



Families Connect

“Healthy Babies Right from the Start...Planning, Pregnancy, Parenting”

Volume 10 Issue 2

Oral Health in Pregnancy

Oral health is the care of the teeth, gums and tongue.
Pregnancy increases your chance of getting oral health problems.
Gingivitis is inflammation of the gums and can lead to periodontitis (gum disease).



Pregnant women with periodontal (gum) disease are more likely to have a premature low-birthweight baby.



What's a Pregnant woman to do?

- Brush your teeth twice daily with fluoride toothpaste and always after eating sweet or sticky foods. Remember to brush your tongue also!
- Floss daily to clean between teeth.
- Continue to see a dentist for checkups twice each year (let them know you are pregnant).
- Have dental problems treated as soon as possible.
- If you notice any changes in your mouth see your dentist.
- Eat healthy foods and drinks like fat-free milk, fruit and vegetables. Avoid sweets and sticky foods especially between meals.
- If you can't brush after eating, take a mouthful of water and swish for a minute to loosen food from teeth.

Sources: American Dental Association
New York State Department of Health

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Good oral care and habits can help you have a healthy baby!

Our Mission:
To improve birth outcomes and maternal, child and family health.

A Publication from the Nassau County Perinatal Services Network

Education

Committee

Members:

- Cornell Cooperative Extension of Nassau County
- Long Island Center for Pediatric Obesity Prevention Stony Brook University
- Mercy Medical Center
- Nassau County Department of Health Early Intervention
- Nassau County Department of Mental Health, Chemical Dependency & Developmental Disabilities Services
- North Shore Child and Family Guidance
- North Shore University Hospital
- NuHealth
- Planned Parenthood of Nassau County
- South Nassau Communities Hospital
- Winthrop University Hospital

Is It Safe to Eat Fish During Pregnancy?

Advice for: Women who may become pregnant, pregnant women, nursing mothers and young children (under 6)



◆ Fish and shellfish supply nutrients that are very good for you.

- ◆ **What is Mercury?** Mercury is a heavy metal that can get into fish from pollution and can hurt your unborn baby and young children.
- ◆ For most people the risk from mercury by eating fish and shellfish is not a health concern. However, some fish contain higher levels of mercury than others.

Don't eat these fish! Too high in mercury.
Shark, Swordfish, King Mackerel, Tilefish, Tuna (Fresh Steaks, Sushi)

Safe and Healthy to Eat During Pregnancy
You can eat up to 12 ounces (2 average meals) per week of:
Anchovies, Clams, Oysters, Pollack, Salmon, Sardines, Shrimp, Tilapia, Tuna (canned light), Whiting



Nancy Rau MS RD CDE
Long Island Center for Pediatric Obesity Prevention
Stony Brook University/Dept. of Family Medicine

DO NOT eat more than 6 ounces of albacore or canned **white tuna** in one week. White tuna contains more mercury. Check the can for serving size.

Adjust portions for children

Always check your local health department before you eat any fish you catch yourself.

For information: U.S. Food and Drug Administration **1-888-SAFEFOOD**

For information about the safety of locally caught fish and shellfish call the NY State Department of Health's toll-free information line at **1-800-458-1158, ext. 27815.**

Please contact us:

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She's One Smart Mom, She's Got Text4Baby

Text BABY to 511411

Get FREE messages on your cell phone to help you through your pregnancy and your baby's first year.

Skin to Skin Care

What's the first thing a new mother and father want to do with their baby after giving birth? Hold her...hug him...love her.

Holding your baby right after or soon after birth is one of the easiest ways to help your baby to adjust to the outside world. What works best is "skin to skin care". This means holding your naked baby, with or without a diaper on, belly down, on your bare chest. A blanket should then be placed over your baby and you. How does skin to skin care help?



- ◆ Baby is kept nice and warm by mom's body
- ◆ Baby is in the right place to breastfeed
- ◆ Baby's blood sugar levels are better
- ◆ Baby cries less
- ◆ Mom feels better because her baby is safe and happy

Ask your doctor and nurse about skin to skin care so that you and your baby can get the best start while in the hospital. Continue with skin to skin care when you go home. It's good for the whole family!

Misako Miller, RN, IBCLC, CPCE
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Maternity and Fatherhood



There are some in our society who feel that only a mother has the sensitivity needed to offer an infant the proper support, food, and care. This belief can limit how a father views and engages in his role as a parent.

Studies have shown that dads who help care for their baby from the beginning of life build strong bonds with their newborns.

Life experience shows us that men can give their infant children love, affection, diaper changing and burping just as well as any mom out there!

Research shows that "lack of opportunity" is one of the biggest reasons that dads feel uncomfortable with their infants. So, Dads, Jump in! The more time a father spends with his baby, the more confident he will feel!

Matthew Morales, Planned Parenthood of Nassau County

Preventing Whooping Cough (Pertussis)

What is it?

- ◆ Whooping cough (Pertussis) is a highly contagious respiratory illness that can result in hospitalization and in the most serious cases, death in infants.
- ◆ It produces severe and lengthy coughing fits. The severe cough can last 1-6 weeks or longer.
- ◆ Children younger than 6 months of age are at highest risk as they suffer the most severe and deadly complications.
- ◆ Reported cases of whooping cough have increased. It is easily spread because it is most contagious during the first few weeks of infection when symptoms may resemble a cold.



How to prevent it?

- ◆ Protection from the Pertussis vaccine wears off.
- ◆ A single booster of tetanus, diphtheria, and acellular Pertussis (TDAP) vaccine for adults and adolescents is recommended
- ◆ Many hospitals are now offering the vaccine in the hospital to new mothers.

Please talk to your health care provider about immunizations to protect your family from Pertussis.

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