



Birth Control Options to Fit Your Lifestyle

Make an appointment today to meet with your doctor and find your best choice





I'm a Sun River Health Mom!



Make an appointment today to meet your baby's doctor before you leave the hospital.

Call **(844) 400-1975** for your baby's first appointment.

The care you need. The respect you deserve.



844.400.1975 | sunriver.org



Breastfeeding **Benefits**

For Baby:



Breast milk has the right amount of fat, sugar, water, protein, and minerals needed for a baby's growth and development. Breast milk reduces risk of diabetes.



Breast milk is easier to digest than formula, and breastfed babies have less gas, fewer feeding problems, and less constipation.



Breastmilk contains antibodies that protect infants from certain illnesses, such as ear infections, diarrhea, respiratory illnesses and allergies.



Breastfed infants have a lower risk of sudden infant death syndrome (SIDS).



If your baby is born preterm, breastmilk can help reduce the risk of any of the short term and long term health problems.

For Mom:

Breastfeeding triggers the release of a hormone called oxytocin that causes the uterus to contract and may decrease the amount of bleeding you have after giving birth.



Breastfeeding burns as many as 500 extra calories each day, which may make it easier to lose the weight you gained during pregnancy.



Women who breastfeed longer have lower rates of type 2 diabetes, high blood pressure and heart disease.

Women who breastfeed have lower rates of breast cancer and ovarian cancer.



If you are enrolled in WIC, please note that the lactation consultant's hours vary. For more information, please call one of our many WIC locations on the back of this flyer, or by scanning this QR code to find a WIC center near you:



The care you need. The respect you deserve.



Hudson Valley

Sun River Health Hudson

750 Union Street Hudson, NY 12534 518.751.3060 Fax: 845.765.9382

Sun River Health Beacon

6 Henry Street Beacon, NY 12508 845.831.0400 Fax: 845.765.9400

Sun River Health Family Partnership

29 North Hamilton Street Poughkeepsie, NY 12601 845.454.8204 Fax: 845.790.2320

Sun River Health Peekskill – Jeannette J. Phillips

1037 Main Street

Peekskill, NY 10566 914.734.8800 UC 914.402.7400

New York City

Caribbean Womens Health Association

(CWHA) is now part of Sun River Health! 3512 Church Avenue Brooklyn NY 11203 718.826.2942

Sun River Health Staten Island

57 Bay Street, 1st floor Staten Island, NY 10301 855.681.8700 Fax: 718.442.1521

Long Island

Sun River Health Maxine S. Postal WIC

1080 Sunrise Highway Amityville, NY 11701 631.854.1033 or 854.1035 Fax: 631.854.1167

Sun River Health Brentwood WIC

1869 Brentwood Road Brentwood, NY 11717 631.853.3440 or 853.3423 Fax: 631.853.2747

Sun River Health Elsie Owens WIC

82 Middle Country Road Coram, NY 11727 631.854.2238 or 854.2237 Fax: 631.854.2259

Greenlawn WIC

284 Pulaski Road Greenlawn, NY 11740 Note: Open on Friday from 8:30 am to 4:30 pm 631.854.4440 or 854.4438 Fax: 631.854.4439

Sun River Health Patchogue WIC

501 North Ocean Avenue Patchogue, NY 11772 631.854.1219 or 854.1216 Fax 631.854.1204

Sun River Health Marilyn Shellabarger WIC

550 Montauk Highway & Dorsett Place Shirley, NY 11967 631.852.1025 or 852.1026 Fax: 631.852.1113

Sun River Health Riverhead WIC

County Center Building, Second Floor Room S251 300 Center Drive Riverhead, NY 11901 631.852.1811 or 852.3589 Fax: 631.852.3218

Sun River Health Kraus Family WIC

330 Meeting House Lane Southampton, NY 11968 Closed Temporarily: call (631) 852-1039 for WIC service (Use Riverhead WIC fax: 631.852.3218)

Sun River Health

Martin Luther King, Jr. WIC

1556 Straight Path Wyandanch, NY 11798 631.854.1719 or 854.1792 Fax: 631.854.6785





Listening and Acting Quickly

could help save her life



How Can You Help?

If a pregnant or recently pregnant woman expresses concerns about any symptoms she is having, take the time to Hear Her. Listening and acting quickly could help save her life.

- Learn the urgent maternal warning signs.
- Listen to her concerns.
- Encourage her to seek medical help. If something doesn't feel right, she should reach out to her provider. If she is experiencing an urgent maternal warning sign, she should get medical care right away. Be sure that she says she is pregnant or was pregnant within the last year.
- Offer to go with her to get medical care and help her ask questions. Visit https://www.cdc.gov/hearher/ pregnant-postpartum-women/index.html#talk.
- Take notes and help her talk to a healthcare provider to get the support she needs.
- Support her through follow-up care.

Urgent Maternal Warning Signs

If someone who is pregnant or was pregnant within the last year has any of these symptoms, she should get medical care immediately.

- Severe headache that won't go away or gets worse over time
- Dizziness or fainting
- Thoughts about harming yourself or your baby
- Changes in your vision
- Fever of 100.4° F or higher
- Extreme swelling of your hands or face
- Trouble breathing
- Chest pain or fast-beating heart
- Severe nausea and throwing up (not like morning sickness)
- Severe belly pain that doesn't go away
- Baby's movement stopping or slowing down during pregnancy
- Vaginal bleeding or fluid leaking during pregnancy
- Heavy vaginal bleeding or fluid leaking that smells bad after pregnancy
- Swelling, redness or pain of your leg
- Overwhelming tiredness

This list is not meant to cover every symptom a woman might experience during or after pregnancy. Learn more about urgent maternal warning signs at **cdc.gov/HearHer**.

Hear Her

Pregnancy complications can happen up to a year after birth. If your loved one shares that something doesn't feel right, support her to get the care and answers she may need. Learn the urgent warning signs that need immediate medical attention. Here are some talking points to help with the conversation:

During Pregnancy

- It's hard to tell what's normal with everything that's changing right now. It's better to check if there's anything you are worried about.
- It's important that we share this information with your doctor and make sure everything is okay.
- I am here for you. Let's talk to a healthcare provider to get you the care you need.

After Pregnancy

- It's normal to feel tired and have some pain after giving birth, but you know your body best. If something is worrying you, you should talk to your doctor.
- Although your new baby needs a lot of attention and care, it's important to take care of yourself, too.
- You are not alone. I hear you. Let's talk to a healthcare provider to get you the care you need.





If you need additional support, don't be afraid to ask for help.

Learn more about CDC's Hear Her Campaign at www.cdc.gov/HearHer.

If you experience something that seems unusual or is worrying you, don't ignore it.



Learn about urgent warning signs and how to talk to your healthcare provider.

During Pregnancy

If you are pregnant, it's important to pay attention to your body and talk to your healthcare provider about anything that doesn't feel right. If you experience any of the urgent maternal warning signs, get medical care immediately.

After Pregnancy

While your new baby needs a lot of attention and care, it's important to remain aware of your own body and take care of yourself, too. It's normal to feel tired and have some pain, particularly in the first few weeks after having a baby, but there are some symptoms that could be signs of more serious problems.

Tips:

- Bring this conversation starter and any additional questions you want to ask to your provider.
- Be sure to tell them that you are pregnant or have been pregnant within a year.
- Tell the doctor or nurse what medication you are currently taking or have recently taken.
- Take notes and ask more questions about anything you didn't understand.

Learn more about CDC's Hear Her Campaign at www.cdc.gov/HearHer

----- Tear this panel off and use this guide to help you start the conversation:

Urgent Maternal Warning Signs

If you experience any of these warning signs, get medical care immediately.

- Severe headache that won't go away or gets worse over time
- Dizziness or fainting
- Thoughts about harming yourself or your baby
- Changes in your vision
- Fever of 100.4° F or higher
- Extreme swelling of your hands or face
- Trouble breathing
- Chest pain or fast-beating heart
- Severe nausea and throwing up (not like morning sickness)
- Severe belly pain that doesn't go away
- Baby's movement stopping or slowing down during pregnancy
- Vaginal bleeding or fluid leaking during pregnancy
- Heavy vaginal bleeding or leaking fluid that smells bad after pregnancy
- Swelling, redness or pain of your leg
- Overwhelming tiredness

This list is not meant to cover every symptom you might have. If you feel like something just isn't right, talk to your healthcare provider



Use This Guide to Help Start the Conversation: • Thank you for seeing me.

I am/was recently pregnant. The date of my last period/delivery was ______ and I'm having serious concerns about my health that I'd like to talk to you about.

- I have been having ______ (symptoms) that feel like ______ (describe in detail) and have been lasting ______ (number of hours/days)
- I know my body and this doesn't feel normal.

Sample questions to ask:

- What could these symptoms mean?
- Is there a test I can have to rule out a serious problem?
- At what point should I consider going to the emergency room or calling 911?

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Pregnant now or within the last year?

Get medical care right away if you experience any of the following symptoms:



Headache that won't go away or gets worse over time



Extreme swelling of your hands or face



Severe nausea and throwing up



Dizziness or fainting



Thoughts of harming yourself or your baby



Severe belly pain that doesn't go away



Changes in your vision



Trouble breathing



Baby's movement stopping or slowing during pregnancy



Fever of 100.4°F

or higher

Chest pain or fast beating heart



Severe swelling, redness or pain of your leg or arm



Vaginal bleeding or fluid leaking *during* pregnancy

Heavy vaginal bleeding or discharge *after* pregnancy



Overwhelming tiredness

These could be signs of very serious complications. If you can't reach a healthcare provider, go to the emergency room. Be sure to tell them you are pregnant or were pregnant within the last year.

Learn more at www.cdc.gov/HearHer







This list of urgent maternal warning signs was developed by the Council on Patient Safety in Women's Health Care.

If an Infant is Choking

An infant is a child under 1 year old; for child training see attached

Recognize a severe airway block when an infant:

- Cannot breathe or make sounds
- Has a cough that has no sound

2 Remove the object (support the infant's head):

- Give up to 5 back slaps: hold the infant facedown and give slaps with the heel of your hand between the shoulder blades.
- If the object does not come out, turn the infant onto their back.
- Give up to 5 chest thrusts: use 2 fingers to push on the center of their chest.





• Repeat giving up to 5 back slaps and up to 5 chest thrusts untilthe infant can breathe, cough, or cry or until they become unresponsive.

3 If the infant becomes unresponsive:

- Shout for help.
- Use a cell phone; put it on speaker mode while you begin CPR.
- Gives sets of 30 compressions and 2 breaths, checking the mouth for objects after each set of compressions (remove object if seen).
- If you are alone and do not have a cell phone, after 5 sets of 30 compressions and 2 breaths, phone 9-1-1 and get an AED. Use the AED as soon as it is available. Continue CPR, checking the mouth for objects after each set of compressions.



- Continue CPR and looking in the mouth after each set of compressions until:
 - The child moves, cries, speaks, blinks, or otherwise reacts
 - Someone with more advanced training arrives and takes over



Scan QR Code to learn CPR and be prepared for emergencies.

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If a Child is Choking

A child is over 1 year old; for infant training, see attached



Recognize a severe airway block when a child:

- Makes the choking sign
- Cannot breathe, cough, speak, or makes sounds
- Has a cough that has no sound



2 Give thrusts slightly above navel until:

- Object is forced out
- Child can breathe and make sounds
- Child becomes unresponsive

3 If the child becomes unresponsive:

- Shout for help.
- Use a cell phone; put it on speaker mode while you begin CPR.
- Gives sets of 30 compressions and 2 breaths, checking the mouth for objects after each set of compressions (remove object if seen).
- If you are alone and do not have a cell phone, after 5 sets of 30 compressions and 2 breaths, phone 9-1-1 and get an AED. Use the AED as soon as it is available. Continue CPR, checking the mouth for objects after each set of compressions.



- Continue CPR and looking in the mouth after each set of compressions until:
 - The child moves, cries, speaks, blinks, or otherwise reacts
 - Someone with more advanced training arrives and takes over

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Scan QR Code to learn CPR and be prepared for emergencies.



Track Your Child's Developmental Milestones

Your child's early development is a journey. Use this map of milestones to know what to look for along the way.

For parents of children from prenatal to 4 years

Learn the Signs. Act Early.

The journey of your child's early years includes many developmental milestones for how he or she plays, learns, speaks, and acts. Look inside to learn what to look for in your child. Talk with your child's doctor about these milestones. Not reaching these milestones, or reaching them much later than other children, could be a sign of a developmental delay.

You Know Your Child Best.

If you are concerned about your child's development, talk to your child's doctor. If you or the doctor is still concerned, ask the doctor for a referral to a specialist and call 1-800-CDC-INFO to learn how to get connected with your state's early childhood system to get the help your child might need.

Don't wait.

Acting early can make a real difference!

For more information about your child's development and what to do if you have a concern, visit: **www.cdc.gov/ActEarly** Or Call: **1-800-CDC-INFO** to request a FREE "Learn the Signs. Act Early." Parent Kit or to get help finding resources in your area.

Developmental milestones adapted from Caring for Your Baby and Young Child: Birth to Age 5 (AAP, 2009) and Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents (AAP, 2008).

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Prenatal

Choose and meet your Pediatrician

Appointment Date:

15 months



Time:

- □ Well-child visit
- □ Plays simple pretend, such as feeding a doll
- □ Points to show others something interesting
- □ Takes a few steps on his own
- □ Uses fingers to feed themselves some food

Appointment Date:

Time:

30 months

- □ Well-child visit
- □ Kicks a ball
- □ Points to things or pictures when they're named
- □ Names things in a book when you point and ask, "What is this?"
- □ Follows two-step instructions like "Put the toy down and close the door."
- □ Jumps off the ground with both feet

Appointment Date:



06 months

- □ Well-child visit
- □ Copies sounds
- □ Begins to sit without support
- □ Likes to play with others, especially parents
- □ Responds to own name
- □ Strings vowels together when babbling ("ah," "eh," "oh")

Time:

□ Rolls from tummy to back

Appointment Date:

18 months

- □ Well-child visit
- □ Says several single words
- □ Walks alone
- □ Knows what ordinary things are for; for example, telephone, brush, spoon
- □ Puts hands out for you to wash them
- □ Climbs on and off a couch or chair without help

Appointment Date:	Time:
//	



□ Well-child visit

- □ Copies adults and friends (like running when other children run)
- □ Carries on a conversation using 2 to 3 sentences
- □ Climbs well
- □ Plays make-believe with dolls, animals and people
- □ Shows affection for friends without prompting

Appointment Date:

Well Vist Checklist





- □ Well-child visit
- □ Uses simple gestures such as shaking head for "no" or waving "bye bye"
- □ Copies gestures
- Responds to simple spoken requests
- □ Says "mama" and "dada"
- □ Pulls up to stand
- □ Walks, holding on to furniture

Appointment Date:

Time:





- □ Well-child visit
- □ Says sentences with 2 to 4 words
- Gets excited when with other children
- □ Follows simple instructions
- Uses more gestures than just waving Π and pointing, like blowing a kiss or nodding yes
- □ Tries to use switches, knobs, or buttons on a toy

Appointment Date:

Time:







□ Well-child visit

- □ Hops and stands on one foot for up to 2 seconds
- □ Would rather play with other children than alone
- □ Tells stories
- □ Draws a person with 2 to 4 body parts

/

□ Plays cooperatively

Appointment Date:

/

Time:

These are just a few of many important milestones to look for.

For more complete checklists by age visit www.cdc.gov/ActEarly or call 1-800-CDC-INFO.

Time:

Call the Health Center Baby Line at 914.734.2229 for:

- 1 Baby not moving
- 2 Labor pain/abdominal pain every 5 minutes
- **3** Water or fluid from the vagina
- **4** Bleeding or spotting from the vagina

If the Sun River Health Women's Health Prenatal Care offices are not open, backup care for emergencies or labor is available at:

Hudson Valley Hospital 1980 Crompond Road Cortlandt, NY 10567 (914) 788-4635



The care you need. The respect you deserve.

> Sun River Health Jeannette J. Phillips 1037 Main St. Peekskill, NY 10566 (914) 734-8800

Nights • Weekends • Holidays

Answering service with professionals returning calls available.

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Prenatal Care





My birth hospital is Hudson Valley Hospital

What is my plan for getting to the hospital when I am in labor?

Who else is part of my birth plan?

Who is my baby's doctor/pediatrician?

Sun River Health

My next appointment is:

Call the Health Center Baby Line at 914.734.2229 for:

- 1 Trouble waking your child
- 2 Sharp or constant belly pain
- **3** Burning when child pees or blood in urine
- 4 Seizures
- 5 You feel something "just isn't right" with your child

If you cannot reach us, please call:

Hudson Valley Hospital 1980 Crompond Road Cortlandt, NY 10567 (914) 788-4635



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Postnatal Care





My next appointment after the birth / "post-partum visit" is with:

Date of next appointment:

Time of next appointment:

Health Center Name:

Health Center Address:

