

ChooseHealthLAMoms.com

Baby Steps to a Healthier You



A program to help new moms get
to a healthy weight

Congratulations!

WELCOME TO CHOOSE HEALTH LA MOMS

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 after having your baby.

You will also find information on:

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



Participants lost an average of 96% of their pregnancy weight after three months in the program.



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!

The program is designed for moms after delivery until their baby is six months old.

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

Table of Contents

How it Works	4
Setting Goals	5
Track Your Progress	6
Breastfeeding	8
Walking	20
Water	28
Mental Health	34
Stress	38
Barriers to Health	40
Nutrition	42
For Dads	46
Your Next Pregnancy	47
Support As A New Mom	50
Healthy Habits for Life	51

How it Works

Here is how **ChooseHealthLAMoms.com** works:



Go to:

ChooseHealthLAMoms.com

Setting Goals

WHY SET GOALS?

Setting goals is important to help you visualize the big picture of what you want to accomplish by a certain time period. 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).

I will reach my goal by:

1. _____

2. _____

3. _____

4. _____

TIP:

Write specific action steps with a number goal.

For example:

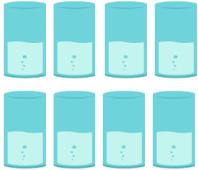
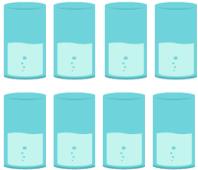
*I will walk 30 minutes a day,
5 days a week*

I will eat 2 fruits every day

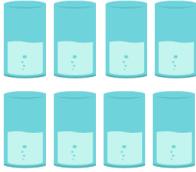
*I will not drink soda on
weekdays*

I am motivated to reach my goals because:

Track Your Progress

Week 1 Delivery	Walking	Water	Breastfeeding
	This week I walked: _____ minutes per day _____ steps per day	This week I drank (circle how many glass per day): 	This week I fed my baby: ___ Breast milk only ___ Breast milk and formula ___ Formula only
This week I weigh: _____ lbs or kg			
Week 2	Walking	Water	Breastfeeding
	This week I walked: _____ minutes per day _____ steps per day	This week I drank: 	This week I fed my baby: ___ Breast milk only ___ Breast milk and formula ___ Formula only
This week I weigh: _____ lbs or kg			
Week 3	Walking	Water	Breastfeeding
	This week I walked: _____ minutes per day _____ steps per day	This week I drank: 	This week I fed my baby: ___ Breast milk only ___ Breast milk and formula ___ Formula only
This week I weigh: _____ lbs or kg			

Track Your Progress

	Walking	Water	Breastfeeding
Week 4	This week I walked: _____ minutes per day _____ steps per day	This week I drank: 	This week I fed my baby: ___ Breast milk only ___ Breast milk and formula ___ Formula only
	This week I weigh: _____ lbs or kg		

	Walking	Water	Breastfeeding
Week 5	This week I walked: _____ minutes per day _____ steps per day	This week I drank: 	This week I fed my baby: ___ Breast milk only ___ Breast milk and formula ___ Formula only
	This week I weigh: _____ lbs or kg		

	Walking	Water	Breastfeeding
Week 6	This week I walked: _____ minutes per day _____ steps per day	This week I drank: 	This week I fed my baby: ___ Breast milk only ___ Breast milk and formula ___ Formula only
	This week I weigh: _____ lbs or kg		

For more detailed tracking, join

ChooseHealthLAMoms.com

Breastfeeding

BREASTFEEDING BASICS

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. No water unless directed by your doctor.

TOP FIVE BENEFITS OF BREASTFEEDING:

- | | Mom | Baby |
|---|-----|------|
| 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 | | ✓ |

The size of your baby's tummy is very tiny right after birth and cannot take in much milk.

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

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

Breastfeeding

BREAST MILK

Breastfeeding supplies and support are covered through the Affordable Care Act.

Breast milk provides vitamins and nutrients to help your baby stay healthy. Your milk changes based on what the baby needs. See the chart below to learn about how your milk will change.

COLOSTRUM

- LASTS 0-5 DAYS AFTER BIRTH
- High protein, low fat
- Protects against viruses, bacteria and allergies
- Looks yellow and thick
- Feed 10-12 times per day or every 1-2 hours
- Your baby will drink about 1 tsp. at each feeding for first 2 days

TRANSITIONAL MILK

- COMES AFTER COLOSTRUM: 5-20 DAYS AFTER BIRTH
 - High fat, calories and vitamins
 - Your body produces more milk. Your baby will start taking 13-18 tsp. (2-3 oz) at each feeding
- Larger women may find it takes longer for milk supply to increase
- Breasts are fuller, heavier and sensitive when there is more milk
- Feed 8-12 times per day or every 2-3 hours
- Feedings take about 15-20 minutes on each side

MATURE MILK

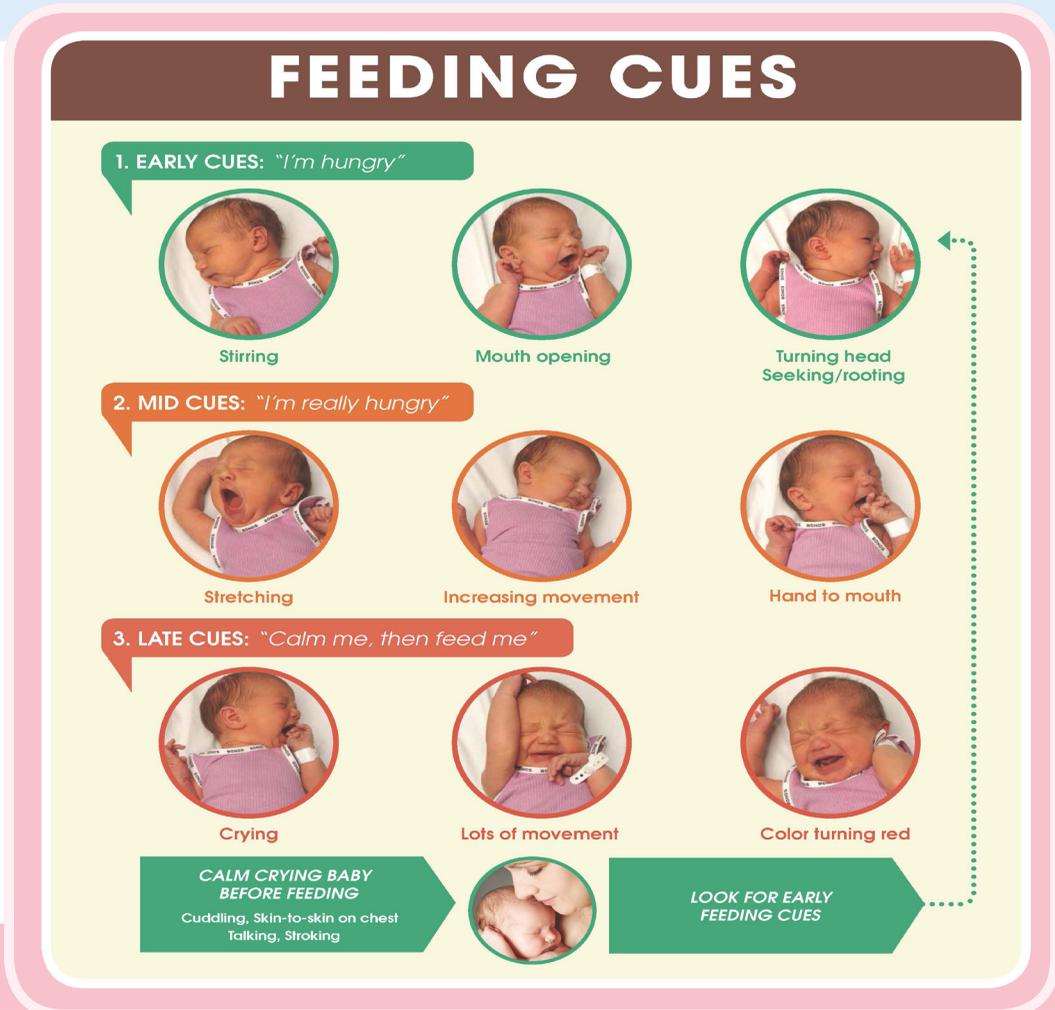
- USUALLY STARTS 3 WEEKS AFTER BIRTH: 21+ DAYS
 - Changes during feedings from beginning to end
 - Thinner and more watery than transitional milk
- Feedings will be farther apart and may take less time

**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 he/she is showing (see chart). Your baby needs to breastfeed often during the first week, about 10-12 times every 24 hours. Make sure to feed your baby on demand. That means every time he/she is hungry. Feedings are typically 15 to 20 minutes or longer per breast. Let your baby set their own schedule.



Breastfeeding

HOW DO I KNOW WHEN 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.
- Your breasts feel softer after feedings
- 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.
- Baby has dirty diapers

THE 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
BabyNursing
iBreastfeed2

HELP LINE: 888-278-6455

ONLINE VIDEOS:

Breastfeeding Technique
How Breast Milk is Made
How to Manage Your Milk Supply

WEBSITES:

Women's Health - Learning to Breastfeed

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

Breastfeeding

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.



BENEFITS OF SKIN-TO-SKIN:

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

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

Breastfeeding

LATCHING

“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.



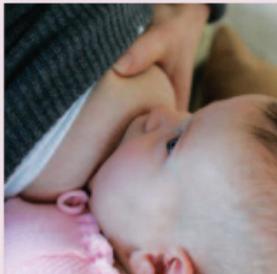
2. Move your baby back an inch or two. Her head should tilt back, and her mouth will open. **It's important for your baby's mouth to open WIDE.**



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!

NYC Health, New York City Department of Health and Mental Hygiene

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

Breastfeeding

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.

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

Breastfeeding

SORE NIPPLES

90% of 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

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

Breastfeeding

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 (every 2-3 hours, 8-12 times 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 - 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 as often as every 2 hours. 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.

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

Breastfeeding

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 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)

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

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

Breastfeeding

PUMPING

Pumping breast milk:

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



You may be covered for a breast pump and visits with a lactation consultant through your medical insurance plan, WIC, Medi-Cal or the Affordable Care Act.

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.

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

Breastfeeding

STORING BREAST MILK

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.

GUIDE TO STORING BREAST MILK

PLACE	TEMPERATURE	HOW LONG	THINGS TO KNOW
Countertop, table	Room temp (60°F-85°F)	Up to 3-4 hours is best. Up to 6-8 hours is okay for very clean expressed milk.	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.
Small cooler with a blue-ice pack	59°F	24 hours	Keep ice packs in contact with milk containers at all times; limit opening cooler.
Refrigerator	39°F or colder	Up to 72 hours is best. Up to 5-8 days is okay for very clean expressed milk.	Store milk in the back of the main body of the refrigerator.
Freezer	0°F or colder	Up to 6 months is best. Up to 12 months is okay.	Store milk toward the back of the freezer where temperature is most constant. Milk stored at 0°F or colder is safe for longer periods, but the quality of milk might not be as high.

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

Walking

BENEFITS OF WALKING

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



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!

Walking

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 have 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!

Walking

10,000 STEPS & TRACKING YOUR STEPS

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:

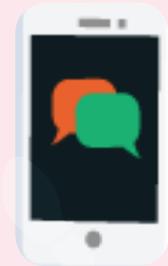
PEDOMETER

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!

Walking

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:

FIT MORE STEPS INTO YOUR DAY!

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

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

RESOURCES

APPS: Every Body Walk
Map My Walk
Pacer

ONLINE VIDEOS:

Everybody Walk - Walk for Health:
The Best Medicine

Walking Improves Mood and Stress

How to Walk 10,000 Steps

WEBSITES:

CDC – Benefits of Physical Activity

LA County Department of Parks and
Recreation - Parks Locator

Walking

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.*

Walking

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 the 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 bottle of breast milk 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.

Walking STRETCHING

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. Taking deep breaths helps 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.



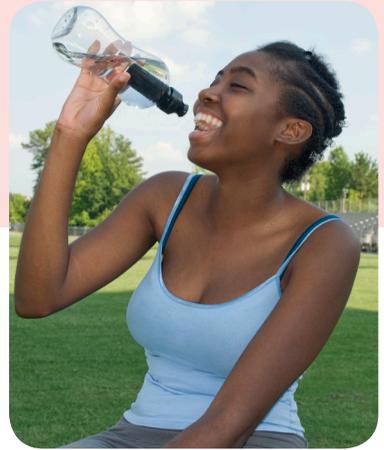
4. Point toes up on the right leg.
5. Bend at the waist until you feel a small tug on the back of the right leg.
6. Hold for 10 seconds.
7. Do the same on the other leg.

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.

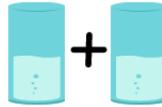
A glass is considered 8 ounces (1 cup). Use a measuring cup to guide you. Experts recommend you drink more than 8 glasses if you are in hot weather, exercising, or breastfeeding. The more you weigh, the more water you need to drink to keep yourself hydrated.

1 cup = 8 ounces

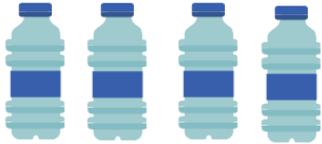
One 16 ounce
bottle of water



=



Two 8 ounce
glasses



**DRINK 4 BOTTLES
EACH DAY**

OR



**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

Water

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:

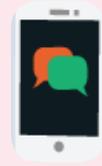
- You may have noticed you are more thirsty when you breastfeed. This is normal.
- Keep water near you when you are breastfeeding so you can stay hydrated.

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 GooglePlay.



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

Water

WATER RECIPES

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!

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 a 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 a sliced cucumber
- 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



Water

WATER SAFETY & COST

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!

Mental Health

BLUES, DEPRESSION, ANXIETY

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.

IF YOU'RE WORRIED ABOUT HURTING YOURSELF OR YOUR BABY, CALL EMERGENCY SERVICES AT 911. THEY CAN SEND SOMEONE TO MAKE SURE YOU AND YOUR BABY ARE SAFE.

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 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 these symptoms it is important to get help right away.

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

Mental Health

WHAT YOU CAN DO

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: 800-944-4PPD (4773) 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](https://www.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](https://www.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.

Barriers to Health

WHAT ARE BARRIERS TO HEALTH?

There are many challenging things in your every-day 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 **ChooseHealthLAMoms.com** for free lessons on what you can do about these common barriers to getting healthy:

**BEING A
WORKING
MOM**

EDUCATION

**FIND A
JOB**

HOUSING

**LIVE IN A
HEALTHY
HOME**

**MAKE THE
MOST OF YOUR
NEIGHBOR-
HOOD**

**SPEND AND
SAVE MONEY
WISELY**

**CREATE A
BUDGET**

**EAT HEALTHY
ON ANY
BUDGET**

**SUBSTANCE
ABUSE**

**VERBAL,
EMOTIONAL,
& PHYSICAL
ABUSE**

**SOCIAL
SUPPORT**

Barriers to Health

RESOURCES



If you can't visit **ChooseHealthLAMoms.com**, these are resources that 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

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

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/

LA COUNTY DEPARTMENT OF PUBLIC HEALTH - OFFICE OF WOMEN'S HEALTH

800-793-8090

WWW.PUBLICHEALTH.LACOUNTY.GOV/OWH

Nutrition

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:

	Food group	How much?	Examples
	GRAINS	Eat 6-8 ounces daily.	Common whole grain foods are brown rice, oats (oatmeal), grits, and whole wheat pasta and bread.
	DAIRY	Have 3 cups daily. 1 cup is equal to 8 ounces.	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.
	PROTEIN	Eat 6 ounces daily.	Choose beef and pork with trimmed fat; extra-lean ground beef; chicken & turkey without skin; tuna canned in water; fish and shellfish that is baked, broiled, steamed or grilled; beans and lentils; tofu.
	VEGETABLES	Eat 2½ - 3 cups daily.	Choose fresh, frozen or canned vegetables. Eat red, yellow, orange, green, white, tan/brown, and blue/purple vegetables!
	FRUITS	Eat 2 cups daily.	You can choose fresh, frozen and dry fruit (½ cup dry fruit = 1 cup raw fruit). Eat red, yellow, orange, green, white/tan, and blue/purple fruits!
	OILS & FATS	Aim for no more than 3 teaspoons daily.	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.

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.

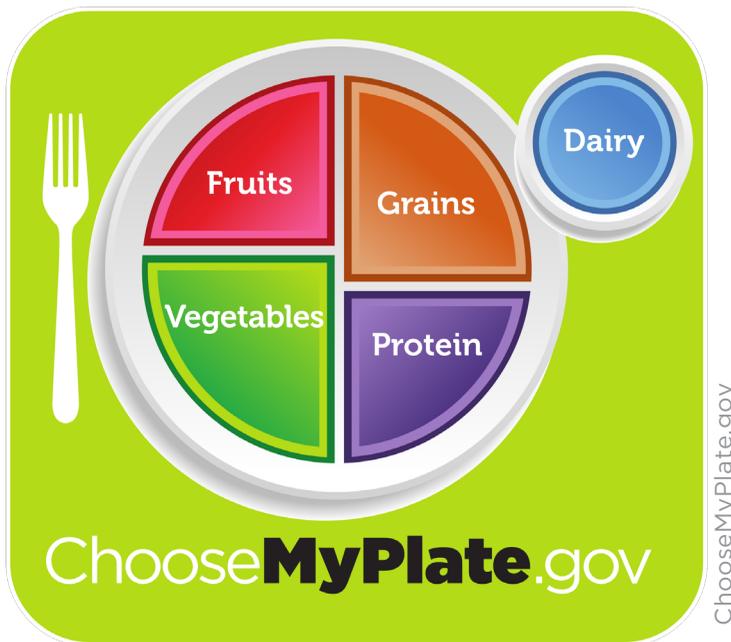
Nutrition

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.



TIPS:

- Use choosemyplate.gov to guide your portion sizes.
- Drink water while eating – sometimes you're just thirsty and not hungry.

HEALTHY SNACKS AND RECIPES

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 1oz, 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 humus, 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

For Dads

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.

Your Next Pregnancy

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 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

Yes

Maybe

When?

In a year
or more

Soon, within
a year

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!

OR CONSIDER SHORTER-TERM METHODS:

Shot
Pill
Patch
Ring } Remember to take every 3 months, daily, weekly, or monthly

Condoms } Use every time you have sex

CONSIDER SHORT-TERM METHODS:

Pill
Patch
Ring
Condoms

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

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	Every. Single. Day.
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.

Support for a New Mom

IT'S OKAY TO ASK FOR HELP

Moms can better manage the stress she feels after having a baby when she has support from her 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.

IS YOUR BABY'S FATHER, YOUR PARTNER, YOUR FAMILY OR FRIENDS FINDING IT HARD TO SUPPORT YOU AS A NEW MOM?

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
- Help you and communicate with you
- Bring you food

For more on social support, visit **ChooseHealthLAMoms.com** and click on "Resources," then "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 your baby does what he or she sees. He or she begins to understand that the actions he or she is 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 you are going to start or continue doing?

You can do it!

Join
today!



ChooseHealthLAMoms.com



Funded by First 5 LA