



Maternal and Child Health

Tuesday, April 7th

Although current research seems not to find pregnant women and young children to be more vulnerable to COVID-19, but pregnant women and children are considered "at-risk populations". It is important to know that during this pandemic or at-risk populations may need some special support.

Pregnancy & COVID-19

During this time, there is not enough evidence to support how COVID-19 effects pregnant women. Pregnant women should engage in usual preventative actions to avoid infection like washing hands often and avoiding people who are sick.

New Baby & COVID-19

Tips for Coping with a New Baby During COVID-19

- **Pay attention to Your Own Needs.** Rest as much as you can—try sleeping when the baby does. Find time for yourself when your partner or other caring adult watches the baby. Put on your headphones, give a friend or relative a call, have a cup of tea, or just relax.
- **Connect with others.** Social distancing during the COVID-19 outbreak can be isolating. Try video chats or social media to stay in touch.
- **Use your "helpers."** Engage older siblings as much as you can by encouraging them to be your special helpers, so they can help out in developmentally appropriate ways.
- **Find a forum.** New mothers may find it helpful to discuss their experiences with other new mothers. In addition to seeking help from friends, relatives, neighbors, and medical professionals, look for discussion forums and communities of moms dedicated to sharing problems, stories, and tips with each other online.
- **Your pediatrician is here to help.** Never hesitate to call for advice. Your pediatricians is an excellent resource for understanding your baby and your own needs, including those related to postpartum depression.



I'm pregnant. **How can I protect myself** **against COVID-19?**



Wash your hands frequently



Avoid touching your eyes, nose and mouth



Put space between yourself and others



Cough or sneeze into your bent elbow or a tissue

If you have fever, cough or difficulty breathing, seek care early. Call beforehand, and follow medical advice.



#COVID19 #CORONAVIRUS

Positive Parenting & COVID-19

Tips to Help Keep the Calm at Home

Prevent boredom. Bored or frustrated children are more likely to act out. Many U.S. children have had their lives disrupted—they are out of school, and they can't play with their friends. Try to keep kids busy with a healthy and productive schedule at home.

Address fears. Children who are old enough to follow the news may be afraid, for example, that they or their parents are going to die. The medical research about COVID-19 shows that healthy people under 60 are unlikely to get very sick or die. Talk with children about any frightening news they hear.

Use time-outs. This discipline tool works best by warning children they will get a time-out if they don't stop. Remind them what they did wrong in as few words—and with as little emotion—as possible. Then, remove them from the situation for a pre-set length of time (1 minute per year of age is a good guide).

Redirect bad behavior. Sometimes children misbehave because they don't know any better and need some guidance. Find something else for your child to do.

Know when not to respond. As long as your child isn't doing something dangerous and gets plenty of attention for good behavior, ignoring bad behavior can be an effective way of stopping it. Ignoring bad behavior also can teach children natural consequences of their actions. For example, if your child keeps dropping food on purpose, there will be nothing left to eat.

Praise success. Children need to know when they do something bad—and when they do something good. Notice good behavior and point it out, praising success and good tries. This is particularly important in these difficult times, when children are separated from their friends and usual routines.

Other Helpful Resources:

- COVID-19 Positive Parenting
- Growing Up Healthy: Birth to 2 Months

2 COVID-19 PARENTING

Keeping It Positive

It's hard to feel positive when our kids or teenagers are driving us crazy. We often end up saying "Stop doing that!" But children are much more likely to do what we ask if we give them positive instructions and lots of praise for what they do right.

Say the behaviour you want to see

- Use positive words when telling your child what to do; like 'Please put your clothes away' (instead of 'Don't make a mess')

It's all in the delivery

- Shouting at your child will just make you and them more stressed and angrier. Get your child's attention by using their name. Speak in a calm voice.

Praise your child when they are behaving well

- Try praising your child or teenager for something they have done well. They may not show it, but you'll see them doing that good thing again. It will also reassure them that you notice and care.

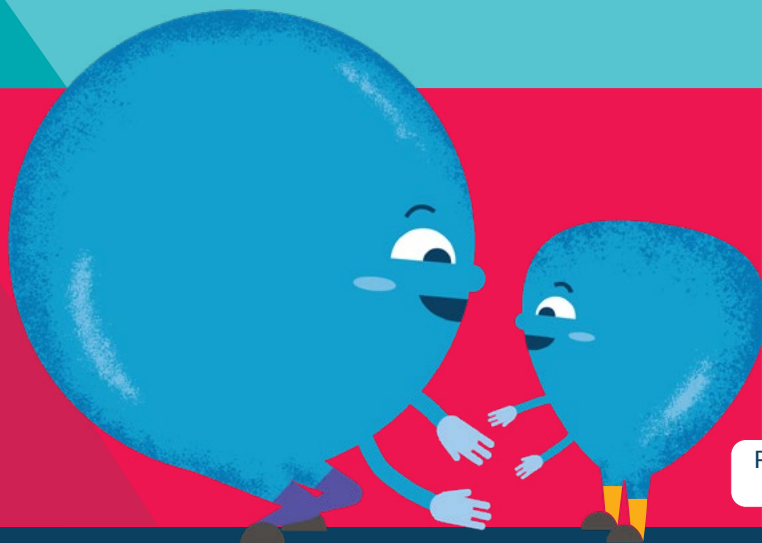


Get real

- Can your child actually do what you are asking them? It is very hard for a child to keep quiet inside for a whole day but maybe they can keep quiet for 15 minutes while you are on a call.

Help your teen stay connected

- Teens especially need to be able to communicate with their friends. Help your teen connect through social media and other safe distancing ways. This is something you can do together, too!



For more information click below links:

Parenting tips
from WHO

Parenting tips
from UNICEF

In worldwide
languages

EVIDENCE-BASE



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Dental

Dental health begins at birth

- If bottle-feeding, no bottle in bed. Rock, sing or use other ways to soothe baby to sleep.
- For breastfed babies, it is best to wait until one month of age to use a pacifier.
- If using a pacifier:
 - Do not dip in anything sweet.
 - Only give a clean pacifier. If it falls out, wash it; do not “clean” it with your mouth - keep extras on hand.
- Wipe baby's gum gently with a soft, clean washcloth every day.
- Germs that cause cavities can spread from your saliva to baby's mouth. Do not give anything that has been in your mouth to baby.



Stop the spread of cavity germs and take care of your own teeth.

Parents:

- ✓ Brush with fluoride toothpaste morning and night.
- ✓ Floss at bedtime.
- ✓ Make a dental appointment for yourself.
- ✓ Ask your dentist about fluoride, gum or mints with xylitol and other ways to prevent cavities.

Nutrition

Breastfeeding is best.

- Mom: Eat a variety of health foods and drink enough fluids to satisfy your thirst.
- Aim to breastfeed at least 10-12 times in 24 hours. The more you breastfeed, the more milk you will make.
- Ask your doctor about vitamin D for baby.

Formula feeding, give formula with iron.

- Always hold baby close while feeding.
- Do not prop a bottle.
- Put only breast milk or formula in the bottle.
- Feed newborn baby about 2 ounces of formula every 2-3 hours; watch for baby cues.
- Feed a 1-2 month old baby about 2-3 ounces of formula every 3-4 hours.
- It is okay if baby does not finish every bottle.
- No honey. It can make baby very sick.

Seek help early for any feeding problems.

- Call WIC or your doctor's office, if you have questions about breastfeeding.
- Learn cues for when baby is hungry or full.
 - Hunger cues: baby looks for the nipple (roots), sucks, brings hands to mouth, becomes more active and makes noises.
 - Fullness cues: Sucking slows down, hands relax, turns head away or baby falls asleep.
- Crying is a late sign of hunger. Try to feed before baby starts to cry. A crying baby is hard to feed.

Growing Up Healthy: Birth to 2 Months



Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- [To find a Denti-Cal dentist](http://www.denti-cal.ca.gov), call 1-800-322-6384 or see www.denti-cal.ca.gov
- For [health information about kids and teens](http://www.kidshealth.org); visit www.kidshealth.org
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- If you feel overwhelmed, sad, or about to shake or harm your baby, call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for help.
- To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887).

Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee.

Women, Infants and Children (WIC):
Call 1-888-942-9675
Food Stamps – Supplement Nutritional
Assistance Program (SNAP): 1-877-847-3663



Reviewed 01/2017.

Health

Keeping Baby Healthy

- Take baby for regular health check-ups and immunizations (shots).
- Keep baby's hair, hands, body, clothes, car seat, and bedding clean and dry.
- Wash your hands with soap and water after changing diapers and before baby eats.
- Keep baby away from:
 - Loud noises and music to protect hearing.
 - Tobacco smoke and nicotine products.
 - Crowds and sick people.
- Talk to doctor before giving baby any medicines or home remedies.
- Do not fill bottles or mix formula with water from a ceramic or hand-made water crock.

Preventing Injury

- Never leave baby alone:
 - On a bed or changing table.
 - With a stranger or a pet.
- Never shake, toss, or swing baby in the air.
- Never tie pacifier around neck.
- Keep medicines, cleaning supplies, and plants out of child's reach. Use childproof safety latches and locks on cabinets.
- Baby can choke on small objects. Keep keys, unsafe toys, jewelry, plastic bags, and balloons away from baby. Remove string from sweatshirt.



What to Expect

Taking care of new baby can give you joy, worry and stress.

Baby may not always grow or act like other babies. Hold, cuddle and play with baby. Get to know what makes your baby special.



Crying:

Crying is one-way baby talks to you. It could mean baby:

- Is hungry
- Has a wet diaper
- Is tired or sick
- Needs to be held
- Is scared

If baby keeps crying:

- Wrap baby in a blanket
- Rock baby
- Sing or play soothing music
- Stroke baby's back gently
- Take baby for a ride in stroller or car
- Call the doctor

Tips and Activities

- Give baby colorful soft toys.
- Take baby outdoors.
- Protect baby with hat or shade covering to prevent sunburns or overheating. Do not apply sunscreen until baby is 6 months old.
- Under adult supervision, put baby on stomach to build head control.

Safety

Sleep Safety

- Always place baby on back to sleep on a firm mattress with fitted sheet. No pillows, soft bedding, or toys in crib. Don't overdress baby.
- Use a crib free of lead-based paint with bars no more than 2 3/8 inches apart.
- Keep crib away from peeling paint, windows, drapes, cords, and blinds.

Bath Safety

- Set water heater to less than 120°F and check water before putting baby in bath.
- Never leave baby alone in bath.

Car Safety

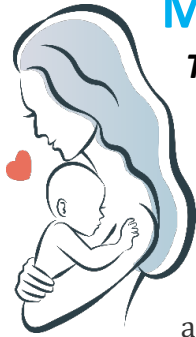
- Never leave baby alone in car.
- Properly buckle baby in a rear-facing car seat in the back seat (never in front of an airbag).

Environmental Safety

- Use clean, safe drinking water for baby formula. Use cold tap water and run for 1-3 minutes before using.
- Test drinking water for lead, nitrates, and coliforms, if from a private well.
- If breastfeeding, avoid eating king mackerel, shark, swordfish, and tilefish because they contain high levels of mercury. Eat up to 2 meals a week of fish and shellfish that are low in mercury, but limit albacore "white" tuna to 1 meal per week. Check local fish advisories about the safety of fish caught by family and friends.

Prepare for Emergencies

- Be prepared; plan for emergencies.
- Learn infant CPR.
- Put smoke and carbon monoxide alarms in hallway and bedrooms.
- Check alarms every 6 months



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For science.

The United States has the highest national spending on health care yet ranks low among its peers for maternal and infant mortality, two indicators of the health of a country. Thirty-one percent of women who will become pregnant and give birth in the U.S. will face pregnancy complications.^[1] Black mothers are up to six times more likely to die due to pregnancy complications than white mothers nationwide.^[2] Approximately 25% of women in the U.S. do not receive the appropriate number of prenatal appointments with a health provider, but the percentage is even higher among black women (32%) and American Indian/Alaska Native women (41%).^[3]

For action.

Advocate for bias training in medical school education. Encourage policymakers to pass laws that create a more equitable and just society. Address access to prenatal and perinatal care for mothers and babies in communities with limited maternal health care. Expand access to WIC and SNAP. Eliminate the work and income requirements that are barriers to prenatal care and improved nutrition. Expand Medicaid for pregnant women and children. Advocate for programs that support breastfeeding. Work to make doula services available for all pregnancies and births.

For health.

In order to address and fight maternal mortality, we need to address income inequity and racism. Advocate for policies that address maternal health gaps and create programs and funding sources to address gaps in care, education, access and resources. Provide technical

**TUESDAY
Maternal/child
Health**

NPHW 2020

FOR SCIENCE

Complications impact nearly 1/3 of U.S. pregnancies.

FOR ACTION

Encourage policymakers to pass laws that expand health coverage, WIC and SNAP.

FOR HEALTH

Work to address racism and bias in maternal care.

assistance and funding for states to allow them to create their own review boards for mortality related to pregnancy.^[4]

For justice.

Acknowledge the history of harm that has been perpetuated on women of color.^[5] Explore racism as a cause for persisting inequities, and work toward addressing implicit bias in maternal care.^[6] Advocate for more equitable access to education, health care and economic mobility for communities of color.

References

- [1] [HealthyPeople.gov](https://www.healthypeople.gov)
- [2] [*Journal for Perinatal Education*](#)
- [3] [Maternal Health Task Force at the Harvard Chan School](#)
- [4] [California Maternity Quality Care Collaborative](#)
- [5] [*American Journal of Public Health*](#)
- [6] [National Partnership for Women and Families](#)



Salud materno infantil

Martes 7 de Abril

Para la ciencia.

Los Estados Unidos tienen el gasto nacional más alto en atención médica, pero se ubican entre sus pares en mortalidad materno infantil, dos indicadores de la salud de un país. El 31% de las mujeres que quedarán embarazadas y darán a luz en los Estados Unidos se enfrentarán a complicaciones en el embarazo.^[1] Las madres de raza negra tienen hasta seis veces más probabilidades de morir debido a complicaciones en el embarazo que las madres de raza blanca en todo el país.^[2] Aproximadamente al 25% de las mujeres en los Estados Unidos no se le otorga la cantidad apropiada de visitas prenatales a un prestador de salud, pero el porcentaje es aún mayor entre las mujeres de raza negra (el 32%) y las mujeres nativas americanas o nativas de Alaska (el 41%).^[3]

Para la acción.

Abogue por una formación destinada a combatir los prejuicios en la escuela de medicina. Aliente a los legisladores a aprobar leyes que creen una sociedad más equitativa y justa. Aborde el acceso a la atención prenatal y perinatal para madres y bebés en comunidades con atención de salud materna limitada. Amplíe el acceso al Programa Especial de Alimentos Suplementarios para Mujeres, Bebés y Niños (WIC, por sus siglas en inglés) y al Programa de Asistencia Nutricional Suplementaria (SNAP, por sus siglas en inglés). Elimine los requisitos en cuanto a trabajo e ingresos que obstaculizan la atención prenatal y la mejora de la nutrición. Amplíe el programa Medicaid para mujeres embarazadas y niños. Abogue por programas que apoyen la lactancia materna. Trabaje para que los servicios de doula estén disponibles para todos los embarazos y nacimientos.

Para la salud.

Para abordar la mortalidad materna y combatirla, es preciso que abordemos la desigualdad en los ingresos y el racismo. Abogue por políticas que traten sobre las brechas en la salud materna y cree programas y fuentes de financiamiento para abordar las brechas en la atención, la educación, el acceso y los recursos. Brinde asistencia técnica y financiamiento para permitir que los estados creen sus propias juntas de revisión de la mortalidad relacionada con el embarazo.^[4]

Para la justicia.

Reconozca el historial de actos lesivos que se han perpetuado contra las mujeres de color.^[5]

Analice el racismo como una causa de las desigualdades persistentes y trabaje para abordar el sesgo implícito en la atención materna.^[6] Abogue por un acceso más equitativo a la educación, la atención médica y la movilidad económica para las comunidades de color.

Referencias

- [1] [HealthyPeople.gov](https://www.healthypeople.gov)
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