

HOW TO CREATE A SAFE SLEEPING ENVIRONMENT FOR YOUR BABY

Safe sleep is crucial for newborn care. Sudden unexpected infant deaths (SUIDs) are a serious concern, and awareness of best practices is vital for prevention. Follow these guidelines to ensure a safe sleeping environment for your baby.

- B** BACK is best whenever sleeping
- E** ENSURE baby's head is uncovered
- S** Sleep in the same room, NOT THE SAME BED
- A** AREA should be clear of objects
- F** A FIRM, FLAT mattress should be used
- E** Every time, NO EXCEPTIONS

WHAT IS YOUR 2AM PLAN?

Collaborate with your family or support team to establish a strategic plan for nighttime feedings. Discuss your expectations and prepare in advance to reduce anxiety and improve feeding and sleeping in the first few weeks.

1. Who will feed the baby in the middle of the night?
2. Breastfeed or bottle feed?
3. How will you stay awake to ensure your baby's safety?

Talk about these things with your family/support team BEFORE your baby comes home.

For more information and resources, please visit www.alpqc.org or scan this QR code to visit the CDC website on Safe Sleep.



Connect with us!

Keep us on your fridge or take us along to doctor's visits and other services for quick tips on health, post-birth complications, and safe sleep practices!



www.almhtf.org
[@almhtf_](https://www.instagram.com/almhtf_)



Alabama Maternal Health Task Force
Maternal Health Guide

GENERAL TERMS

Health:

A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity

Public Health:

The science and art of preventing disease, prolonging life and promoting health through the organized efforts and informed choices of society, organizations, public and private, communities, and individuals

MATERNAL HEALTH TERMS

Obstetrician (OB or OB/GYN)

A medical doctor who specializes in providing medical and surgical care during the preconception, pregnancy, childbirth, and postpartum period

Maternal-Fetal Medicine (MFM)

Focuses on diagnosing and managing complications during pregnancy. MFM specialists treat high-risk pregnancies to make sure mom and baby are healthy before birth

Midwife/Midwifery

A trained health professional who assists during labor, delivery and after childbirth. Midwives manage common obstetric complications and work in collaboration with Obstetricians to provide safe care for women

Doula

An individual trained to provide advice, information, emotional support and physical comfort before, during, and just after childbirth

Support Person

A person who provides comfort, encouragement and assistance to help during the labor process

Neonatal Intensive Care Unit (NICU)

A specialized hospital department equipped and staffed to care for premature or critically ill newborn babies



"Giving birth should be your greatest achievement not your greatest fear."

– Jane Weideman

PREGNANCY-RELATED CONDITIONS

Prenatal

The period of time that occurs before giving birth

Postpartum

The period of time that occur immediately after childbirth and generally lasts six to eight weeks or until your body returns to its pre-pregnancy state

Perinatal

A term that refers to the period of time before and after birth

Gestation

How far along a pregnancy is, usually calculated based on the last menstrual period

Gestational Diabetes

Diabetes diagnosed for the first time during pregnancy

Pre-eclampsia

A condition that may develop in pregnancy diagnosed by high blood pressure and the presence of proteins in urine

Eclampsia

A complication of pre-eclampsia, a hypertensive disorder that can cause high blood pressure, protein in the urine, swelling, and rapid weight gain. Eclampsia can lead to injury or death for the pregnant person and/or baby, and can occur any time after 20 weeks of pregnancy and up to 6 weeks after delivery

Hemorrhage

Heavy uncontrollable bleeding from a damaged blood vessel; A hemorrhage during pregnancy, also known as a subchorionic hematoma (SCH), is bleeding between the uterine wall and the membranes that surround the embryo

Miscarriage

The loss of a baby before the 20th week of pregnancy

Ectopic Pregnancy

When a pregnancy grows outside of the uterus, usually in the fallopian tube. These pregnancies are rare, but serious and need medical attention

Stillborn

When a fetus passes away in the womb after 20 weeks of pregnancy

WARNING SIGNS OF POST-BIRTH COMPLICATIONS

CALL 911 IF YOU HAVE:

- P** Pain in the chest
- O** Obstructed breathing/short of breath
- S** Seizures
- T** Thoughts of hurting yourself or your baby

CALL YOUR DOCTOR IF YOU HAVE:

- B** Bleeding through 1 pad an hour or large blood clots
- I** Incision that is not healing
- R** Red, swollen, or painful legs
- T** Temperature higher than 100.4°
- H** Headache, vision changes

MATERNAL MENTAL HEALTH HOTLINES

Need help? Call one of these confidential hotlines.

National Maternal Mental Health Hotline

Call or Text 1-833-TLC-MAMA [1-833-852-6262]

National Suicide Prevention Lifeline 24/7

Text 988 or Call 1-800-273-8255

Postpartum Support International Non-Crisis Helpline

Call 1-800-944-4773

Call 911 in case of an emergency.