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## INTRODUCTION

There are many things that you encounter in your every-day life that can affect your health. But, there are also many things you can do to try to overcome those challenges.

For example,

- If your neighborhood is not very safe, you can try walking with your baby in a shopping center or at a safe park;
- You can use coupons and supermarket reward programs to save money on food;
- You can get help applying for a job and continuing your education even with a new baby at home.

In this section we will share how certain events and experiences in your life can affect your health, and what steps you can take to overcome those challenges. Each lesson will give you easy-to-use suggestions and resources to help you create a healthier environment for you and your baby. We will focus on common challenges that moms may encounter:

**BEING A  
WORKING  
MOM**

**EDUCATION**

**FIND A JOB**

**HOUSING**

**LIVE IN A  
HEALTHY HOME  
(ENVIRONMENTAL)**

**MAKE THE  
MOST OF YOUR  
NEIGHBORHOOD**

**SPENDING  
AND SAVING  
MONEY  
WISELY**

**CREATING  
A BUDGET  
AND MONEY  
SAVING TIPS**

**EAT HEALTHY  
ON ANY  
BUDGET**

**SUBSTANCE  
ABUSE**

**VERBAL,  
EMOTIONAL,  
AND  
PHYSICAL  
ABUSE**

**SOCIAL  
SUPPORT**

## BEING A WORKING MOM

Most adults spend nearly half of their waking hours at work. Balancing being a mom and working is not easy, but it is possible. As you transition back to work after having a baby, the following tips will help make this process a little easier.

### CHILDCARE

It can be hard to leave your baby and go back to work after giving birth, even if the babysitter is someone you trust. If you don't currently have childcare, you have many affordable options to choose from:

- Pathways LA
- Volunteers of America
- First 5 LA

### MATERNAL ACCOMMODATIONS:<sup>2</sup>

If you were working before giving birth, you may be legally eligible for up to 12 weeks of unpaid leave under the Family and Medical Leave Act (FMLA). Taking time off after delivering your baby will be a great time to recover from giving birth and to bond with your baby.

Whether you take time off or not, your employer is legally required to provide breastfeeding or pumping accommodations when you return to work. See the Breastfeeding and going back to work lesson in the Breastfeeding section for more information.

### TIPS

- Keep stress levels low – go for a walk with the baby and try not to bring work stress home.
- Stay connected to your baby while you're at work – call, Skype or FaceTime with the baby during your breaks.
- A 10 minute walk will help you lower your stress and increase your energy level.

Know and protect your rights in the workplace:

- Lactation accommodations at work
- 6 Laws for parents living in California
- California family leave laws – know your rights
- Video: Your rights under the Family Medical Leave Act

Are you experiencing discrimination at work for being a new mom? Know your rights!

- How to file a discrimination complaint

Do you need help finding a job after having a baby? Visit these websites for assistance.

- momcorps.com
- winterwoman.org

### STRESS

Work can sometimes be a source of stress.

Walking, doing yoga, meditating and eating healthy can help lower stress and improve your health. Do your best to keep work stress at work and away from your family. Visit the Stress lessons to learn more about how to reduce the stress in your life.

## STAYING CONNECTED<sup>3</sup>

There are ways to connect with your baby even while you are away at work. Here are a few tips to help you keep that bond with your baby:

- **Schedule time with your baby.** Just like you schedule meetings at work you can schedule quality, uninterrupted time with your baby, even if it's for 5 minutes.
- **Try not to work while the baby is awake.** Spend quality time with the baby when you get home, and save your work for when the baby is asleep.
- **Record your voice.** Record yourself reading a book or singing to your baby. The babysitter can play it for the baby while you're away.
- **Have lunch dates.** Visit your baby during lunch hour. If that's not possible, then use your phone to Skype or FaceTime with your baby.

- **Download the Baby Connect app.** Ask the baby sitter to track your baby's eating and sleeping patterns so that you can see how your baby is spending his/her day.
- **Take a walk with your baby.** Walking with the baby is a great way for you to relax and bond with the baby while enjoying the outdoors. Remember, walking helps you manage your weight and lose weight.

You may have busy days ahead, but always remember to schedule a few minutes for yourself. Eat healthy, drink water, and go for a walk every day, even if it's for 10 minutes. Not only will you be healthier, but you are also setting an example for your baby.

## RESOURCES:

### RECOGNIZE WORKPLACE HAZARDS

<http://www.healthyworkinglives.com/advice/workplace-hazards>

### REPORT WORKPLACE HAZARDS

[dir.ca.gov/dosh/complaint.htm](http://dir.ca.gov/dosh/complaint.htm)

### PATHWAYS LA

[pathwaysla.org/en/parent-resources/get-help-paying](http://pathwaysla.org/en/parent-resources/get-help-paying)

### VOLUNTEERS OF AMERICA

[voala.org/services/children.htm](http://voala.org/services/children.htm)

### FIRST 5 LA

<http://www.first5la.org/parenting/>

### GOING BACK TO WORK AFTER HAVING A BABY

[parents.com/parenting/work/life-balance/going-back-to-work-after-baby/](http://parents.com/parenting/work/life-balance/going-back-to-work-after-baby/)

### MOMS SHARE THE TRUTH ABOUT RETURNING TO WORK AFTER HAVING A BABY

[thestir.cafemom.com/baby/165293/14\\_moms\\_share\\_the\\_truth](http://thestir.cafemom.com/baby/165293/14_moms_share_the_truth)

### RETURNING TO WORK: BREASTFEEDING TIPS

[todaysparent.com/baby/breastfeeding/10-tips-for-breastfeeding-after-returning-to-work/](http://todaysparent.com/baby/breastfeeding/10-tips-for-breastfeeding-after-returning-to-work/)

## VIDEOS:

### BLOG – MATERNITY LEAVE AND FAMILY MEDICAL LEAVE ACT

[youtube.com/watch?v=BEuDhbgLL\\_Y](https://youtube.com/watch?v=BEuDhbgLL_Y)

### BLOG – THE TRUTH ABOUT RETURNING TO WORK AFTER BABY

[youtube.com/watch?v=ZE8EfyE7FQ](https://youtube.com/watch?v=ZE8EfyE7FQ)

## APPS:

### BABY CONNECT

[itunes.apple.com/us/app/baby-connect-activity-logger/id326574411?mt=8](https://itunes.apple.com/us/app/baby-connect-activity-logger/id326574411?mt=8)

## BLOGS:

### WORKING MOTHER

[workingmother.com/blogs](https://workingmother.com/blogs)

### THE JUGGLE

[blogs.wsj.com/juggle/](https://blogs.wsj.com/juggle/)

## EDUCATION

Having more years of education leads to better health. Studies show that the more educated a parent is, the healthier they are, and their family as well. If you want to continue your education, there are ways to juggle both being a mom and a student.

### HOW DOES CONTINUING MY EDUCATION HELP IMPROVE MY HEALTH?

- **Encourages you to set healthy behaviors.** The more educated you are, the more informed you will be on a variety of topics, such as finances and health. Moms that continue with their education after high school are more likely to be active, eat healthy, stay away from alcohol and smoking, and get regular check-ups and medical care.<sup>1,2</sup>
- **Better work environment and income:** More education typically leads to a secure, higher paying job with benefits.
- **Improved self-confidence and sense of control:** Women with more education tend to have higher self-confidence and a greater sense of control over their own lives.<sup>1,2</sup>

### HOW DOES CONTINUING MY EDUCATION HELP MY BABY?

- **Encourages healthy development.** With more education, mothers are able to create a healthy home environment and model healthy behaviors to their children. In fact, reading,

#### TIPS

- More education typically leads to a secure, higher paying job.
- Colleges and universities may offer childcare and housing assistance to full-time students with kids.
- If attending classes in person is not an option right now, consider taking online classes to continue your education.

singing, and talking to your baby will help their brain develop, helping them do better in school when they grow up. Children have increased brain power and better overall health later in life.<sup>1,2</sup>

- **Helps your baby succeed.** Children of more educated mothers tend to succeed in school due to greater academic support and expectations from their parents.

### WHAT CAN YOU DO?

- **Read, sing, and talk to your baby.**<sup>3</sup> Even when your baby is still small, he/she will be listening to you. This is also a great way to bond with your baby and spend time together.
- **Continue your education.** Stay in school if you have the option. If it's not possible right now to attend school during the day, night school and online classes are great options. Look into these resources to get started:
  - *Online School:* Find an on-line program that works for you. Browse through the

different subjects they offer, financial aid options, and career development programs.

- *Adult School*: These programs are for adults and offer free to low-cost courses. Many of these schools will also help you earn your high school diploma (GED); teach you how to speak, read and write in English; and learn how to become a U.S. citizen.
- *Community College*: Attend a community college to build career skills, and prepare to transfer to four-year colleges and universities. Financial assistance is available. You don't have to be a current student to get information – make an appointment with a college advisor to discuss your plan and how you can get started.
- *Itunes University*: Choose from over 75,000 free lectures, videos, and books on any subject you want. To use, download the app to your phone or computer.
- *St. Anne's*: For many years, St. Anne's has helped young moms graduate from high school and go to college. Visit the website for more information.
- *Crittenton Services*: Helps women obtain safe and affordable housing and health care services, including education assistance. Visit the website for more information.

## PAYING FOR SCHOOL

There are a number of ways to make your education more affordable. You may qualify for fee waivers, federal grants, Cal grants, scholarships, student loans or work study programs. To learn about each of these, visit the websites below:

- *I can afford college*: They will walk you through the process of applying for the different types of financial aid you qualify for.
- *California Dream Act (AB 540)*: Undocumented students can attend college in the U.S., and may qualify for financial assistance. Visit this website for details.
  - *Federal Student Aid* – Have questions about preparing for college and financial aid? This website can help!
- Apply for scholarships – These websites are search engines that help you find scholarships based on your background and interest.
  - *Scholarships for women and moms*
  - *Scholarships.com*
  - *Fastweb*
  - *Scholarships for single mothers*
  - *10 Places single moms can apply for scholarships*
  - *Video – Scholarships for moms going to college*
  - *Financial help for single moms*

## CHILDCARE:

Someone will have to watch your baby if you choose to attend classes on-campus. Look into these options for childcare assistance:

- Head Start – offers free or low-cost childcare and preschool services.
- Ask the college or university – ask student services staff at the college or university to connect you with childcare resources, programs and assistance. Oftentimes schools will offer free or low-cost childcare and housing to students with kids.

## RESOURCES:

### COLLEGE SCHOLARSHIPS FOR MOMS AND SINGLE MOMS

[usnews.com/education/blogs/the-scholarship-coach/2012/03/08/women-look-to-these-college-scholarships](http://usnews.com/education/blogs/the-scholarship-coach/2012/03/08/women-look-to-these-college-scholarships)

[collegescholarships.org/grants/single-mothers.htm](http://collegescholarships.org/grants/single-mothers.htm)

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1. Education Matters for Health (2009) <http://www.commissiononhealth.org/PDF/c270deb3-ba42-4fbd-baeb-2cd65956f00e/Issue%20Brief%206%20Sept%2009%20-%20Education%20and%20Health.pdf>
2. Education and Health (2007) [http://www.npc.umich.edu/publications/policy\\_briefs/brief9/](http://www.npc.umich.edu/publications/policy_briefs/brief9/)
3. First 5 California Launches New Campaign to Talk, Read, and Sing so Kids 0-5 have a Chance to Succeed. (2014) <http://www.businesswire.com/news/home/20140318006445/en/5-California-Launches-Campaign-Talk-Read-Sing#.VDRgIbfQfjo>

## FINDING A JOB

Finding a job can be hard with a new baby in the house, but it's not impossible. You're ready to work, but not sure where or how to get started? Follow these tips to help you land your next job:

### 1. WHAT SHOULD I DO?

Find a job that will work for you and your family. Do you prefer to work full time or part time? Are you willing to take a temporary or seasonal position or do you want something that is more secure? If any job will do, that's important to note too!

Next, what type of job do you want? What are you good at? What do you like to do? Finding a job that is meaningful and fun can motivate you to go to work, especially on the days when it's a little harder to slip away from your baby. For example, do you have a favorite store you like to shop? Consider applying there and take advantage of the employee discount. Now there's a bonus!

- *Mom Corps* – Sign up for their weekly “Hot Jobs” newsletter, chat with job recruiters, and connect with other moms who have found a job through Mom Corps.
- *How to get a job when you've been a stay-at-home mom*
- Video: *Great jobs for stay-at-home moms*

### TIPS

- Job training programs are usually free, they will help prepare you for a career, and they will help you find a job.
- Your local LA Public Library can help you update your resume and find a job.
- If you prefer to stay home with the baby, working from home or having a side job is another great way to earn extra cash.

### 2. WHO IS HIRING AND WHAT SKILLS DO I NEED?

Now that you have identified a few jobs you may like, next figure out if you need additional training. Do a job search to find out who is hiring, and ask family and friends to see if they know of any leads. Here are a few job training agencies you can contact.

- *Work Source* helps California residents get job training and find a job.
- *YWCA* helps empower women by providing job training, vocational training, and educational training.
- *Community College* – You can get affordable job training at a local community college. You may even decide to go back to school, which is a great idea. Read the Education lesson for information on how to start.
- *Job Corps* helps young people ages 16-24 receive the skills they need to succeed in

today's workforce. The program is free!

- MEND offers a variety of training opportunities to low-income clients need to help them earn better paying jobs.
- Call 2-1-1 can for more information on local job training centers
- To search for jobs:
- Visit the following websites: *Indeed, Monster, Career Builder, Snag A Job, & Craigs List*
  - Look in your local newspaper
  - Visit your local library and ask for the job bulletin

### 3. I'M READY TO APPLY.

Most jobs will ask you to fill out a job application, and others prefer to see a resume. A job application is usually quicker to fill out – they ask for your name, contact information, previous work history, and references. A resume is a 1-2 page written document that lists your education, skills, work history, and accomplishments.

- *LA Public Library* offers free resume workshops – trained staff will help you write a resume or improve the one you already have.
- *Tools for job seekers* – the LA Public Library offers plenty of information to help you apply for jobs. They even have their very own job search website!
- Video: *Use LinkedIn to find a job*

### 4. I HAVE AN INTERVIEW!

Job interviews give the employer an opportunity to assess if you are the best fit for the job. Interviews are also an opportunity for you to assess if you want to work there. To prepare for the interview, practice answering *common*

*interview questions* in front of the mirror or in front of your baby.

Quick tips to remember on the day of your interview: eat a healthy breakfast; go for a walk before getting ready to get rid of any jitters; arrive at least 10 minutes before the interview starts; speak with confidence.

- *What to wear for a job interview*
- *7 interview tips that will help you get the job*
- *Interview questions you should ask*
- *Why send a "Thank You" note after the interview*

### 5. I HAVE A JOB OFFER!

Congratulations! Now is the time to discuss specifics about the job, such as pay rate, hours and benefits. Know your rights about maternal accommodations – your employer is required by law to give you a reasonable time and space to do pump breast milk. For more information, read the *Going back to work and breastfeeding* lesson in the *Breastfeeding* section. If you need help finding affordable childcare, read the *Occupation* lesson for tips.

### SIDE JOBS

A side job is a great way to make extra money. To help generate income while you stay home with the baby, look into these websites for side job ideas:

- *Side jobs for stay-at-home moms and dads*
- *Making money from home*
- *The Work at Home Woman* - empowering women to balance their life on their own terms
- *Blogging for money*

Working mothers balance many responsibilities, but always remember that you are not alone. Call on family members or friends when you need help. If you are feeling stressed, take a walk with your baby or visit the Stress lessons to learn relaxation techniques. In the end, everything you do will be worth it for the health and well-being of your family.

## APPS:

### JOBCOMPASS

[itunes.apple.com/us/app/jobcompass-find-millions-jobs/id297264903?mt=8](https://itunes.apple.com/us/app/jobcompass-find-millions-jobs/id297264903?mt=8)

### INDEED

[indeed.com](https://www.indeed.com)

### SNAGAJOB

[snagajob.com](https://www.snagajob.com)

### JIBBERJOBBER

[jibberjobber.com/login.php](https://www.jibberjobber.com/login.php)

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1. LaRowe, M. Study says Working Full-time Benefits Mom. Yourtango. <http://www.yourtango.com/experts/michelle-larowe/7-ways-full-time-work-benefits-mothers-expert#.VDgKW7fQfjo>

## HOUSING

You and your family have a right to live in a healthy home and without discrimination. Financial assistance programs are also available to help you make ends meet. Use the resources below to help you find safe, affordable housing for you and your family. Find low-cost housing and get help lowering home-related expenses.

### RENTAL ASSISTANCE:

- LA County Housing Resource Center or call 1-800-265-7811
- The Housing Authority of the City of Los Angeles
- For Section 8 call 562-347-4663
- For homeless shelter program call 1- 800-548-6047 or 213-225-6581
- Single Parent Association of America – offers financial aid, advice, discounts on groceries and clothing, & other services to single parents.
- U.S. Department of Housing & Urban Development - housing information for people with disabilities
- Neighborhood Housing Services of LA County – An organization that helps residents and businesses maintain quality and affordable housing. You can also call 1-888-895-2647
- Call 2-1-1 for more information

### TIPS

- You may qualify for financial assistance programs if you have trouble paying your rent, mortgage, or utilities.
- Federal law prohibits housing discrimination based on your race, color, national origin, religion, sex, familial status or disability. You can file a complaint if you believe you have been discriminated against.

### HOME – RELATED EXPENSES:

- LA DWP financial assistance – Fill out a Financial Assistance Qualification form to see which programs you qualify for. You can also call 1-800-342-5367
- Southern California Gas Company – Contact the Gas Company for information on how you can lower your gas bill, and to see if you qualify for financial assistance programs
- Contact your phone or internet company and ask how you can lower your monthly bill. Companies now offer land lines, cell phone, cable and internet bundle packages that generally save you money.
- Lifeline is a program that offers a discount on phone service for low-income families. If you receive support from MediCal, Healthy Start, Section 8 Housing or other programs, you may qualify for Lifeline. Learn more here: <https://www.fcc.gov/lifeline>

## **AVOID FORECLOSURE**

If you are struggling with making mortgage payments, contact a lender or loan servicer to discuss your options.

- Federal Housing Administration - Save your home from foreclosure
- Making Home Affordable – A program that helps homeowners avoid foreclosure. You can also call 1-888-995-4673.
- Video – Federal Trade Commission, avoid foreclosure rescue scams
- Call 2-1-1 for more information

## **HOUSING DISCRIMINATION**

Federal law prohibits housing discrimination based on your race, color, national origin, religion, sex, familial status or disability. If you believe your rights have been violated, you can file a Housing Discrimination Complaint.

- LA County Department of Public Health – Understand your rights as a tenant. Access multiple agencies that can provide free or low-cost information and advice on all housing matters
- LA Housing Department – under Federal and California law, housing providers cannot deny housing or provide less favorable treatment to families with kids. Read this document to find out where you can get help.
- Sexual orientation discrimination – Sexual orientation discrimination occurs when a housing provider refuses to rent to someone because they are gay, lesbian or bisexual. Read this document for information on how to get help.

- Housing Rights Center – The Housing Rights Center investigates allegations of housing discrimination. To file a complaint or for more information visit the website or call 1-800-477-5977
- Video – Free tutorials on housing and employment laws
- Call 2-1-1 to find local organizations that can help you

## **HOMELESSNESS**

- Everyone has a right to safe & affordable housing. If you need help to find a permanent place to live, contact any of these organizations:
- Homeless shelters & services in LA County – This website lists hundreds of shelters in LA County, including transitional and treatment centers.
- Downtown Women’s Center – Seeks to provide permanent supportive housing for women. You can also call 213-680-0600 for more information.
- PATH – Housing services and programs for the family. You can also call 323-644- 2216 for more information.
- Weingart Center for the Homeless – Provide housing, employment services, and health and sobriety services to residents. You can also call 213-627-9000 for more information.
- Union Rescue Mission – Provides comprehensive emergency and long-term services to guests to help them escape homelessness. You can also call 213-347-6300 for more information.

- The Midnight Mission – Provides housing and emergency services to families in need. You can also call 213-624-9258 for more information.
- LA Family Housing – Helps families transition out of homelessness and poverty by offering housing and supportive services. You can also call 818-982-4091 for more information.
- Good Shepherd Center – Empowers women and their kids to move from homelessness to self-sufficiency through housing, employment, and support services. You can also call 213-235-1460 for more information.
- Covenant House – Helps homeless kids find permanent housing and educational assistance. You can also call 1-800-RUNAWAY for more information.
- LA Homeless Services Authority – An organization that offers services to people who are homeless or at risk of experiencing homelessness.
- Call 2-1-1 for more information

## APPS:

### FIND YOUR PERFECT RENTAL

[rentals.com/Mobile-Apps](https://rentals.com/Mobile-Apps)

### ZILLOW - REAL ESTATE PHONE APP

[zillow.com/iphone](https://zillow.com/iphone)

### TRULIA - FIND HOMES AND APARTMENTS FOR RENT

[itunes.apple.com/us/app/trulia-rentals-find-homes/id508163604?mt=8](https://itunes.apple.com/us/app/trulia-rentals-find-homes/id508163604?mt=8)

### CRAIG'S LIST

<https://itunes.apple.com/us/app/classifieds-pro-free-for-craigslist/id962368305?mt=8>

## LIVE IN A HEALTHY HOME

Home should be a safe place for you and your baby. Poor housing conditions, such as having mold in the house, increases the risk of having an infection, a chronic illness, or an injury. Every family should have access to a healthy home.

If you suspect that your home has asbestos, mold or lead, or if you would like more information, call 1-888-700-9995 between 8:00am – 5:00pm, Monday – Friday. You can also send an email to [ehmail@ph.lacounty.gov](mailto:ehmail@ph.lacounty.gov) or file an electronic complaint.

**ASBESTOS** – When asbestos fibers are breathed in they get trapped in the lungs. The fibers can stay there overtime and accumulate, causing scarring and inflammation. This can cause breathing problems and, in very serious cases, it may cause cancer. Generally, you cannot tell if a material has asbestos unless it is labeled. Hire (or ask your property owner to hire) a trained and accredited asbestos professional to inspect your home, especially if: you are planning a remodel, or your home has damaged building materials (crumbling drywall and insulation that is falling apart).

- Video – *How asbestos affects your body*

**MOLD** – Exposure to mold can cause inflammation, allergic reactions, or infections. Mold grows in moist environments; it can grow on wood, paper, carpet, food and insulation materials. The more severe the mold, the greater

### TIPS

- If you suspect mold, asbestos or lead in your home, call the office of environmental health at 1-888-700-9995.
- Secondhand smoke can be harmful to your baby and your health.
- Prevent accidental injuries by baby proofing your home & practicing safe sleep tips.

the health risk. Mold inspection and clean-up is considered a housekeeping task and is the responsibility of a homeowner or landlord.

- *What to do if you find mold in your home*
- *10 Things you should know about mold*
- *Getting rid of mold - minor cases*
- Video – *How mold affects your body*

**LEAD** – Exposure to lead can affect nearly every system in the body. Paint, dust and soil are the most common sources of lead. Other sources of lead include some types of pottery and candy, imported jewelry, and some toys. Lead gets in the body by breathing it in or by putting lead-containing food or materials in your mouth. A blood test must be done to find out if someone has lead poisoning.

- *Protect your family from lead in your home*
- *Foods to help protect your child from lead*
- *Candies found to contain lead*
- *Products that contain lead*

## SECONDHAND SMOKE

Children who inhale secondhand smoke can have ear infections, frequent and severe asthma attacks, breathing problems, and a higher risk of sudden infant death syndrome (SIDS). Adults who inhale secondhand smoke have a 25-30% higher risk of having heart disease, and a 20-30% higher risk of having lung cancer.

Smoking is prohibited in businesses, pool halls, bingo parlors, movie theaters, bowling alleys and private, social, fraternal, and gaming clubs.<sup>2</sup> Smoke Free Workplace Law does not regulate smoking in outdoor areas, but your local government or property managers may have enacted a smoke-free policy.<sup>2</sup> Contact your local city hall or site manager for more information.<sup>2</sup>

- *Secondhand smoke fact sheet*
- *Smoke-Free apartment registry*
- *Get help with quitting*
- Video – *What happens when you quit smoking*
- Video – *How smoking affects your health*
- Video – *Children's exposure to secondhand smoke*

## SAFE SLEEP<sup>1</sup>

Approximately 70 infants in LA County die from unsafe sleeping conditions. Babies under the age of 1 are at risk of suffocating while: sharing a bed, sleeping in a cluttered crib, or sleeping on their side or stomach. The safest way to put a baby to sleep is to have them sleep alone in a crib, place them on their back every time, and

do not put pillows, blankets or toys in the crib.

- *Frequently asked questions about safe sleep*
- *Learn more about Safe Sleep and SIDS*
- Video: *SIDS*
- Video: *Co-Sleeping*

## BABY PROOFING

About 2.3 million children are accidentally injured each year<sup>3</sup>. To help prevent accidents, take the following steps to baby proof your home<sup>3</sup>:

- Act like a baby - get down at your baby's level and explore your home.
- Remove chokables (i.e., pet food, coins, toys, etc.).
- Lock away poisons (i.e., house cleaner, medication, plants) or move them to higher ground.
- Cover electrical outlets.
- Attach heavy furniture & electronics to the wall with brackets or safety straps.
- Block off-limits areas (i.e., refrigerators, exercise rooms, stairs, etc.)
- Keep cords out of reach & at least 3 ft. away from cribs.
- Prevent burns by using the back burners on the stove, and by setting your baby down while cooking.
- Prevent drowning – it only takes 1 inch of water for a baby to drown. Keep bowls of water away from kids, drain the tub after using, and place a fence around pools.

### THE TOILET PAPER TEST:

If an object can fit through the toilet paper roll, then the baby can swallow it. Remove these objects from your baby's path to prevent choking.

## RESOURCES:

### VIDEO - CHILDPROOFING FOR YOUR BABY OR TODDLER

<http://www.parents.com/baby/safety/babyproofing/>

### VIDEO – HEALTHY HOUSING CHALLENGE REMOVES MAJOR HEALTH HAZARDS FOUND IN HOMES

[nchh.org/Training/HealthyHousingChallenge.aspx](http://nchh.org/Training/HealthyHousingChallenge.aspx)

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3. Baby Center. Childproofing for your baby or toddler. Retrieved from [http://www.babycenter.com/0\\_childproofing-around-the-house\\_460.bc](http://www.babycenter.com/0_childproofing-around-the-house_460.bc)

## MAKE THE MOST OUT OF YOUR NEIGHBORHOOD

Living in a neighborhood that provides safe opportunities to be active, offers healthy and affordable food, and is free of crime can help you be healthier. Even if you don't live in a neighborhood that has each of these characteristics, you and your family can still take steps to make healthy choices.

### FIRST 5 LA – TOT PARKS

Take your baby to a Tot Park, where you will find playgrounds built for kids under 5 years old. Mommies can also go for a walk around the playground with the baby in the stroller. Visit this website for a list of parks and addresses.

#### ANTELOPE VALLEY:

- Jackie Robinson Park – Littlerock
- Amistad Park – Pacoima

#### METRO LA:

- Toberman Park – Los Angeles
- El Sereno Park – Los Angeles
- Evergreen Park – Los Angeles

#### SAN FERNANDO VALLEY:

- Ritchie Valens Park – Pacoima
- Jamie Beth Slavin Park – North Hollywood
- Mason Recreation Center – Chatsworth
- Howard Finn Park – Sunland
- Hubert Humphrey Park – Pacoima

### CONSEJOS

- Take your family to a Tot Park – a park with play equipment for kids ages 0-5.
- Boys & Girls Clubs, YMCA's, and YWCA's, offer many free or low-cost programs to help families live their very best.
- Call local schools, colleges and universities for a listing of their free or low-cost health programs.

#### SOUTH LA:

- East Rancho Dominguez Park – Compton
- Athens Park – Los Angeles
- Avalon & Gage Park – Los Angeles
- Paramount Park – Paramount

#### EAST LA:

- City Terrace Park – Los Angeles
- Mini Center/Mary Van Dyke Park – South El Monte
- Pixley Park – Maywood
- Riverfront Park – Maywood
- Salazar Park – Los Angeles
- AJ Padelford Park – Artesia
- Treasure Island Park – Downey
- T. Mayne Thompson Park – Bellflower
- Baber Park – Artesia

## **BOYS & GIRLS CLUB**

The Boys & Girls Club offers a safe place where young people can be themselves, be proud, and experience opportunities never thought possible. Boys & Girls Clubs offer the following programs:

- Academic resources for students and anyone who wants to go to college
- Character & citizenship development for middle and high school teens
- Healthy lifestyles program for kids and families

*Find the Boys & Girls Club near you!*

## **YMCA AND YWCA**

The YMCA & YWCA are dedicated to strengthening communities and empowering women by offering the following programs:

- Youth Development
- Healthy Living for women, kids and families
- Social services (employment training, early childcare programs, family services, financial literacy programs & skills development)
- Global services (information for newcomers/immigrants)
- Military & veterans programs

*Find a YMCA near you and a list of their programs!*

*Find a YWCA near you and a list of their programs!*

## **SCHOOLS, COLLEGES AND UNIVERSITIES**

Sometimes local schools, colleges and universities offer health services and recreation opportunities to local residents. In some instances, you do not have to be an enrolled student to obtain the resources. Some of the services offered may include:

- Wellness center
- Healthcare services
- Free or low-cost fitness classes
- Free or low-cost childcare

Call your local schools for more information.

## SPENDING AND SAVING MONEY WISELY

Now that you have a baby, it is important to spend and save your money wisely. Stretching your money will help you take care of your family now and in the future. Here are a few tips to help you set better money habits:

Create a budget:<sup>1</sup> Creating a monthly budget is a great way to help you save and spend money wisely. A budget helps you keep track of how much money you have and where you are spending it. Creating a budget will also help you save for the future, such as saving to buy a home, saving to go back to school, or saving for your baby's future. To get started, read *How to Create a Budget* and watch the videos below:

- *How to create a budget*
- *Steps to better money habits*

**1. Get a handle on your debt.**<sup>1</sup> You want to stop adding to the debt you already have. The deeper you get into debt, the harder it will be to pay off. First, figure out how much your debt is costing you. Second, make a plan to start paying off any debts you owe. In your plan, set a goal stating when you will pay off your debt. It may take months, or it may take years, but the important thing to do right now is to make a plan to pay it off. Don't forget to include your debt payments in your monthly budget.

### TIPS

- Managing your money is important to making sure your family is taken care of and you can meet your money goals, creating a budget is the first step.
- To manage your money: create a budget, get a handle on your debt, save money, and find ways to cut costs.

- Video: *Steps to get out of debt*
- Video: *Strategies for paying debts*

**2. Save Money on everyday items:**<sup>1,4</sup> Saving money is very important. One day your car will need to be repaired, or your baby may need an unexpected medical procedure. It's important to have money set aside for when situations like this occur. A few dollars saved every month may not seem like much, but it can add up over the course of a year. For example, saving \$5.00 every day will add up to \$1,825 at the end of 1 year. Saving money will help you buy the house you've always dreamed of. Using coupons can save you 30-50% on your grocery bill.<sup>5</sup> For great ideas on how to save money on everyday items, watch the videos below.

- Video: *Easy ways to save on everyday expenses*
- Video: *Create a safety net for life's unexpected events*

**3. Invest your money:** Women tend to live longer than men, and this makes saving for retirement a very important topic. It is not wise to rely only on government assistance, such as social security benefits, for your retirement. A smart thing to do during retirement is to have multiple sources of income so that you are taken care of well into older age. “Investing” can be gaining a return on your money in the stock market or purchasing real estate, such as a home. Investing is a very personal decision and will vary from person to person. Set up an appointment with a financial advisor or speak to a representative from your bank to discuss retirement and investment options.

- *Fidelity* – offers free investment guidance and portfolio consultation
- *NASDAQ* – The 10 commandments of investing
- *How to choose a financial planner*

**4. Revisit your budget.**<sup>1</sup> Set up your budget every month, and look to see where you can cut costs and add to your savings and investments.

- Video: *Steps to better money habits*

## **FINANCIAL ASSISTANCE:**

We can all use a little help every now and then. If you need help with basic necessities, such as paying for food, housing or health insurance, there are many resources available to help you.

- **CalFresh** stretches your food budget, while helping you eat healthy, nutritious meals. CalFresh will also help you purchase seeds to grow your own herbs, fruits and vegetables right in your home. For more information and to apply, go *here*.
- **WIC** (Women, Infants, and Children) is a nutrition program that helps pregnant women and kids under 5 years old eat healthy. WIC sends moms and kids special checks to help them stretch their food budget. For more information, go *here*.
- **Temporary Assistance for Needy Families** (TANF) is a program that offers short-term financial assistance. They will also help you get you the training you need to secure a job. For more information, go *here*.
- **Covered California** is the new health insurance program in California. For more information on securing a free or low-cost health insurance plan for you and your baby, visit their website *here*.
- **2-1-1** is always ready to help! If there is a service that you need, they can help you find an organization near you. Call 2-1-1 next time you need to find a food bank, a health center, or a farmer’s market.

## RESOURCES:

### COUNTY OF LOS ANGELES PUBLIC LIBRARY

[colapublib.org](http://colapublib.org)

### LIVING RICH WITH COUPONS

[livingrichwithcoupons.com/beginners/extreme-couponsing-101](http://livingrichwithcoupons.com/beginners/extreme-couponsing-101)

## APPS:

### KIDSMEALDEALS

[kidsmealdeals.com](http://kidsmealdeals.com)

Find specials on kid's meals in your area.

### GASBUDDY

[gasbuddy.com](http://gasbuddy.com)

Save on gas by finding the cheapest gas prices in your area.

### SNIPSNAP

[snipsnap.it](http://snipsnap.it)

Take pictures of your coupons on your app and don't worry about having to carry all your coupons around, they will all be saved on your phone.

### IBOTTA

[ibotta.com/how](http://ibotta.com/how)

Earn points and earn rebate cash by using this app.

### RETAILMENOT

[retailmenot.com](http://retailmenot.com)

Find coupons for over 50,000 stores.

### HIP2SAVE

[hip2save.com](http://hip2save.com)

Find local freebies and coupons using this app.

## BLOGS:

### FRUGALMAMA

[frugal-mama.com](http://frugal-mama.com)

Money saving tips from a mom of 4.

### MONEYSAVINGMOM

<http://moneysavingmom.com/>

This mom of 3 shows you creative ways she uses to help save her family money.

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## CREATING A BUDGET

1. Start off by tracking how much money you make. This includes all sources of income whether that comes from a job, monetary assistance, and food stamps
2. Track how much money you spend. For one month, don't do anything differently with your spending; just make sure you keep track of everything. Even the smallest costs add up so make sure you include it all. You can do this by writing it down in a notebook or there are many *free apps* for your phone that will easily help you track how much you spend.
3. Set your budget-Put everything into categories including income, fixed expenses (necessary), variable expenses (extras), and savings. First set an amount for the necessary expenses. This includes all of your bills, rent or mortgage, and what you spend on gasoline and groceries. Then give yourself an allowable, realistic amount for all of the extra things including gifts, dining out, and entertainment.
4. Look at places where you can cut back on spending. This can be simple things such as cutting the number of times you eat out each week, clipping coupons before grocery shopping, switching name brand items to generic, or swapping all of the beverages you purchase for water.
5. Start saving. Life is unpredictable. It is important to have an emergency fund for those times. Especially with a new baby, in case of an emergency it will be necessary to have the basics such as food, water, and shelter to keep your family safe and healthy. You don't have to start off with too much. Save what you can, whether that is \$10 a week or \$100, anything will help.
6. Aside from your emergency fund, it is important to save for other things in life. Retirement is something you may not be thinking about right now and it may seem so far away. However, just setting aside what you can every month will add up in the long run. You can do something creative like saving all of your coins in your pocket at the end of every day in a jar. At the end of the month, take it to the bank to be put directly into your retirement fund. Talk to your bank about setting up your savings account so that it adds interest to your account.
7. Pay off debt. If you have any debt from high interest credit cards. Try paying this off as soon as you can. The interest adds up quickly and it will only get more expensive the longer you wait. Try doing some odd jobs on weekends such as washing your neighbors' cars, walking dogs, or baby-sitting for someone. This can be a little bit of an extra income that can go directly into eliminating debt.
8. Once you have done all of these things you can start looking at saving for other things. These things can include college funds for your kids, a family vacation, or getting new appliances for your home.

## MONEY SAVING TIPS

- Shop for gently used clothes for your family. Places like goodwill offer good clothes for good prices. Also try walking around your neighborhood searching for any yard sales on weekends. Get exercise while you find good deals on things people are selling.
- Use coupons for grocery shopping. Cut coupons the traditional way or look for coupons online and keep track of them using an app on your smartphone. Some stores have specific apps for their stores where you can get coupons and earn points specifically for those stores.
- Sign up for rewards programs at stores where you shop regularly.
- Save on household items by buying generic brands or buying in bulk.
- Save on money at the grocery store by filling up your cart with seasonal fruits and vegetables, stocking up on bulk items like rice, beans, and grains, eating less meat, and avoid purchasing pre-made meals.
- Instead of purchasing books, movies, and toys- check out your local library. You can rent out books and movies for free, there are also toy loan centers where you can rent toys in the same way. This will also help you eliminate having too much clutter when your child gets bored of reading the books, watching the movies, and playing with the toys. Simply return it and swap it out for new ones. This is a great way to keep your child entertained.
- Save on entertainment. Check your local parks and libraries for free events. Often, parks and libraries offer entertainment events such as movie screenings, craft programs, and play events. This is a great way to meet other local kids and their parents too.
- Plan meals before going grocery shopping and make a list. Sticking to a grocery list can help you reduce the cost of impulse purchases. Also, planning can help you prepare healthy and nutritious meals for your family. Finally, steer clear of the junk food that is tempting you at the grocery checkout line. Not only is it unhealthy but it's also expensive.
- Try to choose healthier snacks. Instead of buying one \$1 bag of chips, you can buy 5 bananas for the same amount. Read more about eating healthy on a budget.
- Make handmade gifts. Do you have a crafty side in you? Make your gifts for any family members birthdays and holidays. This can be anything from preparing healthy meals, knitting scarves, making jewelry, or making homemade soaps. Many of these are very cheap to make and can turn out to be some of the most thoughtful and appreciated gifts. It will save you money and it is something fun you can do with your kids.
- To save money on the costs of clothes, toys, and books try talking with any family members or friends who are also moms. Many of them may have kids around the same age as yours. Maybe you can hand down your kids used clothes and they can trade you for a toy that their kid doesn't use anymore. It's a great way to get your other mom friends to save money too!
- Save on diapers by signing up for reward systems from your favorite brand or asking for samples. Read *here* for more information.

## EAT HEALTHY ON A BUDGET

The food you eat affects your health. Some moms may have a hard time buying healthy food, and other moms may not have enough money to buy any food at all. Eating fruits and vegetables, and meals that are low in fat, may lower your risk of serious health problems, such as obesity, type 2 diabetes, heart disease, stroke and certain types of cancer. With some planning, you can find ways to eat healthy on any budget!

### TIPS

- Double your WIC benefits by using your vouchers at *these participating Farmer's Markets*.
- Buy produce that is in season to lower food costs.
- Non-organic food is just as safe and just as healthy as organic food.

### EATING BETTER ON A BUDGET<sup>1</sup>

- **Plan Ahead** – plan your meals for the week. Include meals like stews, casseroles or stir-fries to “stretch” higher priced items into more portions.
- **Use Supermarket Specials** – Check on- line or in newspapers for weekly specials and coupons. Sign-up for a supermarket rewards program, and ask your grocer which day(s) of the week certain food items go on sale.
- **Compare Items** – grocery stores often have a store brand item to match a higher priced item. Buy these to save a few bucks!
- **Buy in Bulk** – it’s usually cheaper to buy food in bulk.
- **Buy in Season** – buy fruits and vegetables that are in season to lower the cost and add to the freshness!
- **Prepare Meals at Home** – sometimes frozen dinners, pre-cut vegetables and instant rice cost more than if you were to make it from scratch. Take time to prepare your own items and save.
- **Buy Low-Cost Items** – Buy foods that are typically low-cost all year round, such as carrots, greens, potatoes, apples and bananas.
- **Cook once... All week** – Prepare a large batch and freeze the rest. Use the leftovers throughout the week and you won’t spend money on takeout meals.
- **Get Creative** – find ways to use leftovers in new, creative ways. For example, use leftover chicken in a stir-fry, over a garden salad, or to make chicken chili.
- **Eating Out** – Save money by eating the “early bird” specials, going out for lunch instead of dinner, or looking for 2-for-1 deals.

## ORGANIC FOOD

Organic produce is grown without using most pesticides and fertilizers that farmers typically use.<sup>2</sup> Organic meat, poultry, eggs and dairy products come from animals that are given no antibiotics or growth hormones.<sup>2</sup> The US Department of Agriculture (USDA) makes no claim that organic food is safer or more nutritious than non-organic food.<sup>2</sup> Organic food tends to cost more, due to the higher cost of growing & producing the food products.<sup>2</sup>

If you wish to purchase organic food, consider The Dirty Dozen and The Clean 15.<sup>3</sup> The Dirty Dozen lists produce that are recommended to be purchased organic due to the lower traces of pesticide.<sup>3</sup> The Clean 15 lists produce that have very little traces of pesticides, and are therefore recommended to be purchased as non-organic.<sup>3</sup>

### The Dirty Dozen:

- Celery
- Peaches
- Strawberries
- Apples
- Blueberries
- Nectarines
- Sweet Bell Peppers
- Spinach, Kale and Collard Greens
- Cherries
- Potatoes
- Imported Grapes
- Lettuce

### The Clean 15:

- Onions
- Avocados
- Sweet Corn
- Pineapples
- Mango
- Sweet Peas
- Asparagus
- Kiwi Fruit
- Cabbage
- Eggplant
- Cantaloupe
- Watermelon
- Grapefruit
- Sweet Potatoes
- Sweet Onions

## RESOURCES:

### USDA – ORGANIC FOODS

[fnic.nal.usda.gov/food-labeling/organic-foods](http://fnic.nal.usda.gov/food-labeling/organic-foods)

### ORGANIC FOODS: ARE THEY SAFER? MORE NUTRITIOUS?

[mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/organic-food/art-20043880](http://mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/organic-food/art-20043880)

### MARCH OF DIMES – IS ORGANIC FOOD BETTER FOR BABY?

[marchofdimes.org/baby/organic-foods-are-they-better-for-baby.aspx](http://marchofdimes.org/baby/organic-foods-are-they-better-for-baby.aspx)

### VIDEO: WHAT IS ORGANIC FOOD

[youtube.com/watch?v=GhIZWhJtY8w](http://youtube.com/watch?v=GhIZWhJtY8w)

### SUPERMARKET COUPONS

[supermarketcoupons.com](http://supermarketcoupons.com)

### COUPON MOM

[couponmom.com](http://couponmom.com)

### COOL SAVINGS

[coolsavings.com/coupons](http://coolsavings.com/coupons)

### VALPAK

[valpak.com/coupons/home](http://valpak.com/coupons/home)

## TO ACCESS HEALTHY FOOD

### LA FOOD BANK

[lafoodbank.org/pantry-locator.aspx](http://lafoodbank.org/pantry-locator.aspx)

(323) 234-3030

### WOMEN INFANTS AND CHILDREN (WIC)

Supplemental nutrition program for women, children and families. Call to see if you qualify: 1-888-WIC-WORKS (1-888-942-9675)

BONUS: Use WIC vouchers at farmer's markets to double your points

### FOR GENERAL WIC INFORMATION AND HOW TO APPLY

[cdph.ca.gov/programs/wicworks/Pages/AboutWICandHowtoApply.aspx](http://cdph.ca.gov/programs/wicworks/Pages/AboutWICandHowtoApply.aspx)

### FIND A LOCAL WIC AGENCY

<https://m.wic.ca.gov/Clinics/ClinicSearch.aspx>

### LA FOOD ASSISTANCE PROGRAM

Get help finding healthy food at a free or low cost

[needhelppayingbills.com/html/los\\_angeles\\_assistance\\_program.html](http://needhelppayingbills.com/html/los_angeles_assistance_program.html)

### CALFRESH

Formerly known as the food stamp program

1-877-847-3663

### FOR INFORMATION ON HOW TO APPLY

<http://mycalfresh.org/losangeles.html>

### EMERGENCY FOOD & SHELTER PROGRAM

Get help finding healthy food and shelter

[unitedwayla.org/get-help](http://unitedwayla.org/get-help)

### CALL 2-1-1 FOR MORE INFORMATION

## APPS:

### BEST COUPON APPS FOR GROCERY SHOPPING

[consumerreports.org/cro/2013/08/best-coupon-apps/index.htm](http://consumerreports.org/cro/2013/08/best-coupon-apps/index.htm)

### SNIPSNAP

Never forget a coupon again! Take photos of coupons and use at the store

[snipsnap.it](http://snipsnap.it)

### COUPON SHERPA

Sign up to receive free coupons

[couponsherpa.com/mobile-coupons](http://couponsherpa.com/mobile-coupons)

## HEALTHY EATING ON A BUDGET

### LOW-COST HEALTHY RECIPES TO FIT ANY BUDGET

[whatscooking.fns.usda.gov/search/solr-results?f%5B0%5D=field\\_term\\_program%3A162](http://whatscooking.fns.usda.gov/search/solr-results?f%5B0%5D=field_term_program%3A162)

### 5 TIPS TO HELP YOU STRETCH YOUR FOOD DOLLARS!

[cookingmatters.org/Stretch-SNAP-Dollars](http://cookingmatters.org/Stretch-SNAP-Dollars)

### WATCH THESE VIDEOS TO HELP YOU SAVE MONEY WHEN YOU BUY FOOD.

[fcs.ext.vt.edu/fnh/fnp/eatsmart/stretching-food-dollars.html](http://fcs.ext.vt.edu/fnh/fnp/eatsmart/stretching-food-dollars.html)

### USE MYPLATE TO HELP YOU PREPARE HEALTHY MEALS WHILE STAYING WITHIN YOUR BUDGET.

[choosemyplate.gov/healthy-eating-on-budget.html](http://choosemyplate.gov/healthy-eating-on-budget.html)

### CHOOSE HEALTH LA

Find healthy eating tips, healthy recipes, and store tour locations

<http://www.choosehealthla.com/eat/healthyeating/>

### EATING WELL – COOKING VIDEOS

<http://eatingwell.com/videos>

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3. PBS. The dirty dozen and clean 15 of produce. Retrieved from <http://www.pbs.org/wnet/need-to-know/health/the-dirty-dozen-and-clean-15-of-produce/616/>

## SUBSTANCE ABUSE

Substance abuse refers to the harmful use of alcohol, tobacco, and other drugs. Excessive use can result in addiction. Women who abuse substances may have a hard time providing a stable, nurturing home for their baby. Women who abuse substances are not only putting their health at risk, but they may be putting their baby's health at risk as well.

A few commonly abused substances are:

**ALCOHOL<sup>1</sup>** – Women who drink excessively have a higher risk of having liver damage, heart disease, and breast cancer. Women have alcohol-related problems at lower drinking levels than men. To lower your risk of developing alcohol dependence, have no more than 7 drinks per week and no more than 3 drinks per day. Keep in mind that low risk does not mean no risk. Even if you stay within these limits, you can still have problems if you drink too fast or if you have other health problems.

For more information: National Institute of Alcohol Abuse & Alcoholism

Videos: Alcohol - A Women's Health Issue

**PRESCRIPTION & OVER-THE-COUNTER MEDICINE<sup>2</sup>** – Using prescribed medicine incorrectly, or using medicine that has been prescribed to someone else, can be harmful to your health. Some medicines have ingredients

### TIPS

- Commonly abused substances include alcohol, medicine, smoking, and street drugs (i.e., marijuana, cocaine, etc.).
- If you or someone you know needs help to reach sobriety, call 1-800-564-6600. This toll free number will connect you with local treatment programs.

that are psychoactive (mind-altering) when used in high dosages or combined with alcohol.

For more information:

- What is prescription drug abuse?
- Over-the-counter medicines
- Women & prescription drug abuse

### SMOKING & ELECTRONIC CIGARETTES

– Smoking continues to be the leading cause of preventable disease and death in the U.S.<sup>3</sup> Smoking causes cardiovascular disease, respiratory disease, and several types of cancer.<sup>3</sup> Exposure to secondhand smoke increases the risk of developing breathing problems, heart disease, and lung cancer.<sup>4</sup> Electronic cigarettes (also called e-cigarettes) are battery operated devices that deliver nicotine with flavorings in vapor instead of smoke.<sup>5</sup> A type of e-cigarette is a vaporizer. Little is known about e-cigarettes and we don't know if they are safer to use than regular cigarettes.<sup>5</sup> However, we do know that e-cigarettes contain nicotine and harmful

chemicals, and exposure to these substances can lead to addiction.<sup>5</sup>

More information:

- Drug facts: E – Cigarettes
- Drug facts: Cigarettes and other tobacco products
- Secondhand smoke fact sheet
- Health effects of cigarette smoking

Videos:

- March of Dimes - Smoking, alcohol & drugs
- Safe baby & secondhand smoke
- Children exposed to secondhand smoke

**STREET DRUGS<sup>6</sup>** – Street drugs can be marijuana, cocaine, crack, MDMA (i.e., ecstasy), methamphetamine (i.e., crystal meth, crystal, ice), heroin, mandrax (cannabis & tobacco), and LSD (i.e., acid). People experiment with drugs for many reasons, and each drug produces a different physical effect. You should know that using drugs may permanently damage your brain and cause multiple health problems.

For more information:

- List of commonly used drugs
- Health effects of common street drugs
- Drugs, brains and behavior: the science of addiction

Videos: Streetdrugs – how addiction changes your brain

## WHAT CAN YOU DO?

If you or someone you know needs help to reach sobriety, there are a number of things to try. Don't give up, even if you have tried to quit before. The road to recovery is possible with the right treatment and support.

### *Step 1: Decide to make a change<sup>7</sup>*

This can be the hardest step to make. It's normal to feel torn between quitting and not quitting, but remember that people are depending on you. To help you get on the right track:

1. Set goals. Choose a date to quit or put limits on your drug use.
2. Remove reminders of your addiction
3. Tell your friends and family – they will support you and help you quit.

### *Step 2: Explore treatment options<sup>7</sup>*

Find a treatment program that will be customized to your unique situation. Not everyone will need a medically supervised program, but there is plenty of help if you need it.

1. To find a local treatment center, enter your address
2. Another option – find local addiction recovery programs

## ***Step 3: Reach out for support***<sup>7</sup>

Don't try to do it alone. Have a strong, solid support system to improve the chances of recovery.

1. Lean on close friends and family. Get a sponsor.
2. Join a recovery support group

## ***Step 4: Learn healthy ways to cope with stress***<sup>7</sup>

- On your road to recovery, you will have to face the problems that led to substance abuse in the first place. Your treatment program will have more details about this.
- Adopt healthier ways of dealing with stress, such as going for a walk, exercising, or writing in a journal.

## ***Step 5: Keep triggers & cravings in check***<sup>7</sup>

During recovery, you may hit a point where cravings will be intense. This is normal. It

is important now more than ever to make a conscious choice to stay away from things and situations that trigger your cravings. To cope with cravings:

1. Try an activity to distract you, such as reading, walking or cleaning
2. Talk with trusted friends and family

## ***Step 6: Build a meaningful and drug-free life***<sup>7</sup>

Do activities that provide meaning to your life. Do things you enjoy that are healthy for you and fill you with a sense of purpose.

## ***Step 7: Don't let relapse keep you down***<sup>7</sup>

Relapse can be frustrating and discouraging, but look at the brighter side – it's an opportunity to learn from your mistakes. Get to know yourself and identify what triggers a relapse. Remember that relapse **DOES NOT** mean failure.

## RESOURCES:

### DRUG ABUSE AND ADDICTION - WHAT YOU NEED TO KNOW

[helpguide.org/articles/addiction/drug-abuse-and-addiction.htm](http://helpguide.org/articles/addiction/drug-abuse-and-addiction.htm)

### INFORMATION ON DRUG TREATMENT AND RECOVERY

[helpguide.org/articles/addiction/overcoming-drug-addiction.htm](http://helpguide.org/articles/addiction/overcoming-drug-addiction.htm)

## APPS:

### LACTMED

A database of drugs and dietary supplements that may affect breastfeeding

[toxnet.nlm.nih.gov/help/lactmedapp.htm](http://toxnet.nlm.nih.gov/help/lactmedapp.htm)

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## VERBAL, EMOTIONAL AND PHYSICAL ABUSE

Domestic abuse is a serious problem; 1 in 4 women are abused or sexually assaulted in their lives. This can happen to anyone. If someone is abusing you or someone in your home, you do not have to accept it

If your partner or anyone living in the house with you does any of the following, you may be experiencing abuse:<sup>4</sup>

### TIPS

- Abuse can be physical, verbal, emotional or financial.
- If you or someone you know is experiencing abuse, the most important thing to do is to tell someone.
- Make a plan to get out safely: pack a bag, save money, have an exit route, tell trusted friends.

### VERBAL/EMOTIONAL ABUSE

Says it is always your fault (or makes you angry, says you're always late, says you can't cook).

Tries to keep you from family and friends.

Keeps track of all your time.

Prevents you from working or going to school.

Criticizes or humiliates you.

Angers easily when drinking or using drugs.

Yells or calls you names.

Blames others for his/her problems and mistakes.

Controls your money, runs up your bills, or open credit cards in your name.

### PHYSICAL ABUSE

Hit, slap, or punches you, your children, or your pets.

Tries to strangle you.

Acts jealous or possessive.

Threatens you with a weapon or gun.

Forces you to have sex against your will.

The way you are being treated is **not your fault** and you are **not alone**.

If you need help, talk to friends or relatives. You can also make an appointment to see your regular doctor – they will help you get to safety. Abuse thrives in silence. There is help and you **CAN** do something about it.

## YOUR HEALTH IS IMPORTANT:

An abuser will hit their partner an average of 35 times before police are notified for the first time.<sup>4</sup> Domestic violence can lead to injuries, such as bruises, broken bones and long-term health problems. In extreme cases, domestic violence can be fatal. Domestic violence, of any form, may cause low self-confidence, which can lead to depression, anxiety, or suicide.

## YOUR FAMILY'S HEALTH:

Abuse can be physical or verbal. 30- 60% of kids who grow up in homes with domestic abuse also risk being abused.<sup>2</sup> Kids may feel a sense of danger, chaos, confusion, isolation, fear, tension or hopelessness.<sup>7</sup> Kids feel the pain of domestic abuse without ever being hit.<sup>7</sup>

Boys who grow up in homes with domestic abuse are twice as likely to abuse their partners and kids as adults.<sup>3</sup>

Girls who grow up in homes with domestic abuse are more likely to be victims of physical, emotional, or sexual abuse as adults.

## WHAT CAN YOU DO? <sup>4</sup>

- Make a plan to get out **safely** with your kids.
  - Tell someone, a friend or relative, about the abuse. Call any of the numbers listed at the end.
  - Practice getting out of your home safely. Identify the safest & quickest way out of the house.
  - Start saving money and keep it in a safe place.
  - Pack a bag and keep it at a friend or relative's home. Pack the bag with

clothes, shoes, money, heirlooms, medicine, and important papers.

- Do not worry if you cannot pack a bag. A shelter will have all of your basic necessities (i.e., clothes, toothbrush, etc.).
- Choose a code word to use with your kids, friends and relatives when you need help.
- If you cannot avoid an argument, go to a room that has exits where you and your kids can get through. Avoid kitchens, bathrooms, garages or anywhere near weapons.
- Not ready to leave? Contact these organizations for support and counseling:
  - *Legal Aid Foundation*: Free legal services throughout LA County, 1-800-339- 4529
  - *Neighborhood Legal Services*: Free legal services throughout LA County, 1-800-433-6251
  - *Help Guide*: Help for abused and battered women
  - *California Partnership to End Domestic Violence*: Resources for victims of abuse and their families.
  - *Department of Public Social Services*: Get a list of phone numbers to call about legal assistance.
  - Download the *ASPIRE app* – The Help Section of the app contains resources for victims of domestic violence.
  - Call 2-1-1 for more information

# Overcoming Barriers to Health

In case of an emergency, find help here:

- *Los Angeles Police Department*: 1-877-275-5273
- *National Domestic Violence Hotline*:
  - 24/7 Crisis Hotline: 1-800-799-7233 (Anywhere in the U.S.)
  - 24/7 Crisis Hotline: 1-800-978-3600 (LA County)
- *National Teen Dating Abuse*: 1-866-331-9474
- *Battered Women Shelters/Walk-In Centers*: Call any of these numbers to get help with emergency housing
- *211 LA County Info Line*: Call 2-1-1
- *1736 Family Crisis Shelter*: 310-379-3620
- *Su Casa, Family Crisis & Support Center*: 562-402-4888
- *Los Angeles LGBT Center*: 323-860-5806
- *The Center for the Pacific Asian Family*: 800-339-3940
- *East LA Women's Center*: 323-526-5819
- *YWCA Wings*: 626-967-0658
- For other shelter hotlines, visit this [website](#).

## RESOURCES:

### VIDEO – WHY DOMESTIC VIOLENCE VICTIMS DON'T LEAVE

[ted.com/talks/leslie\\_morgan\\_steiner\\_why\\_domestic\\_violence\\_victims\\_don\\_t\\_leave](http://ted.com/talks/leslie_morgan_steiner_why_domestic_violence_victims_don_t_leave)

### VIDEO – DOMESTIC VIOLENCE SURVIVORS SHARE THEIR STORIES

[powerandcontrolfilm.com/all-videos](http://powerandcontrolfilm.com/all-videos)

### VIDEO – WOMEN OPEN UP ABOUT DOMESTIC ABUSE

[today.com/video/today/55888715](http://today.com/video/today/55888715)

### VIDEO – WHAT DOES DOMESTIC VIOLENCE LOOK LIKE

[youtube.com/watch?v=\\_KKr8buYNOM](http://youtube.com/watch?v=_KKr8buYNOM)

### VIDEO – IN DEPTH VIEW OF DOMESTIC VIOLENCE

[clickondetroit.com/an-indepth-look-at-domestic-violence/29388686](http://clickondetroit.com/an-indepth-look-at-domestic-violence/29388686)

## APPS:

### ASPIRE APP

Disguised as a news app, but go to the “Help” setting for a list of local domestic violence resources.

[salon.com/2013/11/21/this\\_incredibly\\_smart\\_domestic\\_violence\\_app\\_could\\_save\\_womens\\_lives](http://salon.com/2013/11/21/this_incredibly_smart_domestic_violence_app_could_save_womens_lives)

### AURORA APP

Domestic and family violence app; contains emergency contacts & information on domestic violence.

[women.nsw.gov.au/violence\\_prevention/domestic\\_and\\_family\\_violence\\_app](http://women.nsw.gov.au/violence_prevention/domestic_and_family_violence_app)

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## SOCIAL SUPPORT

Moms that have support from friends, family and their partner can better manage the stress that often comes with having a baby. Having others help you with the baby will help you recover from giving birth, especially if you had a c-section. When people want to visit, make a schedule and let them know when is a good day and time for them to see you. Don't be afraid to ask others for favors, such as bringing a hot meal for you or watching the baby while you shower.

Having people to talk with can help prevent the baby blues and postpartum depression. Do not isolate yourself after having a baby. When you ask for help and have the support of others, you will feel more connected, less lonely, and more confident in your role as a mom.<sup>1</sup>

### **SUPPORT FROM YOUR PARTNER**

It's common for moms to feel nervous about letting their partner take care of the baby, especially when mom is away. Try your best not to feel nervous. Know that your partner may not hold or feed the baby like you do, but that's okay. Instead of thinking the worst, say encouraging words and show your partner how to take care of the baby. You can also visit the websites below for more ideas.

On-Line:

- *How can you help mom after baby's birth?* – Great tips for your family to help you recover

### TIPS

- Having help from others will help you feel more connected, less lonely, and more confident in your role as a mom.
- Having people to talk with can help prevent the baby blues and postpartum depression
- Do not be afraid to ask others for help.

and care for the baby.

- *Taking care of mom after baby's arrival* - Great tips for your family to help you recover and care for the baby.
- *Tips for dads: caring for new moms* – Tips for dads on how to care for the baby and how to help mom.
- *Tips for emotional health & wellness after pregnancy* – tips on how to tell your family what support you need from them.
- *Promoting Responsible Fatherhood*

In-Person:

- *Dads Adventure* – Dads can get support, attend workshops, and read books to help care for the baby.
- *L.A. Fathers Program* – provides job training, healthy relationship workshop, and parenting skills workshops to new dads.
- Call 2-1-1 to find more resources

## GENERAL SUPPORT

On-Line:

- *Loneliness cures for stay-at-home moms* – Provides tips on how to connect with other moms.
- *MeetUp* – Find a mommy-and-baby group near you
- *MomsBloom* – Trained volunteers help you and your family create a strong support system.

In-Person:

- *Boot Camp for Moms* – Unique workshops for moms to get advice, insight and tips from other moms.
- Call 2-1-1 for more information
- *El Nido Family Centers* – attend one of their programs to connect with other moms. Father's and family members are welcome!
- *LA Public Library* – Your baby is never too young to learn. Find a local library where you and your baby can read, play and learn.
- *Nurse-Family Partnership* – A program for first-time moms to help them be the best mom they can be and to raise a healthy baby
- *Welcome Baby* – A coach helps mom during her pregnancy and up to 9 months after giving birth. See the website for contact information.

## SUPPORT FOR SAME-SEX COUPLES

- *LGBT Parent Blogs* – Explore blogs written by same-sex parents
- *Rainbow Babies* – Provides resources, podcasts, and local organizations that provides support to same-sex couples.
- Call 2-1-1 for more information

## SUPPORT FOR SINGLE MOMS

On-Line:

- *Single mom assistance programs* – Financial, health, and career assistance for single moms. Provides a platform for moms to connect and support one another.
- *Single mother help* – Meet other single moms and get financial assistance, career training, and childcare assistance.
- *Single parent advocate* – Provides a platform for moms to connect and support one another.
- *Single parent network* – Connects single parents to support and encourage one another.

In-Person:

- *Single parent Meetups* – Find groups of single parents near you.
- *Single Mothers Outreach* – An organization that helps single moms in crisis by helping with food, shelter, clothing, school supplies, and support groups.
- Call 2-1-1 for more information

## RELIGIOUS SUPPORT

Religious centers can provide a profound source of support for moms. They also provide encouragement, friendship, playgroups, outings, and community service projects. Call your local or preferred congregation to inquire about support groups for moms.

- Call 2-1-1 to find a congregation

## SUPPORT FOR TEENS & YOUNG MOMS

On-Line:

- *Café Mom*: Teen moms advice and support – Blogging website for teen moms looking for support.
- *Young Mom Support* – Website helps young moms be the best provider she can be for her baby.

In-Person:

- *Adolescent Family Life Program* – Enhances health, educational, economic, and personal achievement for pregnant and parenting teens. Find your local office here.
- Call 2-1-1 for more information

- *Generation Her* – Helps teen moms achieve education and career goals while being a great mom to her baby.
- *LAUSD, CalSafe Program* – Get help from LAUSD and from other moms to finish your high school diploma.
- *Project ABC* – Program shares resources for young moms to help them cope with stress, attend workshops, & connect with other moms.
- *Project NATEEN* – Provides parenting and educational support to young moms. Provides workshops and classes to connect with other moms.
- *St. Anne's* – They offer programs and services to young moms and their baby. Enroll in a program to connect with other moms.
- *The Crittenton Home* – A home for teens and teen moms; they help young parents through support, education and therapy.

## RESOURCES:

### CHILDCARE RESOURCE CENTER

[ccrcca.org](http://ccrcca.org)

Find affordable childcare in your neighborhood

### CALWORKS CHILD CARE PROGRAM

[ladpss.org/dpss/childcare](http://ladpss.org/dpss/childcare)

Helps families access quality and affordable childcare

## VIDEOS

### HOW CAN I STAY SANE DURING THE FIRST YEAR OF PARENTHOOD

[babycenter.com/2\\_how-can-i-stay-sane-during-the-first-year-of-parenthood\\_10367147.bc](http://babycenter.com/2_how-can-i-stay-sane-during-the-first-year-of-parenthood_10367147.bc)

### MY BIGGEST PARENTING SURPRISE

[http://www.babycenter.com/2\\_my-biggest-parenting-surprise\\_10348076.bc](http://www.babycenter.com/2_my-biggest-parenting-surprise_10348076.bc)

### YOUTUBE CHANNEL HELPS MOMS FIGHT STRESS WITH HUMOR

[today.com/video/today/55816250](http://today.com/video/today/55816250)

### 'THIS MOM NEEDS HELP' CAN HELP YOU!

[vimeo.com/61438715](http://vimeo.com/61438715)

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