizations are an important aspect of keeping your baby healthy. These vaccines are helpful in protecting your child from infections from common diseases. There are risks to having these immunizations such as side effects and rarely serious complications, however, it is considered safer to immunize your children than allow them to get any of the infections that they prevent. Here is a schedule that you should use to immunize your child during the first few months:

- At birth
  - **HepB**, prevents hepatitis B, which protects against a serious liver disease
  
- At 2 months
  - **HepB**, prevents hepatitis B, which protects against a serious liver disease
  - **DTaP**, prevents diphtheria, tetanus (lockjaw), and pertussis (whooping cough)
  - **PCV**, prevents pneumococcal conjugate, which protects against a serious blood, lung, and brain infection
  - **Hib**, prevents Haemophilus influenzae type b, which protects against a serious brain, throat, and blood infection
  - **IPV**, prevents inactivated polio, which protects against a serious paralyzing disease
  - **Rv**, prevents rotavirus infection, which protects against a serious diarrheal disease
  
- At 4 months
  - **HepB2**, prevents hepatitis B, which protects against a serious liver disease
  - **DTaP**, prevents diphtheria, tetanus (lockjaw), and pertussis (whooping cough)
  - **PCV**, prevents pneumococcal conjugate, which protects against a serious blood, lung, and brain infection
  - **Hib**, prevents Haemophilus influenzae type b, which protects against a serious brain, throat, and blood infection
  - **IPV**, prevents inactivated polio, which protects against a serious paralyzing disease
  - **Rv**, prevents rotavirus infection, which protects against a serious diarrheal disease
  
- At 6 months
  - **HepB**, prevents hepatitis B, which protects against a serious liver disease
  - **DTaP**, prevents diphtheria, tetanus (lockjaw), and pertussis (whooping cough)
  - **PCV**, prevents pneumococcal conjugate, which protects against a serious blood, lung, and brain infection

- **Hib3**, prevents Haemophilus influenzae type b, which protects against a serious brain, throat, and blood infection
  - **IPV**, prevents inactivated polio, which protects against a serious paralyzing disease
  - **Rv**, prevents rotavirus infection, which protects against a serious diarrheal disease
  - **Influenza**, prevents a serious lung infection
- At 12 months
    - **DTaP**, prevents diphtheria, tetanus (lockjaw), and pertussis (whooping cough)
    - **PCV**, prevents pneumococcal conjugate, which protects against a serious blood, lung, and brain infection
    - **Hib**, prevents Haemophilus influenzae type b, which protects against a serious brain, throat, and blood infection
    - **Varicella**, which prevents chickenpox
    - **HepA**, prevents hepatitis A, which protects against a serious liver disease
    - **Influenza**, prevents a serious lung infection
    - **MMR**, prevents measles, mumps, and rubella

Here is a chart to follow for the immunizations from birth to the age of 18:

DEPARTMENT OF HEALTH AND HUMAN SERVICES • CENTERS FOR DISEASE CONTROL AND PREVENTION

### Recommended Childhood and Adolescent Immunization Schedule UNITED STATES • 2006

Vaccine ▼	Age ►	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	24 months	4-6 years	11-12 years	13-14 years	15 years	16-18 years
Hepatitis B <sup>1</sup>	HepB	HepB	HepB	HepB <sup>1</sup>	HepB			HepB Series							
Diphtheria, Tetanus, Pertussis <sup>1</sup>			DTaP	DTaP	DTaP	DTaP				DTaP	Tdap	Tdap			
Haemophilus influenzae type b <sup>1</sup>			Hib	Hib	Hib <sup>1</sup>	Hib									
Inactivated Poliovirus			IPV	IPV	IPV				IPV						
Measles, Mumps, Rubella <sup>1</sup>						MMR				MMR	MMR				
Varicella <sup>1</sup>						Varicella				Varicella					
Meningococcal <sup>1</sup>						MPSV4					MCV4			MCV4	
Pneumococcal <sup>1</sup>			PCV	PCV	PCV	PCV				PCV	PPV				
Influenza <sup>1</sup>					Influenza (Yearly)				Influenza (Yearly)						
Hepatitis A <sup>1</sup>						HepA Series									

Vaccines within broken line are for selected populations

This schedule indicates the recommended ages for routine administration of currently licensed childhood vaccines, as of December 1, 2005, for children through age 18 years. Any dose not administered at the recommended age should be administered at any subsequent visit when indicated and feasible.   Indicates age groups that warrant special effort to administer those vaccines not previously administered. Additional vaccines may be licensed and recommended during the year. Licensed combination vaccines may be used whenever

any components of the combination are indicated and other components of the vaccine are not contraindicated and if approved by the Food and Drug Administration for that dose of the series. Providers should consult the respective ACIP statement for detailed recommendations. Clinically significant adverse events that follow immunization should be reported to the Vaccine Adverse Event Reporting System (VAERS). Guidance about how to obtain and complete a VAERS form is available at [www.vaers.hhs.gov](http://www.vaers.hhs.gov) or by telephone, 800-822-7967.

  Range of recommended ages   
   Catch-up immunization   
   11-12 year old assessment

There is a website available to you to have your own personal vaccination schedule for your child. The website asks for your child's name and birth date:  
<http://www.keepkidshealthy.com/welcome/vaccineschedule.html>

Here are some clinics where you can obtain immunizations:

Immunization Clinics	Services
<p>Ravenholt Public Health Center            8:30 am to 4:30 pm, Monday through Friday            625 Shadow Lane            Las Vegas, NV 89106            702-759-1000</p>	<p>Routine immunizations for age appropriate vaccines, yearly flu and pneumonia vaccine, and immunizations for immigration purposes. There is a The health district charges a \$16 administrative fee per child for one vaccine and \$20 administrative fee per child for two or more vaccines. Some vaccines require an additional charge. Please contact the Immunization Clinic at (702) 759-0850 for more information.</p>
<p>East Las Vegas Public Health Center            8:30 am to 4:30 pm, Monday through Friday            560 North Nellis Blvd Suite E12            Las Vegas, NV 89110            702-759-0900 Nursing            702-759-0620 Env Health</p>	<p>Routine immunizations for age appropriate vaccines, yearly flu and pneumonia vaccine, and immunizations for immigration purposes. There is a The health district charges a \$16 administrative fee per child for one vaccine and \$20 administrative fee per child for two or more vaccines. Some vaccines require an additional charge. Please contact the Immunization Clinic at (702) 759-0850 for more information.</p>
<p>Henderson Public Health Center            8:30 am to 4:30 pm, Monday through Friday            520 E. Lake Mead Parkway            Henderson, NV 89015            702-759-1040</p>	<p>Routine immunizations for age appropriate vaccines, yearly flu and pneumonia vaccine, and immunizations for immigration purposes. There is a The health district charges a \$16 administrative fee per child for one vaccine and \$20 administrative fee per child for two or more vaccines. Some vaccines require an additional charge. Please contact the Immunization Clinic at (702) 759-0850 for more information.</p>
<p>North Las Vegas Public Health Center            8:30 am to 4:30 pm, Monday through Friday            1820 East Lake Mead Suite F            North Las Vegas, NV 89030            702-759-0700 Nursing            702-759-0502 Env Health</p>	<p>Routine immunizations for age appropriate vaccines, yearly flu and pneumonia vaccine, and immunizations for immigration purposes. There is a The health district charges a \$16 administrative fee per child for one vaccine and \$20 administrative fee per child for two or more vaccines. Some vaccines require an additional charge. Please contact the Immunization Clinic at (702) 759-0850 for more information.</p>
<p>Spring Valley Public Health Center            Every Monday from 9 a.m. - noon and 1 p.m. to 3:30 p.m            6330 W. Spring Mtn. Rd Suite F            Las Vegas, NV 89146            702- 759-0701 Nursing            702-759-0503 Env Health.</p>	<p>Routine immunizations for age appropriate vaccines, yearly flu and pneumonia vaccine, and immunizations for immigration purposes. There is a The health district charges a \$16 administrative fee per child for one vaccine and \$20 administrative fee per child for two or more vaccines. Some vaccines require an additional charge. Please contact the Immunization Clinic at (702) 759-0850 for more information.</p>

Sources:

- <http://www.keepkidshealthy.com/welcome/immunizations.html>
- <http://www.immunize.org/catg.d/p4010imm.pdf>
- [http://www.southernnevadahealthdistrict.org/locations\\_maps.htm](http://www.southernnevadahealthdistrict.org/locations_maps.htm)

# Safety Issues – Tips to Keep Your Baby Safe

## Safe Sleeping

New babies need their own safe sleeping space. This means that your new baby will need his or her own crib, bassinette, or playpen to sleep in while taking naps and sleeping at night. There are several other things that you can do to keep your baby's sleep space safe and reduce the risk for Sudden Infant Death Syndrome or SIDS.

- Keep sleeping area free of stuffed animals, fluffy pillows and blankets and other items that may cause the baby to get tangled in or that may cover the baby and cause him or her to suffocate.
- Make sure that the mattress the baby sleeps on fits snugly inside the crib
- Always place your baby to sleep on his/her back
- Keep you baby away from cigarette smoke

## Car Safety Information

Another important method to provide a safe environment for your child in a vehicle is by using a car seat. Since vehicle safety belts do not fit the physical and developmental needs of young children, appropriate child safety seats are necessary. All states and territories of the United States have child occupant protection laws in place. In addition, leaving a child unattended in a vehicle for any moment in time can lead to severe injury or death, therefore, it is essential to have the child supervised while in the vehicle or taken out when the adult leaves the vehicle unattended. To find out more information about whether your car seat is properly installed, please contact:

3101 Maryland Pkwy., Suite 315  
Las Vegas, NV 89109  
702-731-8666

## Here are some other important tips on motor vehicle safety:

- Every person riding in a car or truck needs his or her own seat belt. Do not let passengers ride in storage areas or on other people's laps.
- Children should always ride in a back seat restrained in a car seat or safety belt.
- Infants should ride in rear-facing car seats until they weigh at least 20 lbs (9 kg) *and* are at least 1 year old. Do not put a rear-facing car seat in the front seat of a vehicle with an active passenger air bag.
- Children over 1 year old and weighing between 20 lbs (9kg) and 40 lbs (18 kg) should ride in forward-facing car seats.
- Children ages 4 to 8 weighing between 40 lbs (18 kg) and 80 lbs (36 kg) should ride in booster seats restrained with lap and shoulder belts. A regular safety belt won't fully protect a child this size in a crash.
- Children and adults weighing over 80 lbs (36kg) should use a safety belt for every ride.

## Airway Obstruction

- Always watch children when they are eating or playing.
- If a child is under 3, don't let him or her eat small, round or hard food.
- Read any warnings on toys or games. Look for small parts that can choke children.
- Babies should be put to sleep on their backs.
- Keep soft things out of the place where an infant sleeps.
- Check floors and low places for small objects like buttons, beads, marbles, coins, pins and stones.
- Put all plastic wrappings or bags where children can't reach them.

## Falls

- Keep chairs, cribs and other furniture away from windows.
- Don't leave a baby alone on a changing table, bed, couch or other furniture. Keep one hand on the baby while changing diapers.
- Always strap a baby into a high chair, swing, changing table or strollers.
- Get rid of hazards in the home like folded carpets, electric wires or cords on the floor, and unlit stairways.
- Teach children to use playgrounds or playing fields with rubber, wood, mulch or sand surfaces. Grass and dirt are not as good at preventing serious injuries. Avoid asphalt.
- Use safety gates or other barriers at the top and bottom of stairs.

## Fire and Burns

- Do not leave children alone around open flames, stoves or candles.
- Keep matches, gasoline, lighters and other flammable materials out of children's reach.
- Teach children a plan for escaping your home in a fire and practice it.
- Install smoke alarms in your home on every level and in every sleeping area.
  - Test them once a month.
  - Replace the batteries once a year.
  - Replace alarms every 10 years.
- Before bathing children in heated water, always run your open hand through the water to check its temperature.
- Keep hot foods and liquids away from table and counter edges. Never carry children and hot foods or liquids at the same time.
- Keep things that easily catch fire (such as papers) away from heat sources like stoves, heaters and fireplaces.



## **Poisoning Prevention**

- Read labels and find out which household products or plants are poisonous. If you are not sure about something, keep it where children can't reach it.
- Lock up poisons and medicines out of sight and reach of children.
- Don't take medicine in front of children. They might try to copy you.
- Never leave potentially poisonous household products unattended while you are using them.
- Throw away old medicines and cleaning products.

## **Water Safety and Drowning Prevention**

- Always watch children near water. Don't leave, even for a moment.
- Use a barrier like a fence to keep children away from pools or other bodies of water.
- Empty and turn over all water containers after you use them.
- Teach children to swim when they're ready, usually after age 4.
- Teach children to never run, push or jump on others around water.
- Teach children never to swim alone.

**Source: <http://www.safekids.org/tips/tips.html>**



# Glossary



## A

- ❖ **AIDS**- a disease passed by unprotected sex or IV drug users that causes bad sickness and death.
- ❖ **Amniotic sac**- this is a sac that grows inside the uterus. It holds the baby, the placenta, and a watery fluid called the amniotic fluid. It is often called the water bag. It protects the growing baby inside the uterus.
- ❖ **Antacids**- pills or liquid to help heartburn
- ❖ **Antibiotics**- medicine ordered by a doctor to kill germs that cause infection
- ❖ **Anxious**- worried or upset

## B

- ❖ **Birth control**- things people do to prevent getting pregnant
- ❖ **Birth defects**- physical or mental problems that babies are born with
- ❖ **Bladder**- the organ in the body that holds urine (pee)
- ❖ **Blood pressure**- the force of the blood moving through the body measured with a cuff on the arm
- ❖ **Blood sugar**- amount of sugar called glucose that is in the blood
- ❖ **Bowel**- the intestine also called a gut; a part of the body that food passes through and turns into solid waste
- ❖ **Bowel movement**- it is the way we pass solid material from the body

## C

- ❖ **Calories**- a measure of energy from food
- ❖ **Cervix**- the lower end or neck of the uterus; opens into the vagina; cervix opens wide during labor to let the baby out
- ❖ **Cesarean section (C-section)**- a operation done to remove a baby from the mother through the belly
- ❖ **Circumcision**- an operation done to remove the loose skin covering the tip of the penis of a new baby boy

- ❖ **Clots**- a rounded mass that is made of blood and other body tissue
- ❖ **Colostrum**- early breast milk that is yellow and sticky
- ❖ **Constipation**- hard, dry bowel movements that are hard to push out
- ❖ **Contraction**- the uterus gets tight and feels hard

## D

- ❖ **Diabetes**- a medical condition some women get during pregnancy caused by high sugar (glucose) in the blood
- ❖ **Disability benefits**- money you get when cannot work due to sickness or injury
- ❖ **Douche**- water or other liquid put into the vagina to clean it

## E

- ❖ **Embryo**- this is what the baby is called during the first 8 weeks of growth in the mother's uterus
- ❖ **Episiotomy**- a cut made at the opening of the vagina during the delivery of the baby; it allows for more room for the baby to come out

## F

- ❖ **Fiber**- part of plants like fruits, vegetables, and grains that the body does not digest or use; fiber helps people have regular bowel movements
- ❖ **Folate**- B vitamin also known as folic acid, needed in pregnancy and before a women gets pregnant; it helps to prevent certain birth defects

## G

- ❖ **Glucose tolerance test**- a special test to see how much sugar or glucose is in your blood

## H

- ❖ **Health insurance**- a company that pays or helps you pay for your health care. They may tell you where to go for health care

- ❖ **Heartburn**- a burning feeling in your upper stomach
- ❖ **Hemorrhoids**- swollen veins in and around the rectum
- ❖ **High blood pressure**- the force of the blood moving through the body is higher than normal
- ❖ **HIV**- the virus that causes AIDS
- ❖ **Hormones**- chemicals made by the body to do certain things



- ❖ **Infection**- sickness caused by germs you can't see; an infection can happen inside the body or on the skin.
- ❖ **Iron**- something found in food that is good for the blood



- ❖ **Kegel** exercises- exercises that make the muscles around your vagina strong and help you to hold urine
- ❖ **Kick counts**- a way to keep track of how often your baby moves



- ❖ **Labor**- contractions of the uterus that get harder and come often; they make the cervix open, which allows the baby to come out
- ❖ **Labor pains**- the pain that comes with contractions of the uterus



- ❖ **Mental retardation**- a birth defect that causes a baby to be slow to learn; this problem stays with a person all their life
- ❖ **Miscarriage**- loss of the baby from the uterus before the baby can live
- ❖ **Mood swings**- feeling happy and then sad or angry in a short period of time
- ❖ **Morning sickness**- feeling like throwing up during first 3-4 months of pregnancy

## N

- ❖ **Nausea**- a feeling like you have to throw up
- ❖ **Non-stress test**- a special test done to check the baby's heart rate when he moves

## P

- ❖ **Pap smear**- a test done to check for cervical cancer; cells are taken from the cervix and tested
- ❖ **Pelvic exam**- an exam by a doctor or nurse that check the vagina, cervix, uterus, and other organs
- ❖ **Period**- the bloody discharge that comes out of a girl's vagina each month; this is called menstruation
- ❖ **Placenta**- it grows in the uterus of a pregnant woman; it is attached to the baby by the umbilical cord; the placenta supplies the baby with food; the placenta comes out after the baby is born; it is also called the afterbirth
- ❖ **Pregnancy test**- a urine or blood test to tell if a woman is pregnant
- ❖ **Prenatal**- the time before the baby is born

## R

- ❖ **Rectal**- refers to rectum
- ❖ **Rectum**- where bowel movements come out

## S

- ❖ **Second hand smoke**- breathing in the smoke from a person who is smoking close to you
- ❖ **Sexually transmitted disease**- diseases that can be passed through sex acts
- ❖ **Sitz bath**- sitting in warm water to comfort and heal hemorrhoids or other problems in the rectum and vaginal area
- ❖ **Social worker**- a person trained to help people with problems like finding a doctor, paying bills and finding a place to live
- ❖ **Sodium**-another word for salt; too much sodium makes the body hold water



- ❖ **Speculum**- a special tool doctors use to hold open the vagina while doing a pap test
- ❖ **Stress test**- a special test done in the hospital to check the baby's heart beat during contractions of the uterus
- ❖ **Support groups**- more than three people who have the same problems; they get together to talk and try to help each other
- ❖ **Support hose**- tight stockings that help the blood flow in your legs

## U

- ❖ **Ultrasound**- a test done in a doctor's office or clinic that shows a picture of the baby growing in the uterus
- ❖ **Umbilical cord**- connects the baby to the placenta; the cord brings food to the baby from the mother through the placenta; takes away waste products from the baby; umbilical cord is cut after the baby is born; part that is left becomes the belly button
- ❖ **Unemployment**- not working
- ❖ **Uterus**- this is the organ in a woman that carries a growing baby; the muscle of the uterus stretches as the baby grows

## V

- ❖ **Vagina**- the last passage that the baby goes through during birth
- ❖ **Varicose veins**- swelling of the veins in the legs
- ❖ **Vitamins**- pills or liquid your doctor tells you to take during pregnancy; vitamins help a woman to have a healthy baby
- ❖ **Virus**- something too small to see that can pass from one person to another and make you sick; a virus can't be cured by antibiotics
- ❖ **Vomiting**- throwing up

## W

- ❖ **Warning signs**- things that you feel or see that are not normal; they are a sign that something may be wrong

## X

- ❖ **X-rays**- a picture taken using low doses of radiation; it's important to avoid x-rays during pregnancy



# References

- 1) “What to do When You’re Having a Baby” by Gloria Mayer, RN and Ann Khulierus, RN. Published by the Institute for Health Care Advancement. Resources and contact information was compiled by the Nevada Institute for Children’s Research and Policy at the University of Nevada, Las Vegas. Verified in September 2006.
- 2) Pregnancy: Week by Week (2006). In *Baby Zone*. Retrieved 10:37, September 25, 2006, from <http://lasvegas.babyzone.com/features/content/default.asp?topicid=9171>
- 3) “SafeKids” (2007) Retrieved February 21, 2007. from <http://www.safekids.org/tips/tips.htm>
- 4) “Keeping Kids Healthy” (2007) Retrieved February 21, 2007. from: <http://www.keepkidshealthy.com/welcome/vaccineschedule.html>