

pink&blue

FALL 2023

A FAMILY RESOURCE GROUP INC. PUBLICATION

**6 Memorable
Babymoos**

Mama
on the Mend

Pregnancy Glow
**Understanding
Skincare**

Community Sponsor



OUR LADY OF THE LAKE
CHILDREN'S HEALTH

Know the



of

Safe Sleep

Babies sleep safest
Alone. On their Back. In their Crib.

Put your baby to sleep in ways that may protect them from choking and suffocation. Help reduce the risk of Sudden Unexpected Infant Death (SUID) or Sudden Infant Death Syndrome (SIDS), the unexplained death of a baby younger than 1 year old that usually happens when sleeping.

Learn more about the ABCs at womans.org/safesleep.





Take your best shot at being an inFLUencer!

Flu vaccines are trending right now! Be one of the first to sign-up for your shot and protect yourself and others this flu season. Flu shots are available for ages 4 years and up. We're here when you need us, 7 days a week.

LakeAfterHoursSM Kids
URGENT CARE



Walk-In, Check-In Online or
Schedule a Virtual Care Visit
LakeUrgentCare.com

  Let's Get Social!

We accept most insurance plans.
Flu vaccines are available while supplies lasts.

CONTENTS

IN EVERY ISSUE

- 6 GIVEAWAYS
- 8 MOM TO MOM-TO-BE
- 10 LITTLE BITS
- 12 BABY LOVE
- 35 RESOURCE DIRECTORY
- 40 BELLY LAUGHS
- 42 BABY FACES

pink&blue

VOLUME 38

INSIDE

14 | BABY QUIRKS

9 things baby experiences that are totally normal.

18 | MAMA ON THE MEND

Discover how to help change the narrative of post-pregnancy bodies and minds.

22 | MIDWIFE VS DOULA

Learn the difference and how to enhance your pregnancy journey.

26 | 6 PLACES FOR YOUR BABYMOON

Enjoy a nearby trip to these locations with your special someone.

30 | PREGNANCY GLOW

Navigate skincare practices during pregnancy.



ON THE COVER

Cover Baby Genevieve R. is six months old and loves playing with her feet and dancing to polka music. She's a curious baby who enjoys seeing new things while on adventures outside the house, splashing in water, and rolling over. She's trying to crawl now, and she loves helping hold her bottle.



14



22



26



Each infant receives individualized care in a nurturing environment with a research-based program supporting all aspects of development.

(225) 927-3731

3954 Florida Blvd, Baton Rouge, LA 70806
thechilddevelopmentcooperative.com

CHILDRENS CONSIGNMENT BOUTIQUE
RE|FINERY
since 1989

**You'll LOVE our brands
and FALL for our prices!**

Instagram: @refinerykids
Facebook: @refinerykids

(225) 291-8656
2834 S Sherwood Forest Blvd
Baton Rouge, LA 70816



It's cold and flu season, and CareSouth Medical and Dental wants you to prevent your kids from getting sick with a few tips.

- Stay up to date on immunizations
- Wash hands frequently, use hand soap and hand sanitizer
- Cover your cough and sneeze
- Drink plenty of fluids
- Indoors or outdoors, get active
- Eat healthy foods
- Get plenty of sleep
- Never share straws and cups, caps and scarves, or anything that comes in contact with their mouths and faces
- Stay home if you are sick
- Stock the medicine cabinet

If they do get sick, bring them to CareSouth Medical and Dental and our providers will get them on the road to better health!

caresouth.org | 225-650-2000

GIVEAWAYS



➡ The **Chicco Digital Bottle Warmer & Sterilizer** takes care of baby's feeding needs quickly, easily, and efficiently. This 2-in-1 bottle warmer and sterilizer allows you to warm breast milk, formula, or baby food and provides efficient steam sterilization at your convenience. ■ chiccouusa.com

➡ You'll want to take the **Lectrofan Alpha** everywhere you go with your little one. It plays your choice of seven gentle, soothing sounds, including a heartbeat, fans, white noise variations, and ocean waves. ■ soundofsleep.com



➡ Keep baby comfy and calm with the **Les Enfants Muslin Blankets**. This delicately woven, breathable fabric provides a soft and soothing feeling against baby's skin. It'll become their new favorite blanket. ■ lesenfants.se

➡ The **CityMini Sling Diaper Bag** is small and cute—and it still fits all of baby's essentials. The sling design provides comfort and it's made from high-end, water-resistant regenerated nylon, perfect for multiple stages of life. ■ citymouseny.com



Gear up! GIVEAWAYS

Visit brparents.com and click "Baton Rouge Parents Promotions." Winners will be announced at brparents.com on [December 1, 2023](#).

pink&blue

A FAMILY RESOURCE GROUP INC. PUBLICATION

FOUNDER
AMY FOREMAN-PLAISANCE

PUBLISHER
BRANDON FOREMAN

ASSOCIATE PUBLISHER
AMY L. FOREMAN

SENIOR EXECUTIVE ADMINISTRATOR
ALEXIS ALEXANDER

BUSINESS OPERATIONS
DIRECTOR OF OPERATIONS
LAURIE ACOSTA

CLIENT RELATIONS COORDINATOR
SARAH MILLER

ACCOUNTING COORDINATOR
BRITTANY DUPLISSIS

EDITORIAL
MANAGING EDITOR
AMANDA MILLER

ASSOCIATE EDITORS
AUSTRIA COHN
MADISON VOORHIES

EDITORIAL INTERN
LAUREN TAEKO CHASE

ART/PRODUCTION
SENIOR GRAPHIC DESIGNER
GRACE KNOX

GRAPHIC DESIGNERS
MADISON GRAHAM
ALEX HERRING

ACCOUNT EXECUTIVES
CRYSTAL BARRETT
CAMILLE CAVIN
JADE GRAY
JENNIFER HOFFMANN
MARTINE MELANCON
RYN WHITESIDE

MARKETING
MARKETING SPECIALIST
SCHUYLER OLSON

COMMUNITY DEVELOPMENT
DIRECTOR OF COMMUNITY
PARTNERSHIPS
TERI HODGES

COMMUNITY OUTREACH
ROXANE VOORHIES

CONTACT
EDITORIAL@FAMILYRESOURCEGROUPINC.COM
OFFICE (225) 292-0032
11831 WENTLING AVENUE
BATON ROUGE, LA 70816-6055



Parenting Media Association
Design & Editorial Awards
2022 Gold, Silver, and Bronze Award Winner



/brparents



/batonrougeparents



/brparentsmag



/brparents

Copyright © 2023. All rights reserved. ISSN # 1050-8708

Reproduction prohibited without permission. The opinions expressed in *Pink & Blue Magazine* are those of the authors or advertisers and do not necessarily reflect the views of the owners, nor do they constitute an endorsement of products or services herein. The publisher reserves the right to accept or reject any paid advertisement.



Pink & Blue Magazine is a division of Family Resource Group Inc.



RESILIENT CHIROPRACTIC

Your Pediatric & Prenatal Chiropractors

We Can Help With:

LATCHING ISSUES
COLIC/REFLUX
TORTICOLLIS
PLAGIOCEPHALY
EAR INFECTIONS
IMMUNE ISSUES
DIGESTIVE ISSUES

LOW BACK PAIN
SCIATICA
HEARTBURN
CONSTIPATION
INCREASE ENERGY
SHORTER L & D TIMES
POSTPARTUM RECOVERY

And so much more!

To Learn More



INFO@RESILIENTCHIRO.COM
(225)242-9882



Where We

**Support Families • Inspire Learning
Build Leaders**

**Midcity's childcare solution for families
that live life outside of the typical 9-5!**

**Monday-Friday 6:00 AM-6:00 PM
Extended care 6:00 PM-8:00 PM*
*by appointment only**

- Curriculum designed to build early literacy and creativity
- Safe indoor and outdoor learning environments
- Medical professionals onsite
- Childcare subsidies accepted

**Visit us at 4085 Florida Blvd, Baton Rouge, LA 70806
Call us today at 225-964-5333
www.thevillagekidz.com**

Pregnant in the Fall

Being pregnant in the fall has a lot of benefits. You are able to pull off leggings and oversized sweaters every single day. I know being in Louisiana, our falls are not like the rest of the country's; however, it comes with gumbo, étouffée, football, and lots of outdoor activities since our faces won't melt away in 100 degree temperatures.

During all of my pregnancies, I am the one who wants to worry and hide away. I have an April baby girl and December twin boys, and I remember the spring baby was much easier. I was big and pregnant during the cooler months, so I didn't freeze my husband out of the house and was able to enjoy walks around the lake.

Pregnancy in the fall also comes with some downsides. Sometimes the cooler weathers keep us in, not getting out to see friends or family which can cause some depression or anxiety. I have suffered from anxiety since I can remember, but I regularly see my physicians so it is under control.

When you are depressed during your pregnancy, you are more likely to develop Postpartum Stress Disorder, which is not good for you or the baby. It is also very important to be honest with your physician and partner, so any signs of depression can be caught early and intervention can begin. Pregnancy can be scary enough, I mean you're growing a human—sometimes multiple—and it is 100 percent okay to just want to stay inside some days, but you also need to get out and get some sunlight, walk around the neighborhood, or just visit with friends and family. The times will be coming to an end of just worrying about yourself; you will soon have this little bundle of joy looking to you for everything. So take care of yourself, ask for help, and enjoy every minute of it.



Amy Foreman

Amy L. Foreman
Associate Publisher

**HEAD AND SHOULDERS
KNEES AND TOES,
AND EVERYTHING IN BETWEEN.**

At Magnolia Pediatrics, our doctors do way more than treat coughs and bandage scrapes. We specialize in whole-kid care, from the tops of busy heads to the tips of tiny (and not-so-tiny) toes.

Call 225.744.4484 to join the Magnolia Pediatrics family today.



Andi Omond, M.D.
Ashli West, M.D.
Samantha Gulino, M.D.
Meghan V. Louque, MD
Abby Andrews, CPNP-PC

225.744.4484 | MAGNOLIAPEDIATRICS.COM
17038 COMMERCE CENTRE DRIVE, PRAIRIEVILLE, LA 70769

Fun-Filled Learning Activities Made for Infants & Toddlers



VISIT KNOCK KNOCK CHILDREN'S MUSEUM TODAY →



Crawbaby Learning Zone Open During Normal Hours

Messy Masterpieces
Every Tuesday
10:15 - 11:00 am



Baby Rhyme Time
Every Wednesday
2:30 pm



LITTLE BITS

“Pregnancy is getting company inside one’s skin.”

—Maggie Scarf



AUTUMN-INSPIRED BABY NAMES

If you haven’t decided on a name just yet and your little bundle of joy will be here this fall, consider these autumnal-inspired baby names.

1. Maple
 2. Autumn
 3. Hazel
 4. Forrest
 5. Rowan
 6. Hunter
 7. Phoenix
 8. Amber
 9. Aspen
 10. Bowie
- yourbabyclub.com



RSV VACCINE FOR PREGNANT PEOPLE TO HELP PROTECT BABIES?

The Centers for Disease Control and Prevention has recommended the first RSV vaccine for pregnant people to protect their newborns from severe RSV illness. According to a press release, “This new vaccine, Pfizer’s bivalent RSVpreF vaccine (trade name Abrysvo TM), has been shown to reduce the risk of RSV hospitalization for babies by 57 percent in the first six months after birth. To maximize protection for babies after birth, CDC recommends seasonal administration of one dose of RSV vaccine for pregnant people during weeks 32 through 36 of pregnancy.” ■ cdc.gov



WOMAN’S OPENS LOUISIANA’S FIRST INPATIENT MENTAL HEALTH UNIT

Woman’s Hospital has opened Louisiana’s first inpatient mental health unit dedicated to serving the needs of pregnant and postpartum women. “As the largest provider of maternity care for women in Louisiana, it’s our responsibility to address all aspects of perinatal health. By meeting the needs of women experiencing pregnancy or postpartum-related mental health conditions, Woman’s Hospital advances our mission of improving the health of women and infants,” says Rene Ragas, president and CEO of Woman’s. The 10-bed unit allows mothers time with their newborns and allows them to be among others facing similar challenges.

■ womans.org



THE 5-5-5 RULE FOR POSTPARTUM

Oriana Barger, a licensed Physical Therapist Assistant and new mom, recently went viral on TikTok for encouraging new moms to follow the 5-5-5 Postpartum Rule. The 5-5-5 Postpartum Rule encourages moms to spend five days in bed, five days on the bed, and five days near the bed, with the main goal being to rest. While this isn’t possible for all, it does highlight how important rest is postpartum. However, before you decide to follow the rule, always talk with your doctor first.



PREGNANCY, BIRTH AND BEYOND COMMUNITY GROUP

Birth Center of Baton Rouge now offers a monthly group for all moms who are expecting or new mothers. The group is held on the fourth Thursday of the month, and it is open to all moms, whether they are birthing at home, with the Center, or at the hospital. The group is held at the Center at 6 p.m. ■ birthcenterbr.com

MATERNITY- FRIENDLY CLOTHING RENTAL SERVICES

Instead of constantly buying new clothes to fit your changing body, try a subscription service that allows you to rent the clothes you like and return them when you're done.

- Armoire, maternity.armoire.style
- FashionPass, fashionpass.com
- La Belle Bump, labellebump.com
- Le Tote, letote.com
- Motherhood Rental, motherhoodrental.com
- Nuuly, nuuly.com
- Rent the Runway, renttherunway.com



COMBAT MORNING SICKNESS

Feeling nauseous? Don't worry, it's common during pregnancy. However, it doesn't make it any less of a nuisance. And as the American Pregnancy Association found, most women experience morning sickness from the sixth week to the twelfth week, so that's a significant amount of time to be navigating nausea. If you're looking to combat the queasiness, try eating when you first wake up, drinking lemonade or smelling lemons, adding ginger to your diet, chewing gum, or eating popsicles or Jell-O.

- americanpregnancy.org

KEEPING SPECIAL MOMENTS FOREVER

Handmade treasures to commemorate your breastfeeding journey, honor your loved ones, and cherish your special moments in time.



10% off

Use code

Pink&Blue23

at checkout

Code valid until May 2024.
Discount applied to 1 product per order.

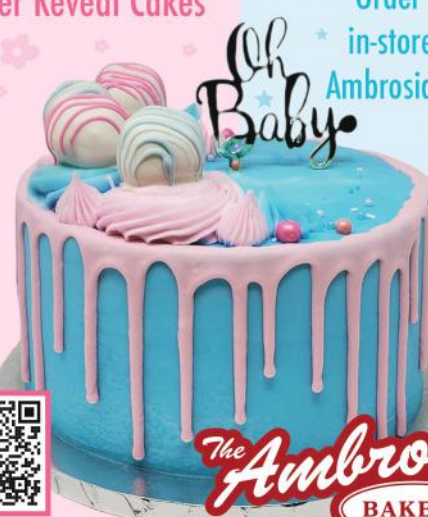


SCAN TO SEE
MORE OPTIONS!



Girl BOY

Gender Reveal Cakes



Order online for
in-store pickup at
AmbrosiaBakery.com



Scan here to
ORDER ONLINE



8546 SIEGEN LANE • (225) 763-6489 • WWW.AMBROSIABAKERY.COM

BABY LOVE

“

Being pregnant was the healthiest I've ever been in my life. Except for the cupcakes.

—Ashlee Simpson



Featuring magnolias, riverboats, and Mardi Gras floats, the **Louisiana Baby Muslin Swaddle Blanket** is a perfect gift for any Louisiana baby. It's machine washable and made with breathable fabric. ■ littlehometown.com

Pocket Buddies hold onto baby's pacifier in their paw or in their pocket to keep clean. They are made of plush and silky materials that are soft and soothing to touch. And, once the pacifier stage is over, these cute loveys will still be around to soothe and entertain.

■ chiccousa.com



Bababoo and Friends Lolo's "Happy Boat Ride" is a motor skills game that promotes creativity as well as coordination skills, teaching little ones about balance.

■ us.bababooandfriends.com

The **Les Enfants Nursing Scarf/ Poncho** is made of 100 percent bamboo and is functional as well as fashionable. It allows for discreet and modest nursing at any time, anywhere. ■ lesenfants.se



The **ILI Silicone Baby Teether** functions as a wearable silicone teether for your baby and serves as a stylish accessory for mom. Each pack contains four bracelet teethers to wear, share, and spare.

■ [amazon.com](https://www.amazon.com)



Mila's Keeper modern breast milk cooler, the **MilKeeper** gives on-the-go and working moms peace of mind by keeping breast milk cold for up to 20 hours. Its luxe, eco-friendly design by mamas for mamas brings style to any pumping experience.

■ [milaskeeper.com](https://www.milaskeeper.com)



The only thing comfier than the womb, the **GunaMuna Sleep Bag** keeps your baby warm, snuggly, and comfortable enough to sleep all night. Made with a wider and longer fit so baby can comfortably kick their legs. ■ [gunamuna.com](https://www.gunamuna.com)



Butterflies of Hope
PHOTOGRAPHY






Contact Us!

225-324-8622

Newborn/Maternity/Milestone

Photographer
Heather Banker

www.butterfliesofhopephotography.com

butterfliesofhopebyheather@gmail.com

CHECK US OUT

Online

FOR MORE CONTENT

pinkandblue.com





FAMILY
RESOURCE
GROUP INC.

pink&blue

A close-up photograph of a baby with light skin and blue eyes, wearing a white t-shirt. The baby is being held by an adult whose hands are visible, supporting the baby's chest and arms. The background is softly blurred, showing a person in a grey tank top and a pink object, possibly a toy or part of a stroller.

Baby Quirks:

Strange (but Normal) Things Babies Do

By Christa Melnyk Hines

Every new parent wonders at some point: Is my baby supposed to do that? Is this normal?

Morgan Shandler recalls several moments of new mama anxiety during the first weeks home with her daughter, who is now one years old.

“One thing that particularly freaked me out was when Violet would bob her head when attempting to nurse. It almost looked like she was having a seizure or like she was a broken

down robot,” Shandler says. “But my pediatrician assured me it was a completely normal part of ‘rooting’ for the breast.”

Startle reflex. Parents also worry about seizures when their infant suddenly throws out their arms and legs as if they’re falling.

Pediatrician Jennifer Mellick, MD, FAAP, says that the startle, or Moro Reflex, is a normal

neurological infantile reflex that disappears as the nervous system matures.

“If you believe in evolution, there’s probably some reason why mammals and homo sapiens have this instinctual need to grasp, and if they’re falling, reach out to find something and grab on. Babies do that same kind of thing. If they feel like they are falling, they are going to throw their arms and legs out wide

to find their caregiver and grab,” Dr. Mellick says.

If you’re ever concerned about strange movements that your baby makes, try to video record it, suggests Jennifer McBride, MD, internal medicine and pediatric specialist.

“Nine times out of ten, baby won’t do the motion when in the office with us. If parents record it, I can see what the baby looks like when they are doing that movement and either reassure them or decide if we need to do something else,” Dr. McBride says.

“Babies have breathing patterns that alarm many newbie parents.”

Funny breathing. Babies have breathing patterns that alarm many newbie parents. Physicians call it “periodic breathing of the newborn”—and it’s completely normal.

“They will almost pant for a period of time and then they will pause for several seconds—several seconds in baby breathing seems like a really, really long time. Then, they take a deep breath, let out a deep sigh, and they pant again,” Dr. Mellick says.

Babies also often make lots of “gurgly, snorty sounds,” says Michael Greenfield, MD, internal medicine and pediatric specialist.

“This is pretty normal because babies have to breathe through their nose when they’re eating and a lot of babies have congestion so it will make their breathing sound much worse than it really is,” Dr. Greenfield says.

Bless you! Just as babies make funny sounds when they breathe, they often sneeze, which leads parents to wonder

if their child suffers from allergies or is getting sick.

“That’s just how the baby clears out his nose because they can’t blow their nose like we can,” Dr. McBride says.

Hiccups. Just like the rest of us, babies experience hiccups, which are sudden contractions of the diaphragm. Often a baby can get hiccups after a feeding.

“Babies will hiccup for hours on end, which doesn’t bother them at all,” Dr. Greenfield says.

Scaly scalp. Cradle cap, which is a greasy, yellowish, scaly rash on the head, may not look cute, but it’s usually nothing to worry about. Try brushing your baby’s hair or head once a day with a soft baby brush, which will help loosen the natural oils on the scalp to avoid build up. Moisturizers like baby oil, mineral oil, or coconut oil can also help.

“If it seems to be getting worse or looking really red, that would be a time to see the pediatrician. It could be a sign that baby is going to have eczema, which typically runs in families,” Dr. McBride says.

Strange colored poop. Depending on whether your baby is breast-fed or formula-fed, the color of their poo can range from green and yellow to brown. Breast-fed babies will have more color variations since breastmilk is comprised of mom’s diet.

“I get worried if the poop is a gray color or lacking in the brown or green tones or if there is ever blood or red in the diaper,” Dr. McBride says.

Difficulty pooping. Your baby may appear to struggle when they go, but as long as their poop is soft and doesn’t look like pellets or rocks (a sign of constipation), don’t worry.

Babies can have dirty diapers anywhere from once a day to every few days.

“Formula-fed babies don’t necessarily poop every day and sometimes that concerns parents, but the body doesn’t process formula as

fast as it does breastmilk,” Dr. McBride explains.

If your little one is passing watery diarrhea, contact your doctor as this can be a sign of an infection.

Jeepers, creepers... It may look weird, but babies sometimes sleep with their eyes half open or appear as if their eyes are rolling around in their head.

“I don’t know that anyone knows why eyes roll around the head. It’s probably something to do with their sleep patterns. They don’t have well-organized R.E.M. sleep at that age,” Dr. Mellick says.

Occasionally, it may appear that your baby’s eyes are crossing, which is normal up to 18 months of age. If your baby’s eyes seem persistently crossed or turned in or out, however, talk with your physician.

More zzz’s...pretty please? One of the most popular questions pediatricians field from tired parents has to do with sleep and when everyone in the family can get more of it.

“Sleep is the Holy Grail of parenthood,” Dr. Mellick says.

Babies generally don’t sleep for long periods of time because they need to eat every few hours. Their tiny tummies can only hold so much milk.

“As they get older, they still need to eat frequently because they need a large volume to get the calories they need to grow,” Dr. Mellick says.

By about six months, your baby should be sleeping for a seven to eight hour stretch.

Wait, they changed. What is normal today probably won’t last since babies grow and change rapidly, but always consult your family physician with any concerns.

“We’d rather you call with a question that isn’t really something to be alarmed about than miss something that is,” Dr. Mellick says.



DEVELOPING A BRIGHTER FUTURE!

With a Christian Curriculum, Shiloh Early Learning Academy will provide a center that will prepare your child/children for the challenges he or she will face as they grow and become successful individuals.

Your child will be treated with love and respect. They will be taught to interact with other children in play and learning time. Shiloh Early Learning Academy wants to be a facility your child enjoys coming to each and every morning and more importantly a place you as parents feel good about as well.

*PB&J live web cameras



185 EDDIE ROBINSON, SR. DRIVE
BATON ROUGE, LA 70802
CONTACT: (225) 343-4734



St. Elizabeth Foundation

Supporting Adoption in Louisiana Since 1988



Adoption Building Families, One Child at a Time...

At St. Elizabeth Foundation, our mission is to assist birth mothers and help build families. We understand that adoption can be an emotional experience for everyone involved, whether you are the one deciding how to handle an unplanned pregnancy or your family is deciding to adopt. We know that the process is not always easy, but that's where we come in. St. Elizabeth Foundation is dedicated to walking people through the adoption process. We help everyone come together to help each other and most importantly, help a child.

**We believe in families.
We believe that adoption is a loving choice.**



Located in Baton Rouge, we are proud to provide adoption services throughout the state including New Orleans, Lafayette, and Hammond.
(225) 769-8888 | (855) 227-3088
Stelizabethfoundation.org



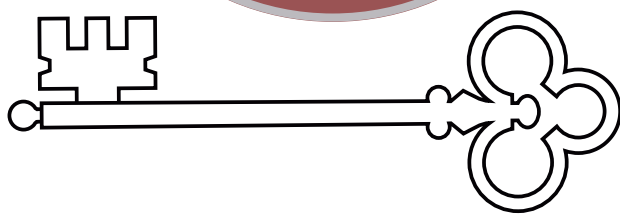
The Learning Key Academy

The Learning Key Academy has 2 locations to serve you . We are in Ascension Parish and East Baton Rouge Parish. Each center can accommodate up to 120 students and are divided into age specific rooms. Each center has a beautiful playground, library, and multiple trained staff. We focus on academics and social skills. Fun, interactive activities introduce children to reading, math, and science.



Curious?
Schedule a tour
and discover our
world of fun and
learning.

Spaces are
limited! Secure
your child's spot
for an enriching
experience.



**Give your child a head
start. Enroll today at the
Learning Key Academy!**

(225)363-9107 | thelearningkeyacademy.com



Mama on the Mend

By Kim Antisdel

You've done it. You have brought a life into this world. Look at you! Whatever the journey was that brought you to deliver your baby, know that you are a warrior.

Your Instagram feed might tell an entirely different story, though. Rather than reading positive and uplifting messages about easing into this new life and reality, you are instead being bombarded with judgmental articles detailing exactly how to get your mom-bod to bounce back ASAP. No really, like now.

The pressure on new moms (and second-time and third-time moms) to immediately revert back to the person they were before their babies is worse than ever before.

Let me help you pull you back to earth, Mama. Read these words and then read them again. Pass them on to someone else who needs to hear them. Let's change the narrative of post-pregnancy bodies and minds together.

Healing Takes Time

It took your body over nine months to create this human. Your body is not the same. Things have moved, swelled, and shifted. It is ludicrous to think you will get into your pre-baby jeans in two weeks. Or two months. Or 20 months. If your priority is anything but giving yourself rest, nourishment, and self-love, you are doing it wrong. You can't be a great mom if you're exhausted.

Mental Over Physical

Too much time is spent talking about what a mom should do about her "post-baby body," and not nearly enough time is spent talking about her post-baby mental space. New moms are experiencing all the emotions. From joy and elation to fear and absolute paralyzing fear, it is a mixed bag of feelings that ebb and flow each day.

Becoming a new mom is extremely overwhelming, even if it's your second or third go at this. Don't hesitate to be vocal with your family about what you are experiencing. Consider asking for someone (ahem, your partner) to step up and help out. Take a long bath, read a good book, or binge watch as many shows as you want. You have earned the right to take as much time as you need. Cash those chips in.

Don't Sleep on Doc Visits

While your baby's needs are taking up precious bandwidth right now, resist the urge to skip your own postpartum doctor visits. Your doctor is there to help you identify anything that might be off, or that could lead to further issues down the road.

Not feeling so thrilled about this whole mom life thing? Tell your doc or therapist. Concerned about how tired you are? Don't keep it inside. This is

a time in your life it is imperative to overshare. There is no shame in being brutally honest about what you are experiencing as a new mom. Trust that your doctor has heard and seen it all.

Ditch the Junk Food

Nutritious food is crucial for a recovering mom's health and well-being. Additionally, if you are nursing your newborn, those fruits and veggies will help with milk supply. Please remember, eating healthy has nothing to do with getting your figure back after baby and has everything to do with taking the best care of yourself so you can be the best version of you.

In addition to healthy foods, do what you can to get water throughout the day. Yes, caffeine can once again become a part of your life, but coffee can be dehydrating and cause other issues. Buy a cute new water bottle if it will help, but make water a priority. If water really isn't your thing, add cucumber or lemon slices to jazz it up and keep the fluids coming.

Use Technology to Help

Mom brain is real—and maybe even worse-than pregnancy brain. Your mental energy is prioritized on caring

for your new baby. It is not cheating to get help. Utilize technology to help remind you of the things that will make life easier. Ask your digital helper (i.e., Google or Alexa) to remind you to pump at a certain time, or to automatically order diapers on a regular cadence. Investigate apps that help you track your baby's naps, feedings, and diaper changes so you can be armed with information at each pediatrician's appointment. And remember, this is a skill that both parents should be utilizing. Don't be afraid to dole out responsibilities to your partner; they're in this with you!

Speak Up

There is a misconception that mothers inherently know what they're doing. The unfortunate reality is that there is no magical mom manual that downloads into your brain after your baby leaves your body.

As a new mom, I didn't know the right cadence for bringing my son into the pediatrician. During his

six-month appointment I discovered my son was behind on several benchmark checkups to monitor his growth. While I initially felt the urge to apologize for my incompetence, I instead looked at my son's doctor and said, "No one told me when to come in. I am new to this. Please help me."

If you were lost, you'd ask for directions. This is no different. Lean on the experts who know the answers.

Be Ready for Anything

This new mom gig can be touch and go. Some days you will feel like you've got it down to a science. Other days may be more challenging. Despite whether you're having a good or bad day, know that they are collectively forming the story that is a life with your baby. Every moment is important, the good and bad. It is crucial to remember that you've been given a beautiful responsibility—and to take each day as it comes. Ask for help when you need it, ignore social media ads, and cherish every moment with your child.

3 Ways to Heal Faster

1. Delete social media—Or avoid it for a while. Take pictures of your baby and your life at home. You can always send photos to those you truly care about or post about them later.

2. Get out of the house—If weather allows for it, do what you can to take a walk with your baby every day. It doesn't have to be far, but the fresh air will make a world of difference.

3. Ask for gifts that will help—When someone asks if they can help you in any way, give an actual answer that will help you. Ask for a week of grocery delivery, or a laundry service or house cleaning. You don't need a casserole, you need help.

4. Limit the visits—Well meaning friends and family members will be asking to come by to see the new addition. Schedule a time for the visit and limit the interaction to 60 minutes or less.



Kleinpeter
PHOTOGRAPHY

*Smile,
Sunshine!*

To book your appointment, call
(225) 928-7596
or visit
kleinpeterphotography.com

COMPASSIONATE, PROFESSIONAL CARE WHEN YOU NEED IT MOST

- **FREE UNPLANNED PREGNANCY SUPPORT**, including pregnancy testing, limited ultrasounds, and professional counseling
- **FREE ABORTION PILL REVERSAL**
- **FREE PROFESSIONAL COUNSELING** for postpartum depression, miscarriage, stillbirth, and past abortion
- **LOW-COST WOMEN'S HEALTH CARE**, including STD testing and treatment, well-woman care, IUD and Nexplanon removal, and urgent gynecologic care
- Instruction in **FERTILITY-AWARENESS BASED METHODS**

Schedule your confidential
appointment today.

225.663.6470

Para Español: 504.372.6401

Cash pay, Medicaid, and most
insurances accepted



**WOMAN'S
NEW LIFE CLINIC**

— *Serving Women Since 2001* —

761 Colonial Drive,
Baton Rouge, LA 70806

www.womansnewlife.com



Children's Learning Center

NOW HIRING!

Full time infant care teacher, and/or part time infant care, and preschool aftercare

Spots
available for
3 year olds



bumcchildrenslearningcenter.org | 225-926-5243
10230 Mollylea Drive, Baton Rouge, LA 70815



Midwife vs. Doula: Understanding the Difference and How They Can Enhance Your Pregnancy Journey

By Austria Cohn

Bringing a new life into the world is a miraculous and transformative experience, but it can also be overwhelming, stressful, and intimidating. Soon-to-be parents often seek support to navigate the complexities of pregnancy, childbirth, and the postpartum period. Two key professionals who provide invaluable assistance during this journey are midwives and doulas. While their roles may seem similar at first glance, they serve distinct purposes and can greatly enhance the pregnancy process in unique ways.

Some expecting parents will hire one or the other, while others hire both. Here's what you need to know about midwives and doulas and how they can guide and assist before, during, and after labor.

What is the difference?

Noun, mid-wife a trained healthcare professional with expertise in providing care to expectant mothers throughout their pregnancy, childbirth, and the postpartum period.

"My job as a midwife is to go into their home and ensure that mom and baby are safe and healthy and the birth is proceeding in the way it's supposed to," says Emily Thomas, a Midwife at Organic Home Birth. "But also to help them have the birth that they are really looking for."

Noun, dou-la a birth professional dedicated to helping women and their partners navigate through the latter part of pregnancy, labor, and birth, helping them work toward their personal goals.

"Doulas don't make decisions for clients but ensure they have all the information to make choices they don't later regret. She allows couples to 'be in the moment' of the experience instead of needing to think critically about what they should be doing," says Rene' Johnson, the Owner of Birth Help and DONA Certified Doula. "She [doula] facilitates communication between midwives, OBs, and nursing staff so clients' requests are clear."

Both professionals can educate expecting parents by discussing the various stages of pregnancy, labor, and birth and helping them make informed decisions.

That Wasn't Part of the Plan

Whether you're having a baby in a

hospital or at home, it might be hectic, overwhelming, and even terrifying at times. Your mother-in-law might be overstepping the boundaries, or your husband might not be saying the right encouraging words while you're in labor. Whatever it is, a doula or midwife can help defuse situations and help family members take a step back. They can create a supportive and nurturing environment by reducing anxiety and fear.

Also, these trained professionals can take over the communication between the medical staff, so that's one less thing you have to worry about. Doulas and midwives will advocate for you and help you have the beautiful, exciting, loving, and personalized pregnancy that you want.

What Does Postpartum Care Look Like?

After the baby is born, you might have questions, concerns, or anxious feelings that these skilled individuals can help with.

Midwives can provide postpartum care, like monitoring the mother's physical and emotional well-being, offering guidance on breastfeeding and newborn care, as well as answering any medical-related questions to help put new parents at ease.

Doulas, on the other hand, can offer emotional support to parents and help them adjust to their new roles and responsibilities.

Helping Women Who Have Had a Traumatic Birth

When it comes to feelings of loss of control in a previous pregnancy, both professionals can help maintain that control for the future.

"Women often express their trauma is a result of lack of autonomy,

remembering that their wishes were not heard, and not feeling a part of the experience or it felt like others were in control of the process," Johnson says.

Johnson says that at Birth Help, they often work with women who have had a traumatic birth, and usually, these experiences are a result of the delivery not going as they had planned.

"These women need time to discuss their previous birth, the details, how it unfolded, as well as integrate this into who they are post-birth...[we] often offer additional therapeutic resources for processing the birth," Johnson says. "Doulas also may help a client locate suitable birth classes that encourage couples to explore all aspects (physical, mental, emotional, and spiritual) of birth and connect at a deeper level with each other and their providers."

Helpful Resources for Soon-to-Be Parents

Birth Help offers a Natural Birth Series where expecting parents can understand, learn, and make decisions about their future birth. They also provide a Comfort Measures Class that offers hands-on experiences to help mothers get through the birthing process.

Woman's Hospital also offers childbirth prep classes ranging from breastfeeding and preparing for delivery to understanding your newborn.

At the **Baton Rouge Clinic**, they offer a free prenatal class that is led by pediatricians and can help expecting parents navigate through the pregnancy and answer any questions or concerns they might have before the newborn arrives.

Baton Rouge General also offers childbirth, baby care, and breastfeeding classes that are also available virtually.

Birth & Postpartum Doula

A Caring Season Doula offers two doula packages with flexible billing solutions for your birth experience.

Book a free interview online to learn more!

acaringseasondoula.com



In Network With Louisiana Medicaid

Womans Hospital - Doula Credentials



Choose an Experienced Pediatrician

One of your first decisions as a parent – choosing your child’s pediatrician – is also one of the most important. It’s best to establish that relationship even before being admitted to the hospital for your baby’s birth. From new babies to teens on the verge of adulthood, the skilled team of providers at Our Lady of the Lake Children’s Health provides exceptional care through every stage of your child’s life.



Get Referrals from Your Network

Expecting parents and those new to our area can turn to friends, family and colleagues for recommendations. Your OB-GYN may also have guidance about providers whose philosophy and approach may work best. Checking your insurance plan is another good place to start - to make sure the provider you’re considering is in-network and their services will be covered by your plan.

What to Consider When Selecting Your Pediatrician

Choosing a pediatrician is usually the start of a very long relationship. It’s important you are comfortable with the provider you choose and that your values align. Pediatric providers across our network offer complimentary prenatal visits to help expecting parents make this important decision. During a prenatal visit with a pediatrician some things to ask about include:

- Immunization guidelines
- Breastfeeding support
- Does their practice offer extended hours, weekend hours and video visits?

No relationship is perfect, and you have freedom to choose differently if things change or it ends up not being a good fit. But establishing a relationship with a pediatrician can make for an easier transition into parenthood and ultimately a healthier childhood for your baby.

Convenience and Access to Stay Connected

Our Lady of the Lake Children’s Health has pediatric clinics offering same-day appointments, online scheduling, extended hours, and video visits for busy kids and parents. MyChart puts everything you need to manage your family’s health at your fingertips around the clock.

With 20 locations and more than 300 pediatric specialists throughout Louisiana, an experienced provider is just around the corner! Check out the map on the next page to find one in your neighborhood.

Get more support navigating this amazing journey we call parenting with our ParentingU resources at health.fmolhs.org/parentingu.



Our Lady of the Lake Children's Health

PEDIATRICS

So many locations. So close to you.

PEDIATRICS
AT NEW ROADS

PEDIATRICS AT ST. FRANCISVILLE

PEDIATRICS
AT ZACHARY

INTERNAL MEDICINE
AND PEDIATRICS

PEDIATRICS
AT NORTH POINT

PEDIATRICS
AT NORTH CLINIC

PEDIATRICS
AT SOUTHEAST

PEDIATRICS
AT LIVINGSTON

PEDIATRICS
AT GOODWOOD

HEALTH CENTERS
IN SCHOOLS

PEDIATRIC
ACADEMIC
CLINIC

PEDIATRICS AT
DENHAM SPRINGS

PEDIATRICS
AT O'DONOVAN

PEDIATRICS
AT WESTSIDE

OUR LADY OF THE LAKE
CHILDREN'S HEALTH
PEDIATRIC WALK-IN CLINIC

PEDIATRICS
AT PRAIRIEVILLE

PEDIATRICS
AT PERKINS

PEDIATRICS
AT DUTCHTOWN

PEDIATRICS AT
NORTH BURNSIDE

PEDIATRICS AT
SOUTH BURNSIDE



Our Lady of the Lake
Children's Health

NOW ACCEPTING NEW PATIENTS:
CALL (225) 374-HEAL

6 Places for Your Babymoon

By Austria Cohn

Start this new chapter with a fun and relaxing vacation you will never forget!

Just like honeymoons hold significant value in the lives of newlyweds, babymoons are a perfect way to celebrate with your partner before your mini-me arrives. There won't be as much quality time with your significant other once the little one is born, so this type of vacation allows expecting parents to strengthen their emotional connection and get one final hoorah in.

Best Time For a Babymoon

Most people choose to go on a babymoon during the second trimester of the pregnancy, which typically falls between weeks 13 and 27. This is a popular time to take your babymoon because morning sickness often improves, and women tend to have increased energy and less physical discomfort. By the second trimester, expecting mothers often have a noticeable baby bump, which can add to the excitement!

Close to Home

New Orleans

1 hour, 20 minutes from BR

Exploring New Orleans can be a fantastic and convenient babymoon getaway if you want to stay close to home and to your doctor. The city has a vibrant culture, historic architecture, and culinary delights like Creole and Cajun dishes.

Consider strolling through the French Quarter, which has galleries, food, shops, and, of course, the world-famous beignet from Café Du Monde. For another beautiful sight, take a leisurely ride on one of the iconic street cars that pass through the Garden District. This district is known for its elegant mansions, oak-lined streets, and beautiful gardens.



Avery Island

1 hour, 40 minutes from BR

Another picture-esque destination is Avery Island, a small natural salt dome island in southern Louisiana. Avery Island is best known as the birthplace of Tabasco hot sauce, and

the Visitor Center offers guided tours where tourists can learn more about the history of Tabasco.

Another spot that's worth exploring is the Jungle Gardens, which is famous for its beautiful and diverse landscape that covers more than 170 acres. Some plants include azaleas, camellias, bamboo, and various species of birds and wildlife.

Avery Island remains an iconic destination for food enthusiasts, nature lovers, and history buffs.



Natchitoches

2 hours, 47 minutes from BR

Natchitoches, Louisiana, is a charming and historic town in the heart of the Cane River National Heritage Area. Cozy bed and breakfasts and charming cottages make for a lovely and relaxing babymoon.

If you're taking a day to explore, consider walking along Front Street in the Historic District, where you'll find shops, boutiques, and cute cafes. For much-needed relaxation and pampering, treat yourself to a spa day at Perfectly Polished Day Spa or Spa Bellexa & Salon for a calming facial and prenatal massage. Pack a picnic and head to one of the many stunning parks like Prather Park or Fort St. Jean



Baptiste State Historic Site for an unforgettable lunch.

Maison D'Memoire

1 hour, 8 minutes from BR

Maison D'Memoire Bed and Breakfast Cottages is a romantic and tranquil babymoon spot in the heart of Cajun country. Each cottage is private and has its own unique theme, like French Country, Cajun, Creole, and more. As a guest, a continental breakfast will be delivered to your cabin, and there is outdoor seating so you can relax and take in the peaceful surroundings.

When booking your stay, there are several packages to choose from, like the Smores and Sparks package, Countryside Picnic To-Go, Romantic Date Night Package, and Cajun Country Babymoon getaway.



A Hop, Skip & Jump Away

Biloxi

2 hours, 24 minutes from BR

This coastal city is known for its beautiful beaches, vibrant, rich history, and cultural attractions. The sandy coastline is perfect for swimming and sunbathing, making for the perfect babymoon vacation so mom can get a little Vitamin D.

Biloxi is often referred to as the "Las Vegas of the South," which comes



with delicious fine dining, entertainment like comedy shows and theater performances, and cultural and historical attractions like the Museum of Art and the Maritime and Seafood Industry Museum.

Sinya at Lone Man Creek

6 hours, 50 minutes from BR

Sinya at Lone Creek in Wimberley, Texas, is a unique and luxurious glamping retreat that offers upscale, secluded accommodations that make for a tranquil and romantic escape. The retreat features a single safari-style luxury tent, which is elegantly furnished and has all the essentials like air conditioning, heating, a king-sized bed, a rainfall shower, and a fully equipped kitchenette.

"One of the most special things is we only have one unit, so it's very private and secluded. You don't have somebody right next to you," says Susan Weems Smith, the owner. "The guests that come here really enjoy it, so I love to share it with everyone that comes."

When reserving Sinya, there's even an option to get a masseuse who stops by and can give a maternity massage.



The town of Wimberley, located near Sinya, has that small-town charm that is perfect for shopping locally, exploring art galleries, and even taking a stroll through lavender fields. With the combination of luxurious accommodations, the serene natural setting, and the adorable town nearby, it makes for an unforgettable babymoon destination.

Life is a journey.

**Help your child
soar through it.**

Read to your child.

Your public library can help you get started!

Visit one of 14 convenient branches to give children ages 2 and under a head start on reading with FREE:

- In-person lapsit and toddler storytimes
- 1,000 Books Before Kindergarten initiative
- Press Start! Ready, Set, Read! program
- Welcome Baby packet including a free board book, sleeping baby door hanger, and booklet with tips for reading to baby



EAST BATON ROUGE PARISH
LIBRARY

(225) 231-3760

www.ebrpl.com

Pre-K

TOP-RATED



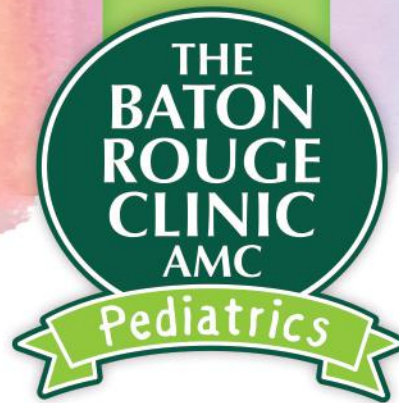
Baker Heights Elementary

3750 Harding St., Baker, LA 70714

225.775.1493

**ENROLL
TODAY!**

- Early Childhood Performance Rating: **HIGH PROFICIENT**
- **FREE** Before & After Care
- Student-centered Learning Stations
- High Quality Curriculum



With 22 pediatricians, 2 pediatric locations, 40 internists,
on-site full service lab and radiology, and numerous specialties,
we have everything you need to keep you and your little one

HEALTHY & HAPPY.



FREE PRENATAL CLASSES

with our pediatricians.

For more information and
to register please visit:

batonrougeclinic.com/prenatal-classes/
or call Jeanne at (225)246-9290.

2 PEDIATRIC LOCATIONS

PEDIATRICS AT PERKINS | 7373 PERKINS RD | BATON ROUGE, LA 70809 | (225) 246-9290

PEDIATRICS AT INDUSTRIPLEX | 12351 INDUSTRIPLEX BLVD | BATON ROUGE, LA 70809 | (225) 926-4400

Our pediatricians have extended hours Monday through Thursday in the evening.

BATONROUGECLINIC.COM   

Pregnancy Glow:

The Dos and Don'ts of Skincare During Pregnancy

By Lauren Taeko Chase

Pregnancy is a transformative journey for both the parent and the baby. It's a time of unparalleled joy and expectations, but it also comes with its set of challenges, particularly for the skin. Skincare during pregnancy is not just about beauty; it's about ensuring the well-being of both the parent and the growing life inside. Allow these dos and don'ts to serve as a compass, to help guide you through safe skincare practices during this critical phase of life.



Understanding Pregnancy-Related Skin Changes

Pregnancy triggers a cascade of hormonal fluctuations and increased blood flow, leading to various skin changes. These changes are natural and a testament to the miraculous process happening within. It's crucial to embrace and care for your changing skin, understanding that the priority is a healthy pregnancy, not flawless skin. According to Healthline, these are the most common skin changes people who can become pregnant may begin to notice throughout their term.

Melasma. A form of hyperpigmentation from excessive production of melanin that will appear on the face, arms, shoulders, or legs. It appears as brown/tan patches and will usually fade over time during postpartum.

Linea nigra. A regionalized form of hyperpigmentation like melasma, but rather than patches or spots, it looks like a dark line across the stomach from the sternum to the pubic area.

Stretch marks. Scarred skin tissue, due to rapid growth, will typically have a lighter hue than your natural skin tone. Smaller marks are known to fade after delivery; however, large scars may persist.

Acne. Pregnant people may experience acne both during and after pregnancy. People with existing hormonal or cystic acne may experience worsened conditions and are highly recommended to consult their doctor before continuing to use their regular products.

Existing skin conditions such as eczema, psoriasis, or rosacea are very likely to be exacerbated during

pregnancy and postpartum periods.

Dos

Identifying safe ingredients is crucial for a healthy pregnancy. Keep in mind that not everything labeled organic may be good for you, and not all your preferred pharmaceutical products may be safe for pregnant women despite being effective. Not every ingredient on this list is best for your individual needs, so always consult with your doctor before using new products. Below is a list of recommended ingredients by board-certified dermatologist Dr. Joyce Kim.

Gentle Cleansing. Opt for gentle cleansers to avoid stripping away natural essential oils or causing microtears in the skin. Look for cocoa butter or coconut oil-based moisturizers and salt scrubs.

Mineral Sunscreen. Protect your skin from sun damage and hyperpigmentation by applying daily sunscreen. Search for mineral ingredients like zinc oxide or titanium dioxide. A small amount of chemical sunscreens will be absorbed into your system, small enough to still be considered safe, but mineral sunscreen is still recommended over chemical sunscreens.

Hydration. Regularly hydrate so your skin maintains its elasticity, a crucial factor to help reduce stretch marks.

Antioxidants and vitamin C.

Incorporate skincare products rich in antioxidants and vitamins to promote overall brighter skin health and appearance. Good for treating hyperpigmentation.

Benzoyl Peroxide. Recommended for wash-off treatments for microbial cleansing instead of leave-on treatment. Look for products that only use 10 percent or less of this ingredient.

Insect Repellent. Avoid for the first trimester; otherwise, it is safe to use brands that contain only 20-30 percent DEET, the active bug-repelling ingredient.

Sodium Sulfacetamide. It is best used as a wash treatment for inflammation and redness. It will help treat acne, rosacea, and some eczema.

Topical Antibiotics. Safe for treating hormonal acne.

Don'ts

Below is a list of ingredients that are considered dangerous for a pregnant person to ingest or use topically while their child is still in utero. Many of these products are perfectly safe to use if you are not pregnant or breastfeeding. For example, Accutane is highly effective for cystic acne but can be lethal to a fetus. If you are

currently using these products with these ingredients and are planning to become pregnant, you should talk with your doctor about switching to safer alternatives.

“It’s crucial to embrace and care for your changing skin, understanding that the priority is a healthy pregnancy, not flawless skin.”

Retinoids. Steer clear of retinoids due to their potential harm during pregnancy. Consumption of retinoids has been linked to fetal development in the heart and brain.

Isotretinoin, known as oral Accutane, is very effective for cystic acne but is not accessible for people who are pregnant or planning to be pregnant because of a high rate of fetal deformation or first-trimester failure. Topical application has not found a strong correlation with fetal defects but is highly advised against, and usage should be consulted with a doctor.

Salicylic Acid. Avoid high concentrations of salicylic acid taken orally or in chemical peel applications, but it can be used in less than 5 percent via the topical wash method.

Excessive Sun Exposure. Be mindful of sun exposure and tanning beds, as they kill essential folates in the skin, leading to a risk of

dehydration, dry damaged skin, and skin cancer.

Minoxidil. Commonly known as Rogaine for hair loss treatment. Causes kidney and heart problems for fetuses in utero.

Botox. Cosmetic botox is a no-no because it puts the fetus at risk for botulinum toxin infection. For those who use Botox medically for headaches, migraines, or temporomandibular joint dysfunction (TMJ), speak with a neurologist before continuing treatments.

Hydroquinone. Often used in skin bleaching products, over 30 percent of this component can be absorbed through the skin, get into the endocrine system, and transferred into the fetus.

Spirolactone. It is a male hormone receptor blocker that would affect the hormone supplement and hormonal development of a male fetus.

Embracing Change

During pregnancy, consulting a healthcare provider, and a dermatologist, is essential. Some conditions, like pregnancy-specific dermatoses, may require specialized care. In certain medical conditions, like the need for medical botox, a doctor’s consultation is crucial for the well-being of both the parent and the baby.

All too often, women find themselves feeling critiqued at every moment. Being pregnant takes a lot of energy, and you will not look your best every day. No pregnant person will! Embrace the changes, prioritize safe skincare practices, and always seek professional guidance for a personalized skincare regimen during this critical time. A healthy and radiant pregnancy glow is a testament to both your inner strength and the love you already have for your unborn child.

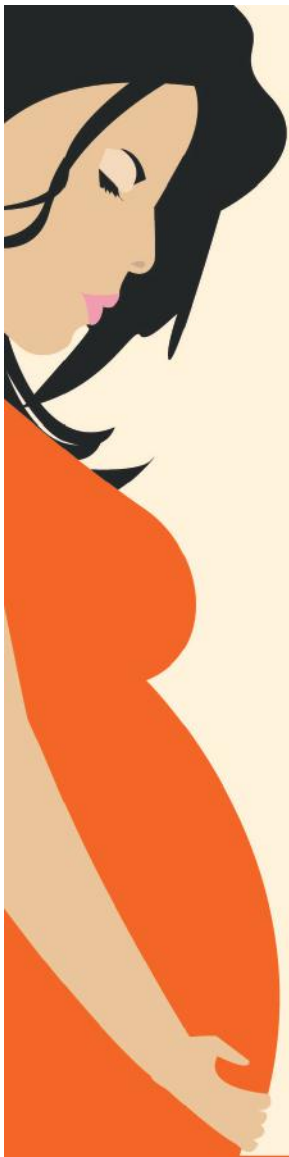


DON'T SWEAT THE SMALL STUFF, JUST NAIL THE BIG STUFF.

What's another teeny, tiny stain? You've got more important things to think about — like making sure your kids are buckled correctly in the right seat for their age and size.

Check at [NHTSA.gov/TheRightSeat](https://www.nhtsa.gov/TheRightSeat)





Give your baby a **HEALTHY START**

Many things contribute to a healthy and safe pregnancy. If you are pregnant or planning a family, **Family Road Healthy Start** can help you get the information and services you need to have a healthy you, a healthy baby, and a healthy family.



Services Before Pregnancy: Nurse Practitioner OB/GYN Services Including Free Pregnancy Test, Pap Smears, Family Planning, Nutritional Education, Goal Setting, Well-Women Care and Healthcare Enrollment



Services During Pregnancy: Nurse Practitioner OB/GYN Services Prenatal Care, Centering Pregnancy, Childbirth Education, Breastfeeding Support, Nutritional Education, Fatherhood/Male Involvement, 24/7 Dad Curriculum, Healthy Relationship Support and Baby and Me Tobacco Free Program



Services After Pregnancy: Fatherhood/Male Involvement, Nurse Practitioner OB/GYN Services, Parenting and Child Development Education, Well-Baby Care, Immunizations, Parenting Support, Centering Pregnancy, Family Planning, Depression Screening, Co-parenting Education, Personal Development and Support Groups



Additional Support Services offered: HISET (formally GED), Job training resources, Car Seat Safety Education and Installation, Adult Education Services, Parenting, Counseling, Sonograms, Grandparent Support

Family Road Healthy Start provides case management, health education, community outreach and resource referral services for women of reproductive age (11-45), pregnant women, the father/partner and their families that live in East Baton Rouge Parish.

**For more information about the Healthy Start Program
or to complete a referral, contact:**

Family Road Healthy Start

323 East Airport Avenue, Baton Rouge, LA 70806

Phone: 225.201.8888, Fax: 225.927.1010

www.familyroadgbr.org



This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$4.87 million. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government



BROADMOOR PRESBYTERIAN EARLY CHILDHOOD CENTER

Celebrating 63 Years of Excellence in early childhood education
infancy through PreK



Thanks For Voting us YOUR
Favorite Mother's Day Out Program

9340 Florida Boulevard, Baton Rouge
bpeccbr.com | bpcpreschool@gmail.com | 225-926-3421

non-discriminatory admissions policy



Sign your child up
to receive a FREE book
every month, from
birth to age five!



Scan code to
learn more

Volunteers of America is
the local affiliate of the
Dolly Parton Imagination Library



Inspire
Imagination!



RESOURCE DIRECTORY

Baby World



Local Resources for Parents-to-be

ADOPTION RESOURCES

AdoptUSKids

■ (888) 200-4005 ■ adoptuskids.org

Beacon House Adoption Services

■ (225) 753-5551 ■ (888) 987-6300
■ beaconhouseadoption.com

Catholic Charities of the Diocese of Baton Rouge: Adoption and Maternity

■ (225) 336-8708 ■ adoptccdiobr.org

St. Elizabeth Foundation

■ (225) 769-8888
■ stelizabethfoundation.org

Volunteers of America Greater Baton Rouge

■ (225) 387-0061 ■ voagbr.org

BIRTHING CENTERS

Baton Rouge General Medical Center

■ (225) 763-4141 ■ brgeneral.org

Birth Center of Baton Rouge

■ (225) 761-1200 ■ birthcenterbr.com

Lane Regional Medical Center

■ (225) 658-4000 ■ lanermc.org

Ochsner Health System

■ (225) 752-2470 ■ ochsner.org

Woman's Hospital

■ (225) 927-1300 ■ womans.org

BREASTFEEDING SUPPORT

Capital Area Breastfeeding Alliance

■ cababatonrouge@gmail.com

La Leche League Breastfeeding Support Line

■ (877) 4-LA-LECHE ■ lllallmsla.org

Louisiana Baby Company

■ (504) 264-2832
■ louisianababycompany.com

Louisiana Breastfeeding Coalition

■ louisianabreastfeedingcoalition.org

Magnolia Lactation Consulting

■ (225) 230-9054

■ magnolialactation.com

Ochsner Lactation Support

■ (225) 752-2470 ■ ochsner.org

Woman's Hospital Lactation Department

■ (225) 927-1300
■ womans.org

CAR SEAT INSPECTIONS

Alliance Safety Council

■ (225) 766-0955
■ alliancesafetycouncil.org

Central Fire Protection District #4

■ (225) 261-2000 ■ centralfd.org



Woman's Hospital

Woman's has everything mom needs for a healthy pregnancy and childbirth experience. Woman's is a Level III Regional Referral facility for obstetrical and neonatal care—the highest care designation a hospital can receive. From natural deliveries to epidurals, from doula-assisted labors to cesarean deliveries, Woman's expertise and advanced technology allows mom to have several birthing options.

RESOURCE DIRECTORY

Louisiana Baby Company

■ louisianababycompany.com

Louisiana State Police Troop A

■ (225) 754-8500

■ lsp.org

The Safety Place

■ (225) 372-3991 ■ safetyplacela.org

Woman's Hospital

■ (225) 927-1300 ■ womans.org

CHILD CARE RESOURCES

Child Care Assistance Program

■ (877) 453-2721

■ louisianabelieves.com

Child Care Facility Licensing Information

■ louisianabelieves.com

LaCHIP

■ (877) 252-2447

■ dhh.louisiana.gov

Volunteers of America

Greater Baton Rouge

■ (225) 387-0061

■ voagbr.org

CHILD SAFETY CLASSES

American Red Cross

■ (225) 291-4533 ■ redcross.org

Infant Swimming Resource's Self-Rescue Program

■ isrbatonrouge.com

Juvenile Products Manufacturers Association

■ jpma.org

Louisiana Department of Health

■ (225) 342-9500

■ ldh.la.gov

Operation Life Saver Training Center

■ (225) 753-7716

■ operationlifesavertc.com

CHILDBIRTH EDUCATION

Baton Rouge General Medical Center

■ (225) 763-4141 ■ brgeneral.org

Birth Center of Baton Rouge

■ (225) 761-1200

■ birthcenterbr.com

Birth Help

■ (225) 768-7686 ■ birthhelp.com

Bradley Method

■ bradleybirth.com

International Cesarean Awareness Network

■ (800) 686-4226

■ ican-online.org

International Childbirth Education Association

■ (919) 674-4183 ■ icea.org

Lamaze International

■ lamaze.org

Lane Regional Medical Center

■ (225) 658-4000 ■ lanermc.org

Ochsner Health System

■ (225) 752-2470 ■ ochsner.org

Woman's Hospital

■ (225) 927-1300 ■ womans.org

CHILDREN'S HOSPITAL

Children's Hospital New Orleans

■ (504) 822-6272 ■ chnola.org

Our Lady of the Lake Children's Hospital

■ (225) 374-4325 ■ lolchildrens.org

Shriners Hospital for Children

■ (800) 237-5055

■ shrinershospitalsforchildren.org

FERTILITY

FertilityAnswers

■ (225) 926-6886

■ fertilityanswers.com

Louisiana Women's Healthcare Associates

■ (225) 201-2000 ■ lwha.com

Ovation Fertility Baton Rouge

■ ovationfertility.com

The Fertility Institute

■ (504) 233-6789

■ fertilityinstitute.com



Ochsner Health System

The Ochsner Family Birthing Center puts moms-to-be in the center of one of the nation's top-ranked health systems. Moms can design their own birthing plan to make sure their delivery day meets all of their expectations. And, the center supports each mom's choice including natural birth, water birth or medicated birth. Birthing tubs, showers, birth balls, and birthing chairs are available, as well as monitoring that allows patient mobility.

FOSTER CARE

Brave Heart Children in Need

■ braveheartchildren.org

Louisiana Department of Children and Family Services

■ dss.state.la.us

Louisiana Foster Care

■ louisianafostercare.com

The Foster Village

■ (225) 431-0846
■ fostervillagebatonrouge.org

Volunteers of America Greater Baton Rouge

■ (225) 387-0061
■ voagbr.org/children-and-families

HOTLINES

24-Hour HAZMAT Communications Center

■ (800) 262-8200

Kidline

■ 1-(800)-CHILDREN

Louisiana Coalition Against Domestic Violence

■ (888) 411-1333

Louisiana Poison Center - American

■ (800) 222-1222

National Safe Haven Alliance

■ 1-888-510-BABY (2229)
■ Text SAFEHAVEN to 313131
■ nationalsafehavenalliance.org

National Suicide Prevention Lifeline

■ Call 988 ■ 988lifeline.org

National Domestic Violence Hotline

■ (800) 799-7233 ■ thehotline.org

Prevent Child Abuse America

■ preventchildabuse.org
■ info@preventchildabuse.org

The Grace Program

■ (225) 924-8574
■ womans.org

MIDWIFERY AND DOULA CARE

A Caring Season Doula

■ acaringseasondoula.com

Birth Center of Baton Rouge

■ (225) 761-1200
■ birthcenterbr.com

Birth Help

■ (225) 768-7686
■ birthhelp.com

DONA (Doula of North America)

■ dona.org

Louisiana Baby Company

■ louisianababycompany.com

Maternal Love

■ maternallovebr.com

My Doula Heart

■ (480) 221-5868
■ mydoulaheart.com

NUTRITION

Village Kidz WIC Clinic

■ thevillagekidz.com

Women, Infants, and Children (WIC)

■ ldh.la.gov

PARENT EDUCATION AND CLASSES

American Academy of Pediatrics

■ (800) 433-9016
■ aap.org

Attachment Parenting International

■ attachmentparenting.org

Baton Rouge General Medical Center

■ (225) 763-4141
■ brgeneral.org

Birth Center of Baton Rouge

■ (225) 761-1200
■ birthcenterbr.com

Family Road of Greater Baton Rouge

■ (225) 201-8888
■ familyroadgbr.org

Family Service of Greater Baton Rouge

■ (225) 924-0123
■ fsgbr.org

Lane Regional Medical Center

■ (225) 658-4000
■ lanermc.org



Lane Regional Medical Center

The decision of where to have your baby is certainly not one to take lightly. Moms-to-be want a skilled and knowledgeable team at hand for both her and the baby's health, and that can be found at Lane Regional Medical Center. The center features large, well-appointed facilities that allow new mothers to enjoy the childbirth experience in a non-stressful way.

RESOURCE DIRECTORY

LA Maternal and Child Health Program

■ ldh.la.gov

Ochsner Health System

■ ochsner.org

Shots for Tots

■ shotsfortots.com

The Women's Help Center

■ thewomenshelpcenter.org

Woman's Hospital

■ womans.org

YWCA of Greater Baton Rouge

■ ywca-br.org

PARENTING SUPPORT GROUPS & SERVICES

Angels Among Us

■ aaula.org

Bedtime Bliss

■ bedtimeblissconsulting.com

Capital Area Human Services

■ cahsd.org

Family Road Healthy Start

■ familyroadgbr.org

Grandparents Raising Grandchildren

■ lagrg.org

Grief Recovery Center

■ grcbr.org

LOSFA Start Saving for College

■ startsaving.la.gov

Maddie's Footprints

■ maddiesfootprints.org

Pregnancy/Infant Loss Support

■ (800) 944-4773

Postpartum Progress

■ postpartumprogress.com

Resilient Chiropractic

■ resilientchiro.com

Sweet Sleeping Baby

■ sweetbabysleeping.com

The Life of a Single Mom Ministries

■ thelifeofasinglemom.com

Trach Mommas of Louisiana

■ (225) 200-5178

PRODUCT RECALLS AND STANDARDS

U.S. Consumer

Product Safety Commission

■ cpsc.gov

SPECIAL NEEDS SUPPORT

Advocacy Center

■ ldh.la.gov

Autism Speaks

■ autismspeaks.com

Center for Autism & Related Disorders

■ centerforautism.com

Disability Rights Louisiana

■ disabilityrightsla.org

Early Steps

■ ldh.la.gov

FHFGBR & Early Steps (0-3)

■ fhfgr.org

From Emotions to Advocacy

■ fetaweb.com/help.htm

Genesis Behavioral Health

■ genesisholisticbr.com

Grace Therapy Center

■ gracetherapycenter.com

In Loving Arms

Pediatric Day Health Center

■ inlovingarmskids.com

Knock Knock Children's Museum

■ knockknockmuseum.org

LA Disability Talk

■ fhfogn.org

Louisiana Believes

■ louisianabelieves.com

Louisiana March of Dimes

■ marchofdimes.org

Moreau Physical Therapy

■ moreaupt.com

NeuroTherapy Specialists

■ neurotherapyspecialists.com

Optimized Living Institute

■ optimizedlivinginstitute.com



Baton Rouge General Medical Center

Baton Rouge General's birthing suites bring together state-of-the-art technology and hotel-like rooms to all new moms. Certified Birth Center staff provide moms-to-be with all the tips, tools and techniques needed for caring for their new bundle of joy at home. Moms are able to personalize their birthing experience through natural births, water births, or traditional births.

PediaTrust

■ pediitrustkids.com

The Arc Baton Rouge

■ arcbatonrouge.org

The Emerge Center

■ emergela.org

Wonder Baby

■ wonderbaby.org

ULTRASOUND TECHNICIANS

BabyWaves 3D/4D/HD Ultrasound

■ 4dbabywaves.com

Care Pregnancy Clinic

■ (225) 275-0100

First Glimpse Prenatal Imaging

■ firstglimpsebr.com

Gender Reveal HD Ultrasound

■ (225) 800-6898

■ genderrevealultrasound.com



Birth Center of Baton Rouge

The Birth Center of Baton Rouge allows you to create the birthing experience of your choice, whether that be through water births or traditional births. All of the rooms are furnished with regular beds, large tubs for water labor and birth, and large attached baths. There is plenty of room for family members, but also a waiting area outside when moms want privacy.

Look At Me 4D Imaging

■ lookatme4dimaging.com

Woman's Hospital

■ womans.org



Empower Your Child's Future Through Research!

Join a pediatric clinical trial
at Pennington Biomedical.

Learn more by visiting:

www.pbrc.edu/clinicaltrials



pb Pennington Biomedical
Research Center
Louisiana State University

225-763-3000 • 6400 Perkins Road, Baton Rouge, LA



10 Things Every New Mom Needs to Know Before the End of Maternity Leave

By Pam Moore

Before you head back to work at the end of your maternity leave, keep these things in mind.

1. Don't get carried away with showing pictures of your baby.

Your coworkers will most certainly inquire, but when you take out your smartphone, try and show only the highlight reel. Babies are cute, but before you know it, one photo leads to two photos...and then work is over and no one gets anything done.

2. Don't stress about pumping at work.

I mean, why would you be stressed about sitting in your quiet office and attaching a suction device to your nipples that spurts milk into bottles attached to your breasts that sounds like Wee-WAH... Wee-WAH... Wee-WAH...? Jokes aside, it'll be okay.

3. Don't automatically eliminate caffeine just because you are breastfeeding.

I'm not a doctor, but I would advise giving coffee a try and seeing what happens before you stop this daily ritual. If you have to eliminate it, I'm sorry for your loss.

4. Do check references before hiring a sitter.

When you find the reference who says, "We LOVE this woman," it doesn't matter if you met her at a bar. She will be the one to take your child to the park, make art projects out of Jell-O, and tidy your house.

5. Do review diaper changing with your sitter.

I don't care if she has "night nurse for triplets" on her resume. Just smile and say something like, "I know this is ridiculous, but if you would humor me, let's change a diaper, so you'll know where the diapers and wipes are. Sorry, I am a neurotic new mom!"

6. Do give your sitter a 30-minute warning before you come home.

This gives her a chance to do the things she should have done while the baby was napping.

7. Do take your lunch break.

Because isn't lunch the whole point of work?

8. Do get everything ready the night before.

It's hard enough to get out the door when you just need to kiss

the baby one last time, but the night before, lay out your outfit, shower, and prep the coffee.

9. Do leave for work before your partner, if possible.

Leaving a note is more efficient than hanging around while the sitter reads said note, then telling her everything you already wrote, giving her a tour of the fridge, and chatting about the weather when your husband could have done the hand-off in three minutes.

10. Do remember that this too shall pass.

I know that is impossible at 2 a.m. after you've been up with a crying baby, and then you get back into bed, turn to your partner, and say, "You're sleeping! I can tell by your breathing. You're not the only one who has to work tomorrow!" and then loudly fluff your pillow. And when you wake up the next day with sand for eyeballs, the vibe is less "This too shall pass" and more "I feel like a prisoner of war." But it will pass, I promise. If my promise is not enough, have a glass of wine. After work, that is.

Don't Be Caught Unaware



Prevent Drownings By Utilizing These 5 Precautions

- Baby Guard Pool Fence of Louisiana
- Adult Supervision
- Water Competency
- Life Jackets
- Emergency Preparations



(225) 673-7946 | BabyGuard.com

BABY FACES



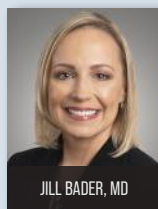
**WANT TO
SEE YOUR BABY'S
PICTURE HERE?**

Visit brparents.com and click on Upload Snapshots.

All photos become property of *Pink&Blue Magazine*, a division of Family Resource Group Inc.



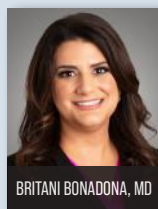
CHARLES AYCOCK, MD



JILL BADER, MD



MORGAN BANKSTON, MD



BRITANI BONADONA, MD



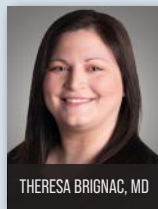
ALLYSON BOUDREAUX, MD



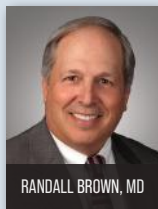
REBECCA BOUDREAUX, MD



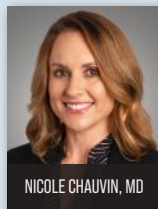
FRANK BREAU, MD



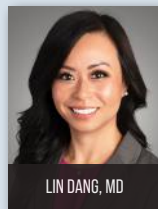
THERESA BRIGNAC, MD



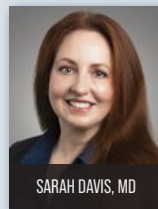
RANDALL BROWN, MD



NICOLE CHAUVIN, MD



LIN DANG, MD

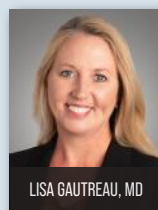


SARAH DAVIS, MD

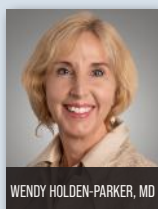
CARING FOR OUR COMMUNITY, *One Woman At A Time*



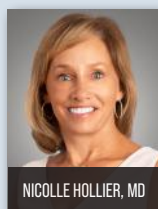
RYAN DICKERSON, MD



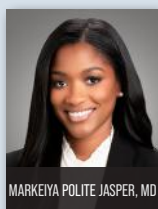
LISA GAUTREAU, MD



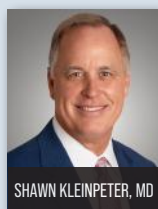
WENDY HOLDEN-PARKER, MD



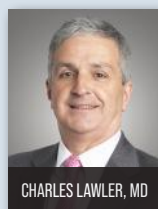
NICOLLE HOLLIER, MD



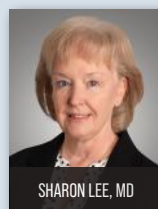
MARKEYA POLITE JASPER, MD



SHAWN KLEINPETER, MD



CHARLES LAWLER, MD



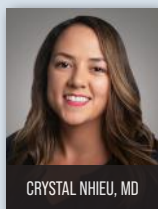
SHARON LEE, MD



PAMELA LEWIS, MD



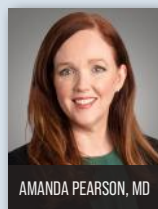
JULIE MARTIN, MD



CRYSTAL NHIEU, MD



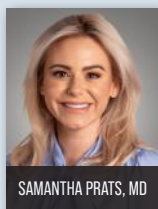
O'NEIL "JAY" PARENTON, MD



AMANDA PEARSON, MD



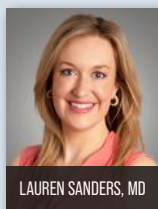
MICHAEL PERNICIARO, MD



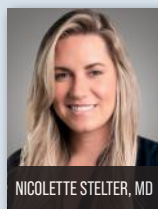
SAMANTHA PRATS, MD



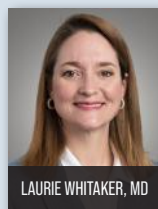
KIRK ROUSSET, MD



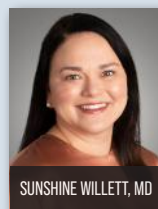
LAUREN SANDERS, MD



NICOLETTE STELTER, MD



LAURIE WHITAKER, MD



SUNSHINE WILLETT, MD



LOUISIANA WOMEN'S
Healthcare



Obstetrics & Gynecology





EARLY LEARNING CENTERS



All Kidz Karousel Early Learning Centers create an environment tailored to your child's age to encourage emotional, mental, and social growth. Our team promises to care for your child as we would our own, and we strongly believe in the importance of positive reinforcement to boost their self-esteem. We provide a space that supports free expression and stimulates learning, helping your child thrive.



State Licensed, Type III Centers

Louisiana Quality Start Program

Continuing Education for Teachers

We provide a homestyle breakfast, hot lunch, & snack.

Year-round program

Bio-Metric Finger imaging entrance

Enrollment from 6 weeks- 5 years of age

Parent Advisory Board

Staff certified in First Aid/CPR

Frog Street Curriculum

Smart Boards

Viewing windows in classrooms

PBJ live web video stream for each classroom

Seven Locations

Crestworth

Micro Center

Enrollment for Pre-K Three

11200 Avenue F

Baton Rouge, LA 70807

e: kidzkarouselcrestworth@gmail.com

Main Street

Enrollment from 6 weeks- 5 years of Age

1020 Main Street

Baton Rouge, LA 70802

P: 225-383-1880

e: kidzkarouselmain@gmail.com

Mandeville

Enrollment from 6 weeks- 5 years of Age

1581 Highway 1088

Mandeville, LA 70448

P: 985-629-0713

e: kidzkarousel@gmail.com

LOL

Enrollment from 6 weeks- 5 years of Age

7315 Picardy Avenue

Baton Rouge, LA 70808

P: 225-769-0805

e: kidzkarousellol@gmail.com

Prairieville

Enrollment from 6 weeks- 5 years of Age

37485 Ultima Plaza Blvd.

Prairieville, LA 70769

P: 225-673-2000

e: kidzkarouselpv@gmail.com

Woman's

Enrollment from 6 weeks- 5 years of Age

6955 Pecue Lane

Baton Rouge, LA 70817

P: 225-256-5158

e: kidzkarouselwomans@gmail.com

Zachary

Enrollment from 6 weeks- 5 years of Age

1106 Friendship Lane

Zachary, LA 70791

P: 225-286-4120

e: kidzkarouselzachary@gmail.com



www.kidzkarousel.com

