Choose Health LA Moms

Text LAMOMS to 55000

A program to help new moms get to a healthy weight

ph.lacounty.gov/LAMoms
Congratulations on your new baby and welcome to Choose Health LA Moms. Choose Health LA Moms is a text message and online program to help you lose the weight gained during pregnancy. Losing the weight will help you be healthy for your children and any future pregnancies.

In this booklet you will find information on breastfeeding, walking, and drinking water. These are all things you can do to get to a healthy weight.

You will also find information on:

- Mental Health
- Stress
- Overcoming Barriers to Health
- Nutrition
- Planning Your Next Pregnancy

When moms are healthier, the whole family is healthier. This booklet will help you create a healthier lifestyle for you and your family. After having a baby is the perfect time to start!

Join us as you take the first step to a healthier you!

“The program has easy steps to take to get healthier. I’m taking baby steps to success!”

- Choose Health LA Moms Participant
WHY SET GOALS?

Setting goals is important when you want to lose weight. Use this page to help you set and reach your goals.

I weigh __________ lbs or kg on __________ (today’s date).
I want to weigh __________ lbs or kg by __________ (date).

Choose Health LA Moms recommends reaching your weight loss goals by breastfeeding for at least six months, walking 10,000 steps per day, and drinking eight cups of water per day. It’s best to lose weight slowly by adopting healthy behaviors.

What healthy behaviors do you want to start doing to lose weight?
1. ____________________________________
   ____________________________________
2. ____________________________________
   ____________________________________
3. ____________________________________
   ____________________________________
4. ____________________________________
   ____________________________________

What motivates you to reach your weight loss goals?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

TIP:
Write specific action steps with a number goal.
For example:
I will walk 30 minutes a day, 5 days a week.
I will drink 8 cups of water per day.
### Track Your Progress

Tracking your progress can help you reach your goals. Use these pages to record your progress on your goals for walking, water, breastfeeding, and weight loss.

<table>
<thead>
<tr>
<th>Week 1 Delivery</th>
<th>Walking</th>
<th>Water</th>
<th>Breastfeeding</th>
</tr>
</thead>
<tbody>
<tr>
<td>This week I walked:</td>
<td>____ minutes per day</td>
<td>____ steps per day</td>
<td>This week I fed my baby only breast milk:</td>
</tr>
<tr>
<td>This week I weigh:</td>
<td>____ lbs or kg</td>
<td></td>
<td></td>
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</tbody>
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<table>
<thead>
<tr>
<th>Week 2</th>
<th>Walking</th>
<th>Water</th>
<th>Breastfeeding</th>
</tr>
</thead>
<tbody>
<tr>
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<td>____ minutes per day</td>
<td>____ steps per day</td>
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<tr>
<th>Week 3</th>
<th>Walking</th>
<th>Water</th>
<th>Breastfeeding</th>
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</thead>
<tbody>
<tr>
<td>This week I walked:</td>
<td>____ minutes per day</td>
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<td>This week I weigh:</td>
<td>____ lbs or kg</td>
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<thead>
<tr>
<th>Week 4</th>
<th>Walking</th>
<th>Water</th>
<th>Breastfeeding</th>
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<tbody>
<tr>
<td>This week I walked:</td>
<td>____ minutes per day</td>
<td>____ steps per day</td>
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<td>____ lbs or kg</td>
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<table>
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<tr>
<th>Week 5</th>
<th>Walking</th>
<th>Water</th>
<th>Breastfeeding</th>
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<tbody>
<tr>
<td>This week I walked:</td>
<td>____ minutes per day</td>
<td>____ steps per day</td>
<td>This week I fed my baby only breast milk:</td>
</tr>
<tr>
<td>This week I weigh:</td>
<td>____ lbs or kg</td>
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<table>
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<tr>
<th>Week 6</th>
<th>Walking</th>
<th>Water</th>
<th>Breastfeeding</th>
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</thead>
<tbody>
<tr>
<td>This week I walked:</td>
<td>____ minutes per day</td>
<td>____ steps per day</td>
<td>This week I fed my baby only breast milk:</td>
</tr>
<tr>
<td>This week I weigh:</td>
<td>____ lbs or kg</td>
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<td></td>
</tr>
</tbody>
</table>

For weeks 7-12, view the tracker at [ph.lacounty.gov/LAMoms](http://ph.lacounty.gov/LAMoms)
Your breast milk contains every nutrient your baby needs in the first six months of life. Experts recommend a mother’s breast milk as the best food for all infants. Breast milk is especially good for premature and sick newborns.

Exclusive breastfeeding means that you will feed your baby only breast milk for the first six months. Do not give water unless directed by your doctor.

**TOP FIVE BENEFITS OF BREASTFEEDING:**

1. Bonding
2. Lower risk of diabetes
3. Weight loss - burns up to 500 calories/day
4. Saves about $1,500 - $3,000/year on formula and supplies
5. Lowers risk of obesity

**SIZE OF A NEWBORN’S STOMACH**

- **Day One**: Size of a cherry, 5-7 mL, ½ tsp
- **Day Three**: Size of a walnut, 22-27 mL, ¾ - 1 oz
- **One Week**: Size of an apricot, 45-60 mL, 1½ - 2 oz
- **One Month**: Size of an egg, 80-150 mL, 2½ - 5 oz

Breast milk is the perfect nutritious food for your baby. For the first 6 months, breast milk is the only thing your baby needs to keep him/her healthy and growing. Breast milk is easy for your baby to digest compared to milk-based or soy-based formulas that may lead to gas or digestive discomfort.

Formula does not provide enzymes, hormones, antibodies, anti-virus, anti-allergies or anti-parasites.

Other benefits of breast milk compared to formula include:
- Baby will be sick less often
- Less expensive
- Better food package from WIC

Breastfeeding supplies and support are covered through your health insurance, the WIC program, or Medi-Cal.

FOR BREASTFEEDING SUPPORT, CALL THIS FREE SUPPORT LINE 888-278-6455
Breastfeeding

HOW DO I KNOW MY BABY IS HUNGRY?

You can learn when your baby is hungry by looking for the feeding cues they are showing (see chart). Your baby needs to breastfeed often during the first week, about 10 or more times in 24 hours. Make sure to feed your baby on demand. That means every time they are hungry. Let your baby set their own schedule.

**FEEDING CUES**

1. **EARLY CUES:** "I'm hungry"
   - Crying
   - Lots of movement
   - Color turning red
   - Calm crying baby before feeding
   - Crying, nose runny or chest feeling wrinkled

2. **MID CUES:** "I'm really hungry"
   - Stretching
   - Increasing movement
   - Hand to mouth
   - Turning head seeking/eating
   - Mouth opening

3. **LATE CUES:** "Calm me, then feed me"
   - Crying
   - Lots of movement
   - Color turning red
   - Calm crying baby before feeding
   - Crying, nose runny or chest feeling wrinkled

HOW DO I KNOW MY BABY IS FULL?

One of the most common questions moms have when breastfeeding is whether the baby is getting enough milk.

YOUR BABY IS EATING ENOUGH IF:

- Baby is swallowing while feeding. Usually babies will swallow once for every 1-2 sucks.
- Baby is gaining weight. In the first week of life, it is normal for the baby to lose some weight. Most babies gain 5-7 ounces a week and will have doubled their birth weight by about 3-4 months.
- Your breasts feel softer after nursing (because your baby has emptied some of the milk that was making them firm).

YOUR BABY IS FULL WHEN:

- Baby’s hands are opened and relaxed
- Baby seems calm
- Baby may have a “wet burp” (milk can be seen dribbling from mouth)

RESOURCES

**APPS:**
- iBabyLog
- Baby Manager - Breastfeeding
- iBreastfeed2

**HELP LINE:** 888-278-6455

**WEB SITE:**
- Women’s Health - Learning to Breastfeed
- For more resources, visit our online lessons at ph.lacounty.gov/LAMoms

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SKIN-TO-SKIN

Skin-to-skin has many health benefits for both you and your baby. It also tells your body to make more milk and helps your baby latch on well. When a baby is latched well, he/she will be able to remove milk from the breast much easier.

HELPS WITH BREASTFEEDING

• Baby is able to breastfeed more often
• Baby can search for the breast on their own
• Baby is able to latch well
• Helps mom start and continue breastfeeding
• Helps release milk from the breast

OTHER BENEFITS OF SKIN-TO-SKIN

• Improves bonding
• Controls baby’s breathing and heart rate
• Decreases pain and stress for baby
• Reduces infant crying
• Keeps baby warm

BENEFITS OF SKIN-TO-SKIN:

“Latching on” is when your baby takes your nipple and areola (the darker skin around the nipple) into his/her mouth to suckle and feed. Try following the steps below to get your baby to latch on to your breast:

1. Hold your baby toward your body and her nose close to your nipple.
2. Move your baby back an inch or two. Her head should tilt back, and her mouth will open. It’s important for your baby’s mouth to open WIDE.
3. If she doesn’t open her mouth, you can touch your nipple to her lips to get her to open up.
4. When she opens her mouth wide, move it onto the nipple by pulling her toward you. This is called “latching on.”
5. Get as much of your areola — the dark area around your nipple — into the baby’s mouth as possible.
6. Watch to see if your baby is sucking and swallowing easily.
7. Listen for the sounds of a happy, feeding baby!

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BREASTFEEDING FRUSTRATIONS

You may feel like you are frustrated with breastfeeding. Do not worry; you and your baby will get the hang of it very soon! Feeling frustrated is normal for most moms, especially if you are learning to breastfeed for the first time.

HERE ARE SOME REASONS WHY YOU MIGHT FEEL FRUSTRATED:

1. Baby won’t latch on
2. Baby is crying
3. You don’t think you’re making enough milk
4. Sore nipples (See page 15)
5. Inverted, large, or flat nipples
6. Engorgement (See page 16)
7. Plugged ducts (See page 15)
8. Mastitis (See page 16)
9. Thrush (See page 17)
10. You don’t have time to breastfeed

HERE IS WHAT YOU CAN DO:

• Don’t give up! Giving your baby formula instead of breast milk will decrease the amount of milk your body makes. The more you breastfeed, the more milk you will make.

• Talk to a lactation consultant. Under your health insurance plan, you should be able to meet with a lactation consultant for free.

• Talk to your doctor if you are experiencing persistent pain while breastfeeding, if you suddenly get sore nipples, or are experiencing signs of mastitis (a breast infection).

• Get support. If you are eligible for WIC (Women, Infants, and Children Program) you can receive breastfeeding services for free, including peer counseling.

• Avoid using pacifiers or artificial nipples until latching and breastfeeding are well established.

SORE NIPPLES

9 out of 10 women who experience sore nipples often have a poor latch. The best way to prevent sore nipples is to make sure your baby is positioned and latched properly on your breast.

WHAT YOU CAN DO:

• Before breastfeeding, massage breasts to release the milk. Apply a few drops of breast milk on sore nipples to help with healing.

• Use a cold compress for relief

• Use lanolin cream to relieve the pain and help healing

• Avoid soap or alcohol to clean nipples. They dry out the nipple.

• Try a different breastfeeding position for a better latch

• Do NOT limit feedings. Delaying or reducing feedings may affect your milk supply.

PLUGGED DUCTS

A plugged duct is a small milk duct that was not properly drained. The duct becomes inflamed and blocked.

WHAT YOU CAN DO:

• Apply warm and moist compresses 5-6 times a day, 10-15 minutes before breastfeeding

• Lightly massage the breast just in front of the tender area to help the milk flow

• Massage toward the nipple while feeding

• If the duct does not clear, wear a soft bra or no bra to take pressure off the breast

• Point the baby’s chin toward the plugged duct to help empty the area

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**ENGORGEMENT**
Engorgement is when your breasts feel extremely full and become very hard and painful. It is the overfilling of the breast with milk. Continue to breastfeed to release the milk.

**WHAT YOU CAN DO:**
- Breastfeed as often as possible (10 times or more in 24 hours)
- Try hand expression or pumping to release the over-supply of milk
- Ibuprofen may help reduce the pain and swelling in your breasts. You can continue to breastfeed while taking this.

**MASTITIS (BREAST INFECTION)**
Mastitis (mast-EYE-tiss), or a breast infection, is a bacterial infection in your breast, not your milk supply.

**SIGNS AND SYMPTOMS:**
- You may have a red, swollen, hot and painful area on the breast. It is usually only in one breast.
- You may have yellow pus coming from your nipple that looks like colostrum (your milk is still good and will not harm your baby)

**WHAT YOU CAN DO:**
- See your doctor because treatment for mastitis requires antibiotics. Make sure to take antibiotics as directed.
- Apply a warm cloth to the affected area to help the flow of milk.
- Continue to breastfeed or pump. It help clears up the infection. Your breast milk is still good!
- Get as much rest as you can. Have someone help you care for your baby.

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**THRUSH (YEAST INFECTION IN THE BREAST)**
A yeast infection in your breast is called thrush. It is the overgrowth of yeast on your nipple or inside your breast, behind the nipple. You may also see yeast on your baby’s tongue. You should continue to breastfeed - your milk is not infected.

**SIGNS AND SYMPTOMS IN BABY:**
- White patches in the mouth (tongue, inner cheek or lips) that don’t come off when wiped off. It may be mistaken for milk.
- Diaper rash that does not go away

**SIGNS AND SYMPTOMS IN MOM:**
- Pink, red, shiny or cracked nipples
- Burning or itching in the breast between feedings
- Small white patches on or around nipples
- Shooting breast pains

**WHAT YOU CAN DO:**
- Treat baby’s mouth with antifungal medicine as directed. Do not wash it off.
- Rinse your nipples with plain water and let them air dry.
- Boil for 20 minutes anything that comes in contact with your nipples or your baby’s mouth (pacifier, breast pump parts).

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BREASTFEEDING SUPPLIES AND LACTATION SUPPORT ARE COVERED THROUGH YOUR MEDICAL INSURANCE PLAN, MEDI-CAL, OR THE AFFORDABLE CARE ACT.

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Pumping breast milk:
- Helps mom feed her baby breast milk only
- Helps relieve engorgement
- Improves milk supply
- Allows others to help feed your baby

Storing breast milk allows you to have a supply of milk for your baby when it is needed. This can be a good option for busy moms who return to work or school. After pumping, milk should be stored in a refrigerator or freezer. Breast milk should be stored at the proper temperature so it is as fresh as possible for your baby.

HELPFUL TIPS
- It is best to pump each breast for 15 minutes (no more than 30 min) or until no more milk flow has occurred for 2 minutes.
- You should pump even when there is little milk coming out. The stimulation helps increase your milk supply and prevent engorgement.
- Each time before you pump, make sure your pump parts are clean. Wash them in hot, soapy water or in the dishwasher. You can also boil your pump parts in water for 20 minutes.

GUIDE TO STORING BREAST MILK

<table>
<thead>
<tr>
<th>PLACE</th>
<th>TEMPERATURE</th>
<th>HOW LONG</th>
<th>THINGS TO KNOW</th>
</tr>
</thead>
<tbody>
<tr>
<td>Countertop, table</td>
<td>Room temp (60ºF-85ºF)</td>
<td>Up to 3-4 hours is best.</td>
<td>Containers should be covered and kept as cool as possible. Throw out any leftover milk within 1 to 2 hours after the baby is finished feeding.</td>
</tr>
<tr>
<td>Small cooler with a blue-ice pack</td>
<td>59ºF</td>
<td>94 hours</td>
<td>Keep ice packs in contact with milk containers at all times; limit opening cooler.</td>
</tr>
<tr>
<td>Refrigerator</td>
<td>39ºF or colder</td>
<td>Up to 72 hours is best.</td>
<td>Store milk in the back of the main body of the refrigerator.</td>
</tr>
<tr>
<td>Freezer</td>
<td>0ºF or colder</td>
<td>Up to 6 months is best.</td>
<td>Store milk toward the back of the freezer where temperature is most constant. Milk stored at 0ºF or colder is safe for longer periods, but the quality of milk might not be as high.</td>
</tr>
</tbody>
</table>

You may be covered for a breast pump and visits with a lactation consultant through your health insurance, WIC, or Medi-Cal.

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Walking

BENEFITS OF WALKING

Did you know that walking most days of the week improves your health? If you are at an unhealthy weight, walking is a safe activity you can do.

WALKING HELPS YOU:

LOSE THE BABY WEIGHT
Women that do not walk after having a baby keep up to 15 pounds of the baby weight. Walking burns calories and can help you lose the baby weight.

RECOVER FROM BIRTH
Women of an unhealthy weight are at a higher risk of having blood clots. Blood clots can travel to your heart and lungs and block blood flow. Walking helps lower the risk.

HELP YOUR C-SECTION HEAL
Walking helps your c-section wound heal by improving blood circulation.

FEEL GREAT!
A 25 minute walk makes you feel energized. Walking also lowers feelings of anxiety and depression.

LOWER RISK OF DIABETES
Walking each day helps lower diabetes risk.

LOWER RISK OF SOME CANCERS
Walking 1-2 hours each week lowers the risk of breast cancer.

MAKE BONES AND MUSCLES STRONGER
Stronger muscles and bones will help you keep up with your baby when they begin to crawl and walk.

BOND WITH YOUR BABY
Walk with your baby! It is never too early to start teaching your baby healthy habits. Bonus: babies love the rocking motion of the stroller!

FINDING MOTIVATION TO WALK

Staying motivated to walk is hard for many women. Some days will be busy, and you may skip your walk or you just might not feel like walking.

WHEN THIS HAPPENS, TRY THIS:
1. Think of 2 reasons why being healthy is important to you.
2. Write the reasons on a piece of paper or in your journal.
3. Put the paper up on the refrigerator or read your journal every day to remind you of what you wrote.

Finding a personal reason to be healthy is the best way to stay motivated! Here are some examples from real moms:

• I want to be healthy to set a good example for my kids.
• I want to be healthy so that I can crawl and run with my baby.
• My family has diabetes and high blood pressure. I want to be healthy for my baby.

WHAT ELSE WORKS?

USE POWER PHRASES
Make up your own!
Write power phrases to yourself and tape them on the walls.

REWARD YOURSELF
Walk to your favorite clothing or shoe store and buy yourself something nice!

GET SOCIAL
Share your progress with friends on Facebook. Your friends can cheer you on!

Women that do not walk after having a baby keep up to 15 pounds of the baby weight. Walking burns calories and can help you lose the baby weight.

Women of an unhealthy weight are at a higher risk of having blood clots. Blood clots can travel to your heart and lungs and block blood flow. Walking helps lower the risk.

Walking helps your c-section wound heal by improving blood circulation.

A 25 minute walk makes you feel energized. Walking also lowers feelings of anxiety and depression.

Walking each day helps lower diabetes risk.

Walking 1-2 hours each week lowers the risk of breast cancer.

Stronger muscles and bones will help you keep up with your baby when they begin to crawl and walk.

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Thinking of 2 reasons why being healthy is important to you.

Writing the reasons on a piece of paper or in your journal.

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Walk with your baby! It is never too early to start teaching your baby healthy habits. Bonus: babies love the rocking motion of the stroller!
Walking 10,000 steps is good for your health. Women of an unhealthy weight who walked 10,000 steps each day had:

- Lower blood pressure
- Lower risk of diabetes
- Lost inches from their waist
- Lost weight

THERE ARE MANY WAYS TO TRACK YOUR WALKING:

PEDOMETER
Set it to ‘zero’ each day and clip on your waist or belt. Wear it all day, except when you shower and sleep. Write down the number of steps walked every 24 hours.

PHONE APP
Download an app on your phone that counts your steps. Carry your phone in your pocket to record the number of steps you take each day. See the suggestions below or search “pedometer” on the App Store or GooglePlay.

- Every Body Walk
- Map My Walk
- Pacer

WATCH
Write down the time you start walking. Write down the time you finish walking. Use the chart on page 5 to track your progress each week!

FIT MORE STEPS INTO YOUR DAY!

<table>
<thead>
<tr>
<th>Activity</th>
<th>Steps (every 10 minutes)</th>
<th>Calories Burned*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vacuum</td>
<td>1,010 steps</td>
<td>50 cal</td>
</tr>
<tr>
<td>Walk around the block</td>
<td>1,000 steps</td>
<td>50 cal</td>
</tr>
<tr>
<td>Walk down each aisle when grocery shopping</td>
<td>1,000 steps</td>
<td>44 cal</td>
</tr>
<tr>
<td>Walk after dinner with friends and family</td>
<td>1,000 steps</td>
<td>57 cal</td>
</tr>
<tr>
<td>Stand up and march in place when TV commercials are on</td>
<td>670 steps</td>
<td>57 cal</td>
</tr>
<tr>
<td>March in place while burping the baby</td>
<td>670 steps</td>
<td>75 cal</td>
</tr>
<tr>
<td>Cook</td>
<td>610 steps</td>
<td>30 cal</td>
</tr>
<tr>
<td>Sweep or mop the floor</td>
<td>600 steps</td>
<td>30 cal</td>
</tr>
<tr>
<td>Make the bed</td>
<td>450 steps/min</td>
<td>30 cal</td>
</tr>
</tbody>
</table>

*Calories are approximations & are based on a 250 lb. person

FIT MORE STEPS INTO YOUR DAY!

Wondering how you could fit 10,000 steps into your busy day? Look at this chart to see how many steps you would get doing these activities for only 10 minutes:

RESOURCES
APPS:
Every Body Walk
Map My Walk
Pacer

WEBSITES:
CDC – Benefits of Physical Activity
LA County Department of Parks and Recreation - Parks Locator
For more resources, visit our online lessons at ph.lacounty.gov/LAMoms
NEW BABY, NEW WORKOUT

Being active with the baby can make an easy workout seem a little tougher. Carrying the baby helps your shoulder, arm, and back muscles get stronger.

After walking, try these activities to build stronger muscles. Some can be done with the baby!

- Do these activities 2 days per week.
- Do each activity 12 times.

**WALL PUSH-UPS**

1. Face the wall, feet slightly apart, legs straight.
2. Place hands on the wall, open arms slightly wider than shoulder-width.
3. Bend elbows; lean head and chest to the wall. Come close to the wall, but your nose should not touch the wall.
4. Hold position for 2 seconds.
5. Straighten arms and return to start position.

**SQUATS**

1. Stand in front of a chair. Feet are hip-width apart.
2. Lower down as far as you can, but do not sit on the chair. See photo.
3. Hold the position for 2 seconds.
4. Straighten legs and return to start position.
   
   *To make it a little harder, try holding the baby.*

**SUPERWOMAN**

1. Lie down with your belly on the floor.
2. Lay arms flat out in front of you.
3. Raise head and arms up.
4. Hold position for 2 seconds.
5. Lower head and arms back to start position.

   *For a challenge, lift up legs and arms up at the same time.*

**FLYING BABY**

1. Hold baby in front of your chest.
2. Lift baby up to the sky.
3. Hold the position for 2 seconds.
4. Bend elbows and return to start position.

**TOE LIFT**

1. Stand in front of a kitchen counter. Place fingertips on the counter.
2. Stand up on your tip-toes.
3. Hold position for 2 seconds.
4. Lower heels and return to start position.

**BICEP CURL**

1. Hold baby in front of your chest. Keep elbows close to your body.
2. Bend elbows and raise baby up, close to your chin.
3. Hold position for 2 seconds.
4. Return to start position.
Walking

PACK FOR A MOMMY & BABY OUTING

Walking outside can be a beautiful bonding adventure for you and your baby. The smells, the sights, and the sounds will grab the baby’s attention. Taking your baby outside helps them learn about their surroundings. Being outside is also good for your health! Spending 5 minutes outside in a park improves self-esteem, lowers stress, and makes you feel good.

BE COMFORTABLE (both you and the baby):
• A stroller is the best option
• You can use a baby carrier if you can walk without feeling pain
• Empty your breasts and breastfeed before walking. This will help you walk comfortably.
• Change the baby’s diaper before leaving the house

WHAT TO BRING:
• A nursing cover or have a plan to feed the baby in case the baby gets hungry
• A water bottle for you to drink water
• Snacks for you (apple slices, carrots, banana)
• Baby wipes
• Cell phone
• A pedometer or a pedometer app for your phone
• A baby blanket
• Baby toy (stuffed animal)
• Wear SPF 15 sunscreen or higher. Wear a hat to cover yourself from the sun.

STROLLER SAFETY:
• Make sure the baby is strapped in
• Lock the stroller in the open position before putting the baby inside
• Use the canopy to cover the baby from the sun
• Keep small bags in the basket at the bottom

SAFE STRETCHING TIPS:
• Stretch at the end of walking
• Stretch slowly and only move as far as you feel comfortable. It should not hurt.
• Hold the stretch for 10-30 seconds. Take deep breaths to help you relax.

FRONT LEG STRETCH
1. Hold on to a tree or wall.
2. Lift one leg up behind you and hold it.
3. Pull your leg up and feel a slight tug on your front thigh.
4. Hold for 10 seconds.
5. Do the same on the other leg.

WALL PUSH
1. Rest hands on a wall or tree.
2. Step one leg back.
3. Bend the front knee.
4. Keep the back leg straight. Do not lift the heel.
5. Lean to the wall until you feel the back leg muscle stretch.
6. Hold for 10 seconds.
7. Do the same on the other leg.

BACK LEG STRETCH
1. Place the right leg in front.
2. Bend the left knee and keep the right leg straight.
3. Rest most of your weight on the left leg.
4. Point toes up on the right leg.
5. Bend at the waist until you feel a small tug on the back of the right leg.
6. Hold for 10 seconds.
7. Do the same on the other leg.
**Water**

**WHY DRINK WATER?**

Drinking water is one of the best things you can do for your health after having a baby.

Did you know that your body is composed of about 60% water? Water is in every cell, tissue, and organ in your body, so it plays a vital role in your health.

**DRINKING WATER CAN:**
- Prevent dehydration
- Help with weight loss
- Aid the digestive system
- Give you more energy
- Help you avoid headaches
- Restore your skin’s healthy look
- Protect your organs and tissues

**SET A GOOD EXAMPLE FOR YOUR KIDS:**

You are your baby’s first teacher. As your baby grows you will influence their nutrition habits including how much water they drink. When you develop healthy habits, your child will, too. Now that you have a newborn, it’s the perfect time to start!

**BABIES UNDER SIX MONTHS DO NOT NEED TO DRINK WATER. THEY’LL GET ALL THE HYDRATION THEY NEED FROM YOUR BREAST MILK OR FORMULA.**

**HOW MUCH WATER?**

**YOU SHOULD DRINK 8 GLASSES OF WATER A DAY.**

A glass is considered 8 ounces (1 cup). Use a measuring cup to guide you. Experts recommend you drink more than 8 glasses if you are in hot weather, exercising, or breastfeeding. The more you weigh, the more water you need to drink to keep yourself hydrated.

1 cup = 8 ounces

**ONE 16 OUNCE BOTTLE OF WATER = TWO 8 OUNCE GLASSES**

**DRINK 4 BOTTLES EACH DAY**

**DRINK 8 GLASSES EACH DAY**

**SIGNS OF GOOD HYDRATION INCLUDE:**
- Feeling energetic and refreshed
- Your urine is clear or pale yellow
- You go to the bathroom frequently throughout the day
- You have regular bowel movements

**SIGNS OF DEHYDRATION INCLUDE:**
- Being more thirsty than usual
- Urine that is darker than usual
- Being more sleepy or tired than usual
- Cracked lips
- Dry mouth
- Headache
TIPS FOR DRINKING MORE WATER

If you are not used to drinking enough water, you may find it difficult to drink 8 glasses a day. The trick is to slowly work toward your goals.

TO START:
1. Measure how much water you drink on an average day
2. Keep track of how much water you drink every day
3. Every week increase the amount of water you drink by one cup each day until you reach your goal

FOLLOW THESE SUGGESTIONS TO DRINK MORE WATER EVERY DAY:
• Carry a water bottle when you are at home with the baby or running errands. Having your water bottle will remind you to keep drinking!
• Use a water tracker app to track how much you drink throughout the day
• Every time you breastfeed, drink up!
• Freeze some freezer-safe water bottles. Take one with you for ice-cold water all day long.
• Make water fun! Add slices of lemon, lime, cucumber, or watermelon, or drink sparkling water. (See recipes on page 32 and 33) This may improve the taste and you just might drink more water than you usually do.
• Choose water instead of sugar-sweetened beverages. This will also help you cut calories, which can help you lose weight.
• Drinking tea, coffee, soda, alcohol and some juices can lead to dehydration. Drink an extra glass of water each time you drink one of these.

WATER AND BREASTFEEDING:
• You may have noticed you are more thirsty when you breastfeed. This is normal.
• Keep water near you when you are breastfeeding so you can stay hydrated.

WATER AND WALKING:
• When you walk you need to drink more water, especially if it is hot outside.
• Drink water before, during and after you walk. Bring a water bottle with you when you go for a walk.

USE PHONE APPS TO TRACK YOUR WATER INTAKE
Phone apps can help you track how much water you’re drinking. See the suggestions below or search “water tracker” on the App Store or Google Play.

RESOURCES
APPS:
Waterlogged
WaterMinder
Plant Nanny
Water Alert

WEBSITES:
CDC – Rethink Your Drink
CDC – Water and Nutrition
DrinkTap.org
Department of Water and Power – Water Quality
If you don’t like the taste of water it can be hard to reach your water-drinking goals. Here are some recipes for making your water taste better. You can put in any combination of fresh fruits and herbs that you like. If you miss the bubbles from soda, try using sparkling or carbonated water.

**DIRECTIONS:**
1. Wash and cut up all of your ingredients
2. Add all ingredients into a large pitcher
3. Using a wooden spoon, gently mash ingredients and mix
4. Drink up!

### WATER RECIPES

- **WATERMELON, MINT & LIME WATER**
  - 6 cups of water
  - 1 cup of watermelon chunks
  - Handful of mint leaves
  - 1 thinly sliced lime

- **STRAWBERRY-KIWI COOLER**
  - 6 cups of water
  - 1 cup of sliced strawberries
  - 1 cup of sliced kiwis
  - 2 thinly sliced lemons

### MORE RECIPES

- **REHYDRATING**
  - 6 cups of water
  - 2 cup of coconut water
  - 1 cup of pineapple
  - 1 cup of berries

- **BLUEBERRY ORANGE**
  - 6 cups of water
  - ½ cup of blueberries
  - 1 sliced orange

- **RASPBERRY-LIME**
  - 6 cups of water
  - 2 sliced limes
  - 1 cup of raspberries

- **APPLE CINNAMON**
  - 6 cups of water
  - 2 thinly sliced apples
  - 1 stick of cinnamon

- **LEMON CUCUMBER MINT**
  - 1/2 cucumber, sliced
  - 1 sliced lemon or lime
  - 1/4 cup of fresh mint leaves
  - 1/4 tablespoon of grated ginger

- **RASPBERRY-LEMON**
  - 6 cups of water
  - 1 thinly sliced lemon
  - 1 cup of raspberries
Los Angeles County has very safe drinking water. It is important for you to know how to make your water safe in case of emergencies. Examples of emergencies include earthquakes, major storms, and other natural disasters. You can take the steps below to make sure your water is safe to drink.

**TO MAKE WATER SAFE BY BOILING IT, FOLLOW THESE STEPS:**

If the water you want to boil is cloudy:
1. Filter it. Pour the water into a clean glass that is covered by a clean cloth, paper towel, or coffee filter.
2. Pour the clear water from the clean glass into a clean pan or teapot.
3. Bring the clear water to a rolling boil for one minute. Let the boiled water cool.
4. Store the boiled water in sanitized containers with tight covers.

If the water you want to boil is clear:
1. Bring the clear water to a rolling boil for one minute.
2. Let the boiled water cool.
3. Store the boiled water in sanitized containers with tight covers.

If you cannot boil water, you can make water safe by using non-scented household bleach or chlorine tablets. This is the standard way of making water safe to drink.

**SAVE MONEY – DRINK TAP WATER!**
- one gallon of bottled water costs on average $1.22
- one gallon of tap water costs less than $0.01!

After the birth of your baby you may be feeling a lot of intense emotions. You may feel excited, happy, tired, sad, and anxious. It is okay to have these feelings. It is important to know how to recognize the signs of postpartum blues, depression, and anxiety. It is also important to know what to do if you experience them.

**POSTPARTUM BLUES (ALSO CALLED “BABY BLUES”)**
Up to 80% of women will experience the “baby blues” after the birth of a child or during pregnancy. Baby blues are a normal adjustment period. Women get the baby blues because of the sudden changes in their body, environment, and hormones after childbirth.

**SYMPTOMS INCLUDE:**
- Crying for no reason
- Feeling depressed, sad, or lonely
- Feeling anxious or restless
- Having mood swings
- Irregular sleeping or eating

These symptoms usually start within a few days of giving birth. These symptoms do not impair function. They will go away on their own without professional treatment in 1-2 weeks. If they do not go away or if they get worse, you may be experiencing postpartum depression or anxiety.

**IF YOU HAVE SYMPTOMS OF POSTPARTUM DEPRESSION, CALL THIS FREE SUPPORT LINE 800-944-4773**
Mental Health

POSTPARTUM DEPRESSION

Postpartum depression can affect any new mother. Postpartum depression is not your fault. It does not make you a bad mother.

SYMPTOMS INCLUDE:

• Crying and sadness
• Lack of connection or interest in the baby
• Irregular sleeping or eating
• Fear of leaving the house or being alone
• Withdrawal from friends and family
• Thoughts of harming the baby or yourself
• Difficulty concentrating or making simple decisions

If you are experiencing any of these symptoms it is important to get help right away.

POSTPARTUM ANXIETY

Postpartum anxiety is having frequent feelings of intense worry or panic.

SYMPTOMS INCLUDE:

• Constant worry that something is wrong with the baby
• Excessive attention to keeping the baby safe
• Trouble falling asleep or not feeling rested after sleep

If you are experiencing any of these symptoms it is important to get help right away.

HERE ARE SOME THINGS YOU CAN DO:

• Call your doctor or healthcare provider
  • Don’t be afraid to talk to your healthcare provider. She’s here to help you and your baby be healthy.
  • Your healthcare provider can recommend treatments like counseling and medication to help you feel better.

• Call a help line
  • Postpartum Support International: 800-944-4773 or visit postpartum.net
  • Los Angeles 211: dial 2-1-1 or visit 211LA.org
  • Los Angeles County Department of Mental Health: 800-854-7771

• Seek support
  • Tell your partner, friends, or family that you are feeling this way
  • Join a support group to talk with other moms who are dealing with depression

• Practice self-care
  • Stay healthy and active: do something active every day, eat healthy foods, rest, don’t drink alcohol.
  • Ask for and accept help: let others watch the baby and help around the house.

IF YOU HAVE SYMPTOMS OF POSTPARTUM DEPRESSION, CALL THIS FREE SUPPORT LINE 800-944-4773
Stress

WHAT IS STRESS?

Stress is the way a person’s body and/or mind reacts to feeling frightened, confused, overwhelmed, irritated or in danger.

There are lots of signs of stress — common types are physical (butterflies in your stomach), emotional (feeling sad or worried), behavioral (you don’t feel like doing things), and mental (you can’t concentrate).

If you are feeling stressed and overwhelmed from all your responsibilities as a new mother, try these stress busting techniques to help you feel better.

STRESS BUSTERS

1. ASK FOR HELP
   It’s okay to ask for help. Learn how to recognize when you need a break. You can ask someone to help watch the baby for an hour so you can do something that makes you feel better.

2. PRACTICE DEEP BREATHING OR MEDITATION
   - Take 5 minutes to yourself, set up a quiet uninterrupted space for yourself where you are comfortable.
   - Focus on your breathing.
   - You can download meditation apps on your smartphone or watch a meditation video on youtube.com.

3. YOGA
   You don’t need any new equipment to do yoga. Just put on some comfy clothes and make a small space on the floor so you can have space to stretch completely. You can search youtube.com for yoga videos.

4. SHOWER
   Put your baby in a swing by the bathroom door or shower while they are napping. Showering will help you feel refreshed, energized, and it can help reduce stress.

5. JOIN A SUPPORT GROUP
   Find a group near you. Support groups are a great way to meet other moms with babies close in age with yours. They can relate to what you are feeling. Exchange advice on your stress busting techniques.

6. EXERCISE
   Something as simple as a walk around the block or walking in place for 5 minutes can help clear your mind, give you energy, and reduce your stress level.

7. LAUGH
   Laughing can help reduce your stress. Watch something funny on TV or call a friend who you know always makes you laugh.

8. TALK ABOUT IT
   Telling someone that you are feeling stressed can often make you feel better. Call someone you trust and tell them how you feel.

9. KEEP YOURSELF HEALTHY
   Drink water, eat nutritious meals, and exercise. Living a healthy lifestyle can help reduce your stress and allow you to feel good.

10. PAMPER YOURSELF
   Take some time to polish your nails, do your hair, or give yourself an at-home facial. This will help you feel more confident and energized.
WHAT ARE BARRIERS TO HEALTH?

There are many challenging things in your everyday life that can affect your health. There are also many things you can do to try to overcome those challenges.

FOR EXAMPLE,

- Is your neighborhood not very safe? Try walking with your baby in a shopping center or at a safe park.
- Do you not have enough money to buy healthy foods? Use coupons and supermarket reward programs to save money on food.

Visit ph.lacounty.gov/LAMoms for free lessons on what you can do about these common barriers to getting healthy.

RESOURCES

If you can’t visit ph.lacounty.gov/LAMoms, these resources can help you.

211 LA
DIAL 2-1-1
211LA.ORG

211 can refer you to many agencies that provide support. These agencies can help with things like housing, food, substance abuse, and mental health care.

NATIONAL DOMESTIC VIOLENCE HOTLINE
800-799-7233 (SAFE)

LA COUNTY DOMESTIC VIOLENCE HOTLINE
800-978-3600

WIC PROGRAM
888-942-9675
WICWORKS.CA.GOV

WIC is a nutrition program. It helps pregnant women, mothers with babies, and young children eat well and stay healthy.

CALFRESH
866-613-3777
DPSSBENEFITS.LACOUNTY.GOV

Calfresh is a nutrition program that provides monthly food benefits to low-income households. If you have Medi-Cal, you may qualify for Calfresh.

LA FOOD BANK
323-234-3030
LAFOODBANK.ORG/PANTRY-LOCATOR.ASPX

THE HOUSING AUTHORITY OF THE CITY OF LOS ANGELES
562-347-4663
WWW.HACLA.ORG/APPLY-PUBLIC-HOUSING/
Why Eat Healthy?

Eating healthy helps you get to a healthy weight. It also helps prevent health problems, like anemia (not enough red blood cells), diabetes, and some types of cancer.

To start eating healthy, you need to know what “healthy” food is and how much you need. Read the chart below about food groups and how to add them to your diet:

<table>
<thead>
<tr>
<th>Food group</th>
<th>How much?</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>GRAINS</td>
<td>Eat 6-8 ounces daily.</td>
<td>Common whole grain foods are brown rice, oats (oatmeal), grits, and whole wheat pasta and bread.</td>
</tr>
<tr>
<td>DAIRY</td>
<td>Have 3 cups daily. 1 cup is equal to 8 ounces.</td>
<td>Choose non-fat, 1% or 2% milk; fat-free and low-fat yogurt; part-skim, reduced fat, and fat-free cheese; low-fat and fat-free cottage cheese.</td>
</tr>
<tr>
<td>PROTEIN</td>
<td>Eat 6 ounces daily.</td>
<td>Choose beef and pork with trimmed fat; extra-lean ground beef; chicken &amp; turkey without skin; tuna canned in water; fish and shellfish that is baked, broiled, steamed or grilled; beans and lentils; tofu.</td>
</tr>
<tr>
<td>VEGETABLES</td>
<td>Eat 2½ - 3 cups daily.</td>
<td>Choose fresh, frozen or canned vegetables. Eat red, yellow, orange, green, white, tan/brown, and blue/purple vegetables.</td>
</tr>
<tr>
<td>FRUITS</td>
<td>Eat 2 cups daily.</td>
<td>You can choose fresh, frozen and dry fruit (¼ cup dry fruit = 1 cup raw fruit). Eat red, yellow, orange, green, white/tan, and blue/purple fruits.</td>
</tr>
<tr>
<td>OILS &amp; FATS</td>
<td>Aim for no more than 3 teaspoons daily.</td>
<td>Choose heart healthy oils, such as vegetable oil, olive oil, and canola oil. Other sources of healthy fats are avocados, peanut butter, salmon, and walnuts.</td>
</tr>
</tbody>
</table>

Healthy Tips

1. Eat smaller portions or use smaller plates. If you go out to eat, take half your meal home.
2. Don’t eat foods or drinks with added sugars. Examples are sodas, juice, and sports drinks.
3. Make half your plate fruits and vegetables.
4. Eat meals with less salt and less fat.
5. Have more questions? Find a local Registered Dietitian at: eatright.org/programs/rdnfinder/

You can speak to a Registered Dietitian at a Farmer’s Market in Los Angeles (publichealth.lacounty.gov/nut/atd/ATD%20locations.htm). You can also ask your medical provider for a referral to see a Registered Dietitian in your clinic.

Do not try to lose weight very quickly.

Aim for losing 1 to 2 pounds a week by creating healthy eating habits that will last forever.

This way you can lose weight and keep it off.
HOW MUCH SHOULD I EAT?

A portion size is the amount of food that you choose to eat for a meal or snack. When you eat healthy portions your baby will learn from you. This will help your baby be at a healthy weight later on in their life.

WHAT IS A PROPER PORTION SIZE?

Use the plate image below to help you select a healthy portion size when serving food on a plate.

Eating small snacks with a lot of protein in between meals is a great way to satisfy hunger. Foods rich in protein will help you feel fuller for longer. This means you are less likely to overeat.

Examples of healthy snacks and quick recipes:

**PROTEIN-RICH SNACKS:**
- A hard-boiled egg (rich in protein and low in calories)
- ½ cup of fat-free cottage cheese with fruit
- Multi-grain crackers and cheese
- Low-sodium turkey slices and cheese
- Low-fat cup of yogurt
- Almonds [recommended serving size is 1 oz, or about 23 almonds]
- Multi-grain crackers with avocado slices

**QUICK RECIPES:**
- Celery sticks with peanut or almond butter
- Apple slices with peanut or almond butter
- Banana with peanut or almond butter
- Carrots and hummus
- Cucumber with lemon
- Whole-wheat pita bread wrap with hummus, lettuce, tomato
- Fruit salad with low-fat yogurt (Make it one day of the week and store in your fridge for easy eating)
- Protein-rich banana and peanut butter smoothie

TIPS:
- Use choosemyplate.gov to guide your portion sizes.
- Drink water while eating – sometimes you’re just thirsty and not hungry.
BECOMING A DAD

Congratulations on your new baby! This is an exciting and life-changing moment for your family. Here are three tips to help you navigate being a father to a newborn:

1. Learn to soothe your baby
2. Help your partner and communicate with her
3. Find healthy ways to manage your stress

LEARN TO SOOTHE YOUR BABY:

- Learn infant feeding cues (see page 10) so you can recognize when your baby is crying because she is hungry.
- Burp the baby at the end of each feeding.

HELP YOUR PARTNER AND COMMUNICATE WITH HER:

- Change the baby’s diaper. This is not just mom’s job! It may be a bit scary at first because the baby is so small but after a few times it gets easier.
- Hold the baby skin-to-skin by holding them on your bare chest while they are wearing only a diaper. Skin-to-skin will help calm and soothe the baby.
- Help with chores like preparing meals, doing laundry, and running errands
- Support her with breastfeeding—it can be really difficult.

FIND HEALTHY WAYS TO MANAGE YOUR STRESS:

- Take deep breaths when you get frustrated.
- Take a 10-minute walk with mom and the baby when you get home from work.
- Read the "Stress Busters" on pages 38 and 39.

Becoming a dad is filled with new and exciting challenges. Remember that what matters is the journey, not the destination.

WHY PLAN MY PREGNANCY?

Now is the time to consider if and when you would like to have another child. Planning when to have a baby can help ensure that you and your partner are healthy and ready when you get pregnant again. It is best to wait at least 18 months between pregnancies to let your body fully heal. This also gives you time to lose weight from your last pregnancy.

The information and resources provided in the next few pages will help you decide which birth control method is the best fit for you. All options should be discussed with your doctor.

To explore your birth control options follow the chart on page 48 and ask yourself:

Do I want another child?
If yes, when do I want another child?
How often do I want to take birth control?

DID YOU KNOW?

- Getting your period means that you could become pregnant again.
- It is possible for women to become pregnant as soon as 4 weeks after giving birth. This depends on when you get your period.
- You cannot predict exactly when you could become pregnant again. To be safe, you should decide on a birth control method as soon as possible after having your baby.
- Women who are at an unhealthy weight are more likely to have medical issues related to pregnancy. This makes it very important to use birth control to get healthy and plan your next pregnancy.
Your Next Pregnancy

Do I want another child?

No

Maybe

Yes

CONSIDER PERMANENT OR LONG-TERM METHODS:
- Tubal Ligation (female sterilization)
- Vasectomy (male sterilization)
- Intrauterine device (IUD)
- Implant
- Abstinence (not having sex)

CONSIDER LONG-TERM, VERY EFFECTIVE METHODS:
- IUD
- Implant
  - Works for 3-10 years!

CONSIDER SHORT-TERM METHODS:
- Pill
- Patch
- Ring
- Condoms

When?

In a year or more

Soon, within a year*

Talk to your doctor about your plans for another pregnancy so you can make sure you’re as healthy as possible before becoming pregnant.

Your Next Pregnancy

Maybe

CONSIDER SHORTER-TERM METHODS:
- Shot
- Pill
- Patch
- Ring
- Condoms
  - Remember to take every 3 months, daily, weekly, or monthly
  - Use every time you have sex

Really, really effective: Over 99% effective! (less than 1 pregnancy per 100 women)
- The Implant (Nexplanon)
- IUD (Skyla, Liletta)
- IUD (Mirena)
- IUD (ParaGard)
- Sterilization (male or female)

Works for up to...
- 3 years
- 3 years
- 5 years
- 10 years
- Forever

OK while breastfeeding?
- Yes!
- Yes!
- Yes!
- Yes!
- Yes!

Pretty effective: 91% effective (about 6-9 pregnancies per 100 women)
- The Shot
- The Ring
- The Patch
- The Pill

Remember to take it...
- Every 3 months
- Every month
- Every week

OK while breastfeeding?
- Maybe
- No
- No
- Some

Not very effective: 76-84% effective (about 12-24 pregnancies per 100 women)
- Condoms
- Diaphragm
- Spermicide
- Fertility Awareness
- Withdrawal (pulling out)

To work, these “barrier” methods must be used every time you have sex

OK while breastfeeding?
- Yes!
- Yes!
- Yes!
- Yes!
- Yes!

Condoms are the best way to protect against sexually-transmitted infections. Always use a condom in addition to one of the methods above.

* It is best to wait at least 18 months between pregnancies to let your body fully heal.
Support for a New Mom

IT’S OKAY TO ASK FOR HELP

Moms can better manage stress after having a baby when they have social support from partner, friends, and family. Asking for help and having support helps moms feel more connected. It also helps moms feel less lonely and more confident.

For the first three months, moms are often the baby’s main caretaker. This is especially true if she is breastfeeding. You may feel like there is nothing anyone can do to help you, but there are ways they can help.

Here are some ways your support people can help you. They can:

- Watch the baby
- Learn to soothe the baby
- Look after your other kids
- Run errands for you
- Communicate with you
- Bring you food

For more on social support, visit [ph.lacounty.gov/LAMoms](http://ph.lacounty.gov/LAMoms) and click on “Overcoming Barriers to Health.”

Healthy Habits for Life

SETTING AN EXAMPLE

As the first teachers in a child’s life, parents play an important role in modeling healthy behaviors. As your baby grows you will influence all their habits. These habits include how much water they drink, how much they walk, what they eat, and much more.

At 1 year old babies do what they see. They begin to understand that the actions they are copying have meaning. Research suggests that when parents have healthy habits their children do too.

Use the space below to make a commitment to yourself. What healthy habits are you going to start or continue doing?

_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

You can do it!
VISIT OUR WEBSITE TODAY!

ph.lacounty.gov/LAMoms