



Arkansas Department of Health

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Governor Asa Hutchinson

Nathaniel Smith, MD, MPH, Director and State Health Officer

Dear Parents,

We at the Arkansas Department of Health congratulate you on the birth of your new baby! Being a parent is one of the most important jobs you will ever have. We want to help you along the way. In this letter, please find information on these topics:

Early Development: There is a sheet in this package called: “Track Your Child’s Developmental Milestones.” Use this to record your child’s motor development, coordination, speech, playing with others, thinking and expressing feelings. You can get a free parent kit, which will tell you more about this, on-line at: www.cdc.gov/ActEarly.

Stress: We know that babies, infants and children are affected by stresses of the parents, so it is important to take care of yourselves. Tips on how you can protect your baby from harmful stress can be found under “Downloads” at the bottom of the webpage: www.healthy.arkansas.gov/programsServices/familyHealth/ChildAndAdolescentHealth.

Depression: Feelings of sadness and being overwhelmed can make it hard for you to interact with your baby. This may be a sign of depression or anxiety. The good news is that this is normal and can be treated. To learn more, go online to: www.nichd.nih.gov/maternalmentalhealth.

Text4baby & Breastfeeding: On the back of this letter is information about how you can get FREE messages on your cell phone during your baby’s first year. If you have any breastfeeding questions you can call the breastfeeding help line at 1-844-344-0408. This line is open all day and night each day of the week.

If you need help finding a doctor for your baby or yourself, you can:

- go online at <http://www.healthy.arkansas.gov/programsServices/localPublicHealthOffices> to find a Local Health Unit; or
- if you have Medicaid, call Arkansas Connect Care at 1-800-275-1131.

We want to support you during this exciting time. Congratulations again!

From Your Department of Health,

Alan D. Mease MD, FAAP

Medical Director, Child and Adolescent Health

Turn over



HEY MOM, It's 4U!



Text **BABY** to **511411**

Get **FREE** tips on your cell phone to help you through your pregnancy and your baby's first year.

**Have Breastfeeding Questions?
We can help 24/7!**

Arkansas Breastfeeding Help Line

501-202-7378

or toll free at

1-844-344-0408

Breastfeeding experts are available