

# A Healthy Baby Begins with You



## 10 Steps to Having a Healthier Baby

**Infant mortality rates for Black Americans are more than double that of the United States as a whole. That's more than 7,500 infant deaths per year. A Black woman living in Miami-Dade County is two and a half times more likely than her white neighbor to have her baby die in the first year of life. The following 10 steps are helpful to ensure the health of your baby:**

### **For mom:**

- Get a checkup to identify high blood pressure, diabetes, asthma, seizures and thyroid disease.
- Make and keep your prenatal care appointments.
- Take prenatal vitamins with folic acid everyday.
- Don't smoke, drink or do drugs. They will harm you and your baby.
- Eat a healthy diet, with plenty of fruits and vegetables, drink plenty of water and maintain a healthy weight.

## For baby:

- Put your baby to sleep on her back EVERY TIME to prevent Sudden Infant Death Syndrome (SIDS).
- Avoid using soft objects, stuffed toys, loose bedding and blankets in the crib.
- Give your baby breast milk. Breast is Best!
- Keep your baby's shots current and keep your well-baby appointments.
- Follow your doctor's recommendations.

Call **1-800-444-6472**  
[www.omhrc.gov](http://www.omhrc.gov)

Family Health Line  
**1-800-451-2229**



Healthy Start Coalition of Miami-Dade  
**1-305-541-0210 • [www.hscmd.org](http://www.hscmd.org)**