BABY BLUES
When to worry about feeling down

4 TIPS FOR TIRED MOMS
How to get the sleep you need

Special Moms’ Issue!

WHY A MOM’S ‘ME TIME’ MATTERS
SEE PAGE 7.

See inside:
Clip & Save Immunization Chart

SUMMER 2017

YOUR GUIDE TO KIDS’ HEALTH FROM LOMA LINDA UNIVERSITY CHILDREN’S HOSPITAL
Petting zoos are popular with kids—and germs

Sure, it’s adorable watching your little one snuggle that cute baby chick at a petting zoo. But animals—even healthy ones—shed a variety of bacteria that can be toxic to your toddler. That includes a specific kind of *E. coli* that can cause serious illness, such as diarrhea, in young children. Here’s how to enjoy petting zoos safely:

- **Look but don’t pet.** Chicks aren’t the only potential source of infection. Also avoid touching young cows, all reptiles and amphibians, and any animals that appear to have diarrhea.
- **Leave baby items in the stroller.** To avoid infection, don’t bring children’s pacifiers, bottles, sippy cups or toys into any of the animal areas.
- **Eat elsewhere.** Enjoy food and drinks only in animal-free areas.
- **Wash hands thoroughly.** Reputable petting zoos should have hand-washing stations at the exits. Be sure to use them.

When partners have different parenting styles

Do you and your partner fail to see eye to eye when it comes to parenting? Learn to parent as a team, despite your differences, with these tips:

- **Find common ground.** Children feel more secure when parents set reasonable rules and present a united front. Set aside time every day to talk about current family issues. Discuss how you can support each other and any areas where you each need improvement.
- **Don’t put the kids in the middle—or let them divide and conquer.** Find ways to compromise, rather than arguing over whose ideas are better. And don’t permit children to play one parent against the other.
- **Disagree behind closed doors.** You don’t have to agree with all of your partner’s parenting ideas. But don’t discuss it in front of the kids or interfere while your partner is disciplining the children.

Are you a watermelon fan?

Just in time for summer, here’s a craft that looks like a cool slice of fruit and will cool you off!

1. Cut a paper plate into three triangle-shaped pieces that are about the same size.
2. Paint one of the pieces of plate to look like a slice of watermelon, using green and pink paint.
3. After the paint dries, use a black marker to draw seeds on the watermelon.
4. Glue a clean Popsicle stick to the back of the paper to make a handle.
Missed a shot? If your child doesn’t receive a shot at the recommended age, you don’t need to start over. Just visit your child’s doctor to receive the next shot. If you have any questions about vaccines, discuss them with your child’s doctor.

Talk with your child’s doctor. If your child has a medical condition that may increase his or her risk for infection or your child is traveling outside the U.S., talk with your pediatrician about any additional vaccines your child should receive.

Protect your growing baby. Are you pregnant? Be sure to receive a Tdap vaccine in the third trimester of pregnancy to protect you and your baby against pertussis (whooping cough). You should receive the vaccine during each of your pregnancies.

### A SHOT AT HEALTH
Schedule your child’s vaccinations today. Call 800-872-1212 to locate a physician.
A busy schedule may be a given for any mom, but being exhausted shouldn’t be. Make sure doing it all includes getting your 40 winks.

About a third of Americans don’t get the recommended seven hours of sleep per night, and that number has been growing over the past 20 years. Not getting enough sleep can affect your daytime functioning, including your ability to deal with unexpected, changing situations and distractions. Skimping on sleep also puts you at an increased risk for cardiovascular disease, certain cancers, car accidents and work-related injuries.

Try these tips to improve your slumber:

1. **Keep your room like a cave.** You want it to be quiet, dark and cool—somewhere between 60 and 67 degrees Fahrenheit is optimal for most people. Stay away from alarm clocks that give off a sleep-disrupting light.

2. **Go to bed at the same time every night.** Yes, even on the weekends. Yes, that can be difficult. However, it really will help keep your internal body clock on schedule.

3. **Set a sleep mood.** Having a bedtime ritual can signal to your brain and body that it’s time to unwind. Maybe it’s drinking a cup of herbal tea, practicing a breathing exercise or putting a hot-water bottle at your feet, which dilates your blood vessels and pushes your body toward an optimal temperature. Find something relaxing that you can look forward to.

4. **Power down.** The light from your computer and smartphone can activate your brain. If you have a hard time falling asleep, stay off your devices before bed. Similarly, don’t check your phone if your child wakes up in the middle of the night.

If you’re struggling with sleep, see your doctor, who might refer you to a sleep specialist. Everyone deserves a night of sweet dreams.
Are After-Pregnancy Blues a Cause for Concern?

Up to 80 percent of all new moms feel sad, anxious, crabby or just plain tired after giving birth. It’s no wonder so many new mothers get the “baby blues.” Even if delivery went well and her newborn is adorable, a mother is bound to be short on sleep and long on responsibilities.

**WHEN THE BLUES STICK AROUND**

The baby blues typically begin three to four days after delivery and disappear by the 10th day. But if a new mother’s blues persist or worsen, she may have a more serious condition called postpartum depression (PPD). A new mom can also begin to suffer from PPD several weeks or months after childbirth.

Any new mother, especially a first-timer, can get PPD. It can make them miserable and undermine the confidence they need to care for their babies. Untreated, PPD could even interfere with a baby’s development.

**KNOW THE SIGNS OF PPD**

The following signs, if present beyond the first few weeks after childbirth, may indicate PPD:

- Depressed mood
- Loss of interest or pleasure in life
- Unexplained weight loss or gain
- Loss of appetite
- Intense fatigue
- Decreased energy and motivation
- Unexplained difficulty falling or staying asleep
- Intense worry about the baby or lack of interest in the baby
- Extreme indecisiveness
- Feelings of worthlessness, hopelessness or guilt
- Agitation, irritability or anxiety
- Thoughts about hurting oneself or the baby

**GETTING HELP**

PPD can be easy to ignore. After all, tiredness and other symptoms may result from lack of sleep. And postpartum weight loss occurs naturally. If you suspect you have PPD, it’s important to see a doctor. He or she can determine whether symptoms are springing from another medical condition. Anemia, for example, can cause feelings of extreme fatigue. Thyroid disorders can also cause symptoms similar to PPD.

The good news is that PPD can be treated effectively with psychotherapy and/or antidepressant medications. In one study, women who received either treatment felt better within four weeks.

**TOTAL CARE**

The Perinatal Institute’s Total Care Birth Center at Loma Linda University Children’s Hospital provides compassionate, quality care before, during and after delivery, including therapy services for mothers with postpartum depression. To learn more, please call 909-558-2806 or visit www.lluch.org/our-services/total-care-birth-center.
It’s About to Get Real …
Let’s Talk Postpartum Depression

It’s time to pull back the curtain and face the truth about postpartum depression. Gone are the days of hiding and avoiding the conversation. The truth is, there are few things more real, honest and—let’s face it—scary than talking about postpartum depression, especially as a new mom. But the good thing is you don’t have to go through it alone.

HELPING MOMS AT ALL STAGES
As a physician at Loma Linda University Children’s Hospital and Loma Linda University Medical Center, Courtney Martin, D.O., OB-GYN, has had the privilege of helping many mothers sort through the misconceptions about postpartum depression and prepare even before they are pregnant. As a mom of two, Dr. Martin knows all too well the highs and lows of motherhood.

“As your OB-GYN physician, I do not forget about you,” says Dr. Martin. “I’m here with you from the beginning as early as a routine Pap smear, to long after you have your baby.”

A COMMON PROBLEM
It’s OK if you can’t do it all or are feeling anxious or sad due to postpartum depression. In fact, more than 20 percent of women experience postpartum depression and 80 percent experience less severe postpartum blues, which include feelings of guilt and anxiety. The most important thing you can do is ask for help.

Before your newborn’s arrival, Dr. Martin encourages mothers, fathers and even grandparents to set realistic expectations. It’s important to develop your village of support, ask questions and talk with a counselor if you have experienced depression prior to your pregnancy.

Remember, having postpartum depression is not a failure. It can affect new moms delivering their first babies as well as mothers who have had four or five children. It can also take a toll on women who may have endured a miscarriage or two. But none of this makes you a bad mom.

Watch Now
Click here to watch Jillian Payne’s recent Facebook Live video interview with Courtney Martin, D.O., OB-GYN. Dr. Martin provides answers to your questions and offers advice on motherhood, the baby blues, and postpartum depression.
1 Ditch the guilt. Truth is, children often feel stressed and sad when their parents are stressed out. Taking steps to reduce stress makes you a healthy role model for your family—and can help you all feel happier and more relaxed, too.

2 Claim 30 minutes, three times a week, for fitness. Exercise soothes anxiety and depression, helps you cope with the stresses of daily life and can give your health and appearance a boost. Find an activity you can fall in love with, such as walking, swimming, moving to a yoga DVD or a Pilates class. Then make it part of your regular schedule.

3 Connect with your spiritual side. Whether you meditate, attend religious services or join a faith-based group in your community, strengthening your relationship with your spirituality can bolster your sense of purpose and meaning. It can also open the door to new friendships with like-minded adults—giving you a chance to give and receive emotional support.

4 Schedule some laughs. Get together with your most hilarious friend, watch a TV sitcom, read a funny book or go out to a comedy club with your partner or some friends. Laughter has the power to boost your mood, increase feelings of joy, zap stress hormones and make you feel closer to the people you love.

5 Stop to smell the roses ... or savor the sunrise. Slow down for beauty, awe and wonder. Take a minute to step outside to listen to the birds or watch a gorgeous sunset. You’ll get a mood lift that boosts well-being.

6 Rediscover your passion. Pull out your watercolors, listen to your favorite band, sign up for an adult dance class or drag that dusty violin case out of the closet and start playing again. Reconnecting with hobbies and interests you love is a great way to recharge.

FIND SUPPORT
Being a mother is a tough job. Find help and build friendships by joining one of our support groups. For topics and meeting times, visit www.lomalindababies.org/supportgroups.

Why ‘Me Time’ Matters So Much
One secret to being a better mother—and a happier, more serene woman: Carve out a little “me time.” Whether you use it to take a walk, explore a hobby or laugh over a cup of tea with your best friend, taking quality time just for you can help you de-stress and recharge. Here’s how to make the most of it:
Join us for our 2nd Annual Baby Conference

Loma Linda University Children’s Hospital
Sunday, August 20
10 a.m. – 12 noon

Loma Linda University Medical Center - Murrieta
Sunday, August 27
10 a.m. – 12 noon

Please RSVP by calling 1-877-LLUMC-4U or visit us at lomalindababies.org.

Free community event.

MANY STRENGTHS. ONE MISSION.
A Seventh-day Adventist Organization