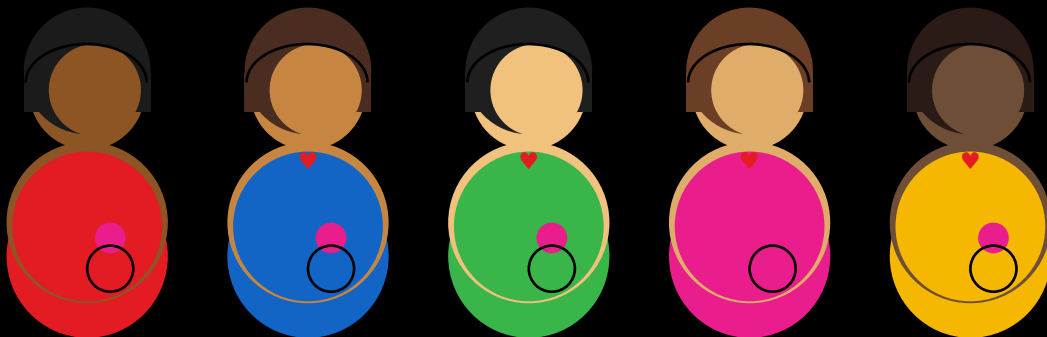




EDITION 1 • JULY 2026

YOUR PREGNANCY. YOUR BABY. YOUR JOURNEY.



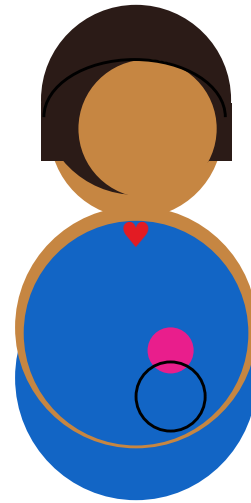
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FROM OUR CARE TEAM

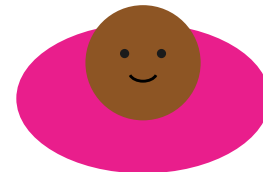
Welcome to Care Magazine

Welcome to the first edition of Care Magazine—a practical, encouraging resource created to support moms, babies, and families through pregnancy and the first months of life. Our goal is simple: share trustworthy information, celebrate diverse motherhood, and help every family feel prepared, respected, and supported.



Inside this edition

- 03 Prenatal care: the appointments that matter
- 04 Eating for two—without the pressure
- 05 Mental wellness & emotional support
- 06 Labor, birth & making a plan
- 07 Newborn basics for the first weeks
- 08 Feeding baby: breast, bottle & combination
- 09 Postpartum recovery & support
- 10 Family resources & a new-baby checklist



Editorial note: This magazine is educational and is not a substitute for individualized medical advice.

If you have urgent concerns during pregnancy or after birth, contact your healthcare professional or emergency services.

THE APPOINTMENTS THAT MATTER

Prenatal Care, Made Clear

Prenatal visits are a chance to check on your health, track your baby's growth, review screening options, and ask questions. Your schedule may vary based on your health history, your pregnancy, and your clinician's recommendations.

First visits

Review medical history, medications, due-date estimates, routine labs, and screening choices.

Middle months

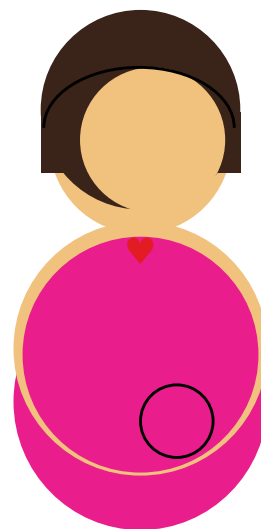
Monitor blood pressure, growth, symptoms, movement, and recommended tests.

Later pregnancy

Discuss birth plans, warning signs, feeding goals, newborn care, and postpartum support.

Questions worth bringing

- What symptoms should prompt a call today?
- Which vaccines and screenings are recommended for me?
- What should I know about my medications and supplements?
- Who should I contact after hours?



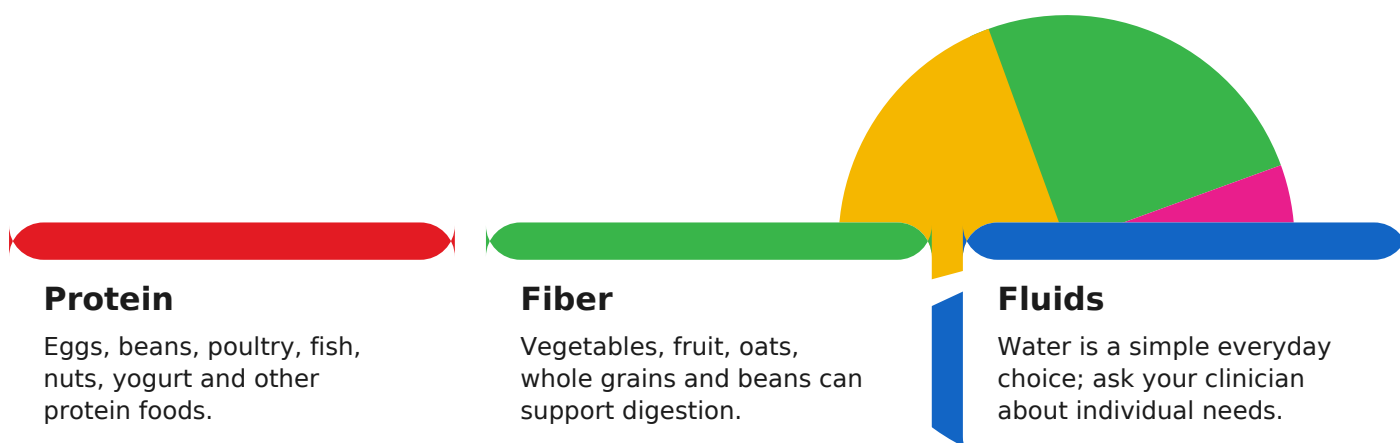
CARE TIP

Keep a short list of questions in your phone so you can use your appointment time well.

EATING WITHOUT THE PRESSURE

Nourish Mom & Baby

Pregnancy nutrition is about consistent nourishment, not perfection. Build meals around a variety of fruits and vegetables, whole grains, protein foods, and healthy fats. Your prenatal clinician can help tailor nutrition advice to your needs.



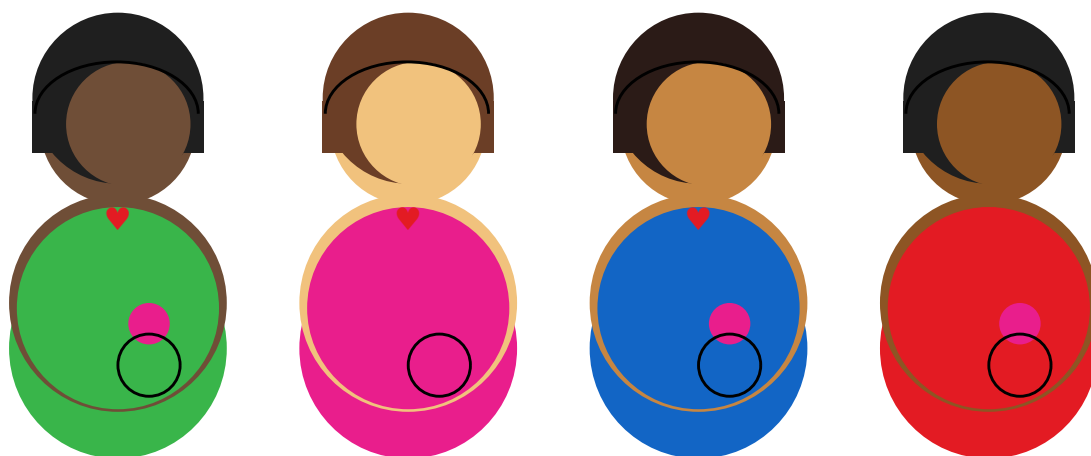
Think variety, balance & hydration

Food-safety basics

- Wash produce and hands well.
- Choose pasteurized milk and dairy products.
- Cook meat, poultry, seafood and eggs thoroughly.
- Follow current guidance from your healthcare professional on fish choices and other foods to avoid.

MENTAL WELLNESS IN PREGNANCY & BEYOND

Your Feelings Matter



Pregnancy and the postpartum period can bring joy, stress, excitement, worry, and many feelings at once. You deserve support without judgment. If sadness, anxiety, panic, hopelessness, or feeling unlike yourself is interfering with daily life, tell someone you trust and talk with a healthcare professional.

Build your support circle

Partner • family • friend • doula •
counselor • faith/community support •
healthcare team

Small daily resets

Eat regularly. Rest when you can. Step
outside. Ask for help. Make space for
something that brings you calm.

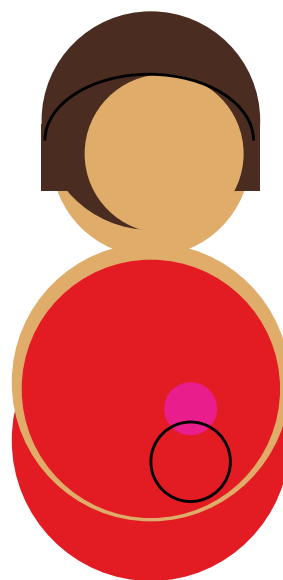
LABOR, DELIVERY & PREFERENCES

Make a Birth Plan That Works for You

A birth plan is a conversation starter, not a promise that everything will happen exactly as written. Think about the environment you prefer, who you want with you, pain-management options, movement, feeding goals, and what matters most if plans change.

My priorities

- People I want in the room
- Comfort and pain-management preferences
- Communication and consent
- Feeding goals after birth
- Newborn procedures and questions
- Who to call for postpartum concerns



Remember

Your voice matters. Ask questions. You can change your mind when circumstances change.

NEWBORN BASICS

The First Weeks With Baby

The newborn period is a learning season. Feed your baby according to guidance from your pediatric or maternity care team, keep the sleep space safe, and give yourself permission to learn one day at a time.



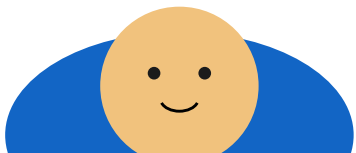
Safe sleep

Place baby on their back on a firm, flat sleep surface without loose bedding or soft objects.



Diapers

Track wet and dirty diapers as your care team recommends; patterns can help you spot feeding concerns.

Skin-to-skin

Cuddling skin-to-skin can support bonding and may help with feeding and calming.

Call your baby's clinician promptly if...

- Your baby is having trouble breathing, is unusually difficult to wake, or you are worried something is seriously wrong.
- Feeding is difficult or your baby is not having the expected number of wet diapers.
- Your baby has a fever or other symptom your care team has told you to watch for.

BREAST, BOTTLE & COMBINATION FEEDING

Feeding Baby: Find Your Fit

Families feed babies in many different ways. Breastfeeding, expressed milk, formula, and combination feeding can all be part of a healthy feeding plan. Your baby's clinician or a qualified lactation professional can help you troubleshoot feeding concerns.

Breastfeeding

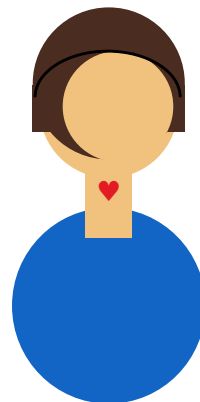
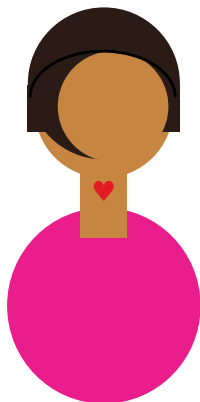
Focus on comfortable positioning, frequent opportunities to feed, and support when latch or supply is challenging.

Expressed milk

Pumping or hand expression can be useful for families who choose to provide breast milk by bottle.

Formula

Use prepared formula according to label directions and your pediatric clinician's guidance.



No shame. No competition.

The goal is a fed, growing baby and a supported parent. Ask for help early if feeding hurts, feels overwhelming, or is not going as expected.

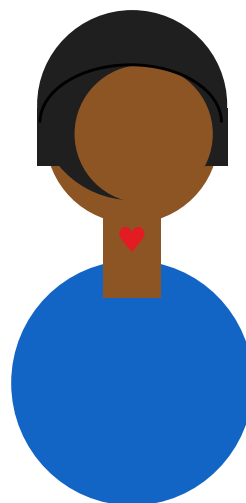
RECOVERY AFTER BIRTH

Care for the Caregiver

Postpartum recovery is real recovery. Sleep disruption, soreness, hormonal changes, feeding demands, and the emotional transition into parenthood can be intense. Accept practical help and keep your follow-up appointments.

Recovery basics

- Rest and hydrate when possible.
- Take medications only as directed.
- Keep follow-up appointments.
- Let someone else handle meals, errands, or chores.



Know the warning signs

Seek urgent medical care for severe or worsening symptoms, heavy bleeding, trouble breathing, chest pain, severe headache or vision changes, fainting, or other symptoms your clinician has told you are emergencies.





NEW-BABY CHECKLIST

☐ Pediatric clinician selected

☐ Safe sleep space ready

☐ Diapers & wipes stocked

☐ Feeding supplies ready

☐ Car seat installed according to instructions

☐ Postpartum support plan

☐ Important phone numbers saved

Care Magazine • Edition 1 • July 2026

A HEALTHY PREGNANCY JOURNEY FOR MOM & BABY