

# baby

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## Have a food safe pregnancy



### Watch what you eat

Some foods carry a higher risk for foodborne illness than others for pregnant women.

Here is a list of tips, including foods to avoid:

- Make sure to cook hot dogs and deli meats until they are steaming hot before eating them.
- Don't eat raw or undercooked meat, poultry and seafood.
- Avoid refrigerated smoked seafood.
- Avoid unpasteurized juice, cider and dairy products.
- Avoid soft and semi-soft cheeses.
- Avoid refrigerated pâtés and meat spreads.
- Avoid uncooked foods made from raw or unpasteurized eggs.
- Avoid raw sprouts.

*Visit the Healthy Canadian's website for a more detailed list of foods to avoid and safer food alternatives while pregnant.*

During pregnancy, food safety is more important than ever because the woman and her unborn baby are at an increased risk of foodborne illness. The immune system is weakened, making it harder to fight off infections and leaving pregnant women vulnerable to serious health problems. Also, an unborn baby's immune system is not developed enough to fight off harmful foodborne bacteria.

### What to do

**Clean:** Wash your hands and surfaces often with warm, soapy water.

**Separate:** Make sure to always separate raw foods, such as meat and eggs, from cooked foods and vegetables.

**Cook:** Always cook food to the safe internal temperature. You can check this by using a digital food thermometer.

**Chill:** Always refrigerate food and leftovers promptly at 4°C or below.

## baby stuff



## Know the signs of postpartum depression

(NC) After the high of the baby shower, decorating the nursery, and leaving the desk at work, many new mums expect the beginning of motherhood to be a time of joy and discovery with their new baby. Unfortunately for many women, the first few months may be a struggle and it can be difficult to express these feelings when you are surrounded by cooing family and friends.

“Postpartum depression affects one in 10 women who have had a child, and can affect any woman, regardless of her age, race, or economic background,” says Dr. Thomas Ungar, chief and medical director of psychology at North York General Hospital. “It does not mean that there is anything wrong with your ability to be a mother.”

Dr. Ungar shares some useful information for new mothers, and those close to new mothers, to help identify postpartum depression:

### Signs and symptoms:

- Feelings of sadness or “down”-ness that don't go away;
- Inability to sleep, even when the baby is sleeping;
- Inability to concentrate or make decisions;
- Lack of interest in the baby, friends and family, or things you used to enjoy;
- Feelings of guilt, worthlessness, hopelessness or despair;
- Fear of being a “bad” mother, or that others will think you are;
- Fear that harm will come to the baby;
- Thoughts of harming the baby or of



harming yourself;

- Thoughts of death or suicide.

### Remedies:

- Talk to your doctor, family member, or friend about your symptoms as soon as possible.
- Speak with a therapist or counsellor, who can help you cope with your feelings and develop stress reduction techniques.
- Join a support group, where you will be able to share your thoughts and feelings in a caring environment.
- Let family and friends help with things like housework or watching older children.
- Eat regular, balanced meals.
- Exercise moderately, (like walking every day).
- Express your thoughts and feelings in a journal, and record changes in your moods.
- Seek urgent or emergency help if you feel unsafe.

### Lovin' Spoonfuls Baby Spoon

A beautiful welcome to a new baby and a lovely keepsake, jewellery designer Lisa Leonard's custom baby spoon is cast in fine pewter. Customize the handle with a sweet word or baby's name stamped in typewriter style letters. Available at [www.lisaleonardonline.com](http://www.lisaleonardonline.com). \$28



### Baby soft sleepers

Jammies by Helene Laure are super soft and come in a recyclable jam jar tied with a bow. Sizing goes from 0 to 9 months and also includes an “Up to 7lbs” size so moms can dress their smallest bundle of joy with well-fitted and attractive pajamas. Order in a beautiful gift box for a treasured gift. Ten percent of profit from Jammies is donated to Postpartum Progress, an organization dedicated to helping mothers and babies who struggle with Postpartum Depression. Starting at \$30. [www.jammiesforbabies.com](http://www.jammiesforbabies.com)