

# Prescription for a Healthy Family



## Depression & Anxiety

- Most new moms get the baby blues and feel sad or anxious right after having a baby
- 1 in 5 new moms will develop depression or anxiety within the first year of having a baby

### Some signs of depression and anxiety:

- You get so worried or tired that it gets in the way of caring for your baby
- You have unwanted thoughts that get stuck in your head
- You cannot sleep, even when you have the chance and are tired
- You feel a high level of stress, more than usual, and it is not getting better

### If you have any of these signs or think you have depression or anxiety:

Call your doctor to talk about how you are feeling and if your symptoms are unusual or can be treated.

### If you feel like you may harm yourself or baby:

Contact the Crisis Hotline: 1-800-273-8255 or Text '4HOPE' to: 741-741

## Build your mental wellness

- Think about an act of kindness or a happy moment each day
- Ask trusted family and friends to help you
- Make an appointment to see your doctor and learn about treatment options
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## Multivitamins & Folic Acid

### Multivitamins with 400 mcg of Folic Acid can:

- Help prevent birth defects in baby
- Help baby grow a strong heart and other organs
- Promote healthy hair and skin growth for mom
- Reduce mom's risk for depression, high blood pressure and stroke

Multivitamins are available from your doctor or at the store and come in different flavors and types such as chewable and gummies. **Be sure to check that your multivitamin includes 400 mcg of folic acid.**

## Build a healthy body

- Take a daily multivitamin with folic acid
- Prepare more meals at home with foods high in folic acid such as fruits and veggies
- Make an appointment with your doctor to talk about the vitamins and nutrients you need to be healthy as a new mom
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## Tobacco Use

### By quitting smoking and vaping, you will:

- Have more energy and breathe easier
- Reduce your risk for heart attack, stroke, and lung, mouth, and throat cancer
- Save money – up to \$3,000 a year - by not having to buy tobacco products

### By quitting smoking and vaping, your baby will more likely to:

- Be healthier and live longer
- Get fewer coughs, colds, and ear infections
- Have a reduced risk for asthma and Sudden Infant Death Syndrome (SIDS)

### If you or a family member are interested in cutting down or quitting smoking, vaping or tobacco use:

Enroll in FREE tobacco cessation services-contact the Ohio Tobacco Quit Line at 1 (800) QUIT NOW (784-8669) or <http://ohio.quitlogix.org>. If eligible, smokers can receive two weeks of FREE nicotine replacement therapy.

## Reduce smoke exposure

- Keep a tobacco free house and car
- Decrease cigarette, vaping and tobacco use per day
- Contact the Ohio Tobacco Quit Line
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## Family Planning

### 18 months between pregnancies can:

- Reduce risk of having a premie or low birthweight baby
- Allow mom to heal and build up vitamins in her body

**If you do not plan to have a baby in the next year,** contact your doctor for a birth control prescription. Talk about whether long action options, like an IUD or short term options, like birth control pills are best for you. Visit [bedsider.org](http://bedsider.org) for information about types of birth control and to find a health center near you.

## Use birth control for family planning and at least 18 months between pregnancies

- Continue using the best birth control option for you
- Continue breastfeeding while on birth control
- Make an appointment with your doctor or health center to talk about birth control options like IUDs that are safe for mothers
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