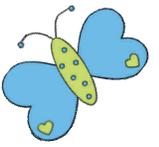




YWCA Healthy Start Program



What have we done for other families?



"It has been a blessing for us to be a part of the Healthy Start Program. Being that I am a first time mother, the Healthy Start Program has helped me in so many ways and gave me the tools to be the best parent that I can be. I recommend other mothers to be a part of this program, so that they can have the tools and the best knowledge about parenting and becoming great parents for their children." Monique



"Being a participant in the Healthy Start Program gave me the knowledge, confidence, and nurturing parenting skills I needed to raise 4 happy, healthy children and graduate with honors from UH Hilo! I loved the program so much that now I work for the YWCA Enhanced Healthy Start program as a Family Support Worker!" Kasha



"I enjoy the interaction I get with my child with the advice of Healthy Start. The different milestones my daughter gets to reach surprises me every day. Just getting the guidance and information from our home visitor Aunty Cathy has been a lifesaver and we do appreciate what Healthy Start has to offer." Keala



Tips for dads:

Remember that babies aren't really breakable. Don't be afraid to hold yours! Ask someone to show you how to hold your little one. When men are more involved with childcare it helps to develop a strong bond with baby.



You're a parent!

Your baby is here. He's all yours, he's home with you and he's dependent on you for love, care and feeding. Don't try to master the art of caring for baby all at once. Take it easy and slow. Your newborn is more durable than you might think. Your baby is getting used to his parent as much as you are with him. Like all good relationships, this one will take some time.

- Working together
- Rethink your goals
- List your responsibilities
- List your baby's needs
- Anticipate and communicate
- Shed traditional expectations
- Share baby time
- Make room for two experts (mom and dad)
- Take advantage of services available



Caring for your newborn's umbilical cord.

What's the purpose of the umbilical cord?

- Babies receive nourishment and oxygen while in the womb through the placenta.
- After baby is born, the umbilical cord is clamped and cut, leaving an umbilical stump.

How long will baby have an umbilical stump?

- Usually 7 to 21 days,
- The stump will dry up and drop off leaving a small wound that may take a few days to heal.

Does the stump require special care?

- It should be kept clean and dry.
- Fold baby's diaper below the stump or buy newborn diapers with a cut out space for the cord so it's exposed to the air and won't come in contact with urine.
- When the stump falls off you may notice a little blood on the diaper which is normal.
- Avoid giving baby tub baths until the stump falls off.

What are the signs of infection?

Consult your healthcare provider if:

- Baby develops a fever or appears unwell.
- The navel and the surrounding area becomes warm, swollen or red.
- You notice pus at the base of the stump.
- The stump smells foul.
- The stump bleeds continuously.

"Healthy Start = Healthy Families = Healthy Babies"

Be a part of our `Ohana contact Debbie at 930-5719 to start your journey to a Healthy Start!