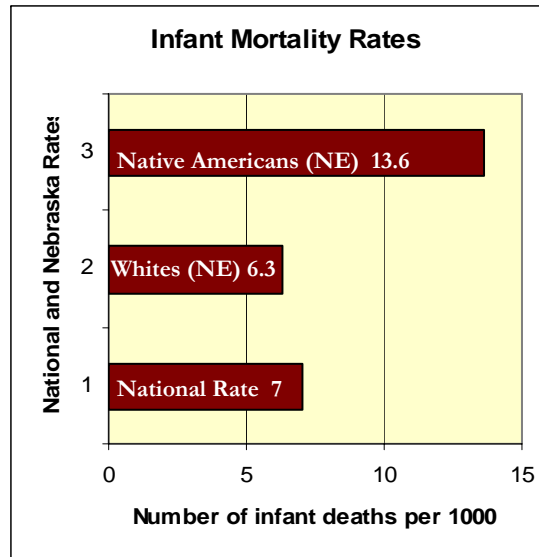


Remember to take time out for yourself. Stress can affect both your health and your child's health. The following are just a few suggestions of how to de-stress your daily life.

- *Set aside 30 minutes each day for yourself.*
- *Get at least 8 hours of sleep*
- *Stress Relief ~ take a walk, take a bath, or practice relaxation exercises*
- *Set up a strong social network of friends and family who can support you through your pregnancy and after birth.*
- *Remember, reflect and rely on your beliefs to guide you.*

"If there is nothing else that we can do that is great in this world, we should do one great thing ~ that is to do everything in our power to do healthy things to ensure that we bring a healthy baby into this world."
~ Louetta Armzll, Winnebago

www.unomaha.edu/itsc/NAH/htm



Statistics from Nebraska Health & Human Services System, "Minority Health Disparities in Nebraska" 2004 Fact Sheet
Center for Disease Control, National Vital Statistics Report, 2004



Madonna with Child
Ron Garvais
Lakota

4 Steps
to a
Healthy
Child



*Native Americans and Health, Spring 2005, The University of Nebraska at Omaha; Rezac, Sanderson, Clark & Kepler

Avoid & Protect

Children depend on their parents to protect them before and after they are born.

Before and During Pregnancy:

- Do not use alcohol or drugs while pregnant. This may damage the baby's brain and cause other serious health problems.
- Limit caffeine to one or two servings a day.
- Do not smoke during pregnancy. Smoking can cause serious health problems for the baby.

After the birth of your baby:

- Use an approved car seat/booster seat for children ages 6 and under.
- Baby proof your home
 - ~ Install safety latches and locks on all cabinets and drawers that contain hazardous items.
 - ~ Remove furniture with sharp edges or install bumper pads.
 - ~ Install safety tassels for window blind cords.
 - ~ Cover all outlets.
 - ~ Use safety gates on all stairs.
 - ~ Install a Carbon Monoxide detector in your home. Make sure that all fire detectors are operational.
 - ~ Check furniture and bedding to ensure safety while your baby is sleeping.
 - ~ Never leave your child alone in or near water.
 - ~ Participate in a First Aid/CPR class for infants and children

Healthy Habits

Healthy Habits before, during and after pregnancy will improve the health of you and your child.

- Maintain a well-balanced diet.
- Take a multi-vitamin or prenatal vitamin which includes Folic Acid.
- Make sure to get enough sleep. Getting enough sleep will improve your health, your thinking and your mood.
- Exercise. Your health care provider will be able to help you develop a good, safe exercise plan.
- Check with your healthcare provider before taking any over-the-counter and store-bought medications, vitamins, or herbal medicines.

Prenatal Care and Child Wellness Checks

It is important to visit your health care provider as soon as you suspect you may be pregnant. It is **NEVER** too late to begin prenatal care. After birth, it is important that children receive child wellness checks to ensure that their first years of life are healthy

Prenatal visits

You and your health care provider will set up a visit schedule at your first visit. Prenatal check ups are very important to you and your baby's health.

Child Wellness Checks

Your child's first wellness check will be anywhere from 2-4 weeks after birth. Wellness checks, especially during the first year of life, are very important to your child's health and development. Request a **lead level** test for your child if they are 1 to 6 years old. Lead poisoning can cause learning disabilities, attention deficit disorder, and other health problems.