



— be smart. be healthy. —
right FROM THE **start**

For more tips on your health:

This material does not replace the advice of your health care provider.
Ask him/her for more information on this topic.

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AFTER YOU
DELIVER YOUR BABY

*Be healthy between the end of one
pregnancy and the beginning of the next.*



Take care of yourself.
Take care of your baby.

— be smart. be healthy. —

right FROM THE start

wait between pregnancies



- ✘ Use your **birth control** correctly. There are types of birth control you can use safely if you are breastfeeding. Ask your health care provider.



Waiting allows you to spend special – and important – one-on-one time with your new baby.

- ✘ Wait **18 months to two years** between the end of one pregnancy and the beginning of the next to give your body time to heal from birth.
- ✘ Getting pregnant too soon after having a baby **increases your risk** of your next baby being born too small or too soon.



breastfeed your baby

- ✘ Breastmilk is your baby's **best nutrition**.
- ✘ Breastfed babies have **fewer ear infections** and are less apt to be overweight as a child.
- ✘ Breastfeeding is **beneficial for you, too**. Recent research shows reduced risks of breast cancer, diabetes and high cholesterol. You'll also get back to your pre-pregnancy weight easier.



make sure your baby sleeps safely

- ✘ Remember **back to sleep**:
Babies sleep safest on their backs.



Remove stuffed animals, bumper pads and loose items from your baby's crib.
Your baby should sleep alone.

- ✘ Use a **firm mattress** with a tight-fitting sheet. Make sure nothing is in the crib that can cover your baby's face.
- ✘ **Don't allow anyone to smoke** around your baby.
- ✘ **Don't overheat** your baby with too much clothing.
- ✘ Share these **safe-sleeping tips** with anyone who cares for your child.



play with your baby

- ✘ A baby's most important work is play!
Playing helps your baby's **brain grow and develop**.

Touching and holding a baby helps her feel secure and loved, helps her gain weight and grow more quickly.



- ✘ **Talk to him.** Look into his eyes, use gestures, slow your speech and repeat key words. Don't be embarrassed to use a higher-pitched voice – your baby prefers it!

Remember: You can't spoil an infant with too much attention!