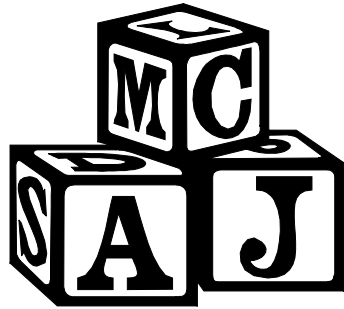


but also help develop their senses. Rattles, large key rings and soft squeaky toys are fun as baby learns to grasp. All toys should have smooth edges and be large enough so they don't get caught in baby's throat. Here is a simple test: If a toy will fit through the cardboard tube from a roll of toilet tissue, the toy may be a choking hazard.

Now is a good time to choose a few simple playthings for baby's first month. As your baby grows and develops, you will see that her needs change at each age. You can add to your toy collection as you notice these changing needs.



BIRTH DEFECTS

Every parent hopes for a happy, healthy baby. About one out of every 12 infants has a birth defect, however. The most common birth defect is low birth weight. The less the baby weighs at birth, the more likely he or she is to

have serious problems. Other kinds of birth defects include heart defects, Down Syndrome, sickle cell anemia and clubfoot.

Some birth defects are caused by abnormal genes, some by drugs or poor nutrition, and some we just can't explain. Staying healthy yourself, gaining the recommended amount of weight, and getting good prenatal care throughout your pregnancy will help prevent most birth defects.

If you have any questions, call your County Extension Service for more free information on keeping you and your baby well.

Released by Don Bower, DPA
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PUTTING KNOWLEDGE TO WORK

The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. The Cooperative Extension Service, the University of Georgia College of Agricultural and Environmental Sciences offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, sex or disability.

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Gale A. Buchanan, Dean and Director

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This newsletter is provided to you by:

County Extension Agent

Well on Your Way



SIXTH • MONTH
Think About You

COOPERATIVE EXTENSION SERVICE
The University of Georgia
College of Family and Consumer Sciences and
College of Agricultural and Environmental Sciences cooperating

Well on Your Way

SIXTH MONTH: Think About You

During your sixth month of pregnancy, think about your safety while traveling. Don't be afraid to travel during your first eight months of pregnancy if you are healthy. However, remember these precautions. Always wear your safety belt. The lap belt should fit low across your pelvis, below your stomach. The shoulder strap should be worn across the front of your shoulder. Stop often and stretch during long trips. Be sure to get plenty of rest and eat properly while away from home. It would also be a good idea to find an obstetrician in the area in case an emergency arises.

Most doctors recommend that you stay close to home during your ninth month in case the due date is closer than you thought.

BABY'S GROWTH

Your baby can now kick, cry and grip firmly with her hands by the sixth month. You may also have a thumb-sucker!

S I X T H • M O N T H



PREPARING TO BREASTFEED

Support and encouragement can be helpful if you decide to breastfeed. A mother who has recently breastfed can be very supportive. Discuss your decision with the baby's father and others close to you. Also tell your doctor and/or your baby's doctor about your plans to breastfeed. You may want to choose a doctor who supports the idea of breastfeeding.

While you are emotionally preparing to breastfeed, your body is preparing physically. Your breasts may already feel sore. Around the fourth month or so, a yellow liquid called colostrum may have begun to ooze from your nipples. This is the early milk that contains disease-fighting properties.

If your breasts leak during pregnancy, you can use a nursing pad, clean folded handkerchief or other soft material inside your bra to catch the liquid. Change them often to prevent bacteria growth that can lead to infection.

SEX DURING PREGNANCY

Pregnancy is a time of special closeness for couples. These feelings naturally include making love. During a normal

pregnancy, sexual intercourse is safe and enjoyable. A pregnant woman's changing size and shape may mean that new positions are more comfortable. Your sexual relationship with your partner before and after birth is important. Talk about your needs and feelings.

One word of caution — if you notice bleeding or vaginal discharge, contact your doctor. Openly discuss your questions and concerns about intercourse. Your doctor may advise against sex during the last month in some cases. This is a decision that you, your partner, and your doctor have to make.

PREPARING OTHER CHILDREN FOR BABY

Older children are probably just as excited about the new baby, but their questions and concerns may be different. They may wonder if they'll still be loved after the new baby comes. As you prepare for the baby, take time to prepare for older children as well.



Make that big brother or sister feel secure by including them in your plans. Talk about when the baby will come, where the baby will sleep, and what new activities will occur with the new baby. Let them help you pick out baby clothes and toys so they know the baby won't be taking all their favorite things.

Remind your children that you still love them. Make plans to let them visit while you're in the hospital. You may also want to have help from others so you can spend as much time as possible with the other children. Don't be alarmed if your children act hostile or unhappy toward the baby. Getting used to a new family member takes time. Your children will need extra love and understanding while learning to love the new addition to your family.

BUY LINES: TOYS

Toys that help babies develop their sense of sight, sound, and touch are important during the development process. Select toys with bright colors — red, blue, yellow and green. These colors are easiest for the baby to see. Moving objects such as mobiles are not only exciting for babies to watch,