



Congratulations!

This OH baby! kit will make it easier for you to care for your new family member.

What You'll Find Inside

1 Nutrition Card

Wondering what to feed your child? Keep this handy card in the kitchen or your purse when you grocery shop.

2 You're a Dad Brochure

Now that you'll be raising a child together (so exciting!), share this with Dad so he can help you bring up baby.

3 Growth Chart

Put up in a convenient spot where your child can be easily measured. Hang 18 inches from the floor and be amazed at how fast baby grows.

4 Emergency Magnet

Ideal for the refrigerator, there's space for important phone numbers like the doctor and dentist. Use a dry erase marker so you can wipe off old numbers and replace them with new.

5 Breastfeeding Gives Baby a Healthy Start in Life

You need to be fully informed so you can make wise decisions about what's best for baby. Be sure to review these helpful facts.

6 Immunization Schedule

Vaccines are one of the most successful medical advances of all time. This card shows the ages when your child should receive each vaccination.

7 Smoking and Pregnancy Don't Mix

Quitting is hard! That's why you'll find some great resources to help you stop.

8 Safe Sleep

The ABCs of safe sleep will help you remember how to put baby down for the night or for a nap. Be sure to share with others who watch your child, too. Can be lifesaving!

9 Read to Your Bunny Book

Don't forget to nurture baby's mind and spirit. Start with this little book. Reading together every day doesn't cost anything but a library card and a little time - with results that are priceless.

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MOMS & BABIES FIRST
Ohio's Black Infant Vitality Program



1-800-755-GROW (4769)

10 **Beginnings/Baby Steps Magazine**

Page after page loaded with health and wellness information for you and baby. Includes month-by-month pregnancy guide and key milestones in your child's life up to age five.

11 **Help Me Grow Wheel**

Turn the wheel to get a snapshot of things your child may begin doing at certain ages. Spin the "Early Experiences Last a Lifetime" side to discover what you can do to help your child develop socially and emotionally.

12 **Our Health Record Booklet**

Track important dates and life events with this mini "baby book." Take it to your and baby's doctor appointments. It has good questions to ask and useful reminders. There's even a tooth chart and space for family history.

13 **Act Early Foldout**

There are some typical things to look for as your child grows. These little cards will help you notice any problems along the way so you can get help sooner rather than later if necessary.

14 **Get Ready to Read Bookmark**

As baby's first teacher, you'll like these quick tips. Little brains grow quickly during the early years and soak up knowledge from day one.

15 **Overwhelmed?**

The baby blues and postpartum depression are very real. In fact, 80% of women experience the "blues" after giving birth. Learn the signs and how to get help.

16 **Eat Smart, Play Hard with WIC**

Women, Infants & Children (WIC) is a nutrition and education program for moms-to-be and parents of children through age 5. Eggs, milk, fruit, vegetables and baby formula are part of the services. See if you qualify.

17 **Help Me Grow FREE Visits & Advice**

Getting connected with Help Me Grow is the first step if you have questions about how to have a healthy pregnancy and how to ensure positive child development. Try programs like Healthy Families Ohio, Nurse Family Partnership, or Moms & Babies First.

How Do I Find?

Doctor

bit.ly/Ohio_pediatrics

Child Care

Ohio Department of Job and Family Services

bit.ly/quality_childcare

Ohio Child Care Resource & Referral Association

www.occrra.org

Step Up To Quality

www.StepUpToQuality.org

Dentist

bit.ly/Ohio_dentist

Eye Care

bit.ly/Ohio_eyecare

Ear Care

bit.ly/Ohio_hearing

Library

Ohio Public Library

Information Network

bit.ly/OPLINLibrary