



Congratulations! And welcome to the club of amazing parents-to-be!

We've jam packed the following pages with juicy need-to-know information to keep you and Baby healthy and comfortable during your pregnancy!



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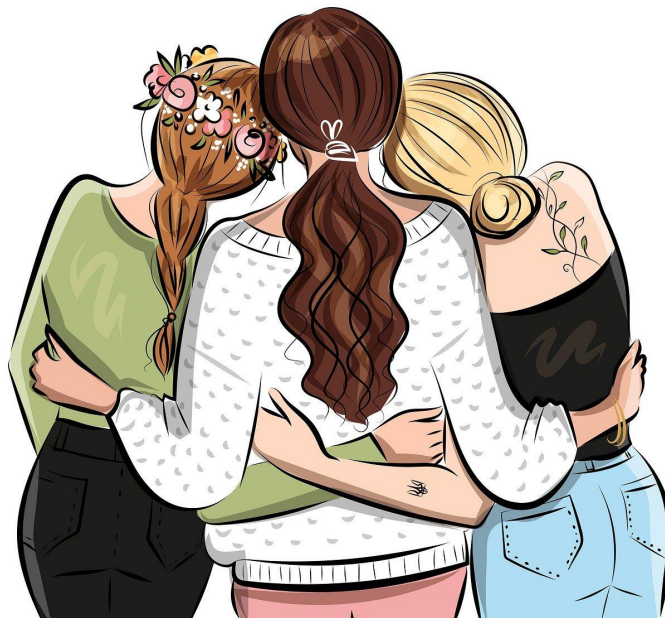


A Note from Your Health Squad

Guess what? You're officially a superhero! Pregnancy might feel overwhelming at times, but you're handling it like a boss!

Master your pregnancy by incorporating these healthy behaviors into your routine for a smooth journey:

- Take folic acid (included in most prenatal vitamins)
- Don't use alcohol, tobacco, or drugs
- Avoid exposure to toxic substances
- Follow a healthy and safe diet
- Limit caffeine intake
- Maintain a healthy weight
- Get regular dental checkups
- **[Make it to all your prenatal doctor appointments :\)](#)**



For more information on all these healthy behaviors during pregnancy, visit the National Institute of Health using the QR code or URL: <https://tinyurl.com/4wkcwbp6>
(make sure to click the dropdowns!)



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Prenatal appointments are where the magic happens...

Don't skip a beat on your journey to parenthood - swing by all your prenatal appointments and keep the good vibes flowing!

With regular prenatal care you can:

- 
- **Reduce the risk of pregnancy complications**
 - **Identify and treat any conditions that occur during pregnancy** - such as high blood pressure or diabetes - to prevent serious complications and their effects.
 - **Identify, treat, or prepare for any issues with the baby.**
 - Ensure that the recommended screenings and tests are being done at appropriate times during your pregnancy.

Topics to bring up with your doctor at your prenatal visits:

- 
- **History of depression**
 - **Issues with previous pregnancies**
 - **Issues that might keep you from attending prenatal appointments** (job, childcare, transportation...)
 - **Medications you're taking** - including herbal supplements as they can harm Baby
 - **Physical activity levels that are safe for you and Baby**
 - What does **healthy weight gain** look like?
 - **Vaccinations** for you and Baby
 - **Birth control options and family planning** after Baby is born
 - **Your nutrition needs**, including vitamin B12 and iron levels

Get Prenatal Vitamins

Level up! It's critical that you and Baby get certain micronutrients for growth - prenats can give you and Baby a healthy boost!

Medicaid will cover many prenatal vitamins!

Even though prenatal vitamins can be purchased "over-the-counter," in order for Medicaid to cover them, your doctor will need to send a prescription to your pharmacy. Your pharmacy will pull them from the shelf and have them ready for when you arrive to pick them up - easy peasy!



What do prenats even do? Folic acid guards against neural tube defects in Baby's early development. Iron fights against pregnancy fatigue AND supports the development of the placenta and fetus. Calcium and vitamin D build strong bones...and more! The earlier you start taking them, the better.



For more information on the importance of vitamins and minerals during pregnancy, visit the Mayo Clinic using the QR code or URL:
<https://tinyurl.com/3d5sryb4>



Quit Tobacco & Get Paid (up to \$130)!!

Smoking is harmful to moms and babies. Quitting is super hard and the *Wyoming Quit Tobacco Program* is ready to help you! They can help you develop a personalized quit plan; provide free gum, patches, and more; quit coaches; and 24/7 support and tools. Those who use the Wyoming Quit Tobacco Program are 3x more likely to quit.

Fact: Tobacco smoke and alcohol use during pregnancy have been shown to increase the risk for **Sudden Infant Death Syndrome**.

The *Wyoming Quit Tobacco Program* wants to see you quit smoking for your health and baby's health. **You're eligible for incentives** for your participation too:

- \$10 Visa prepaid gift card for each coaching call completed while pregnant (up to \$50).
- \$20 Visa prepaid gift card for each coaching call completed after pregnancy (up to \$80).



Ready to get started?

Call 1-800-QUIT-NOW
(1-800-784-8669).



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For more information on the Pregnancy and Postpartum Cessation Program and how it can help you and Baby, view the brochure using the QR code or URL: <https://tinyurl.com/48rpm8pf>



Maximize More of Your Medicaid Benefits!



Dental Care for adults age 21+ includes preventive and emergency dental services. This includes coverage for two check-up visits per year (exam, x-rays, and basic cleaning) as well as pain relief and extractions. Children and young adults under 21 have more services available.



Most Prescription Medications and some over-the-counter drugs are covered. A prescription is required for all drugs.



Ultrasounds are covered if ordered by a provider.



Mental Health & Substance Use Services are covered.



Dietitian Services are covered by a licensed Dietitian when referred by a provider.

Questions? Or, want to check coverage on something specific?

You can look at the Member Handbook:

<https://tinyurl.com/3ahwb5k7>

Or, call the Wyoming Medicaid Customer Service Center @ 855-294-2127.



Let's Talk About Breast Pumps!

There are a couple of ways that you are able to get a breast pump with your Medicaid benefits.

Please know that in order to receive a breast pump, a prescription filled out by your doctor is required. The form on the next page can be filled out by your doctor and given to any of the breast pump providers in the list in the next couple of pages, below.

- Breast pumps can be obtained from some Public Health Nursing Offices across Wyoming and also from other Wyoming Medicaid medical suppliers listed on the next couple of pages.
- Hospital-grade breast pump rentals are available when there's a medical need.
- Manual and electric pumps require a prescription from your provider and are available at 28 weeks or later. Public Health Nursing Offices may not provide breast pumps until the baby is born. Contact your area office to ask any additional questions.



Wyoming Medicaid Breast Pump Prescription

Member's Name: _____

Member's Date of Birth: ____/____/____

Member's Shipping Address: _____

Member's Phone Number: (____) ____-____

Member's Email: _____

Estimated Due Date: ____/____/____ or gestational age ____

Member's Medicaid ID#: _____

Projected Length of Need: _____

Diagnosis Code:

- ☐ Z34.93 Encounter for supervision of normal pregnancy, unsp, third trimester
☐ Z39.1 Encounter for care and examination of lactating mother
☐ 092.79 Other disorders of lactation
☐ Other: _____

Medical Necessity: ☐ Yes ☐ No

Order for: ☐ Double Electric Breast Pump with all associated parts and supplies(E0603)
☐ Other (Provide code): _____

Printed Name of Wyoming Medicaid Enrolled Provider: _____

Signature of Wyoming Medicaid Enrolled Provider: _____

NPI#: _____

Date Ordered: _____



Wyoming Medicaid Breast Pump Providers

Provider Name	City	Phone Number
ALPINE HOME MEDICAL EQUIPMENT, LLC	DRAPER, UT	801-463-0044 Website: https://www.alpinehomemedical.com/ Requires a prescription from your doctor sent to the provider.
BIG HORN COUNTY PUBLIC HEALTH	GREYBULL	307-765-2371 Requires a prescription from your doctor sent to the Public Health Office. Once Baby is born, you'd make an appointment with Public Health, and the pump is provided during your visit.
BUMP HEALTH	PEORIA, IL	888-913-7879 Website: https://bumphealth.com/ Requires a prescription from your doctor sent to the provider. <i>Bump Health can send a breast pump right to your door!</i>
CASPER CHILDREN'S CENTER	CASPER	307-577-4260 Website: https://casperchildrenscenter.com/ Requires a prescription from your doctor sent to the provider.
CASPER-NATRONA COUNTY PUBLIC HEALTH DEPARTMENT	CASPER	307-235-9340 Requires a prescription from your doctor sent to the Public Health Office. Once Baby is born, you'd make an appointment with Public Health, and the pump is provided during your visit.
COMMUNITY DRUG	TORRINGTON	307-532-3030 Website: https://commdrug.com/ Requires a prescription from your doctor sent to the provider.
FREMONT COUNTY PUBLIC HEALTH	RIVERTON	307-856-6979 Requires a prescription from your doctor sent to the Public Health Office. Once Baby is born, you'd make an appointment with Public Health, and the pump is provided during your visit.

Wyoming Medicaid Breast Pump Providers

Provider Name	City	Phone Number
HOME MEDICAL RESOURCES	GILLETTE	307-688-6260 Website: https://www.cchwyo.org/services/home-medical-resources/ Requires a prescription from your doctor sent to the provider.
LINCOLN COUNTY PUBLIC HEALTH NURSING	AFTON	307-877-3780 Requires a prescription from your doctor sent to the Public Health Office. Once Baby is born, you'd make an appointment with Public Health, and the pump is provided during your visit.
MEDSOURCE, LLC	BLOOMINGTON, IL	888-510-5100 Website: https://medsourcellc.com/ Requires a prescription from your doctor sent to the provider.
SWEETWATER COUNTY COMMUNITY NURSING SERVICE	ROCK SPRINGS	307-922-5390 Requires a prescription from your doctor sent to the Public Health Office. Once Baby is born, you'd make an appointment with Public Health, and the pump is provided during your visit.
TETON COUNTY PUBLIC HEALTH	JACKSON	307-733-6401 Requires a prescription from your doctor sent to the Public Health Office. Once Baby is born, you'd make an appointment with Public Health, and the pump is provided during your visit.
UINTA COUNTY PUBLIC HEALTH	EVANSTON	307-789-9203 Requires a prescription from your doctor sent to the Public Health Office. Once Baby is born, you'd make an appointment with Public Health, and the pump is provided during your visit.

Stay Active!

Key Guidelines for Women During Pregnancy & the Postpartum Period

- **Women should do at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity a week during pregnancy and the postpartum period (which is the equivalent of 30 minutes per day/5 days a week).** Preferably, aerobic activity should be spread throughout the week.
- **Women who habitually engaged in vigorous-intensity aerobic activity or who were physically active before pregnancy can continue these activities during pregnancy and the postpartum period (up to a year after birth).**
- Women who are pregnant should be under the care of a healthcare provider who can monitor the progress of the pregnancy. **Women who are pregnant need to consult their healthcare provider about whether or how to adjust their physical activity during pregnancy and after the baby is born.**



What is aerobic physical activity?

Aerobic physical activity is activity where the body's large muscles move in a rhythmic manner for a sustained period of time. Aerobic activity, also called *endurance* or *cardio activity*, improves cardiorespiratory fitness. **Examples include brisk walking, running, swimming, and bicycling.**

Aerobic activity has three components:

- **Intensity**, or how hard a person works to do the activity.
- **Frequency**, or how often a person does aerobic activity; and
- **Duration**, or how long a person does an activity in any one session.



Key Guidelines for Activity Informed by the Physical Activity Guidelines for Americans, 2nd Edition released by the Office of Disease Prevention and Health Promotion. For more information, please visit: <https://health.gov/>

Mental Health

How are YOU feeling?

Being pregnant can bring lots of different emotions, like happiness or worry. **Sometimes, feeling really stressed or sad can be a sign that you need some extra support.**

Don't be shy about talking about how you're feeling when you go to the doctor for your regular check-ups. They're there to help you with both the changes in your body and your feelings. If you ever need more help, they can connect you with a mental health professional who can offer guidance and support. It's also helpful to talk to other moms-to-be. You can share your experiences and feelings with each other. Remember, **taking care of your mind is just as important as taking care of your body for you and your baby.**

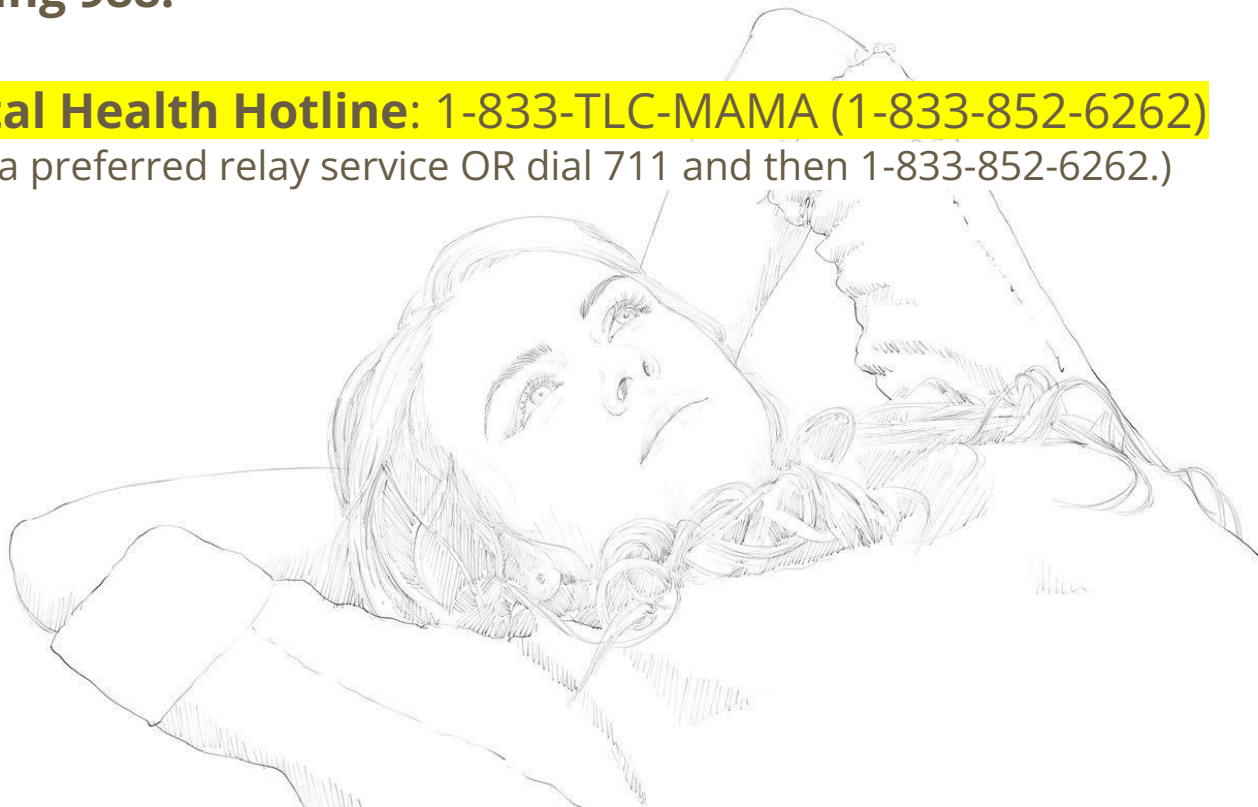
Need to talk now? Call the Maternal Mental Health Hotline, number below. Or, if you're in crisis, **contact the National Suicide Prevention Lifeline by dialing 988.**

Maternal Mental Health Hotline: 1-833-TLC-MAMA (1-833-852-6262)

(TTY users: use a preferred relay service OR dial 711 and then 1-833-852-6262.)



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Maternal Mental Health Hotline

The National Maternal Mental Health Hotline provides **24/7, free, confidential support before, during, and after pregnancy.** The Hotline offers callers:

- Phone or text access to professional counselors
- Real-time support and information
- Response within a few minutes, 24 hours a day, 7 days a week
- Resources
- Referrals to local and telehealth providers and support groups
- Culturally sensitive support
- Counselors who speak English and Spanish
- Interpreter services in 60 languages



Maternal Mental Health Hotline: 1-833-TLC-MAMA (1-833-852-6262)

(TTY users: use a preferred relay service OR dial 711 and then 1-833-852-6262.)

The Maternal Mental Health Hotline is not intended as an emergency response line and **individuals in behavioral health crisis should continue to contact the National Suicide Prevention Lifeline by dialing 988** or using the chat service at <https://988lifeline.org/chat/>.



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Action Plan for Depression and Anxiety Around Pregnancy

Having a baby brings a mix of emotions, including feeling sad and feeling overwhelmed. Many women experience deeper signs of depression and anxiety before and after birth. Be prepared. Watch for the signs.

If you...

- Feel like you just aren't yourself
- Have trouble managing your emotions
- Feel overwhelmed but are still able to care for yourself and your baby

You may be experiencing mood swings that happen to many pregnant women and new moms.

These feelings typically go away after a couple of weeks.

- Take special care of yourself. Get your partner to watch the baby, get a babysitter, or team up with another mom to share child care so that you can rest and exercise.
- Continue to watch for the signs of depression and anxiety in the yellow and red sections below. If things get worse, find someone to talk to. Talk to a health care provider if you feel unsure.

If you...

- Have feelings of intense anxiety that hit with no warning
- Feel foggy and have difficulty completing tasks
- Feel "robotic," like you are just going through the motions
- Have little interest in things that you used to enjoy
- Feel very anxious around the baby and your other children
- Have scary, upsetting thoughts that don't go away
- Feel guilty and feel like you are failing at motherhood

You may be experiencing postpartum depression and anxiety.

These feelings will not go away on their own.

- Get help. Contact your health care provider or visit a clinic.
- Call Postpartum Support International at 1-800-944-4PPD (4773) to speak to a volunteer who can provide support and resources in your area.
- Talk to your partner, family, and friends about these feelings so they can help you.

If you...

- Feel hopeless and total despair
- Feel out of touch with reality (you may see or hear things that other people don't)
- Feel that you may hurt yourself or your baby

Get help now!

- Call 9-1-1 for immediate help.
- Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) for free and confidential emotional support—they talk about more than suicide.
- Call the Substance Abuse and Mental Health Services Administration's National Helpline at 1-800-662-HELP (4357) for 24-hour free and confidential mental health information, treatment, and recovery services referral in English and Spanish.

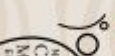
Depression and Anxiety Happen. Getting Help Matters.

To learn more, visit nichd.nih.gov/MaternalMentalHealth.

To find a mental health provider in your area, call 1-800-662-HELP (4357).



Eunice Kennedy Shriver National Institute
of Child Health and Human Development



NATIONAL
CHILD &
MATERNAL HEALTH
EDUCATION PROGRAM

Resources

Feeling like you're juggling a thousand things and still coming up short? Don't worry - there are some awesome resources available!

Department of Family Services. The Wyoming Department of Family Services has multiple programs you might be eligible for many different reasons: food assistance, housing, utilities, energy assistance, cash assistance and more! If you are interested in learning more, visit DFS by using the QR code or by visiting: <https://dfs.wyo.gov/assistance-programs/>



Physical & Emotional Abuse. If someone is intentionally causing you bodily harm, injury, or trauma (physical abuse); or, controlling you, scaring, humiliating, isolating, ignoring you, or hurting you (emotional abuse) – this is abuse. **If you're experiencing any type of abuse, please call the National Domestic Violence Hotline at 1-800-799-7233.**

Women, Infants, & Children (WIC) Program. WIC is a special supplemental nutrition program for women, infants, and children that focuses on the link between good nutrition and good health. You'll get FREE healthy food and MORE! Learn more or contact WIC, by using the QR code or visit: <https://tinyurl.com/yd3mp5vz>.



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Wyoming 2-1-1. Wyoming 2-1-1 has an evolving list of programs, available by geographic area. Wyoming 2-1-1 is a great place to find many different Wyoming-specific resources as needs arise. Use the QR code, dial 2-1-1 or 888-425-7138, or visit: <https://wyoming211.org/>.

Women, Infants, & Children (WIC) Program

Ever wished there was a way to stretch your grocery budget and still cook up nutritious meals? Look no further than the Woman, Infant, Children Program!



What exactly is WIC? WIC is a special supplemental nutrition program for women, infants, and children that focuses on the link between good nutrition and good health. :)

Since you qualify for Medicaid, you qualify for WIC. You'll receive:

- **FREE healthy food** (fresh produce, yogurt, cheese, eggs, whole grains, and much more!)
- **Breastfeeding support** and pumps
- Nutrition coaching
- Recipes & shopping tips
- **Nutrition & breastfeeding classes**
- Growth milestones for your well being
- Referrals to other community programs



Pro tip: Pregnant women can qualify - contact WIC today!!



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For more information on the WIC Program, visit their website by using the QR code or URL: <https://health.wyo.gov/publichealth/wic/>.



Find a Provider

Finding care in your area can be a breeze - scan the QR codes or visit the webpage URLs below to find doctors and providers!

Mental Health. It's important to seek help when you start to feel distress or that something "just isn't right." Reaching out for support is a sign of strength. These are the professionals who can help you through postpartum depression, anxiety, and more! To find mental health professionals by Wyoming county, visit:

<https://tinyurl.com/bdffnz7e>



Substance Use Treatment Providers. Using substances like drugs and alcohol can hurt you and Baby during pregnancy, your ability to care for any children you have, and can cause physical health problems. A substance use treatment provider is a professional trained to help those using drugs and alcohol and can also help treat root causes of substance use. Use the QR code or visit: <https://tinyurl.com/4hys8vmx>



If you need to find a medical provider, hospital, clinic, mental health, or substance use treatment providers, use this "Provider Locator" tool to find someone in your area. Use the QR code or visit: <https://tinyurl.com/2dyhjazzk>



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Wyoming Hand in Hand Program

We would like to tell you about the Wyoming Hand in Hand program! It is a **free program available to all women, in all 23 Wyoming counties, during pregnancy and following the birth of your baby and can continue until your child's 2nd birthday.** A specially trained nurse can provide various screenings, evidence based education, and specialized support for your family.



Wyoming Hand in Hand nurses want to help you have a healthy pregnancy, improve bonding and attachment, support your child's health and development and teach you the skills to parent effectively.

All education is individualized to meet the needs of each family. There are many topics that can be discussed during a visit such as nutrition, child growth and development, bonding and attachment, mental health, substance use support, family relationships and many other areas of support and resources.

All of our Wyoming Hand in Hand nurses are also Certified Lactation Counselors and can help with many breastfeeding issues that may arise. The Wyoming Hand in Hand program **even offers developmental gifts throughout the program** to support a hands-on learning environment!



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To enroll into the Wyoming Hand in Hand Program, scan this QR code or visit the Public Health webpage at:

<https://health.wyo.gov/publichealth/nursing/wyoming-hand-in-hand/>



Prenatal Visit with a Pediatric Provider

While you are pregnant, you are welcome to select a pediatric provider for your Baby and schedule an appointment to meet with them!

You and Baby's pediatric provider will discuss topics like:

- Parenting techniques
- Delivery and nursery routines
- Feeding Baby
- Circumcision (if applicable)
- The Well Child Visit schedule
- Safety
- Immunizations
- Helping get you connected to community resources you might need (food, clothing, housing, etc.)
- And answer any questions you have before Baby arrives!



Medicaid can cover the cost of a prenatal pediatric provider visit once during a pregnancy.



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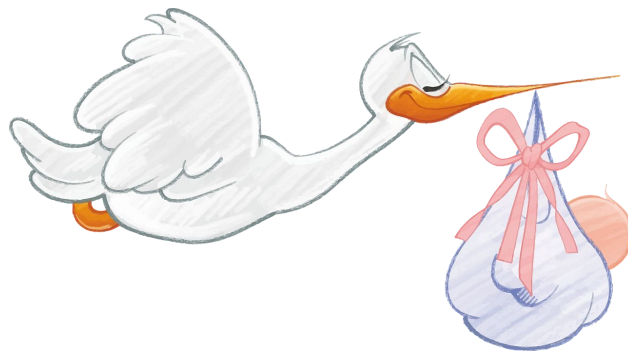
If you need to **find a pediatric provider**, use this **"Provider Locator" tool** to find someone in your area. Scan the QR code with your phone or visit: <https://tinyurl.com/2dyhjazzk>



FREE - Understanding Birth eClass

This is a FREE online eClass offered through Cheyenne Regional Medical Center and is available to anyone.

Understanding Birth eClass is a unique online learning experience that provides comprehensive information you can trust as you prepare for your upcoming birth. In this class, you'll learn all about the birth process and medical procedures through instructive video clips, animations, and interactive games. You'll also get a sense of what labor is really like as you watch several birth stories. You'll even have an opportunity to create your own birth plan!



To get registered and get access, use the QR code or URL:

- Visit: <https://tinyurl.com/yc59swbn> - click "Sign In to Register"
- Enter your email address and password - click "Sign In"
- Create your Online Profile
- Navigate back to: <https://tinyurl.com/yc59swbn>
- Click "Sign in to Register" (use the email and password you just created)
- On the Registration Form page, click the blue "Submit" button
- You'll receive an email with further instructions on accessing the eClass



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Beyond the Bump: You're a Postpartum Pro



We're stuffing even *MORE* need-to-know information into the following pages for you.

These are the essentials for caring for yourself and having what you need to THRIVE in your new MOM era!



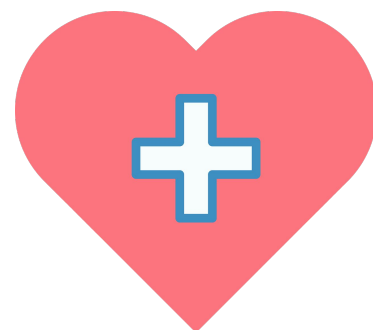
A Note from Your Health Squad

Hey Mama, just wanted to remind you that you're absolutely amazing. Keep shining - you're doing an incredible job!



As your body is healing, if you don't feel "right" or "good" - speak up! If you're in more pain than you were prepared for or bleeding more than you thought you would - say something! You know your body better than anyone else and if something doesn't feel right, get a hold of your doctor ASAP! If it's after-hours, **the nurses at the 24/7 nurse line can help** you talk through what is going on and advise you on what to do next. **Please call toll-free 888-545-1710, press #2** (TTY: 711) to speak to a nurse (have your Medicaid ID handy).

Your health matters! Keep an eye on your blood pressure - even if you feel great. **High blood pressure can pose serious risks** - watch out for signs such as headaches, seeing spots or sparkles, blurred vision, trouble breathing/shortness of breath, stomach pain or vomiting, and swelling - especially in your hands and face. If you experience any of these symptoms, reach out to your healthcare provider immediately.



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Medicaid has your back with 12 months of postpartum health coverage!

Wyoming Medicaid has been approved to extend postpartum coverage and benefits from 60 days to a full year! You don't have to do anything to ensure your coverage continues after you have Baby.

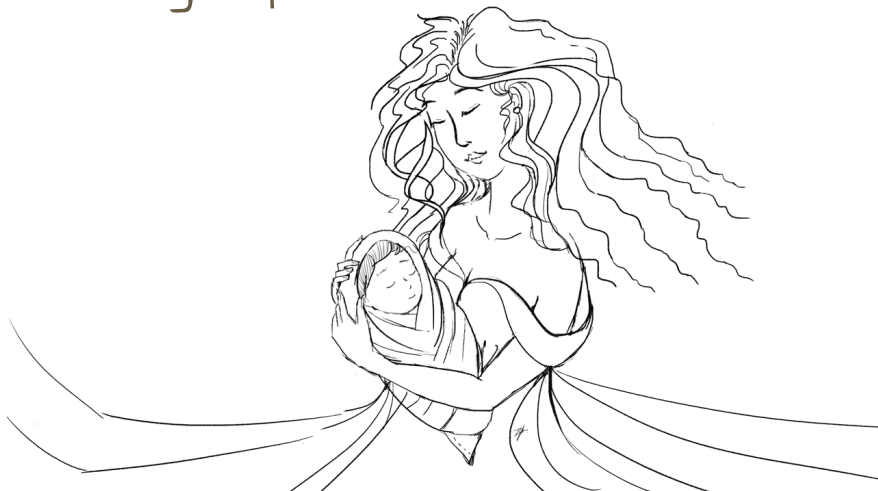
But, what does that mean for you?

- **The full Medicaid benefits - the same benefits you had while you were pregnant - will continue** for an additional 12 months after Baby is born and are not limited to pregnancy-related conditions! These benefits continue to include visits with your provider, dental care, prescriptions, and more!
- **Your provider can monitor you as you heal for longer**
- You have more flexibility to **schedule unlimited postpartum care visits** (*at least two visits should be scheduled - at 3 weeks and 3 months after birth*)
- **Get mental health support if you're feeling sad or "blue"**
- ...and more!

Pro tip: Contact the Customer Service Center with benefit or coverage questions! Call: 855-294-2127.



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Postpartum Check-Ups

There's breast pumps, and spit up, and diapers – oh my! While there are so many adjustments to life with Baby, **the most important thing is YOUR and BABY'S health.**



Your doctor needs to monitor you as you heal and if you don't already have your in-person postpartum check ups scheduled, please call your doctor and get those on the calendar.

Your first postpartum check up should be scheduled 3 weeks after birth.

Your second postpartum check up should be scheduled within 3 months after birth.

Medicaid will cover additional postpartum visits, if needed. :)

What do your postpartum check ups cover?

- How you're feeling - both physically and emotionally
- How you're recovering after birth
- How you're taking care of your baby, including how feeding your baby is going
- Birth control options for you - How long you would like to wait until becoming pregnant again - or - If you prefer not to become pregnant again
- How well you're sleeping and if you are feeling too tired
- How you're doing with any other health problems you may have



Newborn Check-Ups

Hey Supermom! Time to rock those baby check ups and keep your little one on the path to awesomeness!

Going to the doctor for your baby's check ups is really important. These **well child visits help the doctor make sure your baby is growing well and learning new things like sitting up and talking.**

What do newborn check ups cover?

- Baby's growth and development milestones
- Health screening and early detection of health issues.
- Vaccinations to protect them from serious illnesses and diseases.
- Nutritional guidance on breastfeeding, formula feeding, and introduction to solid foods.
- ...and more!



Pro tip: Make sure to ask the doctor about safe sleeping positions to avoid Sudden Infant Death Syndrome (SIDS)!!



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For more information, check out the American Academy of Pediatrics Family Tip Sheet by using the QR code or URL:
<https://tinyurl.com/282u95yu>.



Postpartum Depression (page 1/3)

Let's shine a light on a topic that's often whispered about but deserves our full attention: postpartum depression.

A new baby can bring a range of emotions. In fact, many women feel overwhelmed, sad, or anxious at different times during their pregnancy and even after the baby is born. For many women, these feelings go away on their own. But for some women, these emotions are more serious and may stay for some time.

What are some signs of depression and anxiety?

- Extremely sad or angry without warning
- Foggy or have trouble completing tasks
- "Robotic," like they are just going through the motions
- Very anxious around the baby and their other children
- Guilty and like they are failing at motherhood
- Unusually irritable or angry



Find out what to do if you feel this way!



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For more information, visit the National Institutes of Health by using the QR code or URL: <https://tinyurl.com/3rdtmwrc>.

Source: NIH

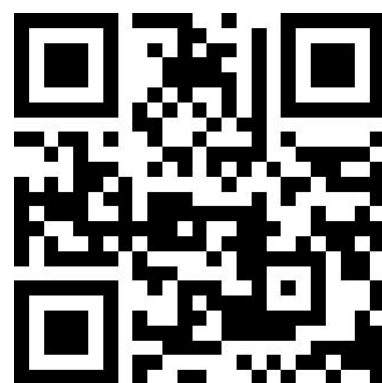


Postpartum Depression, Continued (page 2/3)

Researchers believe that depression is one of the most common problems women experience during and after pregnancy. If you feel it too, you're not alone.

Can depression and anxiety during pregnancy or after birth affect my baby? Yes.

It is important to seek help when you start to feel anxiety, depression, or that something “just isn’t right.” Reaching out for support is a sign of strength. Professionals can help you through navigate your feelings, provide counseling, and medications that might be right for you! To find mental health professionals by Wyoming county, use the QR code or visit: <https://tinyurl.com/bdffnz7e>



Maternal Mental Health Hotline: 1-833-TLC-MAMA (1-833-852-6262)

If in crisis, contact the National Suicide Prevention Lifeline by dialing 988.

In addition to treatment, there's more! Find out next!



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Source: NIH

Postpartum Depression, Continued (page 3/3)

Is there anything you can do in addition to treatment? Absolutely!

- **Connect with other moms.** Look for a moms' group in your community or online. These groups may give you the chance to learn from others who are going through or have gone through the same thing and to share your own feelings. [Postpartum Support International \(PSI\)](#) can help you locate groups in your area. [Postpartum Progress®](#) offers a private online community so you can connect with other moms no matter where you live.
- **Make time for yourself.** Do something for you, like getting out of the house, or taking a hot bath without interruption. If you can, have your partner, a family member, or babysitter watch the baby regularly and go visit a friend or run an errand.
- **Do something you enjoy.** Whether it is listening to music, reading a book, or watching a favorite movie, take a bit of time each day to do something you enjoy.
- **Be realistic.** You don't have to do everything. You don't have to have the "perfect" home. Just do what you can and leave the rest.
- **Ask for help.** Don't be afraid to ask for help from family and friends, whether it's caring for the baby or doing household chores.
- **Rest when the baby rests.** Sleep is just as important for you as it is for the baby. Sleep when the baby sleeps, during naps and at night.
- **Be with others.** Seek out other adults, like family and friends, who can provide comfort and company. Regularly create a special time for you and your partner or for you and a friend to be together.



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For more information, visit the National Institutes of Health by using the QR code or URL: <https://tinyurl.com/3rdtmwrc>.

Source: NIH



Breastfeeding Support

Ever wonder why breastfeeding is like giving your baby a magic potion of goodness? It's not just about milk - it's like giving your baby a golden ticket to health and cuddles!

There are so many benefits of breastfeeding!
Breastfed babies have lower risks of:

- Asthma
- Cancer
- Ear infections
- Eczema
- Diarrhea and vomiting
- Respiratory infections
- Sudden Infant Death Syndrome (SIDS)
- Type 2 Diabetes



Pro tip: Contact the Wyoming Hand in Hand Program for help with breastfeeding - a nurse will come right to your house!



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The Women, Infant, Children (WIC) Program has a treasure trove of information. Visit their website by using the QR code or URL:
<https://wicbreastfeeding.fns.usda.gov/>.



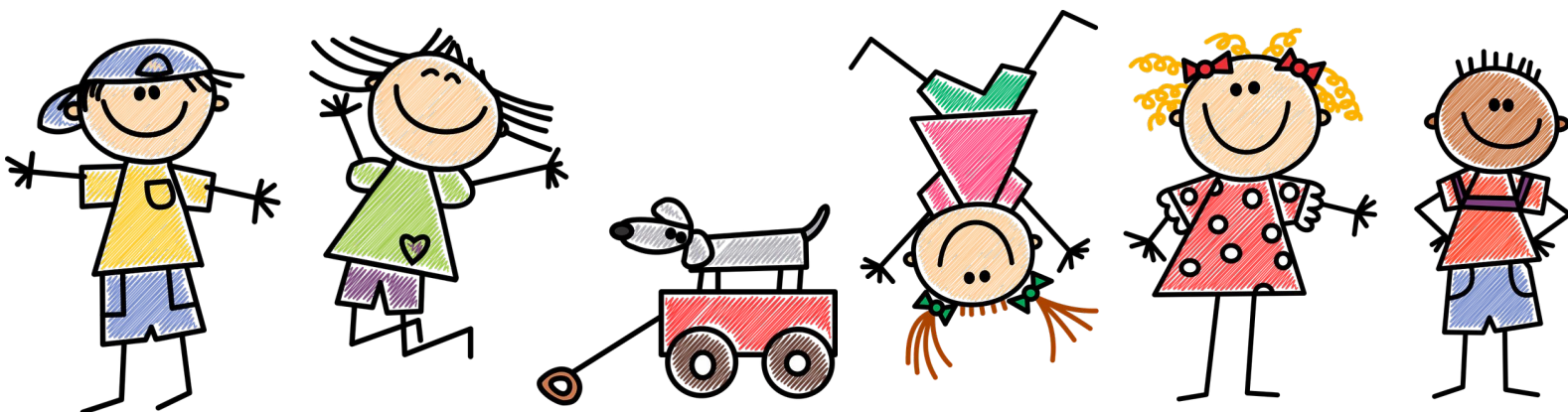
Help Paying for Childcare

When you're at work or school, your tiny sidekick will need care!

There is **Child Care Financial Assistance** available in Wyoming - through the Wyoming Department of Family Services (DFS) - that can provide **assistance to pay for the cost of child care when the parent(s) is searching for employment, working, in school or training.**

If the family meets the eligibility criteria, **DFS pays a portion of the cost of care.** Parents are free to choose a child care arrangement that best fits their needs as long as the chosen provider meets certain health and safety requirements.

Since you've already qualified for Medicaid, you should meet all financial eligibility qualifications - please contact DFS to learn more!



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For more information on DFS' Child Care Financial Assistance Program, visit their website by using the QR code or URL:

<https://tinyurl.com/mtapz2dv>.



Parents as Teachers

The Parents as Teachers Program is a **FREE** parental support and child development program for Wyoming parents! After signing up, you'll meet with a certified parent educator who can come to you in your home or meet you out in the community - grabbing coffee and sitting down for a chat sounds like a great idea!

Together, you'll **focus on fun activities to promote child growth**, parenting topics like attachment and sleep, and family well-being. These are **opportunities to socialize your kiddos and gives you the opportunity to interact with other Wyoming parents** who are on the journey of parenting – just like you!



For more information on the Parents as Teachers (PAT) Program, visit their website by using the QR code or URL:

<https://www.wypat.org/services>.



To contact or enroll in PAT, call: 307-438-1259.