

Montgomery County Health Department

Maternal & Child Health Program

September is National Infant Mortality Awareness Month

The Montgomery County Health Department (MCHD) recognizes September as *National Infant Mortality Awareness Month*. Together with other county agencies, organizations, and community members, MCHD would like to shine a light on ways to increase and promote maternal and child health.

Keeping our babies safe and healthy is the responsibility of everyone. MCHD is offering **free Infant CPR instruction** demonstrations to the community, as well as **free Safe Sleep demonstrations** for both providers and community members. See details on page 2.



Tips for Maternal & Child Health

Preconception Health

- Focus on your health before becoming pregnant.
- Take steps to quit smoking, stop drinking, adjust any medications with the help of a doctor, and try to maintain a healthy weight.
- Talk to your doctor about current medical conditions and pregnancy planning.

Prenatal Care

- If you miss a period and you're sexually active, take a pregnancy test. The sooner you find out you're pregnant and schedule a prenatal appointment, the better it is for both you and your baby.
- Your medical provider can make sure you're healthy all throughout your pregnancy with regularly scheduled visits.

Pre-term Labor

- Pre-term labor is early labor that occurs before 37 weeks of pregnancy.
- Symptoms include: pressure on your lower belly, lower back aches and your water breaking.
- If you think you are experiencing even one symptom, call your provider immediately.

Facts about Infant Mortality

- ⇒ Although the United States is considered to be one of the wealthiest countries, it is ranked 29th in the world in infant mortality.
- ⇒ Infant mortality refers to the number of deaths per 1,000 live births during the first year of life.
- ⇒ The infant mortality rate is considered the barometer by which the health of its entire population is gauged.

-The National Healthy Start Association

FREE Montgomery County Maternal & Child Health Trainings

Infant CPR Training: Non-certification classes are taught in English and Spanish to community members throughout the county.

Safe Sleep for Infants Education: Classes are taught in English and Spanish to community members and Providers*.

For more information, please call **610-278-5117**

**If you are a Provider and are interested in hosting an Infant CPR Training at your site, or would like to schedule a safe sleep demonstration for your staff please email: MCHProgram@montcopa.org*

Sudden Infant Death Syndrome (SIDS)

- Place your baby on his or her back in a crib or bassinette alone, do not bed-share.
- Make sure your baby is sleeping on a firm surface without any padding, bumpers, cushions, pillows or soft bedding.
- Do not expose your infant to any smoke, including 3rd-hand smoke, which is found on clothing after a cigarette.
- Keep your infant in a cool room, around 72 degrees to ensure he or she is not at risk for over-heating. Use a sleep sack instead of a blanket.

Benefits of Breastfeeding

- Plan ahead by discussing your breastfeeding plans with your provider.
- For further support, prior or during breastfeeding, contact a trained professional such as a Certified Lactation Consultant.
- You can also find support at your local hospital, a birthing center or MCHD.

Home Visiting Services

- Contact Montgomery County Community Connections for more information regarding home visiting programs for you and your baby in Montgomery County.
- Navigators are ready to help you at any of these locations:
 - Lansdale Office (267) 263-0048
 - Norristown Office (610) 278-3522
 - Pottstown Office (610) 970-2979
 - Willow Grove Office (215) 784-5482

Infant Safety

- Follow guidelines for car seat, high chair, stroller, household, and sleep safety among others.
- Check with your health care provider for tips on infant safety and ways to baby-proof your home.
- Be sure to register all products you purchase for your baby so you can be notified in the event of manufacturer recalls and safety issues.

To schedule a car seat check, please call (610) 278-5119

