

# Index

<b>A-C</b>	<b>PAGE</b>
abuse	49, 51, 53, 76-77
adoption	15
alcohol	15, 74-75
allergies	20, 27
anger	35
bathroom safety	28, 41, 84
behavior problems	35, 45
bicycle safety	67
bilingual families	30, 59
birth control	13, 59
blindness	19, 47
breastfeeding	11, 17, 20-21, 27
budgeting	68-69
bullying	55
calcium	6, 21, 64
car safety	7, 11, 22, 29, 40, 41
cesarean section	10
child abuse	49, 51, 53, 76
childbirth	6, 10-11
child care	17, 39, 48-49, 50-51
child development, birth to 6 months	18-19, 24, 66
child development, 6 to 12 months	24-25
child development, toddlers	30-35, 36-39, 66
child development, preschoolers	42-45, 66
child development, kindergarten	54-55
childhood fears	43
choking	27, 29, 33
counseling	60-61, 75
credit cards	69
crib safety	23
crying	18-19
<b>D-G</b>	<b>PAGE</b>
debt	69
dental health	9, 37, 62-63
depression	7, 11, 60-61
diaper rash	27
disabilities, child	25, 31, 37, 46-47, 51, 54
disabilities, parents	16-17, 59, 67, 69
disability insurance	73
disaster planning	78-79
discipline	29, 35, 45
divorce	71
doctors	8-9, 54, 56-57, 58-59, 60-61
domestic violence	77
drugs	15, 74-75
earthquakes	79
emergencies	59, 78-79
emotional health	14, 60-61, 71
exercise, prenatal and postnatal	7, 67
family, newborns and	13

family leave program	7, 72
family planning	15, 59
fathers	12, 15, 34, 73
fire safety	79
first aid classes	27, 33
floods	79
food	6, 9, 21, 26-27, 32-33, 64-65
food allergies	27
food safety	27, 65
food stamps	65
formula	21, 26, 65
grandparents	13, 48
gun safety	41, 77, 84

<b>H-O</b>	<b>PAGE</b>
health care	8-9, 56-63. See also emotional health
health clinics	58
hearing	11, 17, 24, 31, 54, 57
helmets	67
HMOs	58-59
home safety	19, 28-29, 34, 40-41, 84
houseplants	41
immunizations	11, 19, 54, 83
infant car seats	22
kindergarten	54-55
kitchen safety	28, 40
labor	9, 10-11
language development	25, 30, 31, 37
lead poisoning	29
learning	24, 25, 30-31, 37, 43, 48, 50, 53, 54
learning disabilities	47, 54, 55
legal aid	17, 47, 71
limit setting	35, 45
low-income aid	8, 9, 21, 47, 57, 59, 63, 65, 69
medical interpreters	59
neighborhood safety	41, 55
nutrition	6, 21, 32-33, 64-65
oral health	9, 37, 62-63

<b>P-W</b>	<b>PAGE</b>
pacifiers	23
pesticides	33, 41
pets and animals	34, 43
play equipment	50, 52, 67
play	24, 31, 43, 66
Poison Action Line	29, 59
poisoning	27, 29, 41, 59, 65
postpartum depression	11, 61
pregnancy	6-11, 63
prenatal care	8-9
prenatal doctor visits	8-9
preschoolers	42-45

preschool	52-53
reading aloud	24, 30, 37, 43, 50, 52
safety. See specific type, such as car safety	
school, child disabilities and	47
school for teen parents	14
school readiness	43, 52-53. See also kindergarten
separated households	70-71
sex after birth	13
sexually transmitted diseases (STDs)	15
shots	11, 19, 54, 83
siblings	13, 44
sick children	49, 51, 53, 57
single parents	12, 70-71
sleep, infants and	12, 19, 23, 25
sleep, kindergartners	55
sleep, toddlers	31
sleep safety	23
smoke alarms	41, 84
smoking	7, 15, 19, 23, 69, 74-75
snacks	32, 65
social skills	43, 44
solid food	26-27
special needs children	46-47, 51
step families	71
street safety	55
stress	7, 15, 35, 60-61
Sudden Infant Death Syndrome (SIDS)	23
sugar	33, 65
suicide, preventing	61
sun protection	19, 56
support for special needs families	16-17, 46-47
taxes	69
teachers	53, 55
teasing	55
technology access	47
teen parents	14-15
temper tantrums	35
toddlers	32-39, 50-51
toilet learning (training)	13, 38-39
tooth decay	63
travel safety	23
TV	31, 33, 37, 45, 55, 77
unemployment	73
vaccinations	11, 19, 54, 83
violence	45, 76-77
vision	47, 54, 57, 83
vitamins	6
water safety	28, 41
weaning	27
working parents	21, 72-73

# Welcome to the Parents Guide

**H**aving a child is a 24-hour-a-day commitment filled with joy, love and hard work. From the moment we see our baby's face, our lives are changed forever.

Being a parent is an exciting journey. Children need our love and attention to develop their intelligence, confidence and character. As they grow and learn, we grow and learn with them.

*“When you have and love a child . . . the whole universe changes and nothing will ever again seem exactly as it seemed before.”*

*Adapted from  
Lafcadio Hearn  
Writer*





## Talk to Other Parents

Childbirth classes are a good way for both parents to get ready for the birth and meet other parents.

**P**regnancy is a time of amazing change. Your body will change and your feelings will change. Your day-to-day life will change. Take time to enjoy your pregnancy and plan for parenthood. Share the joy of your pregnancy with those close to you. And accept help when it is offered. Research shows that the more you are cared for during pregnancy, the better you can care for your newborn.

## Eat for Your Health

When you are pregnant, you need to eat more, and you need more calcium and iron. Every day try to eat:

- 2½ cups of vegetables and 2 cups of fruit.
- 3 cups of milk or yogurt.
- 4–5 servings of grains. Choose at least half from whole grains, like brown rice or corn tortillas.
- At least 2–3 servings of lean meat, chicken, beans, eggs, tofu, nuts or fish. Eat fish only one or two times a week. Choose fish low in mercury such as salmon, shrimp and canned *light* tuna. Do not eat shark, swordfish, king mackerel or tilefish.
- For more information, see page 64.

## Prenatal Vitamins

Prenatal vitamins have vitamins you need for a healthy pregnancy, such as calcium, iron and folic acid. Folic acid can lower your risk of having a baby with serious spinal problems. You can buy prenatal vitamins at a drug store. Or ask your doctor to prescribe them.

## Food and Nutrition

WIC (Women Infants and Children) offers free classes on breastfeeding and healthy eating. WIC also gives coupons to help you get healthy food. It is for women with low incomes. Call **WIC Works**.



### Relax

Take time to enjoy your pregnancy.

## Things You Can Do

### Pregnancy Tips

- See a doctor as soon as you can.
- Take time to rest each day. It is normal to be tired.
- Talk and sing to your baby. Even before birth, your baby can hear your voice.
- When you are in a car, adjust the seat belt shoulder strap so that it crosses above your belly. Keep the lap belt below your belly.
- Do not smoke. Avoid secondhand smoke.

### Now Is the Best Time to Quit

Smoking, drinking or using drugs can cause your baby to be born too early or with serious problems. If you cannot stop on your own, you can get help. See page 74.

### Problems?

- Stressed? Feeling bad? Long periods of stress or depression may affect your developing baby. See page 60.
- Violence at home? See page 76.
- Not ready to be a parent? Talk to someone you trust. Or see a pregnancy counselor. Call **Planned Parenthood**. You can give your baby up in the first 72 hours after birth without giving your name. Call **Newborn Lifeline Network**.

### Time Off from Work

Find out about Paid Family Leave and State Disability Insurance (SDI) benefits for pregnant women and new parents. See page 72.

## Where To Find Help

### Childbirth

Website on pregnancy and childbirth

[www.childbirth.org](http://www.childbirth.org)

### Newborn Lifeline Network

Program for women who want to give up their baby in the first 72 hours after birth

1-877-440-2229

[www.safeplacefornewborns.org/statefiles/ca.html](http://www.safeplacefornewborns.org/statefiles/ca.html)

### Planned Parenthood

Local referrals for birth control and prenatal care

1-800-230-7526

[www.ppfa.org](http://www.ppfa.org)

### WIC Works

Free classes on pregnancy; food coupons

1-888-942-9675

[www.wicworks.ca.gov](http://www.wicworks.ca.gov)

## Stay Active

Gentle exercise helps you stay healthy and have more energy.

- Ask your doctor about prenatal exercises.
- Swimming, walking, yoga and low-impact or water aerobics are good ways to exercise.
- Avoid sit-ups or other exercises that strain your stomach muscles.
- Do not lie flat on your back in the last months of pregnancy. It reduces the amount of blood that gets to your baby.
- Be sure to drink plenty of water.
- Do not get too hot or exercise so hard that you sweat. It is harmful for your baby.
- For more information, visit [www.childbirth.org](http://www.childbirth.org).

# Staying Healthy During Pregnancy

**T**here are many things you can do to have a healthy pregnancy. Taking good care of yourself is more important than ever. Start getting medical check-ups as soon as you think you are pregnant. You can see a family practice doctor, an obstetrician, a nurse midwife or a nurse practitioner who does prenatal care. Ask other moms for the names of doctors they like. If you do not have insurance, find out about low-cost prenatal care.

## Low-Cost Health Care During Pregnancy

If you have a low or middle income, call AIM Program to get low-cost insurance.

If you have a low income, you can apply for Emergency Medi-Cal and get prenatal care right away. Apply at your county Social Services office or at a hospital or clinic. Or call Healthy Families/Medi-Cal or BabyCal.



### Share the Wonder of Your Pregnancy

Andy gets to hear the baby's heartbeat.

## Prenatal Visits

- Ask your doctor for a list of prenatal visits.
- At each visit your doctor will check your health, weight, blood pressure and urine.
- She will also check your baby's heartbeat and growth.
- Your doctor will test your blood for diabetes, hepatitis B, low iron and other problems. She will offer to test for HIV and TB. If you have any of these diseases, she can treat you and your baby.
- For tips on pregnancy for women with disabilities, see page 16.