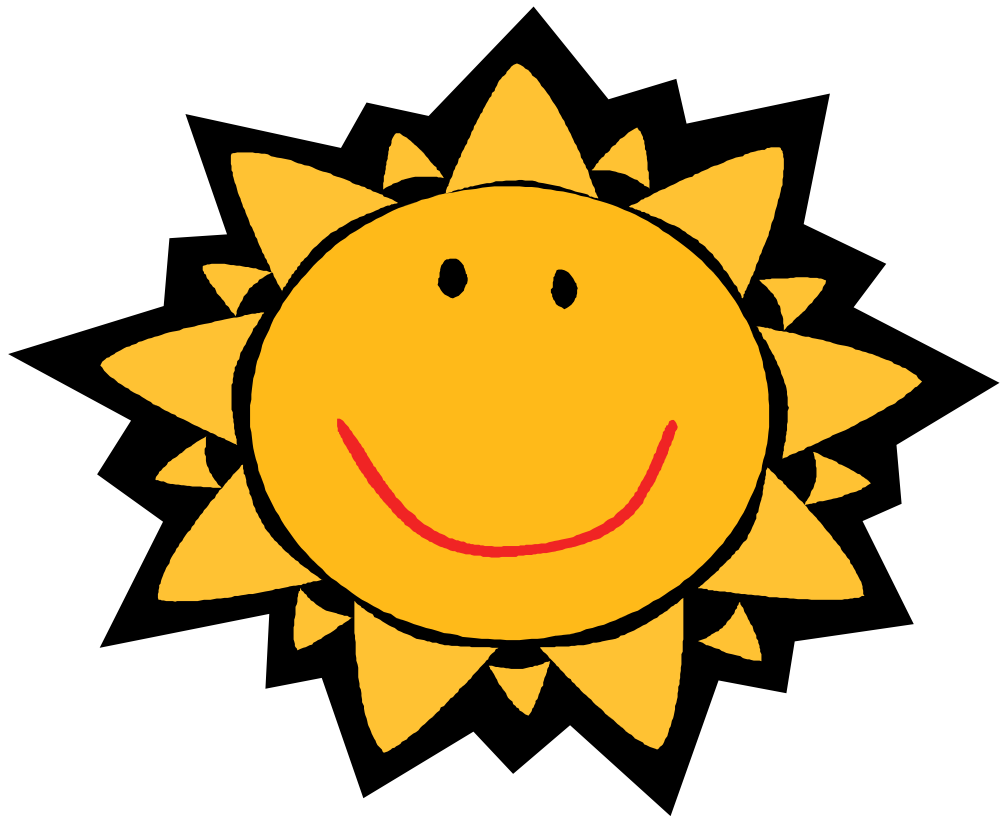


Michelle, Me & More

Think Spring

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- Thrush does not usually cause any discomfort
- Thrush is a mild infection
-

For Your Information

What Is Thrush???

Thrush is a very mild infection that causes white patches to coat the inside of the cheeks and tongue of your baby. These patches cannot be easily wiped off

and do not come off in between feedings. It is caused by a yeast infection and is easily cleared up with a prescription medicine called Nystatin. Thrush does not usually cause any discomfort and your baby should con-

tinue to feed normally, even without treatment.



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Preterm Labor



Summer Time:
Great season for
fresh fruit !

Do you know the signs?

Preterm labor or premature labor is a very serious complication of pregnancy. This is defined as labor that begins 3 or more weeks before your due date. Unfortunately, many women do not understand the signs of preterm labor. Early detection can help prevent preterm birth and possibly help you to carry your pregnancy to term or to give your baby a better chance of survival.

Know The Signs

Cramps that feel like your period

Contractions every 10 minutes, or more

Low, dull backache

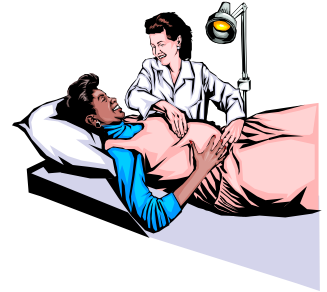
Fluid leaking from your vagina

Pressure that feels like the baby is pushing down

Cramps with or without diarrhea

If you have any of these signs,

call your doctor or go to the hospital right away !



Sharing Feelings.....You & Your Baby



While most of your baby's social and emotional development won't occur until after he or she is born, the baby is beginning to take the first steps toward expressing their personality. Did you know that your baby is sharing your mood? Because he or she is connected to you by the umbilical cord, the emotional reac-

tions you experience may also affect him or her. When you are excited, the baby shares your rush of adrenaline. In a similar way, the baby also takes part in the experience when you're feeling calm or happy. During stressful times, you can help calm your baby and yourself by putting on relaxing music, talking to your baby and

gently stroking your stomach. Your baby also shares your taste in music. In studies, newborns were shown to prefer a song they heard frequently while they were in the womb.

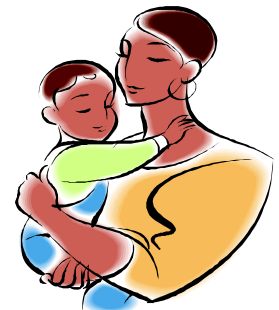
Free Pregnancy Testing



Peachy Keen !!

In order to ensure that moms get early prenatal care, Healthy Start offers FREE Pregnancy Tests at various sites in the community. Please call 1 (800) 445-BABY for available times. East Chicago: Roberto Clemente Center: 3636 Elm St./391-8484. Heritage Hall:4506 Tod Ave./391-8380.

Gary WIC: 650 Grant St./ 882-6510. Gary Neighborhood Services: 300 W. 21st. Ave./883-0431 ext. 23. Hammond: Mom, Kids & Co.: 1331 Columbia Court./844-2779. Lake Station: Lake Station WIC: 2580 Central Ave./962-4116



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Fruit Pizza Recipe

Summer is here and it's time for those wonderful picnics! If you are looking for something a little different—here is the recipe for you !

1/2 pkg of refrigerated sugar cookie dough
1/3 cup sugar
8oz. Whipped light cream cheese
1/2 teaspoon vanilla
1 tablespoon water
1/4 cup apricot preserves
Fruit of your choice (sliced)

banana, strawberry, kiwi, seedless grapes, melon balls (cut in half) or blueberries.

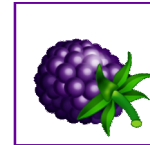
Crust: Spread the cookie dough over a 14-inch pizza pan. Bake in a 375 degree oven for 12 minutes or until lightly golden brown. Cool in the pan.

Topping: Blend the cream cheese with the sugar and vanilla until completely mixed. Spread in a thin layer over the cooled crust.

Fruit Layer: Creatively arrange the fruit in circles while slightly overlapping the slices around the crust.

Glaze: Bring the water and preserves to a boil, stirring constantly. Lightly brush this glaze on top of the fruit to preserve the color. Refrigerate until ready to serve.

Makes 10 servings.



Agency Highlight...The Women's Center

The Women's Center Of Northwest Indiana

The Women's Center assists women with nutritional guidance, baby clothing and furnishings, infant and child care instruction and sexual abstinence counseling. The Women's Center also offers free pregnancy testing, coun-

seling for families experiencing and unplanned pregnancy, referrals for medical care, adoption, foster care, housing during pregnancy and legal assistance.

The center helps women who may not be aware of their options. It provides information and support as they work

through their feelings. All information is confidential. All services are free.

Merrillville—64 W. 80th Pl,
769-4354

Highland—2942 Highway Ave.
830-4556

Valparaiso—2305 Roosevelt,
477-4460

The Women's Center helps women with everything from nutrition advice to baby clothing !

Consortium News

On April 9, 2008, the Healthy Start Consortium's monthly meeting was held. There was also a presentation from the Aliveness Program. Mr. Ricardo Nash was the presenter. He discussed Sexually Transmitted Diseases and ways to protect ourselves. After the presentation, the members

discussed new consortium rules. It was decided that members of the consortium should turn off cell phones during meetings, members should control their children & refrain from talking while others are speaking. Next meeting is June 11, 2008. We encourage everyone to participate !



Rico Nash, The Aliveness program

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Please Join Us.

Infants and young children should not eat hot dogs, nuts, seeds, round candies, popcorn, hard, raw fruits and vegetables, grapes, or peanut butter. These foods are not safe and may cause your child to choke. Always watch a young child while he is eating. Insist that the child sit down to eat or drink.



Car Seat Safety

Before you place your child in a car seat, make sure to check the temperature of the seat. Hot straps or buckles can cause burns. If you park in direct sunlight, cover the car seat with a towel or blanket.



Healthy Start Baby Store

Come Out To The Baby Store.....And Spend Your Baby Bucks !!!

Have You Earned Baby Bucks??

7854 Interstate Plaza Drive

If so, come to the "Baby Store" On

Hammond, IN

Contact your case manager for transportation.

June 4, 2008

10:00 a.m.—1:00 p.m.



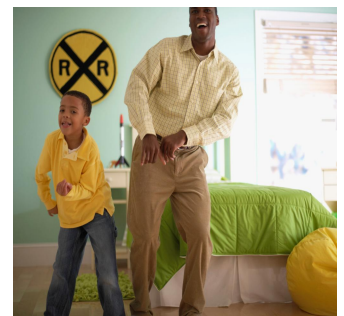
Please Join Us.

The Healthy Start Dad's Group meets every Tuesday evening at our office located at 7854 Interstate Plaza Drive in Hammond, Indiana.

A representative from D.A.D.'s (Dads Are Doing Something) will be at our office leading a discussion that is

relevant to both new and experienced fathers. We invite all of our Healthy Start dads to come out and be a part of this group. For more information, call 1.800.445.2229 or 219.989.3939 !!!

We look forward to seeing you.....



Hammond, IN 46324

Phone: 219-989-3939

Fax: 219-989-3930

Ladies....Look out for a Father's Day newsletter to give to your baby's father !

MISSION AND PHILOSOPHY

Healthy Start is a federally funded project designed to reduce infant mortality by helping women of childbearing age improve their health behaviors.

Women are more likely to make healthy choices regarding childbirth if they are informed, if barriers to services are reduced, and if medical checkups, nutrition education, and substance abuse treatment are readily accessible.

Healthy Start supports this by offering a "one stop shopping" approach to services, by coordinating services between public and private agencies, and by providing outreach activities that educate and inform members of the community.

Serving the communities of East Chicago, Gary, Hammond & Lake Station

Nutrition



Your desire for certain foods may increase during your pregnancy. There is no evidence that foods may increase during your pregnancy. There is no evidence that food cravings are the result of some nutrient that your body is lacking. Actually the cause of food craving is still a mystery. Some people feel that it may be a hormonal or emotional response. If the food you crave is nutritious, there is no harm in satisfying the craving within reason. If

the food you are craving is not so nutritious, such as sweets or chips, try eating it in small amounts along with a healthy meal or snack.

Food aversions are the opposite of food cravings. Foods that you had once eaten and enjoyed before pregnancy might now be a major turn-off. If the food that you can no longer eat is a nutritious food, try to substitute another similar food from that same food group so you don't miss out on important nutrients. If or-

anges now make you sick, try strawberries, kiwis or tomatoes. They are all excellent sources of vitamin C.

Some pregnant women have cravings to eat unusual food items or non-food items, such as clay, dirt, flour or ashes. This is called pica. Eating these items can be dangerous to both mother and baby. If you experience these types of cravings, discuss it with your doctor.