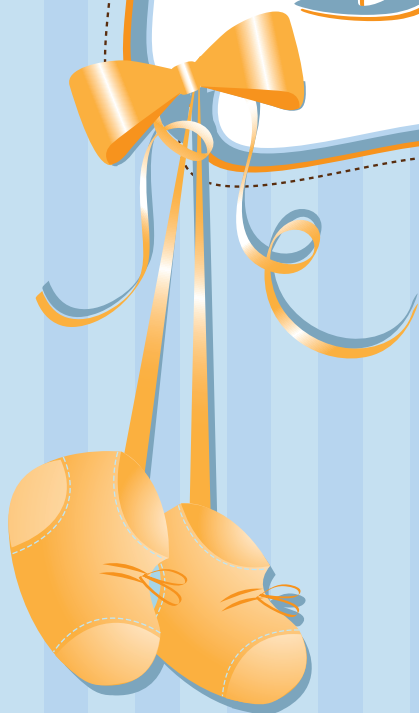


Welcome
Baby





Dear Parent,
 Congratulations on the birth of your new baby! Bill and I would like to extend a warm welcome to the newest citizen of Tennessee!

This is a time of great happiness and excitement, as well as stress and anxiety. Parents and caretakers want to do all they can to make sure their babies grow up healthy and strong. There is definitely a lot for you to know, especially in these first few years.

Research shows that babies' brains and the rest of their bodies will develop faster in the first few years than at almost any other point in their lives. These early years are so important, and you play a major role in making sure your baby grows healthy and happy.

We hope you will know that you are not alone. You might ask family or friends for advice; some parents research to find answers; others follow their own instincts.

Fortunately, there are also many resources in Tennessee that can help guide you and your baby along the way. Our hope is that this Welcome Baby booklet is helpful to you as questions arise. Another great site full of information and resources is www.kidcentraltn.com.

Most of all, congratulations again to you and your family. Please know that you have our best wishes and our prayers as you begin this exciting new journey!

Sincerely,

Maria Lee

Maria Lee
 First Lady of Tennessee

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The background of the page is a light purple color with a repeating pattern of footprints in two shades of purple. A horizontal band of solid purple with a dotted line runs across the middle. In the center, there is a white, cloud-like shape with a purple and orange border. Inside this shape, the words "Support Baby" are written in a stylized, purple, outlined font.

Support Baby

CHANT - Community Health Access and Navigation in Tennessee

What is CHANT?

We at the Tennessee Department of Health are excited to welcome your new little one! We know that trying to manage many of the health and social services needs for your growing family at once can be challenging. To help with these challenges, we are offering a new streamlined approach to support your needs through screening, referrals, education and resources and follow-up care with CHANT Care Coordination. CHANT merged three public health programs; Help Us Grow Successfully, Children's Special Services and TennCare Kids Community Outreach. All eligible families currently enrolled in CCS and HUGS will be enrolled in CHANT.

Who qualifies for CHANT's services?

People that qualify for CHANT include:

- Pregnant and postpartum adolescents and women
- Children (Birth – 21 years)
- Children and Youth with Special Health Care Needs (Birth – 21 years)

Connecting to CHANT?

CHANT Care Coordination teams can be found in each county throughout the state at local health departments. Referrals are accepted from all medical providers and social service agencies. You may also refer yourself to CHANT. Referral forms, instructions and a listing of local CHANT teams are available by visiting the website at www.tn.gov/health/health-program-areas/fhw/early-childhood-program/chant.html or by contacting the CHANT Program Director, Lynette.Hicks@tn.gov or (615) 532-8758.

What to Expect:

- Once you have submitted your referral documents you will receive a telephone call.
- During this call you will be asked a number of screening questions.
- After the call your care coordinator will contact you.
- Your care coordinator will be your one contact for any and all care you may need along your pathways of care.



CHANT - Community Health Access and Navigation in Tennessee

Comprehensive Screening and Assessment

Each member of the family will be screened for the following:

- Social services needs
- Mental /behavioral health risk
- Child health and development milestones
- Special health care needs
- Medical risk
- Health insurance
- Medical and dental services

Care Coordination

- Links families to resources and services to help with referrals and respond to medical and social service needs.
- Create family care plans and goals.
- Support families through CHANT services until need is met.
- Connect qualifying moms and families to home visiting programs.
- Provide support for children and youth with special health care needs.

Pathways of Care

- Behavioral Health
- Child Health and Development Education
- Children and Youth with Special Health Care Needs
- Dental Home/Referral
- Developmental Screening/ Referral
- Employment
- Family Planning
- Health Insurance
- Housing
- Immunization Screening/ Referral
- Maternal Loss
- Medical Home/Referral
- Pregnancy/ Postpartum
- Perinatal Loss
- Smoking Cessation
- Social Service Referral
- Transition of CYSHCN 14+ yrs to adult health care services.

TennCare Kids - Good Health Begins at Birth

Check Up!

Your child's FREE medical checkup will include:

- Health History
- Complete Physical Exam
- Lab Tests
- Immunizations
- Vision/Hearing Screening
- Developmental/Behavioral Screening (as needed)
- Advice on how to keep you child healthy

Check In!

Checkups and other services are done by doctors, who are Primary Care Providers, dentists and other health professionals.

Do you need help making an appointment?

- For medial or behavioral health appointments, call your TennCare health plan.

Check Back!

- A follow-up appointment (if needed)
- Your next scheduled visit
- Any new health problems that come up
- Dental checkups every six months

Did you know that your child's health plan has a Nurse Help Line?

To speak with a nurse, call the **24/7 Nurse Help Line** for your child's health plan:

- **Amerigroup OnCall (24/7):** 1-866-864-2544 (English) or 1-866-864-2545 (Spanish)
- **BlueCare 24/7 Nurseline:** 1-800-262-2873
- **UnitedHealthcare Advocate4Me (24/7):** 1-800-690-1606
- **TennCareSelect 24/7 Nurseline:** 1-800-262-2873

Healthy Baby

Place your
baby's photo
here

This Book Belongs To:

Born on:

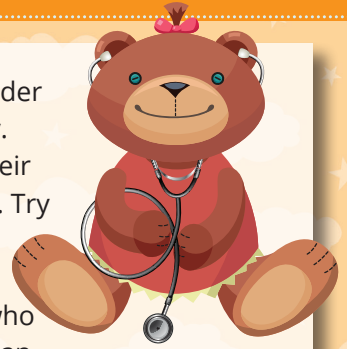
Height / Weight:

Well Baby Check-up



Babies need to see their health care provider many times at first and then every few months until they are 3 years old. Children need check-ups every year after that.

At these check-ups, your baby's health care provider can prevent health problems or catch them early. Moms and Dads can ask questions about how their baby may be acting or how their baby is growing. Try to make these check-ups with the same health care provider each time because this person will know your baby the best. If you or anyone else who cares for your baby is worried at any time, make an appointment with your baby's health care provider.



Here is the full check-up schedule for your child, from birth to early childhood:

FIRST YEAR:

- At birth
- 3-5 days
- By 1 month old
- 2 months old
- 4 months old
- 6 months old
- 9 months old
- 12 months old

EARLY CHILDHOOD:

- 15 months old
- 18 months old (1½ years old)
- 24 months old (2 years old)
- 30 months old (2½ years old)
- 3 years old
- 4 years old

Hearing Screening



It is important to make sure your baby hears your voice and other sounds around him or her. If your baby does not hear well, the development of speech and language may be behind. The first years of life are an important time for your baby to learn to talk.

Your baby's hearing should be tested within one month of birth. It is best if your baby's hearing is checked before you bring your child home from the hospital.

It is **very important** that if your baby does not pass the first hearing test, a full hearing test is completed by a hearing specialist called an audiologist.

The full testing should be completed by three months of age. Talk to your healthcare provider about your baby's healthy hearing future.

For more information, please visit:

<https://www.tn.gov/health/health-program-areas/newborn-screening/newborn-screening/newborn-hearing-screening.html>.



The first years of life are an important time for your baby to learn to talk.

Protect Your Baby



Immunizations and regular check-ups have proven to protect kids from harmful diseases.

Your newborn needs to begin their shots by 2 months of age.

As your little one grows, please seek the advice of a Tennessee healthcare professional to ensure your baby's health.

Infant and Toddler Years: Birth to Age 2

Recommended vaccines:

- Chickenpox (varicella) vaccine: At 12 through 15 months
- Diphtheria, tetanus, and pertussis (DTap) vaccine: At 2 months, 4 months, 6 months, and 15 through 18 months
- Flu vaccine: Every year by the end of October, if possible, starting at 6 months
- Haemophilus influenzae type b (Hib) vaccine: At 2 months, 4 months, 6 months (if needed; depends on brand), and 12 through 15 months
- Hepatitis A vaccine: At 12 through 23 months and a second dose 6 months following first dose
- Hepatitis B vaccine: Shortly after birth, at 1 through 2 months, and at 6 through 18 months
- Measles, mumps, rubella (MMR) vaccine: At 12 through 15 months; however, infants through 11 months old should have one dose of MMR vaccine before traveling abroad
- Pneumococcal (PCV13) vaccine: At 2 months, 4 months, 6 months, and 12 through 15 months
- Polio (IPV) vaccine: At 2 months, 4 months, and 6 through 18 months
- Rotavirus (RV) vaccine: At 2 months and 4 months (for Rotarix brand); or 2 months, 4 months, and 6 months (for RotaTeq brand)

Vaccination helps give infants and toddlers a healthy start. More than one dose is necessary for many vaccines, to build and boost immunity. Because influenza viruses are constantly changing and the body's immune response declines over time, everyone over the age of 6 months needs a flu shot every year.

Preschool and Elementary School Years: Ages 3 through 10

Recommended vaccines:

- Chickenpox (varicella) vaccine: At 4 through 6 years
- Diphtheria, tetanus, and pertussis (DTap) vaccine: At 4 through 6 years
- Flu vaccine: Every year by the end of October, if possible
- Measles, mumps, rubella (MMR) vaccine: At 4 through 6 years
- Polio (IPV) vaccine: At 4 through 6 years



Your child needs additional doses of some vaccines from ages 3 through 6. You may need a certificate of immunization to enroll your child in school.

A Healthy Smile

Taking care of your baby's mouth begins now. Help your baby grow up to have a life time of healthy teeth and a healthy smile.

Keep your baby's gums and teeth clean by starting good habits now!

- Gently clean your baby's gums using a soft wet wash cloth after each feeding.
- When your baby's teeth start to come in, gently brush them. Put a tiny amount of fluoridated tooth paste, the size of a grain of rice, on a soft baby tooth brush.
- Brush 2 times a day, once in the morning and again before going to bed.

Help keep your baby from getting cavities.

- Put only plain water, formula, milk or breast milk in bottles and sippy cups.
- Avoid filling bottles and sippy cups with sugary drinks.
- Never put your baby to bed with a bottle.
- Use clean pacifiers – don't dip them in sugar or honey.
- Cavities are caused by bacteria in our saliva which can be passed from person-to-person. Try not to share saliva with your baby by using the same spoon or licking a pacifier to clean it.

Your baby's first dental visit should be in the first 6 months or at least by their first birthday. Don't wait until there's a dental emergency.

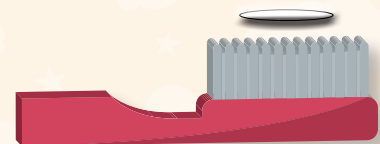
Resource: DentaQuest • 1-855-418-1622 • dentaquest.com



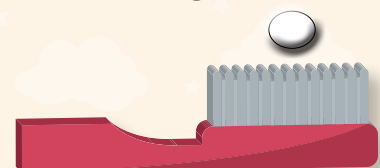
Baby Teeth Eruption Chart

UPPER TEETH		ERUPT	SHED
	Central incisor	8 - 12 months	6 - 7 years
	Lateral incisor	9 - 13 months	7 - 8 years
	Cuspid (canine)	16 - 22 months	10 - 12 years
	First molar	13 - 19 months	9 - 11 years
	Second molar	25 - 33 months	10 - 12 years
LOWER TEETH		ERUPT	SHED
	Second molar	23 - 31 months	10 - 12 years
	First Molar	14 - 18 months	9 - 11 years
	Cuspid (canine)	17 - 23 months	9 - 12 years
	Lateral incisor	10 - 16 months	7 - 8 years
	Central incisor	6 - 10 months	6 - 7 years

Kids Toothpaste Tip:



0-3 Years: grain of rice



3+ Years: pea size

Shaken Baby Information Frustrated? It's Normal

All babies cry, some a lot more than others. Even the most patient caregiver can get frustrated. Crying from 2 to 4 hours a day is normal. The most crying usually happens around 2-3 months. Finding out why your baby is crying can help you feel like a great parent and will help your baby develop in important ways!

Understanding Your Crying Baby:

- **Hungry?** Skin to skin contact while feeding helps to calm your baby.
- **Burp?** Burping makes your baby feel better.
- **Diaper?** Make sure baby is comfortable.
- **Tired?** Hold your baby. Try skin to skin contact.
- **Sick?** Check your baby's temperature.
- **Bored?** Rock, go for a walk or a ride in the car.
- **Too much activity?** Move the baby to a quiet room.

Have a Plan:

If you feel like you may lose control, set your baby down in a **safe place** and walk away. A plan can help if you've tried everything and your baby is still crying. The plan may change as your baby changes. Take care of yourself so you can take care of your baby. Try these calming activities as part of your plan:

- **The 10-foot rule.** Lay baby in a safe place on their back and walk 10 feet away until you're calm.
- **Breathe.** Take some deep breaths to help calm feelings of anger and tension.
- **Talk to someone.** Call a friend or a relative who will listen and be caring.
- **Call the parent line! 1-800-356-6767**
- **Call your Doctor.** Ask your baby's health care provider if you feel there is something wrong.

Remind Yourself That You Are Doing The Best You Can

Share your Plan:

Share your plan with everyone who cares for your baby. Encourage them to make their own plan. Make sure they know that shaking a baby can cause lasting injuries and even death. Tell them to call you anytime if they become frustrated or have trouble calming your baby.

You can't make a baby stop crying. When you've tried everything, reward yourself for trying!

If you think that your baby has been shaken, don't wait. Get medical help right away. Shaking a baby can cause blindness, seizures, learning or physical disabilities, and death. Your baby may have been shaken if he or she is:

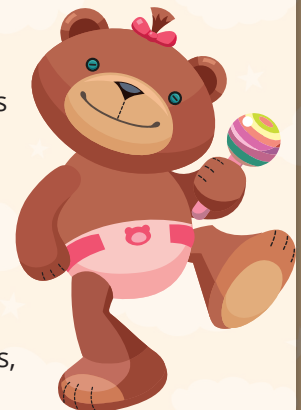
- | | | |
|---------------------------|---------------------------------|---|
| • Sleeping too much | • Having seizures | • Trouble breathing |
| • Less Alert | • Trouble sucking or swallowing | • Rigid or holding their body in an arched posture. |
| • Pale or has bluish skin | • Unconscious | |
| • Vomiting | | |

At a breaking point? Call The Parent Line

The Parent Line offers confidential parent coaching, referrals to community services, and support. Counselors are available 24 hours a day. Call 1-800-356-6767

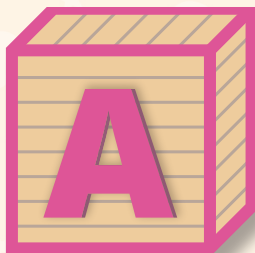


Never Shake a Baby or Young Child. Have a plan for crying. Walk away if you are frustrated.



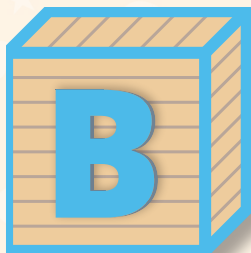
A Safe Place to Sleep

The ABC's of Safe Sleep



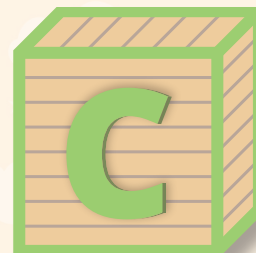
for Alone

- Put baby to sleep alone in their own crib or bassinet with no other children or adults
- No toys, blankets, pillows or crib bumpers in the crib area.



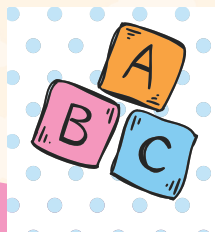
for Back

- Always place babies to sleep on their backs both at night and at naptime



for Crib

- Cribs and bassinets are the safest places for babies to sleep.
- Always return your baby to their crib after feeding. To make feeding your baby easier, keep a crib or bassinet next to your bed.



Babies should sleep **ALONE**, on their **BACK** and in a **CRIB**.

Additional Tips

- Avoid smoking. Babies are affected when their mother smokes or people smoke around them.
- Breastfeeding is recommended for the first year of life and exclusively for the first six months.
- A baby should be dressed lightly for sleep. Set the room temperature in a range that is comfortable for a lightly clothed adult.



Breastfeeding Is Best

Breastfeeding is something special only you can do for your baby.

- It helps you and your baby bond with each other and your family.
- Breastfeeding is a time for you to relax and enjoy your baby.

Breastfeeding Is The Best For Your Baby And You!

Breast milk is the perfect food for your baby! Always ready to feed, breast milk is easy on your baby's tummy. Breast milk can help them spit up less and have less diarrhea and constipation. It also protects your baby against infections and food allergies. Breastfeeding helps moms keep a healthy weight and protect against some kinds of cancer.



Healthy food helps your family members get the nutrition they need.

Most Moms Can Breastfeed, Including Those:

- Of all ages • With small breasts • Who had more than one baby
- Who had C-section (Cesarean section) • Who work or go to school

TENNESSEE
Breastfeeding Hotline

855-423-6667
855-4BF-MOMS
24 hours a day / 7 days a week



The WIC program's many services can help families be successful in having healthy pregnancies, healthy babies and helping young children be ready to learn.

- WIC offers families: Help with breastfeeding, benefits to buy healthy foods, health and social service referrals, tips for eating well to improve health.



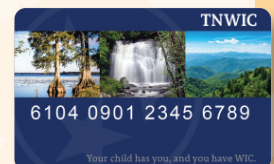
- WIC staff meets with each person in the WIC program to: Help families make changes for better health, talk about how to eat healthy, give personal nutrition advice and help you choose healthy foods.

- WIC Services can be used by: Pregnant women, new moms (up to six months after having a baby), breastfeeding moms (up to one year after having a baby), babies, and children up to five years old or younger.

You must live in Tennessee and meet income guidelines.

- WIC is for all kinds of Tennessee families: married or single moms and dads, working or unemployed. If you are a dad, mom, grandparent, foster parent or legal guardian of a child under five years old, you can apply for WIC.
- When you apply for WIC, you will make an appointment to visit the WIC clinic in your neighborhood.
- Once enrolled, you will be given a TNWIC card which can be used at stores for cereal, juice, milk, cheese, eggs, peanut butter, whole grains, dry beans, fresh/frozen fruits and vegetables, baby food and infant cereal.

To find out more or locate a WIC clinic in your area, call 1-800-DIAL-WIC (1-800-342-5942) or go to <http://tn.gov/wic>



Help with Special Needs

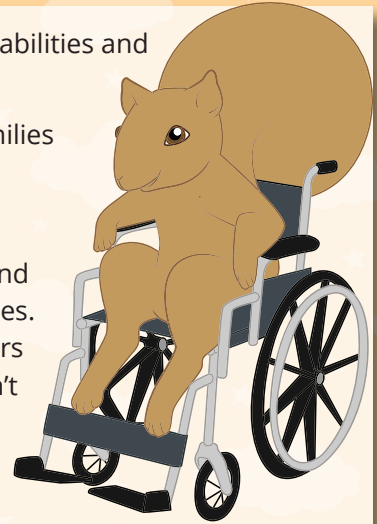
Does your baby have a disability or delay? There is help for children with disabilities and their families! The future is bright.

TN Disability Pathfinder is a great place to start. All these programs help families anywhere in TN. Call the program or visit the website to learn more.

Tennessee Disability Pathfinder

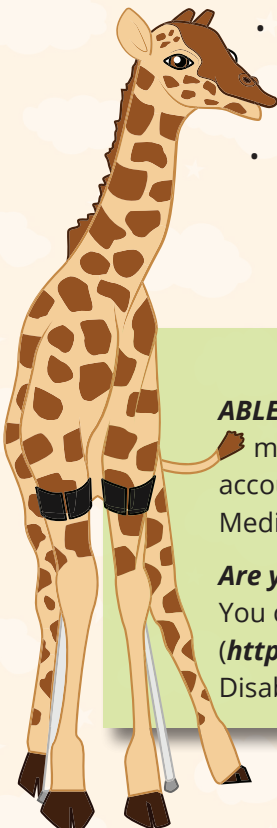
Tennessee Disability Pathfinder is a website and phone line for families to find disability help. It offers free information for all kinds of disabilities and all ages. Pathfinder's website can also be shown in Spanish. El sitio web de Pathfinders también se muestra en español. The helpline can also help callers who don't speak English.

Call Pathfinder at 800-640-4636 or visit www.familypathfinder.org.



Resources for children with disabilities and their families:

- **Tennessee Early Intervention System • (800) 852-7157**
Education program for children with disabilities or delays: Ages birth-2
<https://www.tn.gov/education/early-learning/tennessee-early-intervention-system-teis.html>
- **Children's Special Services • (615) 741-7353**
Help with medical care, therapies, medication, and medical equipment for children with physical disabilities and special healthcare needs: Ages birth-21.
<https://www.tn.gov/health/health-program-areas/mch-cyshcn/mch-cyshcn-css.html>
- **Family Support Program • (615) 532-6552**
Help paying for needs like respite, making your home accessible, counseling, etc.
<https://www.tn.gov/didd/for-consumers/family-support.html>
- **Partners in Policymaking Leadership Training • 615-532-6615**
Learn how to get the help your child needs. Learn to be a leader! Meet other parents and people with disabilities.
www.tn.gov/cdd



Start saving for your child's future!

ABLE TN is a program that helps people with disabilities and their families save money for future needs. You don't have to pay tax on the money. An ABLE account lets a person with a disability save money without losing their benefits, like Medicaid or Social Security.

Are you a parent with a disability?

You can get help from The Association for Successful Parenting (<http://achancetoparent.net/>) and The National Research Center for Parents with Disabilities (<http://heller.brandeis.edu/parents-with-disabilities/>).

Watch for Baby's Milestones

To request a FREE "Learn the Signs. Act Early." Parent Kit or to get help finding resources in your area, visit: www.cdc.gov/ActEarly or call: 1-800-CDC-INFO

Find out more about your baby's milestones here:
https://www.cdc.gov/ncbddd/actearly/pdf/parents_pdfs/MilestoneMomentsEng508.pdf

Download the apps to track!
<https://www.cdc.gov/ncbddd/actearly/milestones-app.html>

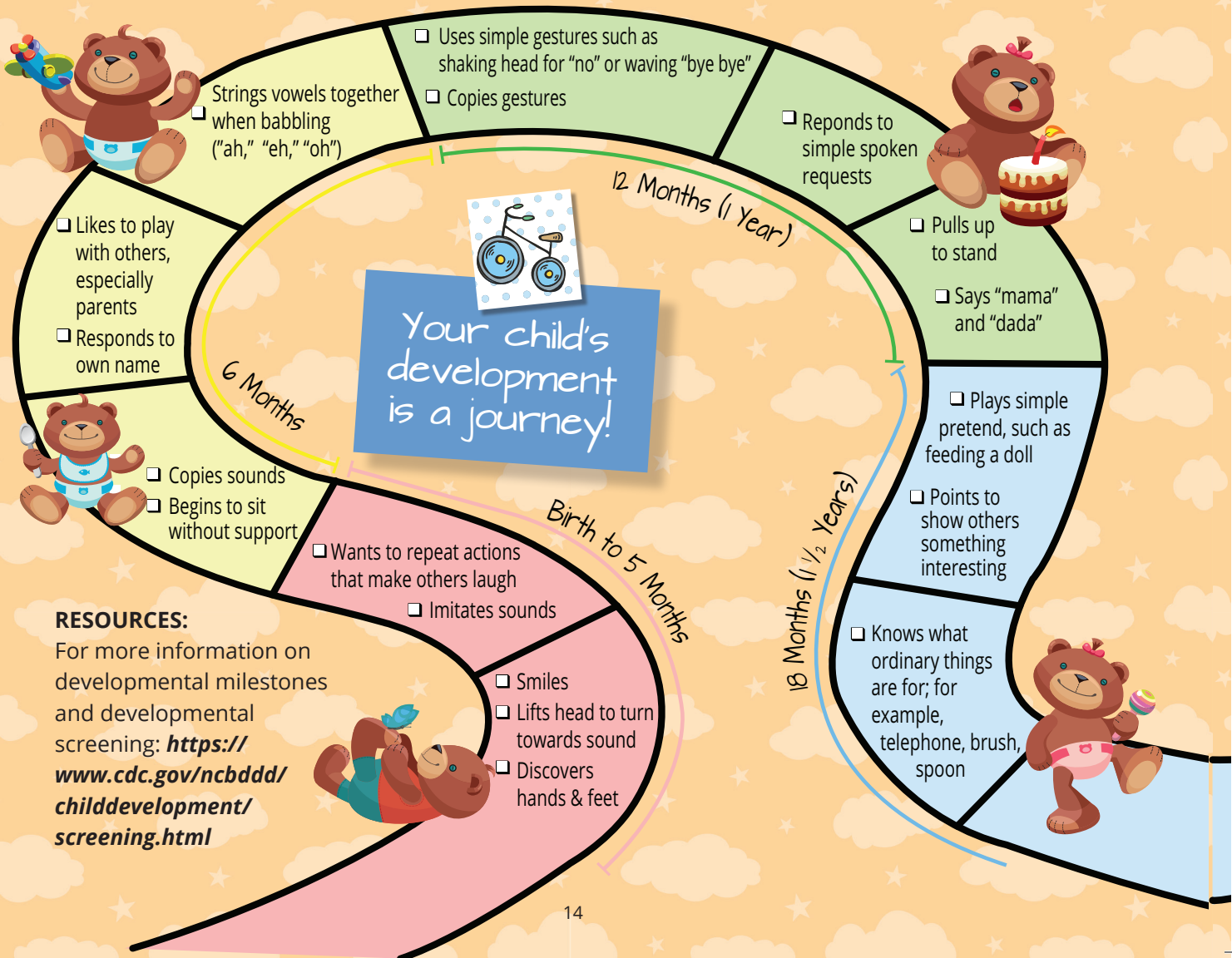
Make sure your healthcare provider is asking about development at every well-child checkup.

ASK THE DOCTOR TO CONNECT YOU WITH TENNESSEE EARLY INTERVENTION SYSTEM FOR A FREE EVALUATION.

Find out if your child can get free services like speech or physical therapy can help. If your health care provider isn't able to connect you, you can reach out yourself.

Go to <https://www.tn.gov/education/early-learning/tennessee-early-intervention-system-teis.html> or call 1-800-852-7157.

If your child is 3 years or older, call your local education system and ask to speak with someone who can help you have your child evaluated.



RESOURCES:

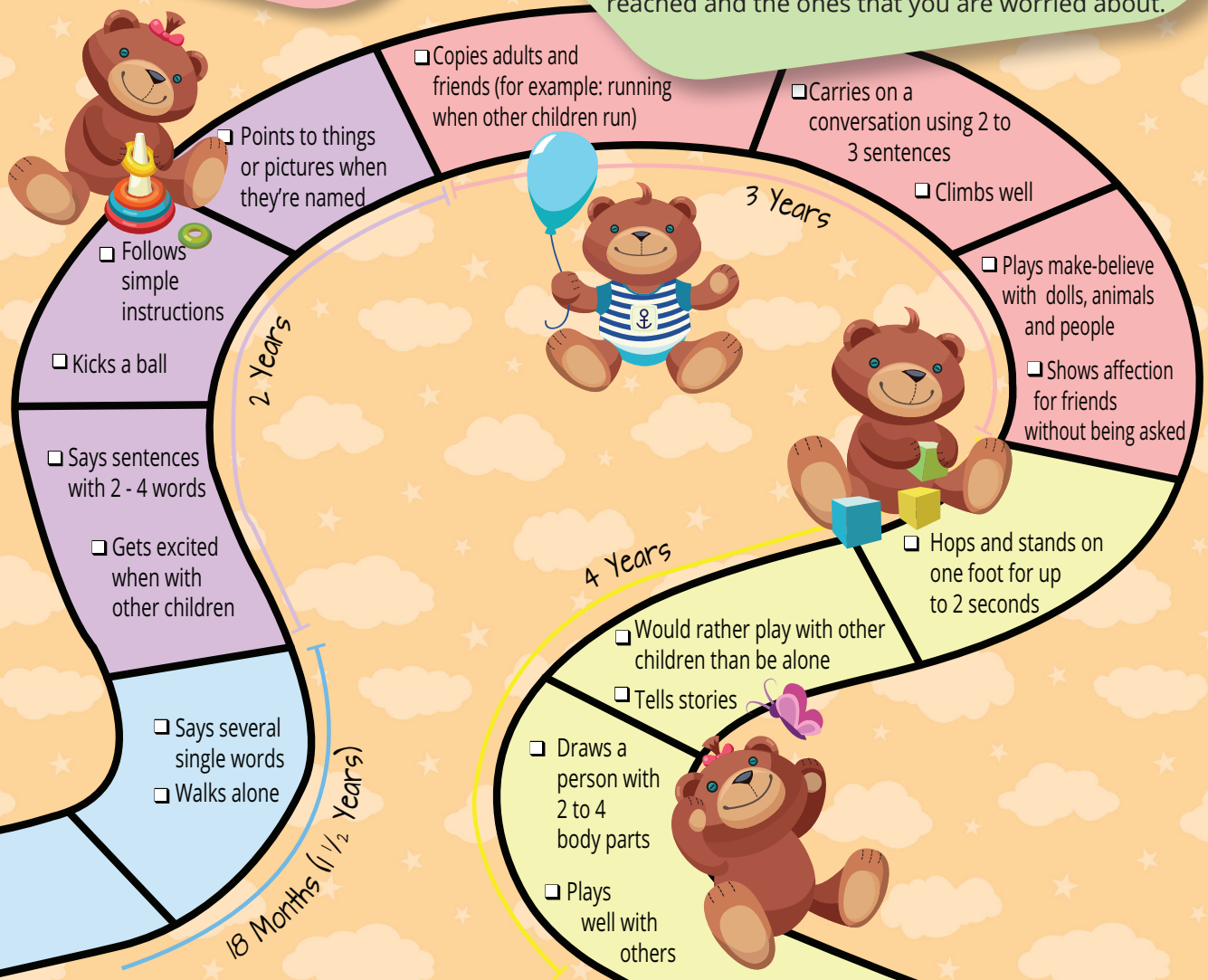
For more information on developmental milestones and developmental screening: <https://www.cdc.gov/ncbddd/childdevelopment/screening.html>

ASK ALL OF YOUR QUESTIONS DURING THE VISIT; YOU KNOW YOUR CHILD BEST AND YOUR CONCERNS ARE IMPORTANT! Tell the health care provider you have concerns at the start of the visit. Share the milestones checklist and any questions you might have written down. If they seem to be in a hurry, ask if you should schedule another visit. **Ask about your child's most recent developmental screening results. If a screening has not been done, ask for one.** Take notes to help you remember what the health care provider says and what to do next.

ASK THE DOCTOR ABOUT DEVELOPMENTAL SCREENING.

Developmental screening happens when the doctor asks you to fill out a questionnaire. It will ask about how your child plays, learns, speaks, acts, or moves. The information you give helps the doctor understand how best to help your child. Developmental screening is for every child. It is done at different points of their growth, or whenever there is a concern.

USE A MILESTONE CHECKLIST. Visit www.cdc.gov/Milestones to find the milestone checklist for your child's age. Use it to track your child's development. When it's time to talk with the doctor, write down the questions you have and show the doctor the milestones your child has reached and the ones that you are worried about.



Happy Baby



To grow a
healthy brain,
babies need lots
of loving words.

A Safe and Healthy Home

Each year, hazards in the home cause millions of illnesses and injuries across the nation. Many can be stopped by keeping your home healthy and safe.

A Safe Home Is Where Good Health Begins.

A good start to a healthy home is learning the eight **Healthy Homes** principles.

Keep your home **clean, dry** and **safe**. Keep **pests** and **chemicals** out. Have **good air circulation** and do **repairs** as needed. Keep the **temperature** at a healthy level.



A healthy home is free of things that can cause health problems or injuries.

CLEAN:

Clean homes help reduce pests and contact with things that can make you sick.

PEST-FREE:

Mice and cockroaches can cause asthma attacks in children. Using pesticides incorrectly can worsen health problems. Traces of pesticides in homes can also make children sick.

AIR CIRCULATION:

Fresh air improves breathing.

DRY:

Damp houses invite mites, roaches, rodents and molds.

CONTAMINANT-FREE:

Chemical exposures include lead, radon, carbon monoxide, pesticides, tobacco smoke and asbestos. Contact with these contaminants is often higher inside the home than outside.

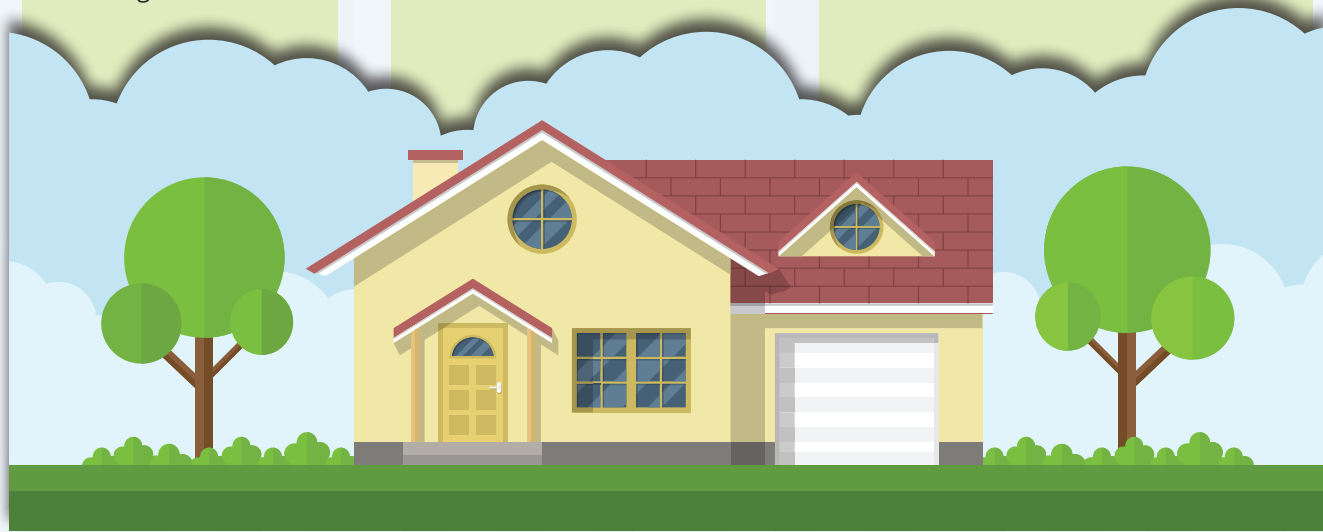
TEMPERATURE: Extreme cold or heat in your home can harm your health.

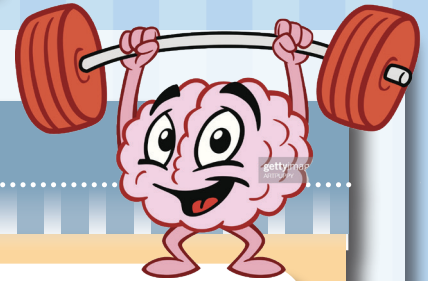
SAFE:

Most children's injuries occur in the home. Falls cause most of these injuries, followed by injuries from objects in homes, burns and poisonings.

REPAIRED

Homes that need repairs may have problems with moisture, pests, lead-based paint and other unhealthy conditions. Worn lead-based paint in homes built before 1978 is the main cause of lead poisoning in children.





Life Experiences

What is considered a negative life experience?

- Frequent humiliation
- Frequent insults
- Frequent profanity
- Frequently pushed, grabbed, slapped
- Frequently afraid of being hurt
- One-time inappropriate sexual contact
- Not feeling loved
- Domestic violence
- Household member with substance abuse
- Household member with mental illness
- Household member attempted suicide
- Household member in jail
- Parental separation or divorce
- Family members not supportive

What is considered positive life experience?

- Spending quality time with your child
- Letting them know daily they are loved
- Letting them know they have a purpose in life
- Being your child's support system letting them know if they need help, you are there to help them.
- Building your child up emotionally.
- Reading to your child from the moment they are born
- Demonstrating to your child; you are strong, loving and supportive
- Praising your child's strengths

*Some stress is normal
but too much can cause problems*

Brain building begins in the earliest years.

Early life experiences literally shape how your baby's brain gets built! These experiences lay the foundation for your baby's development and behavior that follows. A strong foundation of positive life experience in the early years leads to positive outcomes. A weak foundation of negative life experiences can lead to later difficulties. Getting things right the first time is easier than trying to fix them later. Adverse childhood experiences are stressful or traumatic experiences that occur during childhood; like the loss of a loved one, natural disasters, abuse or neglect.



When Stressors cause trouble:

LISTEN to your child's needs, fears or concerns! **GIVE** lots of support and reassurance! **TALK!** Ask for help from family members, trusted friends or a professional!

Build a Strong Brain

EVERYONE has some negative life experiences!

Too many negative life experiences before a child's 18th birthday may cause genetic changes by turning on or off genes that affect your child's health. Give your child awesome childhood experiences to help balance out the bad ones that might happen.

Resources in Tennessee:

Centers for Disease Control and Prevention about Stressors:

www.cdc.gov/ace/index.htm

Resources for parents: www.kidcentraltn.com

Parenting strategies: www.healthychildren.org and www.playnicely.org

Community services and resources: www.211.org

Parent Helpline: 1-800-CHILDREN or 1-800-356-6767

Learn more about Adverse Childhood Experiences

ACES: <https://www.tn.gov/dcs/program-areas/child-health/aces.html>

American Academy of Pediatrics

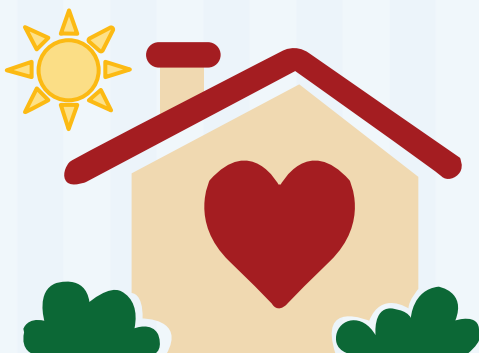
DEDICATED TO THE HEALTH OF ALL CHILDREN™

Tennessee Chapter



A Home Free of Lead

Good Health Begins at Home



tn.gov/HealthyHomes

There is no safe blood lead level in children. Even low levels of lead in blood can affect a child's development and cause health problems. Lead can be found in paint, dust, food, toys, water and even air.

HERE ARE SOME WAYS YOU CAN PROTECT YOUR FAMILY FROM LEAD:

- Talk with your child's health care provider about a blood test for lead.
- Ask your doctor about risk during checkups.
- Look for chipping, flaking or peeling paint in your home.
- Children and pregnant women should not live in houses built before 1978 that are being repaired.
- Wash your children's hands and toys.
- Regularly wet-mop floors and wet-wipe window surfaces.
- Do not allow your child to play in the dirt near an old home or building.

For more information, please visit the Tennessee Childhood Lead Poisoning Prevention Program at <https://www.tn.gov/health/health-program-areas/mch-lead.html>



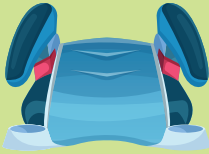



Enjoy the Ride!

Use a car seat for every trip!

Motor vehicle injuries are a leading cause of death among children in the United States. Using the right car safety seat or booster seat can keep your kids safe if there is a crash. If parents and caregivers use the right car safety seat for each and every ride, we can better protect kids, and help prevent tragedies.

The AAP recommends

CHILD'S AGE/SIZE	SEAT TYPE	GENERAL GUIDELINES
Infants/Toddlers Less than 1 year old, or any child, 20 lbs. or less Rear seat	 Rear-facing	All infants and toddlers should ride in a rear-facing seat until they reach the highest weight or height allowed by their car seat manufacturer. Most convertible seats have limits that will allow children to ride rear facing for 2 years or more.
Toddlers/Preschoolers 1 year to 3 years old and greater than 20 lbs. Rear seat	 Forward-facing (See important note below)	Children who have outgrown the rear-facing weight or height limit for their convertible seat should use a forward-facing seat with a harness for as long as possible, up to the highest weight or height allowed by their car seat manufacturer. Many seats can accommodate children up to 65 pounds or more.
Young Children 4 years to 8 years old and less than 4'9" tall Rear seat	 Booster seat	All children whose weight or height exceeds the forward-facing limit for their car safety seat should use a belt-positioning booster seat until the vehicle seat belt fits properly, typically when they have reached 4 feet 9 inches in height and are 8 through 12 years of age. All children younger than 13 years should ride in the back seat.
Older Children 9 years to 12 years old and 4'9" or taller Rear seat recommended	 Seat Belt System	When children are old enough and large enough for the vehicle seat belt to fit them correctly, they should always use lap and shoulder seat belts for the best protection. All children younger than 13 years should ride in the back seat.

*Seat must meet Federal Motor Vehicle Safety Standards and be used according to child safety restraint system or vehicle manufacturer's instructions.

Enjoy the Ride!

For more information:

- For more information please visit www.aap.org/healthtopics/carseatsafety.cfm or <https://tntrafficsafety.org/cps>
- There's help! Find help for installing your car seat safely at a fitting station near you: <https://tntrafficsafety.org/cps-fitting-stations>

For information on car safety seats for children with special needs, please contact:

- Monroe Carell Jr. Children's Hospital at Vanderbilt (615-936-1869) or
- National Center for the Safe Transportation of Children with Special Needs www.preventinjury.org

Car seat safety check-ups

- Use a high back booster if your car does not have head rests.
- Install car seats using vehicle seat belt or LATCH system.
- Never place a rear-facing seat in front of an active air bag (neck injury risk).
- Never place a child under 4 feet 9 inches in front of an active air bag (neck injury risk). In the case of vehicles with no rear seats, push the seat as far back as it can be from the air bag.
- The back seat is always the safest place for a child.

Each time you ride, check for:

- Tightness of car seat: Car seat should not move more than 1 inch from side-to-side or front-to-back when tested at the belt path.
- Tightness of shoulder harness: You should not be able to pinch the harness together when properly installed.
- Position of the retainer/chest clip. Position the retainer clip across the child's chest at arm pit level.
- When using a booster seat the shoulder belt should cross over the collar bone and chest (not the neck) and the lap belt should be below the waist or abdomen.





Unintentional drowning is the #1 cause of injury death for children ages 1 to 4 years old.

For more information please visit:

<https://www.aap.org/en-us/about-the-aap/aap-press-room/campaigns/drowning-prevention/Pages/default.aspx>

When you bring home a new baby, take steps to protect your child from water hazards around the home. Do the same when you visit friends or relatives, too.

Stay within **arm's reach** whenever your baby is near water

Remember, children can drown in as little as **1-2 inches of water**, and it can happen quickly and silently.

Do not rely on bath seats or bath rings to keep your baby safe. An adult must always be watching.



Empty **buckets, bathtubs, and wading pools** after each use.



Install a latch or doorknob cover on bathroom doors.



Safety Checklist for Any Pool or Body of Water

- Learn CPR/First Aid and watch youth closely at all times
- Rescue equipment and telephone near pool
- Make sure it has a fence around all four sides, especially between the pool and house
- Gate should open outward and self-close and latch should be too high for child to reach



Healthy Family



Give Future Babies (and Future Moms!) Improved Programs and Experiences

What is PRAMS?

PRAMS stands for "Pregnancy Risk Assessment Monitoring System." It is a mailed list of questions for mothers that have had a new baby.

What Questions Does PRAMS Ask?

PRAMS asks questions about:

- Your actions before, during and after pregnancy
- Your health
- Your baby's health

How Do I Get Selected to Participate?

Each month a group of mothers who recently delivered a baby in Tennessee will be selected from the state's birth certificates.

How Does the PRAMS Survey Work?

If you're selected, a list of questions will be mailed to you. You simply fill out the list and return it in the free stamped envelope addressed to TN Department of Health.

Why Should I Participate?

Your answers will help save the lives of babies and improve the health of new mothers and babies in Tennessee.

Are my Answers Kept Private?

Yes. Your answers will be kept private. Your name will not appear on any reports from PRAMS.



Best source of
data for moms
and babies!

Questions?

Call Toll-free 1-877-984-8662

Or visit our Web Site at
<http://www.cdc.gov/PRAMS/>



It is Important to Take Care of Yourself

Taking care of you is just as important as taking care of your new baby.

Healthy Birth Spacing

You want the best for your new baby! That's why it's important to let your body heal. Waiting at least eighteen months before having another baby is a healthy thing to do. It's better for you, your baby, and the whole family. Your next baby may not get what it needs from your body and may come too early if you have another baby too soon. When a mom waits eighteen months to two years before getting pregnant again, their babies get a healthier start in life.

Family Planning

The Tennessee Department of Health offers family planning services to men and women in every county health department clinic. The cost is based on a sliding fee scale. You can use these services even if you don't have insurance or are not able to pay anything.

The family planning program offers these medical services:

- preventative health exams
- all FDA approved birth control methods
- STD testing and treatment
- blood pressure screening
- cervical cancer screening
- breast cancer screening
- pregnancy testing
- basic infertility counseling
- sterilization referrals

There are many types of birth control methods available. Find the one that is right for you!



*It's important
to let your
body heal.*



Find the Best Child Care

The Child Care Resource and Referral Network wants to congratulate you on the birth of your new child and say, "Welcome Baby"!

What is the Child Care Resource and Referral Network?

Child Care Resource and Referrals (CCR&R) connect families with the best child care available by providing free child care locating services.

What else do CCR&Rs offer?

CCR&Rs have information on:

- Childhood health
- Physical activities
- Keeping children safe
- Reading with children
- Healthy eating
- Preparing children for school

How does Tennessee take the health and safety of your child seriously?

Child care centers and family and group homes are licensed by the Department of Human Services. DHS promises that basic requirements of

- health and safety practices,
- teacher training
- knowledge of CPR and First Aid are met.

Child care agencies licensing violations can be checked at www.tn.gov/accweb



Look for the Gold Sneaker endorsement at your child's day care. Gold Sneaker trains daycares to promote good nutrition, physical activity and a smoke free environment.

Find the Best Child Care

Take this checklist along with you when shopping for child care!

- ☐ Is the agency licensed by the TN Department of Human Services?
- ☐ Look for the STAR rating: For information on the STAR rating program, go to: **tnstarquality.org**
- ☐ Do you see any safety problems?
- ☐ Do the children seem happy?
- ☐ Are the staff and children regularly washing hands?
- ☐ Are parents welcome in the child care setting?
- ☐ Are parents welcome to drop in at any time?
- ☐ Is the staff trained in First Aid and CPR?
- ☐ What are the safe sleep practices?
- ☐ What types of discipline methods are used?
- ☐ Are the children involved in the classroom?
- ☐ Is the staff caring toward the children?
- ☐ Does the staff respond to the children?
- ☐ Ask to see the center's Parent Handbook.



Give Baby (and You!) Lots of Resources



kidcentral tn
KIDCENTRALTN.COM

As a Tennessee family, you can visit **kidcentraltn.com** to follow your child's developmental milestones, use the State Services Directory to find programs and resources for you and your baby, and connect with kidcentraltn on social media.

At **kidcentraltn.com** you can find lots of helpful parenting information on development, education, health and support. Sign up for My Profile to get information about new milestones as your baby grows!



Give Baby Loving Bonds

Babies can bond with dads as much as they can with moms. When little ones get love from parents and caregivers, they feel safe and supported. These benefits last their whole life long.

A caring dad helps a baby grow up healthier. When the dad is involved, for example, a baby breastfeeds more regularly and has a healthier weight.

As babies grow up, a positive father figure who uses safe, loving correction and discipline helps them become secure in their thought patterns, their feelings and how they act with others. These children are more likely to go further in school, make and keep positive, healthy relationships with others and be well-balanced in other areas of their lives.

Children with loving, supporting dads are less likely to experience depression, anxiety and other mental illnesses.

Girls whose dads are involved in their lives are less likely to become pregnant as teenagers, use drugs and alcohol or be in a relationship with someone who will abuse or neglect them.

Boys who are close to their dads have fewer problems with their behavior. They are also less likely to use drugs and alcohol and are 80 percent less likely to spend time in jail.

The closeness of the dad-child relationship is more important than the amount of time they actually spend together. Dads who do not live with their child can still play a very big part in their child's social, emotional and educational wellbeing from the time they are babies into adulthood.

Quick Tips

- Work together with your partner. You are both very important to your child.
- Ask mom what you can do to help.
- Babies love a gentle touch. Learning to soothe your baby is vital to your baby's well-being.
- Practice "Kangaroo Care." Put your baby in a diaper and hold them close to your bare chest. Your baby will feel the love.
- Take care of your baby in other ways such as bathing and getting them dressed.



The dad-child relationship is more important than some might think!



Dads Are Important!

Advice for New Dads

Being a new dad is exciting! But it can also be very scary. How do you take care of this new baby who relies on you for everything?

Build Trust:

Holding and cuddling your baby starts building trust and will help your baby for the rest of their life. Singing and reading to your baby strengthens and increases your closeness.

Be There:

Be there for your baby and your partner. Go to check-ups and other appointments. This comforts your baby by showing dad is there and supportive.

Ask for Help:

If this is your first baby, spend time with and learn from other dads. Ask your health care provider for resources. Take classes on changing diapers, swaddling a baby and other important skills that can help dads.

Help Out:

Dads can't breastfeed, but they can hold their baby as mom gets ready and then burp the baby after feeding. Dads can be especially good at calming a fussy baby; a supportive touch and deep voice used for singing or humming can be comforting.

Have Fun:

Find a favorite activity you and your baby can do together. You'll both look forward to this special bonding time.



For more information, please visit:

centerstone.org/our-resources/health-wellness/how-to-raise-kids

Baby Blues or Postpartum Depression? How to know...

Moms and dads have a lot of feelings when they have a new baby. They may go through a mix of feelings from love and happiness to exhaustion and worry as they welcome a new baby into their lives. There is no right way to feel about a new baby. Lots of feelings can happen at the same time. When moms and dads know what feelings to look for, they know when to ask for help. Parents need help when their feelings make life hard or make it hard to take care of their babies.

A lot of new moms go through something called "baby blues."

Moms with baby blues may feel sad, scared, angry, lonely, or tired. They may feel these all at the same time! If a mom has baby blues, it is best to ask for help. She may feel better if she has a break from the baby or talks about her feelings.

Baby blues usually goes away in about two weeks.

Postpartum depression lasts longer and is much stronger than baby blues. Moms (and dads) with postpartum depression may want to be alone and worry they are not good parents. They may think they should not have such strong feelings of sadness, anger, and worry. They may not pay attention to how they feel, and hope the feelings will go away, but postpartum depression usually does not go away without help.

There is hope - moms and dads with postpartum depression can feel better again.

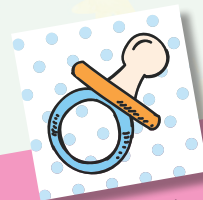
- Getting help as soon as possible is best for parents and their baby.
- If a mom or dad thinks they have postpartum depression, they should talk to their health care provider.
- They can learn about different treatments to help them feel better and more like themselves again.

Other links for help:

<https://www.nimh.nih.gov/health/publications/postpartum-depression-facts/index.shtml>

<https://www.cdc.gov/features/maternal-depression/index.html>

<https://www.womenshealth.gov/mental-health/hotlines/>



Postpartum
Depression is
common but
also treatable.

Baby Blues or Postpartum Depression? How to know...



For more information and to get help:

Go to: www.zerotothree.org and search "Baby Blues" to find the article, "Perinatal Depression: More than the Baby Blues"

Go to: www.kidcentraltn.com click the Health tab under Mental and Emotional Health and view the Infant and Early Childhood Mental Health.

Postpartum Support International: **Call 1-800-944-4773**

Crisis Line: **Call 855-CRISIS-1 (855-274-7471)**

If you have experienced a loss, there is grief support available at:

<https://www.mtsu.edu/university-college/sids/support.php>
www.firstcandle.org

Healthy Babies. Born on Time.

Quitting smoking is the single most important thing you can do for your health and the health of your baby!

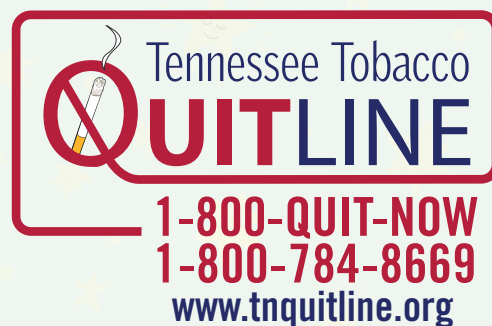
The Tennessee Tobacco Quitline offers free telephone and on-line support for Tennesseans who want to quit smoking, chewing tobacco, or using e-cigarettes. A quit coach will help make a plan just for you! People enrolled in the program may also qualify for a free, two-week supply of nicotine patches to help support their quit attempt. Find more resources on the website, www.tnquitline.org.

Quitline Hours

Monday through Friday 7:00am to 10:00pm CST

Saturday 8:00 am to 5:00 pm CST

Sunday 10:00 am to 4:00 pm CST



BABY & ME Tobacco-Free Program™

BABY & ME Tobacco-Free Program™ is a free program to help pregnant women quit smoking. Pregnant women who quit smoking within 3 month of starting the program during pregnancy can earn vouchers for free diapers and wipes. Pregnant women attend four education sessions before the baby is born and one a month after the baby is born to earn up to \$300 in vouchers. A partner or family member in the home can also earn vouchers if they quit smoking.

For More Program Information Call 615-741-7353

State of Tennessee
Department of Health
Division of Family Health and Wellness
Andrew Johnson Tower, 8th Floor
710 James Robertson Parkway
Nashville, Tennessee 37243

PRSRT STD
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