



BRIGHTSTART®

Bright Start Calendar



**Healthy
Louisiana**



If you have questions please call AmeriHealth Caritas Louisiana Bright Start program at **1-888-913-0327**, Monday through Friday, 8 a.m. to 5 p.m., and ask to talk to a Bright Start representative.

Bright Start Prenatal Care and Why It Is Important

Early and regular prenatal care and a healthy lifestyle can increase your chances of staying healthy and having a healthy baby. It also will help your body handle the stress of pregnancy, labor, and delivery. At AmeriHealth Caritas Louisiana, our Bright Start program can help you achieve these goals. Call Bright Start at **1-888-913-0327**, Monday through Friday, 8 a.m. to 5 p.m., and ask to talk to a Bright Start representative.

Prenatal care

Prenatal care is more than just visits to your doctor. Often a whole health care team, including doctors, nurses, midwives, social workers, care managers, nutritionists, and childbirth educators, helps in your 40-week journey. It is important to give honest and open answers to their questions. Also, feel free to ask any questions you may have. You should call your doctor if you have concerns.

Prenatal care is the care of a pregnant woman before the birth of her baby.

OB/GYN name: _____ Phone: _____

Bright Start care can help you with any questions about your pregnancy.

Bright Start phone: **1-888-913-0327**.

Health care during your pregnancy

It is important to stay with the same health care team for your whole pregnancy to get the best possible care. Make sure your doctor and the hospital where you will have your baby work together. Doctors usually have certain hospitals they work with. This helps your doctors coordinate your care with your prenatal records in one place.

It is especially important to see your doctor during the first 12 weeks of your pregnancy. It improves your chances for a healthy pregnancy, birth, and baby. Your first prenatal visit usually will be longer and more involved than other visits.

Your first visit may include:

- Taking your full medical and family history.
- A history of all past pregnancies.
- Screening tests of your blood, urine, and cervix.
- A physical exam, including a pelvic exam.
- Estimating your due date. An average pregnancy is 40 weeks or 280 days from the first day of your last normal menstrual period. A normal full-term pregnancy can last between 37 and 42 weeks.

During pregnancy, some tests are given to all pregnant women. These are called **screening tests**. Other tests are offered only to those with specific risk factors. These are called **diagnostic tests**. Some tests will be done more than one time.

Talk to your doctor about getting a flu shot. It is important for all pregnant women to get the flu shot. You can get the shot at any time during your pregnancy. The flu shot can help protect you and your baby from the flu.

If you need help with transportation to your doctor appointments or for a list of resources, please call **1-888-913-0327** and ask to talk to a Bright Start representative.

Bright Start® Prenatal Care and Why It Is Important

At your first prenatal visit, many screening tests will be done. These include blood tests to check for:

- Blood type and Rh factor.
- Anemia.
- A history of German measles or rubella.
- Hepatitis B virus.
- Syphilis.

Your urine may be tested for sugar, protein, and infection. A Pap test to screen for cervical cancer and other precancerous changes may be done. Also, tests for certain sexually transmitted diseases, such as gonorrhea and chlamydia, may be done. Some women will be tested for diabetes, and you may be offered a test for HIV, the virus that causes AIDS.

In an uncomplicated pregnancy, visits are usually one time a month until about 28 weeks. Then visits are usually two times a month until the last month or 36 weeks, when they can occur weekly.

At each follow-up visit, your doctor will check:

- Your weight, blood pressure, and urine for sugar and protein.
- Your baby's heartbeat.
- The growth and position of your baby.

Your doctor also will watch for signs of any problems that may be starting.

You may need other diagnostic tests during your pregnancy, depending on your risk factors, ethnic background, and other test results or problems that come up. Screening for certain birth defects, such as neural tube defects (problems with the covering of the brain and spine) and Down syndrome, may be offered in your first or second trimester. Testing for diabetes usually is done between 24 and 28 weeks. Repeat testing for anemia and certain sexually transmitted diseases may be done between 32 and 36 weeks. An ultrasound, a test that uses sound waves, may be done at any time during the pregnancy to look at the growing baby.

It is important for your health and the health of your baby to go for the tests your doctor recommends. But remember, no test is perfect. There may be a problem even if the test does not show it. Also, a problem may not exist even if a test is abnormal. You should ask questions about the results of any tests you have during your pregnancy.

*If you have had a baby before 37 weeks, talk to your doctor. You may need weekly shots of 17P which is a (hormone) medicine that can help stop a preterm birth.

Directions for using calendar:
Start with the 1st month and fill in the name of the 1st month you see your doctor. Then fill in the actual dates of the month. Remember to record all doctor and care manager appointments. Record your weight and other important information. Write down any questions you have for your doctor.

The 1st Month (1 to 4 weeks)

Some changes you may see:

You may not see any change in your body in the 1st month. You may feel sick in the morning. Don't worry. Morning sickness will go away.

Things you can do:

- If you smoke — **stop!** No matter what anyone says, smoking is very bad for the baby. Smoking includes cigarettes, e-cigarettes, and marijuana. Even the smoke from other people smoking can hurt your baby. If you need help quitting, let us know. **We can help.**
- **Don't take any drugs without asking your doctor** — not even aspirin. Don't drink alcohol. Alcohol includes beer, red and white wine, and liquor. Don't take street drugs. If you need help to stop using drugs and alcohol, let us know. **We can help.**
- **Ask your doctor about taking a prenatal vitamin with folic acid.** It can help prevent birth defects.

Quick tip for morning sickness:

Eat a small snack before you go to bed (cheese would be good) and eat a few crackers in the morning before you get out of bed.

Sign up with the Women, Infants, and Children (WIC) program if you are eligible

Call **1-800-251-2229** or visit **www.wic.dhh.la.gov**. If you need help, let us know. We can help.

My 1st month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



Your baby's head, brain, spinal cord, lungs, and simple heart begin to form.

The 2nd Month (5 to 8 weeks)

Some changes you may see:

- Your breasts may get bigger and feel sore.
- You may need to use the bathroom more often.
- You may be happy one minute and sad the next.
- You may get more headaches. If you do, be sure to tell Bright Start or your doctor!
- You may get sick in the morning.

Things you can do:

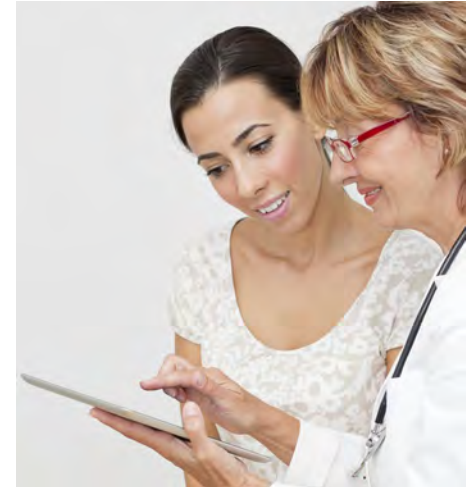
- Get plenty of rest and be sure to get some exercise, like walking. This will help you stay fit and feel better. See page 30 for tips.
- Remember Bright Start is here for you. We can help with transportation, and food, along with other things you may need.
- If you have a cat, let someone else change the litter. Touching cats does not cause any disease in pregnant women, but touching litter may be bad for pregnant women. Also, be sure to wash your hands after handling raw meat. There is a parasite that can live in cat litter and raw meat. (A parasite is a very small living thing that you can't see.) It will not hurt you, but it can hurt the baby.

Why do I have to go to the doctor every month?

The best way to help you have a healthy baby is prenatal care and taking good care of yourself. It is important to see your doctor during the first 12 weeks of your pregnancy. You will see your doctor about once a month in the beginning to make sure things are going OK. Then once a week toward the end of your pregnancy. If you are having any problems getting to your appointments, let us know. **We can help.**

My 2nd month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



Organs, muscles, bones, arms, and legs begin to grow. Your baby is beginning to have a face!

The 3rd Month (9 to 12 weeks)

Some changes you may see:

- You may get dizzy if you stand too long.
- You may get constipated.
- You may have heartburn.
- You may start feeling better and not have morning sickness anymore.

What is a food craving?

A craving is an urge for a certain food. Also, sometimes women crave things that are not food — like chalk or dirt. If you have that kind of craving, don't eat it! It is important to let your doctor know about this.

Can I travel during pregnancy?

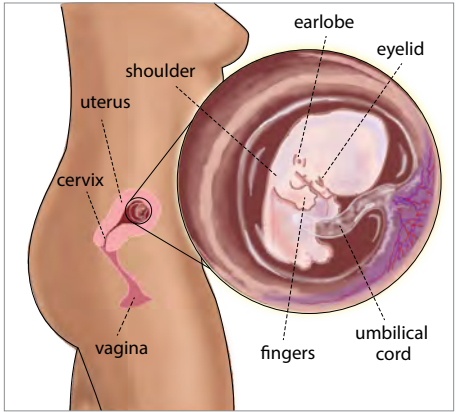
You can travel during pregnancy as long as your doctor says it's OK. See page 31 for more information.

Things you can do:

- Eat four to six small meals during the day instead of three big meals. This will help ease heartburn.
- Drink six to eight glasses of water every day.
- If you feel constipated, eat foods high in fiber and be sure to drink plenty of fluids.
- If you continue to have problems with constipation, be sure to let your doctor know.
- Cut down on junk food and soda. Eat fruits and vegetables and drink juice instead.
- Cut down on fried food and fat. This can help you feel less sick.

My 3rd month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



Fetal development at week 9

The heart grows more. Eyelids, fingers, toes, and skin grow, and the baby begins moving.

The 4th Month (13 to 16 weeks)

Some changes you may see:

- You may be able to feel the baby move.
- Your legs may ache.
- You may feel less sick.

Things you can do:

- Wear loose, comfortable things.
- Put your legs up when they hurt. Be good to yourself.
- Call Bright Start if you need any help.
- Exercise. Your energy level will increase during this time. See page 30 for tips.
- Talk with your doctor about birth defect screening.

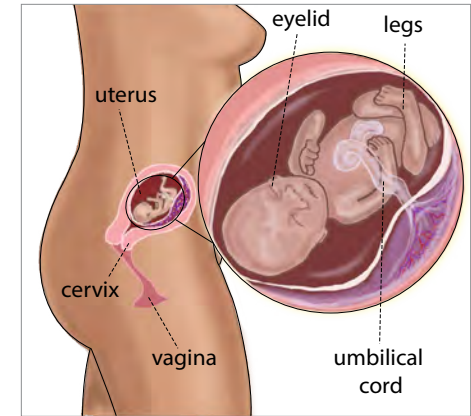
What is a warning sign?

A warning sign is something you should tell your doctor about right away! They are:

- Bleeding.
- If the baby moves less (after 24 weeks).
- Burning or painful urination.
- Blurred vision.
- Vomiting that won't stop.
- Sudden swelling or puffiness of the hands, feet, or face.
- Leaking or gushing fluid.
- Stomach pain.
- Dizziness or fainting.
- Headaches that won't go away.
- Chills, fever, or rash.
- Smelly vaginal discharge.

My 4th month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



Fetal development at week 15

The fetus is growing fast. Fingernails and hair grow, and the baby can smile and frown.



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The 5th Month (17 to 20 weeks)

Some changes you may see:

- If your baby has hiccups, you probably will be able to feel them!
- You may notice a yellow fluid coming from your breasts. This is normal. Your body is preparing for breast feeding.
- It's very important to see your dentist during your pregnancy. As your pregnancy goes on, you may notice your gums become swollen and bleed more easily. If bleeding goes on for too long, you should see a dentist. You can find a participating dentist by calling Member Services at **1-888-756-0004**, 24 hours a day, seven days a week, or visiting **www.amerihhealthcaritasla.com**.
- You may feel sharp pains in your belly or groin when you laugh or move too fast. This is because your belly is growing very quickly. If the pain doesn't go away, call your doctor!

Things you can do:

- Treat yourself to something nice — get a new hairdo, get your nails done, or whatever you like.
- If you have other children and need some time off, see if a friend can help for an hour while you take a nap.
- Be sure to avoid lifting heavy things. Avoid chemicals and X-rays. Stay away from people with contagious diseases.
- Continue getting regular, easy exercise. Don't overdo it, but easy exercise will help you feel your best. It will help you after you deliver, too!

My 5th month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



The baby now has fingerprints and footprints and is sucking its thumb.



The 6th Month (21 to 25 weeks)

Some changes you may see:

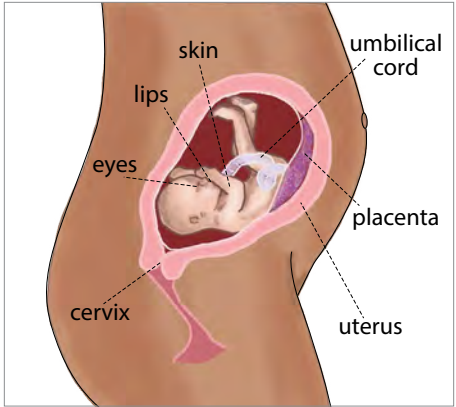
- Your hips may feel “wobbly” during pregnancy. This is so the baby will be able to get past your hips during delivery.
- Your back might hurt! This is because of the weight of your belly.
- Your legs might cramp. This is because your blood is flowing to your belly. It is not flowing as quickly to and from your legs.
- You may have skin color changes.

Things you can do:

- If your hips feel off balance, watch your step! Ask your doctor about a belly band.
- If your back hurts, try sitting with your legs propped up higher than your hips.
- If your legs cramp while you sleep, tell your doctor.
- If you are having problems with your legs and back, tell your doctor about it. Positioning a pillow may help. For comfy support, lie on your left side. Use pillows under the belly, behind the back and between the knees.
- Go to prenatal classes to learn about labor and delivery. Call Bright Start for more information.
- Avoid lying flat on your back. Lying on your back can be unsafe for the baby.
- Drink six to eight glasses of water each day.
- You may have discomfort in your lower back, stomach, or pelvic area as the baby grows. If this continues or becomes painful, call your doctor.

My 6th month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



Fetal development at week 22

Teeth are beginning to grow, and the baby now can hear your voice and music.



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The 7th Month (26 to 30 weeks)

Some changes you may see:

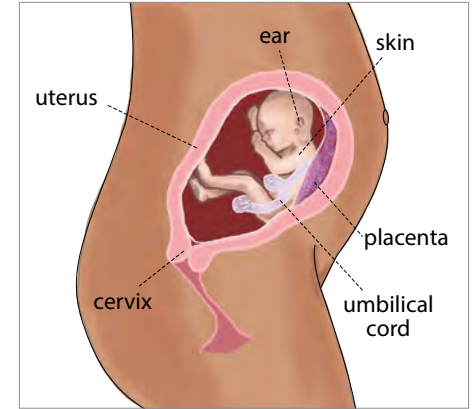
- You will continue to get bigger as the baby grows.
- You will probably be very aware of the baby's movements. If you notice any changes in the baby's movement patterns, call your OB/GYN doctor.
- You may notice a dark line going from your belly button down to your pubic hair. This will go away six months to a year after the baby is born.

Things you can do:

- As you get further in your pregnancy, you will tire more easily. Continue light exercise, but be sure to get plenty of rest.
- At 28 weeks your doctor may tell you to start counting your baby's movements daily. This is called kick counts. Be sure to follow your doctor's directions about when and how to do your kick counts. If anything changes with your baby's movement, call your doctor!
- If you are worried about gaining weight, this is not the time to diet. Eat sensible, healthy meals and snacks. Don't eat junk food or fatty or oily foods. They are not good for you or your baby. If you need help with food, call Bright Start. We can help. See page 26 for tips.
- **Talk with your doctor about getting the DTap shot.** The DTap shot helps protect you and your baby from whooping cough.

My 7th month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



Fetal development at week 23

The eyes begin to open and close. The baby can see light through your belly!



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The 8th Month (31 to 34 weeks)

Things you can do:

- Think about how you are going to get to and from the hospital. Plan this ahead of time.
- Find child care if you have other children at home.
- Think about where your baby is going to sleep. See page 38 for tips.
- Start getting baby clothes together.
- Call your doctor if your face, hands, legs, or face is swelling.
- Avoid lying flat on your back. Lying on your back can be unsafe for the baby.
- Get the infant car seat. You must have your baby in an infant car seat anytime you travel by car. (This is a law.) To locate a certified child passenger safety technician in your area visit www.safekids.org/certification.
- Only you can decide how you feel about feeding. We know that breast feeding is best, but there are times when it may not be possible. Call Bright Start. They can help you sign up for WIC and offer breast feeding support. If you need a breast pump, you can get one from the WIC office at no charge.

Choose a pediatrician (a special doctor for children).

Ask family and friends for recommendations. Call AmeriHealth Caritas Louisiana Member Services at **1-888-756-0004 (TTY 1-866-428-7588)**, 24 hours a day, seven days a week, if you still need help.

What can I get for my baby now?

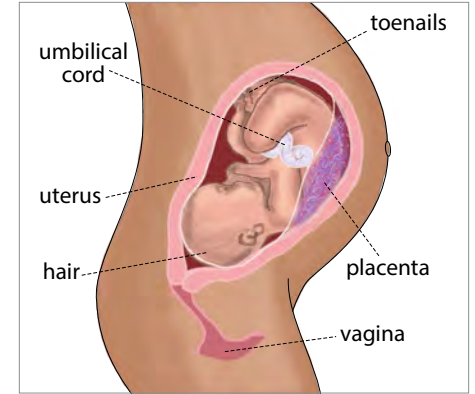
(See page 36.)

Gather some things to take to the hospital.

(See page 37 for a complete list.)

My 8th month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



Fetal development at week 32

The wrinkles on the baby's skin will start filling out with fat. The baby turns upside down!

The 9th Month (35 to 40 weeks)

Is it labor?

Yes, it might be labor if contractions:

- Get stronger.
- Get closer together.
- Get more painful instead of weaker.
- Are felt through your whole uterus.
- Are regular (you feel them about every five to ten minutes).

No, it's probably not labor if contractions:

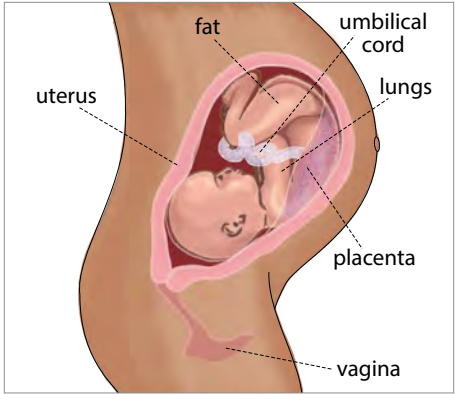
- Are not regular.
- Are not strong.
- Are felt only in your lower uterus.
- Go away when you walk or change position.
- Go away after drinking fluids.

Things you can do:

- When your contractions start, note when they start and how long they last. Your doctor will want to know how long it is between the beginning of one contraction and the beginning of the next.
- If your water breaks, call the doctor!
- If you are overdue, don't worry. A lot of women go past their due date. Your doctor will keep a close eye on you to make sure the baby is OK.
- If you are worried, call us — we will talk to you about it.

My 9th month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



Fetal development at week 34

The baby continues to grow and prepares to be born by dropping down into the pelvis.

The 10th Month (Postpartum Period)

Remember, after the baby is born, you will need to call:

- AmeriHealth Caritas Louisiana Member Services at **1-888-756-0004**, 24 hours a day, seven days a week. Let them know the baby's name and the name of your baby's doctor. They can also help you choose a doctor for your baby.

Postpartum care

You should see your doctor one to 12 weeks after you give birth, unless your OB/GYN wants to see you sooner. At this appointment, the doctor will check your recovery from pregnancy and delivery, see how you are feeling, and talk about your needs. This is called your postpartum visit. This appointment is important even if you had an incision check at one or two weeks.



My 10th month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Your postpartum visit is important!

At your postpartum visit, your doctor may:

- Check to make sure you are healing.
- Help you manage any symptoms.
- Answer questions about your breasts.
- Talk with you about birth control options.
- Talk with you about postpartum depression.
- Complete any paperwork you may need.
- My postpartum visit is:

Date: _____

Time: _____



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Healthy Eating for You and Your Baby

A balanced diet is a basic part of good health at all times in your life. During pregnancy, your diet is even more important. The foods you eat are the main source of nutrients for your baby. As your baby grows, you will need more. We can help you learn more about:

- Good food choices for you and your baby.
- Nutrients you will need.
- Healthy weight gain.

A healthy diet

The first step toward healthy eating is to look at the types of foods you eat everyday. Early in pregnancy, morning sickness can affect your eating habits. You may crave certain foods or not feel like eating. If this happens, you still should try to eat a variety of foods each day to help ensure you are getting the right nutrients.

Daily food choices

This table gives you tips on what kinds of foods pregnant women should eat every day. Pregnant women need to eat an additional 300 calories a day after the first trimester. Having healthy snacks that you can eat during the day is a good way to get the nutrients and extra calories you need. You may find it easier to eat snacks and small meals throughout the day rather than three big meals a day. This also may help you avoid nausea.

Eating right during your pregnancy is one of the best things you can do for yourself and your baby.

Food group	Amount you need every day	Example
Grain	6 ounces (oz.)	1 slice of bread; 1 cup of ready-to-eat cereal; and ½ cup of cooked pasta, cereal, or rice are considered 1 serving for grain.
Vegetable	2 ½ cups	1 cup of raw or cooked vegetables; 1 cup of vegetable juice; and 2 cups of leafy green vegetables are considered 1 serving for the vegetable group.
Fruit	1 ½ to 2 cups	1 cup of fresh fruit or 100% fruit juice and ½ cup of dried fruit are considered 1 serving for the fruit group.
Meat and bean (protein)	5 to 5 ½ oz.	1 oz. of meat, poultry (chicken/turkey) or fish; ½ cup of cooked dried beans; 1 egg; 1 tablespoon of peanut butter; or ½ cup of nuts or seeds are considered 1 serving for the meat and bean group.
Milk (dairy)	3 cups	1 cup of milk or yogurt; 1 ½ oz. of natural cheese; or 2 oz. processed cheese are considered 1 serving for the milk group.

Healthy Eating for You and Your Baby

Healthy eating also means avoiding things that may be harmful. This includes alcohol (beer, wine, and mixed drinks) and drugs not prescribed by your OB/GYN, which may cause birth defects and other problems for the baby. Smoking cigarettes is especially harmful to a pregnant woman and her baby.

Meal planning

Planning meals ahead of time can help make sure you and your family eat a balanced diet. Visit www.choosemyplate.gov, developed by the U.S. Department of Agriculture, to learn about healthy food choices.

Extra nutrients

Pregnant women need extra iron and folic acid, and these are usually prescribed in pill form as supplements. Sometimes your doctor or nurse will recommend a prenatal supplement that contains these two nutrients plus vitamins and minerals. Talk with your doctor about iron and folic acid.

Check with your doctor before taking any vitamins, herbs, or other supplements that are not prescribed to you. They might be harmful during pregnancy. Just because a product is natural does not mean it is safe.



Weight gain

When you are pregnant, you need to eat more to help the growth and development of your baby, as well as for the changes in your own body that promote a healthy pregnancy. During at least the last six months of pregnancy, you need to eat or drink about 300 calories more each day than you did before you were pregnant.

How much weight you gain during pregnancy depends on your weight before pregnancy. A healthy gain for most women is between 25 and 35 pounds. If you are overweight, you should gain less, but some weight gain is normal. If you are underweight, you should gain more. Talk with your doctor about the amount of weight you can expect to gain. This may vary if you are pregnant with more than one baby.

It is never too late

Eating right during your pregnancy is one of the best things you can do for yourself and your baby. Take a look at the foods you eat everyday. Make sure they provide the nutrients you and your baby need. It is never too late to start eating healthy.

Exercise

Pregnancy is a time when your body is constantly changing. Regular exercise can keep you fit, give you more energy, and make you feel better about those changes. It also may help you handle the pain of labor and delivery.

Before you start any exercise program, check with your doctor. Women with certain medical conditions may be advised not to exercise. The type of exercise you can do depends on your health and how active you were before the pregnancy. If you were active before, you usually can continue with some changes. If you were not active before, you will need to start slowly.

The changes your body goes through in pregnancy can make injury more likely if you are not careful. The extra weight in the front of your body can make you more likely to lose your balance and also can place extra stress on joints and muscles. You may tire more easily. Avoid activities that call for jumping or a quick change in direction.

A few extra exercise safety tips include:

- After 20 weeks, don't do any exercise while lying flat on your back.
- Drink water frequently.
- Wear a good support bra and shoes.
- Limit outdoor exercise in hot, humid weather.
- Avoid getting overheated.

Travel

You do not need to cancel your travel plans just because you are pregnant. If your doctor says it is safe and you follow some simple guidelines, you can enjoy the trip.

The best time to travel in pregnancy usually is in the middle months. The morning sickness will have passed, and you will have more energy. There will be less risk of delivering your baby away from home.

Since sitting for long periods of time in a car, train, or plane can increase the risk of developing blood clots, especially in the legs, it is a good idea to walk around every one to two hours. Be sure to drink plenty of fluids to stay hydrated and wear your seat belt. If you will be traveling far or for a prolonged period of time, you may want a copy of your medical record to take along. Also check with your doctor before you leave.



Wearing your seat belt*

- **Lap belt** should fit securely below your belly, supporting your hips and pelvis.
- **Shoulder belt** should not be near your neck, but also not off your shoulder. It should be across your chest (between your breasts). See picture above.
- Make sure your seat belt **doesn't feel loose** when you buckle up.

* Source: www.safercar.gov

Family planning and birth control

Family planning lets you plan any future pregnancies. You have many options when choosing a form of birth control. Below are some that are available. You can work with your doctor to pick one that is right for you. You may be able to receive your birth control device prior to leaving the hospital after birth — ask your doctor for more information about this option.

- **The pill** — Women take the birth control pill by mouth every day. Birth control pills have hormones that prevent ovulation (releasing an egg from the ovary).
- **Other hormones** — There are other options of hormonal birth control besides the birth control pill. These include skin patches, vaginal rings, implants, and shots. Like the pill, these forms of birth control prevent women from releasing eggs each month.
- **Intrauterine device (IUD)** — The IUD is a small device placed in the uterus by a doctor. IUDs affect the lining of the uterus and also damage or kill sperm.
- **Diaphragm and cervical cap** — Diaphragms and cervical caps are flexible, rubber cups that fit inside the vagina to keep sperm out. They are used with a spermicide.
- **Spermicide** — Spermicides are foams, jellies, tablets, creams, suppositories, or dissolvable films put in the vagina before sex to kill sperm. They can be used alone or with a condom, diaphragm, or cervical cap.

Family planning and birth control (continued)

- **Condoms** — Condoms not only prevent pregnancy but can also help prevent sexually transmitted diseases (STDs). The male condom is a thin covering that fits over the penis to prevent sperm from entering the vagina. A female condom goes inside the vagina to keep the sperm out.
- **Emergency contraceptive** — Emergency contraceptive is a way to prevent pregnancy if your birth control method fails or after unprotected sex.
 - **The hormonal pill**, sometimes called the morning-after pill, can be purchased at your pharmacy or family planning clinic. Depending on your age and the brand you select, you might need a prescription from your doctor. The hormonal pill can be used up to five days after sex.
 - The other type of emergency contraceptive is a **copper IUD**. The copper IUD is inserted by your doctor. It can be placed five to seven days after sex.

Sex

For a woman who is healthy and is having a normal pregnancy with no complications, sex usually is safe during pregnancy. Both you and your partner may have different sex drives. You may find that you need to try different positions to be more comfortable.

As your body changes, you may have mixed feelings about having sex. This is normal. Unless your doctor has told you not to, you can have sex as long as you want to. However, it is more important now than ever before to talk with your doctor about all the ways available to you to keep your baby safe from sexually transmitted diseases, including AIDS. Insist on “safe sex.”

If you or your partner has more than one sexual partner, you have much greater chances of getting a sexually transmitted disease. Infections, such as chlamydia, syphilis, herpes, and HIV, can affect the health of your baby, in addition to your health. For your protection, use a condom each time you have sex. Talk with your doctor about any concerns you have about sex or if you think you may have an infection.

Other Health Tips for You and Your Baby

Childbirth classes

Many women worry about the actual process of giving birth. Childbirth classes can help you prepare for what labor will be like. These classes can give you and your partner or coach a chance to take a tour of the hospital where you will be delivering. You also can meet other women and share your experiences. Call Bright Start for more information about childbirth classes.

Parenting classes

Parenting classes can teach you some basic skills in caring for your baby, such as diapering, bathing, and feeding. Breast feeding classes are also offered if you have chosen to breast feed your baby. Call Bright Start or talk with your doctor to find out information on attending classes near you.



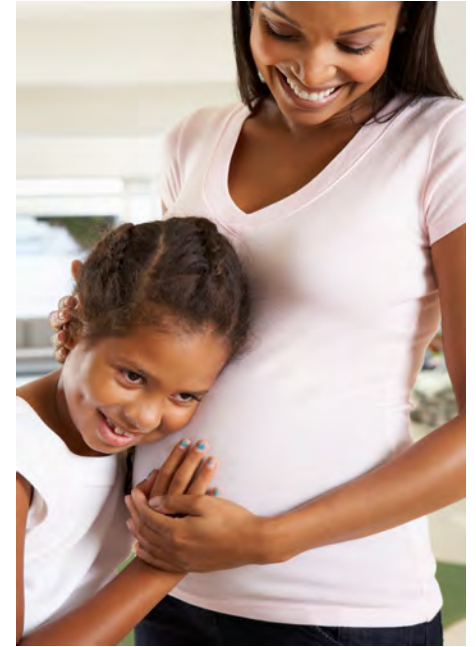
Breast feeding

Breast feeding is the best for your baby. It helps protect the baby against many illnesses and decreases the baby's risk of developing allergies and asthma. Breast feeding is natural, but it takes practice.

Even breast feeding for a few weeks has benefits for you and your baby. It can help you lose weight faster after delivery and may help protect your bones. You can still get pregnant while you breast feed, so speak with your doctor if you are not planning another pregnancy yet.

When you breast feed, you need to add about 500 calories more every day to your diet. Calcium is very important. You should continue eating a healthy diet, drinking plenty of fluids, and taking any prenatal vitamins.

Breast feeding is not for all women. Women who drink or are taking drugs should not breast feed their babies. Ask us about classes you can attend before and after birth to learn more about breast feeding your baby.



Other Health Tips for You and Your Baby

What can I get for my baby now?

- Diapers.
- Nightgowns or sleepers.
- Shirts and undershirts.
- Socks and booties.
- Hats, sweaters, and an outdoor outfit.
- Baby tub.
- Baby soap.
- An infant car seat. You must have your baby in an infant car seat anytime you travel by car. (This is a law.) To locate a certified child passenger safety technician in your area visit www.safekids.org/certification.
- Crib (all cribs and baby furniture should meet current safety standards; you can call the manufacturer and ask for additional information).
- Firm mattress and waterproof cover.
- Sheets, pads, and linens.
- Nursing bottles.
- Caps and nipples.
- Bottle brush.
- Baby thermometer.
- Washcloths and towels.
- Cotton balls and swabs.

What to take to the hospital:

- Your AmeriHealth Caritas Louisiana member ID card, your Healthy Louisiana ID card, and any other insurance cards you may have.
- Address/phone book.
- Name and phone number of the person who will take you home.
- Infant car seat.
- Nightgown and robe.
- Underwear.
- Slippers or socks.
- Toiletries.
- Pillow.
- Clothes to wear.
- Clothes to wear home for you and your baby.

Postpartum

The journey of pregnancy does not end with the birth of your baby. There are many changes that occur in the eight weeks after delivery (the postpartum period) as your body gets back to its new normal state. It is very important that you see your doctor one to 12 weeks after delivery, or as directed by your OB/GYN, to make sure you have healed properly. At this visit, you can also talk about family planning. It is important to go during this time, even if you saw your provider for an incision check at one or two weeks.



Other Health Tips for You and Your Baby

Sleep safety

It is important that your baby has a safe place of his or her own to sleep. This will help reduce the risk of SIDS (sudden infant death syndrome) and other sleep-related injuries.

Some tips for making sure your baby's sleep space is safe:

- Make sure your crib meets current safety standards.
- Have a firm mattress with a fitted sheet.
- Your baby's crib should not include bumpers, pillows, blankets, sheepskins, stuffed animals, or toys.
- Never let a baby sleep in bed with an adult.
- Always make sure the baby's head is not covered.
- Dress your baby in sleep clothing, like a sleep sack to keep him or her warm without using a blanket.
- Always place your baby on his or her back to sleep.



Finally:

At Bright Start, we want to help you to have the healthiest pregnancy possible. We encourage you to participate in your care by:

- Attending all of your prenatal visits.
- Going for the tests your doctor orders.
- Taking your prenatal vitamins every day.
- Eating a healthy diet.
- Avoiding smoking, alcohol, and drugs.
- Staying with one health care team.
- Making an appointment with a dentist to give your teeth a checkup.
- Attending childbirth classes.
- Asking your doctor questions or calling with your concerns.
- Seeing your doctor for a postpartum checkup.

At Bright Start, we also can help with:

- Transportation to your appointments.
- Getting a prenatal appointment.
- Food, clothing, or other supplies.
- Getting vitamins.
- Finding a dentist.
- Special medical equipment, like a breast pump.

We can help you enroll in the WIC program or find a childbirth or parenting class. If you develop a problem during this pregnancy, please call us at **1-888-913-0327**. We want to help you learn more about this 40-week journey, even if the road is bumpy. At the end of the journey, we want your baby to have a Bright Start!

My Baby Is Born!

I had a boy/girl on.....

at a.m./p.m.

He/she was inches long,

and weighed pounds, ounces.

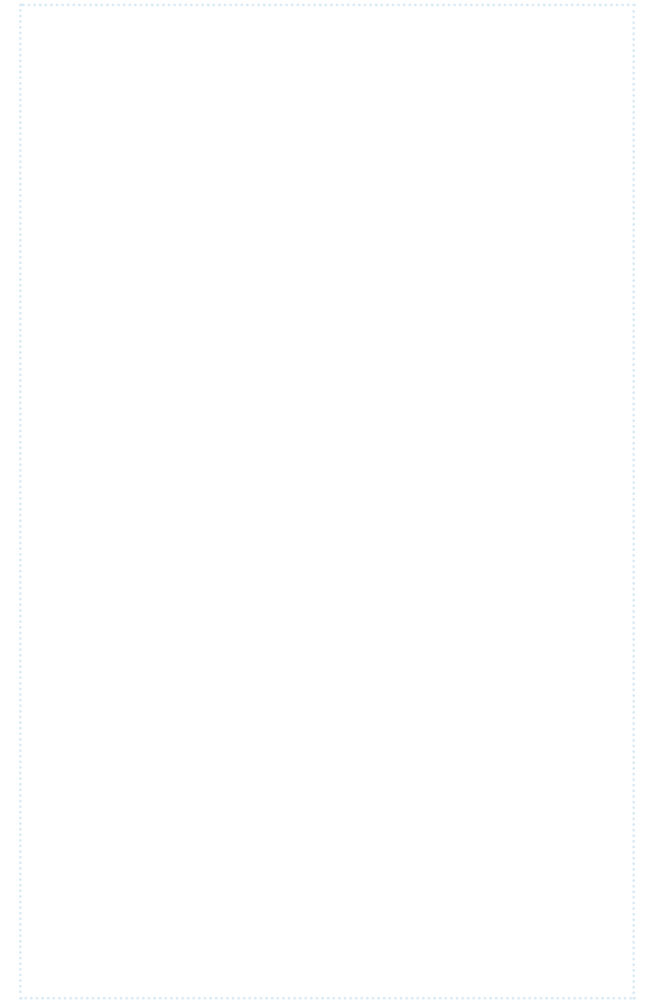
I named my baby.....

because

.....

.....

My baby's picture



My baby's footprints

Discrimination is Against the Law

Discrimination is against the law

AmeriHealth Caritas Louisiana complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, religion, or ability to pay. AmeriHealth Caritas Louisiana does not exclude people or treat them differently because of race, color, national origin, age, disability, sex, sexual orientation, gender identity, religion, or ability to pay.

AmeriHealth Caritas Louisiana:

- Provides free (no cost) aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters.
 - Written information in other formats (large print, audio, accessible electronic formats, other formats).
- Provides free (no cost) language services to people whose primary language is not English, such as:
 - Qualified interpreters.
 - Information written in other languages.

If you need these services, contact AmeriHealth Caritas Louisiana at **1-888-756-0004 (TTY 1-866-428-7588)**. We are available 24 hours a day, seven days a week.

If you believe that AmeriHealth Caritas Louisiana has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

- AmeriHealth Caritas Louisiana
Attention: Member Grievances Department
P.O. Box 83580
Baton Rouge, LA 70884
Phone: **1-888-756-0004 (TTY 1-866-428-7588)**, Fax: **1-225-300-9209**
- You can file a grievance by mail, fax, or phone. If you need help filing a grievance, AmeriHealth Caritas Louisiana Member Services is available to help you.
- You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at **ocrportal.hhs.gov/ocr/portal/lobby.jsf**, or at:
U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, DC 20201
Phone: **1-800-368-1019 (TTY 1-800-537-7697)**
Complaint forms are available at:
www.hhs.gov/ocr/office/file/index.html.

Multilanguage interpreter services

English: Attention: Language assistance services, at no cost, are available to you. Call **1-888-756-0004 (TTY 1-866-428-7588)**.

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-888-756-0004 (TTY: 1-866-428-7588)**.

Vietnamese: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-888-756-0004 (TTY: 1-866-428-7588)**.

If you need help reading this, please call 1-888-913-0327. Si usted necesita ayuda para leer este documento, por favor llame al 1-888-913-0327.

Clinical information referenced from American College of Obstetrics and Gynecology (ACOG), 1995-2007.

This calendar was designed to help you learn about your medical condition. It is not intended to take the place of your doctor. If you have questions about the information discussed in the calendar, discuss these questions with your doctor. If you think you need to see your doctor because of something you have read in this calendar, please contact your doctor. Never stop or wait to get medical attention because of something you have read in this calendar.

If you have any questions or concerns, feel free to call the Bright Start department at 1-888-913-0327.

www.amerhealthcaritasla.com

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