



# Wellness Nutrition Fun FaCts

April 2016

## Having a Healthy Baby Begins Today

No one is more important to your baby than you. You can protect your baby from harm. The choices that you make today can affect your baby's health now and in the days ahead.

### Take a Break from Alcohol

Beer, wine, wine coolers, and mixed drinks are all harmful to your baby.

**No amount of alcohol is safe while you are pregnant.** Even if you drank before you knew you were pregnant, stop now for the sake of your baby's health.

### **Drinking while pregnant can lead to fetal alcohol spectrum disorders, including:**

- ⇒ Birth defects such as a deformed face
- ⇒ Problems seeing or hearing
- ⇒ Trouble learning
- ⇒ Mental and behavioral issues



Drinking while pregnant also increases the risk that your baby could be miscarried, born too early, or stillborn.

**What to Do:** Do not drink while you are pregnant. If quitting is hard, ask for help. There are ways to make it easier to stop drinking.

**What to do when baby comes:** Be very cautious about drinking alcohol, if you choose to drink at all. You may consume a single alcoholic drink if your baby's breastfeeding routine is well established - no earlier than at 3 months old. Then wait at least 4 hours after having a drink before breastfeeding. Or express breast milk before drinking to feed your baby later. Remember, your baby depends on you. Be responsible. Stay sober.

# breastfeeding blurb

## Snuggle time – Importance of skin to skin

We've all heard of the benefits breastfeeding has for both mom and infant but what about the benefits of being skin to skin. It's important for babe to be placed on mom's chest right after delivery but this skin to skin contact should continue for the first few weeks to one month after delivery.

## When Infants are skin to skin they are more likely to:

\*Latch on and have a better latch \*Maintain a normal body temp\* Have stable and normal heart rate, respiratory rate, blood pressure and blood sugar \*Cry less \*Breastfeed exclusively and longer

## Benefits of skin to skin also carry over to moms too.

## Moms when skin to skin with their infants are more likely to:

\*Continue breastfeeding \*Experience emotional healing \*Feel more bonded to infant \*Read infant cues better \*Have reduced postpartum depression \*Remain calmer

## Strawberry S' Mores

By USDA "What's Cooking"

### Ingredients:

2 Strawberries  
1 Graham Crackers  
2 Tablespoons yogurt, low-fat vanilla

### Directions:

Rinse the strawberries in water.  
Slice the strawberries.  
Add the yogurt and strawberries to ½ of graham cracker.  
Top with the other ½ of graham cracker.  
Enjoy immediately.

### Nutrition Information:

Total Calories: 57  
Total Fat: 1 g  
Protein: 2 g  
Carbohydrates: 9g  
Dietary Fiber: 1 g  
Saturated Fat: 0 g  
Sodium: 64 mg

