# right from the Start

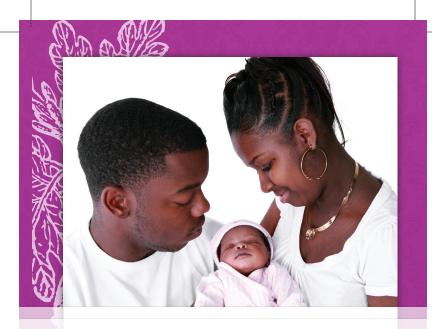
For more tips on your health:

This material does not replace the advice of your health care provider.

Ask him/her for more information on this topic.

Funding provided by the Florida Department of Health, supported in part by project H5MMC10873 from the U.S. Department of Health and Human Services, Health Resources and Services

Administration, Maternal and Child Health Bureau (Title V, Social Security Act).



## AFTER YOU DELIVER YOUR BABY

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



Take care of your baby.

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 prepregnancy 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!