

Oral Health for You and Your Baby

Taking care of your mouth is crucial while you are pregnant. The hormonal changes associated with pregnancy alter the body's ability to fight bacteria that exist in your mouth, often resulting in pregnancy gingivitis.

Signs to look for:

- Bleeding gums
- Swollen, red or tender gums
- Bad breath that doesn't go away

If gingivitis is left untreated it may lead to a more advanced problem called periodontal disease. This disease can cause tooth loss.

What you can do:

Visit your Dentist and get a check-up and cleaning. Seek treatment if you are experiencing any tooth pain or have cavities. Brush with a soft toothbrush twice a day and floss daily; if you vomit you should brush afterwards.

Cut down on sweets, sugary drinks (pop, juice) and choose healthy snacks. Chew gum with Xylitol; often found in sugar free gum.

It is safe to seek dental care while you are pregnant. Always be sure to tell your dentist that you are pregnant and how far along you are.

Maintaining a healthy mouth after you deliver is important as well.

What about the baby's mouth once she arrives? Even though your infant doesn't have teeth, her mouth still has bacteria in it.

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Landis Hornbeak

11/25/09, 7lbs 6oz

Healthy Start - Reduces infant death rates and low birth weight rates in west Louisville by working with pregnant women in their homes to promote prenatal care throughout pregnancy and after the birth of the baby.

HealthyStart Services Report

June 1, 2011 through February 29, 2012

New clients enrolled in Healthy Start, **191**

Deliveries to Healthy Start clients **118**

Pregnant women visited by Nurses, **170**

Pregnant women visited by Resource Workers, **165**

Postpartum women visited by Nurses, **281**

Postpartum women visited by Resource Workers, **323**

Total visits by Nurses, **1,021**

Total visits by Resource Workers, **3,050**



Healthy Start new born photos Summer 2011



Upcoming Events

Healthy Start Talk Shop/ Parenting Sessions

- May 2nd **Parenting 101/Daddy Involvement**
- May 9th **Child Safety/Safe Sleeping**
- May 16th **Substance Abuse**
- May 23rd **Smoking, The Dangers**
- May 30th **STD**
- June 6th **Breastfeeding**
- June 13th **Domestic Violence, Effects On Children.**
- June 20th **Child Discipline**
- June 27th **CPS/Child Abuse, What Is**

- July 11th **Single Parenting**
- July 18th **Blended Families**
- July 25th **The New Baby**

FREE Classes are held at Neighborhood Place Bridges of Hope, 1411 Algonquin, 12:00 to 1:00PM. RSVP not required. For more information call Ron Brown at **502-634-6089**.

Healthy Journey for Two Educational Baby Showers

April 4th, 2012 Wednesday, 9:30-10:30am: **Park DuValle Community Health Center.** 3015 Wilson Avenue.

April 11th 2012, Wednesday, 12:30-3:00pm: 2nd half of Prenatal class. **Family Health Center East Broadway.** 914 East Broadway.

April 12th 2012, Thursday, 9:30-10:30am: **Park DuValle Community Health Center.** 3015 Wilson Avenue.

April 24th 2012, Tuesday, 6:00-8:00pm: **Baptist Hospital Northeast** Conf. Rm B, 2nd Floor 1025 New Moody Lane, LaGrange, KY.

May 9th 2012, Wednesday, 12:30-3:00pm, 2nd half of Prenatal class. **Family Health Center East Broadway.** 914 East Broadway.

RSVP required. Deanna Felts at **502-439-9462** or <https://www.baptistnortheast.com/portal/site/baptistnortheast/prenatalclasses>. This program is for any pregnant woman regardless of geographic residence, age, economic status, etc.

May 10th 2012, Thursday, 3:00-5:00pm: **Neighborhood House.** 201 N. 25th Street, Louisville KY 40212. RSVP required to Jackie Engle at **502-439-9462**.

Mother Infant Care program

The Catholic Charities Mother Infant Care Program provides 6 week sessions of

educational classes for pregnant women throughout the year. The classes are held at the Catholic Charities offices located at 2911 South 4th Street on Tuesdays from 10:00 AM until noon. Each week, participants will be given a small gift for their baby and when all 6 classes are completed, moms will receive a portable crib to keep. If interested in applying for our classes, please call Cathy or Sheila at **502-637-9786** for an application.

Free Breastfeeding Classes

F. H. Center Portland, 2215 Portland Avenue, 2nd Friday, 1:30-3:00pm.

Neighborhood Place East, 810 Barret Avenue, 1st Friday, 1:30-3:00pm.

L&N Building, 908 W. Broadway, 2nd Wednesday, and 4th Thursday, 1:30-3:30pm

To register call Jenell at **502-541-2569**. Para clases en español, llame a Susana **502-541-9935**

Prenatal, Labor and Delivery, Prepared Childbirth

Will be restarting in February 2012. Patients can call **502-562-3325** to sign up for the November and January University of Louisville Hospital Prenatal Class Series (includes labor/delivery information, infant care, and infant nutrition).

Park DuValle Community Health Centers

3015 Wilson Ave

FREE Prenatal Classes Wednesday and Thursday mornings, 8:30 to 12:00 AM

FREE HIV Testing Monday, Tuesday and Friday, 8 to 12:00. For more information call **502-774-4401**. No Appointment Necessary

Fitness Opportunities

The Louisville Metro Parks Department offers a wealth of fitness and recreational opportunities including yoga, cross-training, zumba, kickboxing and mixed aerobics. To find out more call **502-456-8173**.

Living Well Workshops

Do you have diabetes, arthritis, asthma, heart or lung disease, high blood pressure, cancer, pain, depression, or other on-going health conditions? The Living Well Workshop is a chronic disease self-management program where you can get support and learn how to manage your condition. Participants who complete the workshop get a free 8-week membership to the YMCA of Greater Louisville!

For more information and to register for the Living Well Workshop, call **502-852-1804**.



Cross Training/Boot Camp

Southwick Community Center

3621 Southern Ave. Mondays, 6:00 - 7:00 p.m.
Thursdays, 7:00 - 8:00 p.m.

Baxter Community Center

1125 Cedar Ct. Tuesdays, 7:00 - 8:00 p.m.

Cooper Clayton Stop Smoking

Daytime and evening classes will be starting in February and March 2012. Patients can call **502-574-STOP** to register.

Family Health Center Health Education Classes

Aerobic Exercise Classes will be restarting in February 2012. Patients can call Metro Parks at **502-456-8173** or the YMCA at **502-587-9622**

for information about low-cost exercise classes at other locations.

Smoking Cessation

Use of **tobacco kills** more than 440,000 Americans each year, including nearly 8,000 Kentuckians. We can help you stop smoking. Call **502-574-STOP (7867)** or visit our Tobacco Prevention and Cessation Program web page at <http://www.louisvilleky.gov/Health/HealthEducationandPromotionServices/>

Would you prefer to receive free phone counseling? Call **1-800-QUIT-NOW**, Kentucky's quit line, to enroll.

The Job Shop-Louisville Free Public Library

The Job Shop at the Main Library, 301 York St., provides resources—including computers, Internet access, classes, and staff support—for job seekers. A small meeting room offers privacy for phone and online interviews. Job-related printing and faxing are free-of-charge. Every Tuesday at 2 pm the Job Shop at the Main Library offers free workshops specially designed to meet the needs of job seekers. The Job Shop at the Main Library is located on the second floor of the York Street side. Hours of operation are 11 a.m. – 6 p.m. Monday through Thursday; 2 – 5 p.m. Friday and Saturday; and 1-5 pm on Sunday. For more information about the Job Shop at the Main Library, call **502-574-1723** or visit www.lfpl.org/jobshop.

Oral Health, continued...

Around 5 to 10 months your child will begin to cut teeth.

Care for baby's gums and teeth:

- Clean your baby's gums with a clean, damp washcloth after feedings.
- Clean your baby's pacifier with water. Do not use your mouth to clean it.
- Once teeth begin to come in, brush your

baby's teeth with a tiny amount of toothpaste on a soft child size toothbrush.

- Do not put your baby to bed with a bottle filled with breast milk, formula, juice or sugary drinks.

Maintaining a few healthy habits now will help direct your baby's oral health in the right direction.



Find us on Facebook at

Louisville Metro Healthy Start



Funding for Healthy Start is provided by project (H49MC07306) from the U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Bureau (Title V, Social Security Act) and by a grant from the Norton Healthcare James R. Petersdorf Fund.

HealthyStart

Bridges of Hope Neighborhood Place
1411 Algonquin Pkwy.
Louisville, KY 40210

Neighborhood Place Northwest
4018 W. Market Street
Louisville, KY 40212

Neighborhood Place Ujima
3610 Bohne Avenue
Louisville, KY 40211



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