



BRIGHTSTART®

Bright Start Calendar



AmeriHealth Caritas™

Florida

If you have questions, please call the AmeriHealth Caritas Florida Bright Start® program at **1-855-371-8076** and ask to talk to a Bright Start representative.

Bright Start® Prenatal Care and Why It Is Important

Early and regular prenatal care and a healthy lifestyle are important. It can increase your chances of staying healthy and having a healthy baby. It also will help your body handle the stress of pregnancy, labor, and delivery. At AmeriHealth Caritas Florida, our Bright Start program can help you achieve these goals. Call Bright Start at **1-855-371-8076** and ask to talk to a Bright Start representative.

Prenatal care

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

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

Obstetrician/gynecologist (OB/GYN) doctor name: _____ Phone: _____

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

Bright Start phone: 1-855-371-8076.

Health care during your pregnancy

Stay with the same health care team for your whole pregnancy to get the best possible care. Make sure your doctor and the hospital where you will have your baby work together as a team. Doctors usually work with certain hospitals. This helps your doctors coordinate your care with your prenatal records in 1 place.

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

Your first visit may include:

- Taking your full medical and family history.
- A history of all past pregnancies.
- Screening tests of your blood, urine, and cervix.
- A physical exam, including a pelvic exam.
- Estimating your due date. An average pregnancy is 40 weeks or 280 days from the 1st day of your last normal menstrual period. A normal full-term pregnancy can last between 37 and 42 weeks.

During pregnancy, some tests are given to all pregnant women. These are called screening tests. Other tests are offered only to those with specific risk factors. These are called diagnostic tests. Some tests will be done more than 1 time.

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

If you need help getting to your doctor appointments or need a list of county resources, we can help. Please call **1-855-371-8076** and ask to talk to a Bright Start representative.

Bright Start® Prenatal Care and Why It Is Important

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

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

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

In an uncomplicated pregnancy, visits are usually 1 time a month until about 28 weeks. Then visits are usually 2 times a month until the last month or 36 weeks, when they can occur weekly.

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

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

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

You may need other tests during your pregnancy. This could depend on your risk factors, ethnic background, other test results, or problems that come up. These tests may include:

- Screening for certain birth defects. They may check for defects such as neural tube defects (problems with the covering of the brain and spine) and Down syndrome. This may be offered in your 1st or 2nd trimester.
- Testing for diabetes. This is usually done between 24 and 28 weeks.
- Repeat testing for anemia and certain sexually transmitted diseases. This may be done between 32 and 36 weeks.
- An ultrasound test that uses sound waves. An ultrasound may be done at any time during the pregnancy to look at the growing baby.

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

If you have had a baby before 37 weeks, talk to your doctor. You may need hormonal medicine that can help stop a preterm birth.

Directions for using calendar:

Start with the 1st month and fill in the name of the 1st month you see your doctor. Then fill in the actual days of the month. Record all doctor and care manager appointments. Record your weight and other important information. Write down any questions you have for your doctor.

The 1st Month (1 to 4 weeks)

Some changes you may see:

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

Things you can do:

- If you smoke — **stop!** No matter what anyone says, smoking is very bad for the baby. Smoking includes cigarettes, e-cigarettes, and marijuana. Even the smoke from other people smoking can hurt your baby.
- If you need help quitting, let us know. We can help.
- Other resources to help you:
 - Florida free Quitline: **1-877-U-CAN-NOW (1-877-822-6669)**. Or visit online at www.floridahealth.gov/programs-and-services/preventio/tobacco-free-florida/index.html.
 - SmokefreeMOM is a mobile text messaging service designed for pregnant women to help them quit smoking.* To enroll either text the word **MOM** to **222888** from your mobile phone or visit www.women.smokefree.gov/smokefreemom.
- Don't take any drugs without asking your doctor — not even aspirin. Don't drink alcohol. Alcohol includes beer, red and white wine, and liquor. Don't take street drugs. If you need help with drugs and alcohol, let us know. Call Bright Start at **1-855-371-8076** or call the National Helpline open 24 hours a day, 7 days a week at **1-800-662-4357**.
- Ask your doctor about taking a prenatal vitamin with folic acid. It can help prevent birth defects. It is important to start this even before you become pregnant.
- Sign up with the Women, Infants, and Children (WIC) program if you are eligible. Call **1-800-342-3556** or visit www.floridahealth.gov/programs-and-services/wic. If you need help, let us know. We can help.

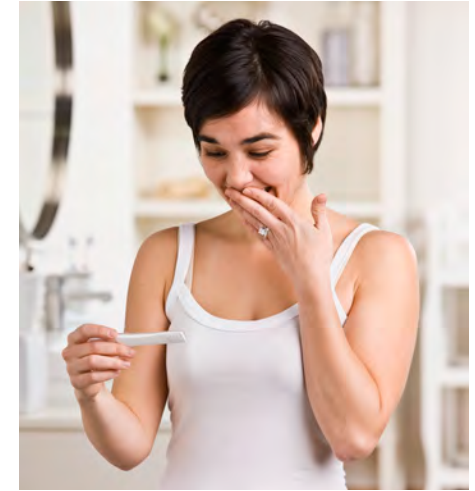
Quick tip for morning sickness:

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

*There is no additional fee for this service. However, message and data rates may apply. If you pay for individual texts, this program may not be right for you. Check with your mobile provider.

My 1st month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



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

The 2nd Month (5 to 8 weeks)

Some changes you may see:

- Your breasts may get bigger and feel sore.
- You may need to use the bathroom more often.
- You may be happy 1 minute and sad the next.
- You may get more headaches. If you do, be sure to tell us or your doctor!
- You may get sick in the morning.

Things you can do:

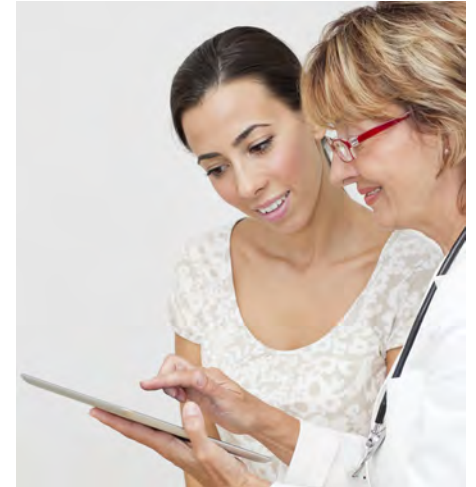
- Get plenty of rest and be sure to get some exercise, like walking. This will help you stay fit and feel better. See page 30 for tips.
- Remember Bright Start is here for you. We can help with child care, transportation, and food, along with other things you may need.
- If you have a cat, let someone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

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

The best way to help you have a healthy baby is prenatal care and taking good care of yourself. It is important to see your doctor during the first 12 weeks of your pregnancy. You will see your doctor about 1 time a month in the beginning to make sure things are going OK. You will see the doctor 1 time a week toward the end of your pregnancy. If you are having any problems getting to your appointments, let us know. **We can help.**

My 2nd month _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



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

The 3rd Month (9 to 12 weeks)

Some changes you may see:

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

What is a food craving?

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

Can I travel during pregnancy?

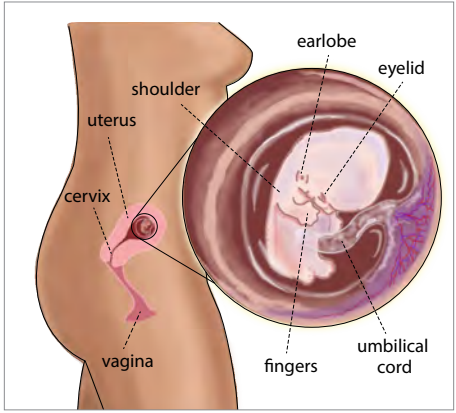
You can travel during pregnancy as long as your doctor says it's OK. See page 31 for more information.

Things you can do:

- Eat 4 to 6 small meals during the day instead of 3 big meals. This will help ease heartburn.
- Drink 6 to 8 glasses of water every day.
- If you feel constipated, eat foods high in fiber and be sure to drink plenty of fluids.
- If you continue to have problems with constipation, be sure to let your doctor know.
- Cut down on junk food and soda. Eat fruits and vegetables and drink juice instead.
- Cut down on fried food and fat. This can help you feel less sick.

My 3rd month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



Fetal development at week 9

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

The 4th Month (13 to 16 weeks)

Some changes you may see:

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

Things you can do:

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

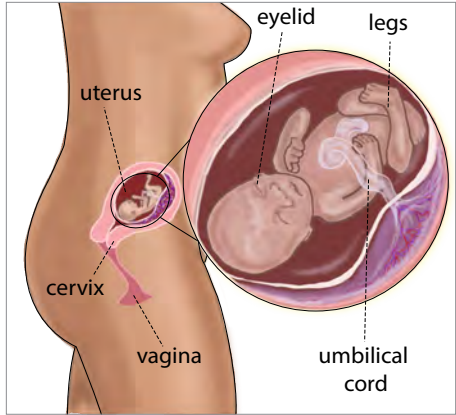
What is a warning sign?

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

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

My 4th month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



Fetal development at week 15

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



The 5th Month (17 to 20 weeks)

Some changes you may see:

- If your baby has hiccups, you probably will be able to feel them!
- You may notice a yellow fluid coming from your breasts. This is normal. Your body is preparing for breast feeding.
- It's very important to see your dentist during your pregnancy. As your pregnancy goes on, you may notice your gums become swollen and bleed more easily. If bleeding goes on for too long, find a participating dentist by visiting www.amerhealthcaritasfl.com or call AmeriHealth Caritas Florida Member Services at **1-855-355-9800 (TTY 1-855-358-5856)**.
- You may feel sharp pains in your belly or groin when you laugh or move too fast. This is because your belly is growing very quickly. If the pain doesn't go away, call your doctor!

Things you can do:

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

My 5th month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



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



The 6th Month (21 to 25 weeks)

Some changes you may see:

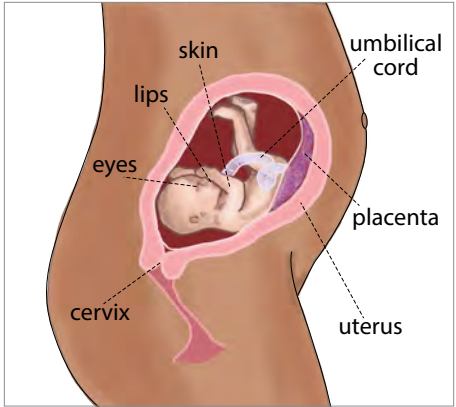
- Your hips may feel “wobbly” during pregnancy. This is so the baby will be able to get past your hips during delivery.
- Your back might hurt! This is because of the weight of your belly.
- Your legs might cramp. This is because your blood is flowing to your belly. It is not flowing as quickly to and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

Things you can do:

- If your hips feel off balance, watch your step! Ask your doctor about a belly band.
- If your back hurts, try sitting with your legs propped up higher than your hips.
- If your legs cramp while you sleep, tell your doctor.
- If you are having problems with your legs and back, tell your doctor about it. Using a pillow may help. For comfy support, lie on your left side. Place pillows under the belly, behind the back and between the knees.
- Go to prenatal classes to learn about labor and delivery. Call Bright Start for more information.
- Avoid lying flat on your back. Lying on your back can be unsafe for the baby.
- Drink 6 to 8 glasses of water each day.
- You may have discomfort in your lower back, stomach, or pelvic area as the baby grows. If this continues or becomes painful, call your doctor.

My 6th month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



Fetal development at week 22

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

The 7th Month (26 to 30 weeks)

Some changes you may see:

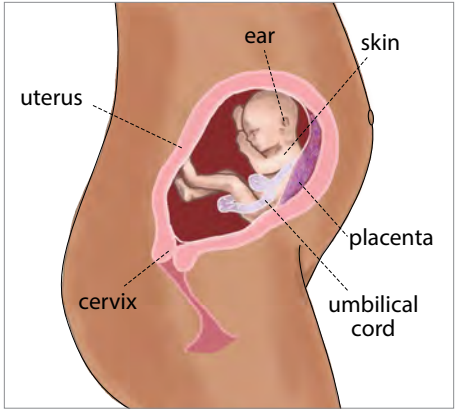
- You will continue to get bigger as the baby grows.
- You will probably be very aware of the baby's movements. If you notice any changes in the baby's movement patterns, call your OB/GYN doctor.
- You may notice a dark line going from your belly button down to your pubic hair. This will go away 6 months to a year after the baby is born.

Things you can do:

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

My 7th month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



Fetal development at week 23

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

The 8th Month (31 to 34 weeks)

Things you can do:

- Think about how you are going to get to and from the hospital. Plan this ahead of time.
- Find child care if you have other children at home.
- Think about where your baby is going to sleep. See page 38 for tips.
- Start getting baby clothes together.
- Call your doctor if your face, hands, or legs are swelling.
- Avoid lying flat on your back. Lying on your back can be unsafe for the baby.
- Get the infant car seat. You must have your baby in an infant car seat anytime you travel by car. (This is a law.)
- Only you can decide how you feel about feeding. We know that breast feeding is best, but there are times when it may not be possible. Call Bright Start. We can help you sign up for WIC, offer breast feeding support, and help you get a breast pump.

Choose a pediatrician (a special doctor for children).

Ask family and friends for recommendations. Call AmeriHealth Caritas Florida Member Services at **1-855-355-9800** (TTY **1-855-358-5856**) if you still need help.

What can I get for my baby now?

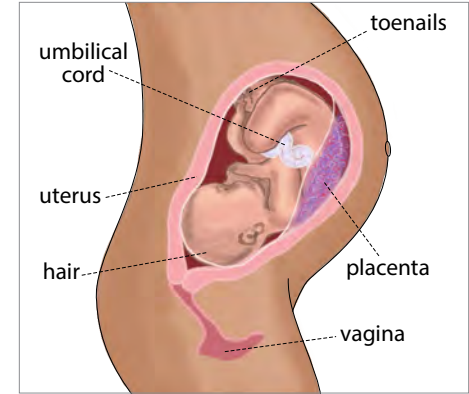
(See page 36.)

Gather some things to take to the hospital.

(See page 37 for a complete list.)

My 8th month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



Fetal development at week 32

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

The 9th Month (35 to 40 weeks)

Is it labor?

Yes, it might be labor if contractions:

- Get stronger.
- Get closer together.
- Get more painful instead of weaker.
- Are felt through your whole uterus.
- Are regular (you feel them about every 5 to 10 minutes).

No, it's probably not labor if contractions:

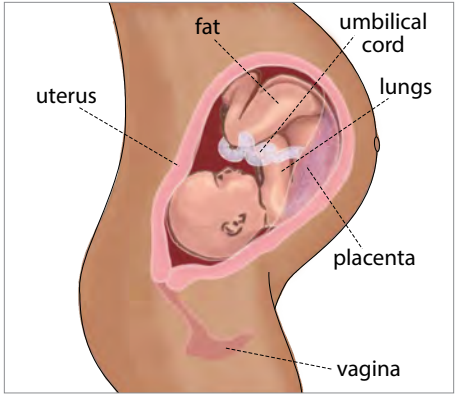
- Are not regular.
- Are not strong.
- Are felt only in your lower uterus.
- Go away when you walk or change position.
- Go away after drinking fluids.

Things you can do:

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

My 9th month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



Fetal development at week 34

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

The 10th Month (Postpartum Period)

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

- The Florida Department of Children and Families at **1-866-762-2237** and tell them you have a new baby in your household.
- The AmeriHealth Caritas Florida Bright Start program at **1-855-371-8076**. Let them know the baby's name and the name of your baby's doctor. A Bright Start representative can also help you choose a doctor for your baby.

Postpartum care

You should see your doctor 3 to 6 weeks after you give birth. At this appointment, the doctor will check your recovery from pregnancy and delivery, see how you are feeling, and talk about your needs. This is called your postpartum visit.



My 10th month _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Your postpartum visit is important!

At your postpartum visit, your doctor may:

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

Date: _____

Time: _____



BRIGHTSTART®

Healthy Eating for You and Your Baby

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

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

A healthy diet

Look at the type of foods you eat every day. Early in pregnancy, morning sickness can affect your eating habits. You may crave certain foods or not feel like eating. If this happens, you still should try to eat a variety of foods each day. This will help ensure you are getting the right nutrients.

Daily food choices

This table gives you tips on what kinds of foods pregnant women should eat each day. Pregnant women need to eat an extra 300 calories a day. Eating healthy snacks during the day can help you get the nutrients and extra calories you need. It may be easier to eat snacks and small meals during the day rather than 3 big meals a day. This also may help you avoid nausea.

Eating right during your pregnancy is 1 of the best things you can do for yourself and your baby.

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

Healthy Eating for You and Your Baby

Healthy eating also means staying away from harmful things. Avoid things like alcohol (beer, wine, and mixed drinks), cigarettes, and illegal drugs. These may cause birth defects and other problems for the baby. Smoking cigarettes is very harmful to a pregnant woman and her baby. If you need help quitting smoking, talk to your doctor or let us know. You can get help.

Meal planning

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

Extra nutrients

Pregnant women need extra iron and folic acid. These usually come in pill form as supplements. Sometimes your doctor or nurse will recommend a prenatal supplement. It may contain these 2 nutrients plus vitamins and minerals. Talk with your doctor about iron and folic acid.

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



Weight gain

When you are pregnant, you will need to eat more. This helps the growth of your baby. It also helps the changes in your own body that promote a healthy pregnancy. During the last 6 months of pregnancy, you need to eat or drink about 300 calories more each day than you did before you were pregnant. You may need to eat more calories before then. Ask your doctor about how much you should eat.

How much weight you gain during pregnancy depends on your weight before pregnancy. A healthy gain for most women is between 25 and 35 pounds. If you are overweight, you should gain less, but some weight gain is normal. If you are underweight, you should gain more. Talk with your doctor about the amount of weight you can expect to gain. This may vary if you are pregnant with more than 1 baby.

It is never too late

Eating right during your pregnancy is 1 of the best things you can do for yourself and your baby. Take a look at the foods you eat everyday. Make sure they provide the nutrients you and your baby need. It is never too late to start eating healthy.

Other Health Tips for You and Your Baby

Exercise

A lot of things change when you are pregnant. You will notice constant changes in your body. Regular exercise can help during this time. It can keep you fit, give you more energy, and make you feel better about those changes. It also may help you handle the pain of labor and delivery.

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

The changes your body goes through in pregnancy can make injury more likely. The extra weight in the front of your body can make exercise more difficult. You may be more likely to lose your balance. It also can place extra stress on joints and muscles. You may tire more easily. Be extra careful when working out while pregnant. Avoid activities that call for jumping or a quick change in direction.

A few extra exercise safety tips include:

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

Travel

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

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

Take care while riding in a car, train, or plane. Sitting for long periods of time can increase the risk of developing blood clots, especially in the legs. It is a good idea to walk around every 1 to 2 hours. Be sure to drink plenty of fluids to stay hydrated. Always wear your seat belt while traveling. If you will be traveling far or for a long period of time, you may want a copy of your medical record to take along. Also check with your doctor before you leave.



Wearing your seat belt*

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

* Source: www.safercar.gov

Family planning and birth control

Family planning lets you plan any future pregnancies. You have many options when choosing a form of birth control. Below are some that are available. You can work with your doctor to pick 1 that is right for you. You may be able to receive your birth control device prior to leaving the hospital after birth — ask your doctor for more information about this option.

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

Family planning and birth control (continued)

- **Condoms** — Condoms not only prevent pregnancy but can also help prevent sexually transmitted diseases (STDs). The male condom is a thin covering that fits over the penis to prevent sperm from entering the vagina. A female condom goes inside the vagina to keep the sperm out.
- **Emergency contraceptive** — Emergency contraceptive is a way to prevent pregnancy if your birth control method fails or after unprotected sex.
 - **The hormonal pill**, sometimes called the morning-after pill, can be purchased at your pharmacy or family planning clinic. Depending on your age and the brand you select, you might need a prescription from your doctor. The hormonal pill can be used up to 5 days after sex.
 - The other type of emergency contraceptive is a **copper IUD**. The copper IUD is inserted by your doctor. It can be placed 5 to 7 days after sex.

Sex

For a woman who is healthy and is having a normal pregnancy, it is usually safe to have sex. How you have sex may change while pregnant. Both you and your partner may have different sex drives. You may find that you need to try different positions to be more comfortable.

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

If you or your partner has more than 1 sexual partner, you have much greater chances of getting a sexually transmitted disease. Infections, such as chlamydia, syphilis, herpes, and HIV, can affect the health of your baby as well as your health. Use a condom each time you have sex. Talk with your doctor about any concerns you have about sex or if you think you may have an infection.

Other Health Tips for You and Your Baby

Childbirth classes

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

Parenting classes

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



Breast feeding

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

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

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

Breast feeding is not for all women. Women who drink or are taking drugs should not breast feed their babies. Ask us about classes you can attend before and after birth to learn more about breast feeding your baby. We also can help with supplies, such as a breast pump.



Other Health Tips for You and Your Baby

What can I get for my baby now?

- Diapers.
- Nightgowns or sleepers.
- Shirts and undershirts.
- Socks and booties.
- Hats, sweaters, and an outdoor outfit.
- Baby tub.
- Baby soap.
- An infant car seat.
- Crib (all cribs and baby furniture should meet current safety standards).
- Firm mattress and waterproof cover.
- Sheets, pads, and linens.
- Nursing bottles.
- Caps and nipples.
- Bottle brush.
- Baby thermometer.
- Washcloths and towels.
- Cotton balls and swabs.

What to take to the hospital:

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

Postpartum

Pregnancy does not end with the birth of your baby. There are many changes that occur in the 8 weeks after delivery (the postpartum period). During that time, your body will change. It will start adjusting to its new normal state. It is very important that you see your doctor 3 to 6 weeks after delivery to make sure you have healed. At this visit, you can also talk about family planning.



Other Health Tips for You and Your Baby

Sleep safety

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

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

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



Finally:

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

- Attending all of your prenatal visits.
- Going for the tests your doctor orders.
- Taking your prenatal vitamins every day.
- Eating a healthy diet.
- Avoiding smoking, alcohol, and drugs.
- Staying with 1 health care team.
- Making an appointment with a dentist to check your teeth.
- Attending childbirth classes.
- Asking your doctor questions or calling with your concerns.
- Seeing your doctor for a postpartum checkup.

At Bright Start, we also can help with:

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

We can help you enroll in the WIC program or find a childbirth or parenting class. If you develop a problem during this pregnancy, please call us at **1-855-371-8076**. We want to help you learn more about this 40-week journey, even if the road is bumpy. At the end of the journey, we want your baby to have a Bright Start!

My Baby Is Born!

I had a boy/girl on

at a.m./p.m.

He/she was inches long,

and weighed pounds, ounces.

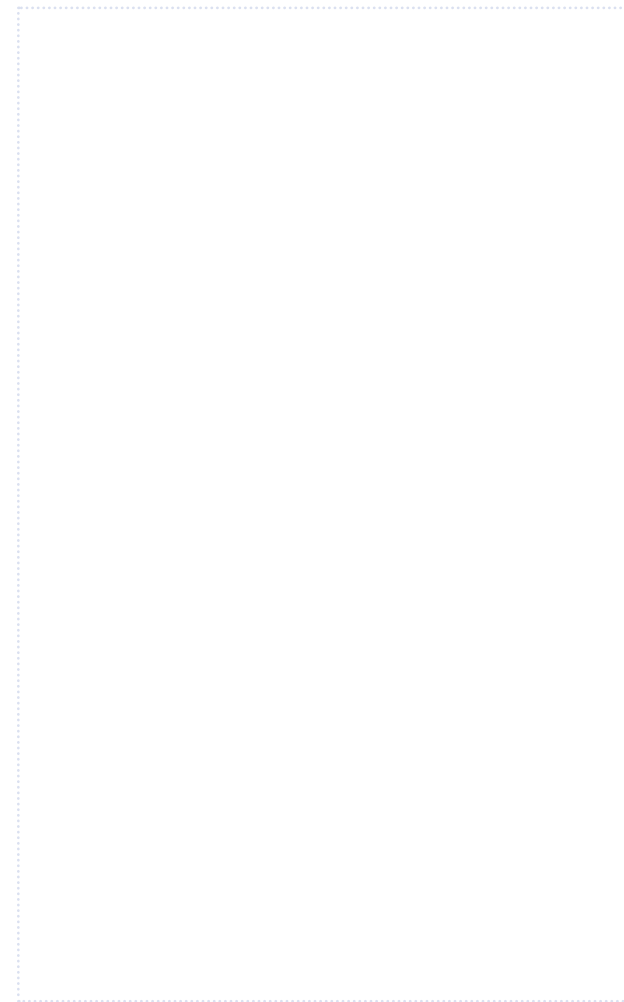
I named my baby

because

.....

.....

My baby's picture



My baby's footprints



Discrimination is Against the Law

Discrimination is against the law

AmeriHealth Caritas Florida complies with applicable federal civil rights laws and does not discriminate, exclude people, or treat them differently based on race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender identity or expression, or sexual orientation.

AmeriHealth Caritas Florida:

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

If you need these services, contact AmeriHealth Caritas Florida at **1-855-355-9800 (TTY 1-855-358-5856)**. We are available 24 hours a day, seven days a week.

If you believe that AmeriHealth Caritas Florida has failed to provide these services or has discriminated against you in another way, you or your authorized representative (if we have your written authorization on file) can file a grievance with:

- Grievances and Appeals, P.O. Box 7368, London, KY 40742. Phone: **1-855-371-8078 (TTY 1-855-371-8079)**, or Fax: **1-855-358-5847**.
- You can file a grievance by mail, fax, or phone. If you need help filing a grievance, AmeriHealth Caritas Florida Member Services is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at **<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>**, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019 (TDD 1-800-537-7697)

Complaint forms are available at:

<http://www.hhs.gov/ocr/office/file/index.html>.

Multilanguage interpreter services

English: This information is available for free in other languages. Please contact our customer service number at **1-855-355-9800 (TTY 1-855-358-5856)**, 24 hours a day, seven days a week. If your primary language is not English, or to request auxiliary aids, assistance services are available to you, free of charge.

Spanish: Esta información está disponible en otros idiomas de forma gratuita. Póngase en contacto con nuestro número de servicios al cliente al **1-855-355-9800 (TTY 1-855-358-5856)**, las 24 horas del día, los siete días de la semana. Si su idioma principal no es el inglés, o necesita solicitar ayudas auxiliares, hay servicios de asistencia a su disposición de forma gratuita.

Haitian Creole: Enfòmasyon sa yo disponib gratis nan lòt lang. Tanpri kontakte ekip sèvis kliyan nou an nan **1-855-355-9800 (TTY 1-855-358-5856)**, 24 è sou 24, sèt jou sou sèt. Si anglè pa lang manman w oswa si w ta renmen mande yon èd konplemantè, ou ka resevwa sèvis ki gratis pou ede w.

Vietnamese: Thông tin này có sẵn miễn phí ở các ngôn ngữ khác. Vui lòng liên lạc bộ phận dịch vụ khách hàng của chúng tôi theo số **1-855-355-9800 (TTY 1-855-358-5856)**, 24 giờ một ngày, bảy ngày trong tuần. Nếu ngôn ngữ chính của quý vị không phải là tiếng Anh, hoặc để yêu cầu các thiết bị trợ giúp bổ sung, thì quý vị có thể sử dụng miễn phí các dịch vụ hỗ trợ.

This information is available for free in other languages. Please contact our customer service number at **1-855-355-9800** or **TTY 1-855-358-5856**, 24 hours a day, 7 days a week.

Esta información está disponible en otros idiomas de forma gratuita. Comuníquese con nuestro número de servicio al cliente al **1-855-355-9800** o **TTY 1-855-358-5856**, las 24 horas del día, los 7 días de la semana.

Enfòmasyon sa a disponib gratis nan lòt lang. Tanpri rele sèvis kliyan nou an nan nimewo **1-855-355-9800** oswa **TTY 1-855-358-5856**, 24 sou 24, 7 sou 7.

If you need help reading this, please call 1-855-371-8076. Si usted necesita ayuda para leer este documento, por favor llame al 1-855-371-8076.

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

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

If you have any questions or concerns, feel free to call the Bright Start department at **1-855-371-8076**.

www.amerihealthcaritasfl.com

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