



HEALTH EDUCATION CATALOG

The Philadelphia Department of Public Health has a long history of creating and translating health education materials about maternal, child and family health for diverse populations.

We design our materials to meet the diverse cultural and language needs of the Philadelphia communities we serve. Our materials are easy to read, and our translations reflect the way that people really speak. All of our materials are suitable for teens and adults.

Our materials can be used by medical providers, home visitors and health educators, as well as by individuals, parents and families. Many are also ideal for clinic waiting rooms and other community settings.

Call in your order: 215.685.5255

Fax in your order: 215.685.5257

Contact person: Debra Elling

Philadelphia Department of Public Health
Division of Maternal, Child and Family Health
1101 Market Street, 9th Floor, Philadelphia, PA 19107
www.phila.gov/health/mcfh

revised 10/14



BREASTFEEDING & INFANT NUTRITION

My Breastfeeding Plan

This four-page pamphlet includes practical advice for pregnant women preparing to breastfeed their babies. Warm, colorful photos of mothers help promote breastfeeding as the method of infant feeding.

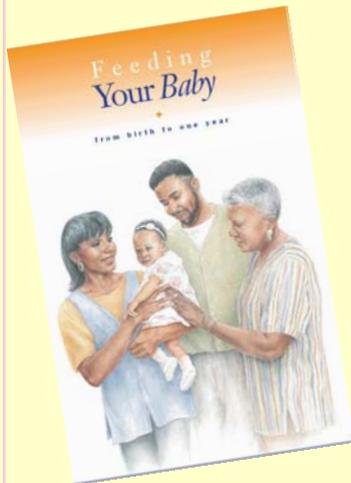
ALSO INCLUDES:

Why Breastfeed? Just Listen to what Mothers Say!

Real mothers share their thoughts about the many benefits of breastfeeding.

5 1/2" x 8 1/2" ; 4 pages

Available in the following languages: English, Spanish, Albanian, Arabic, Chinese, French, Haitian Creole, Indonesian, Khmer, Laotian, Portuguese, Russian, Urdu, and Vietnamese.

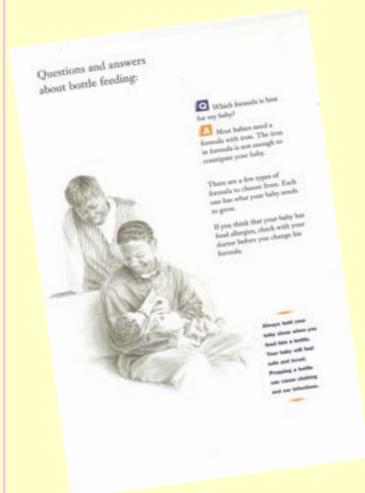


Feeding Your Baby from Birth to One Year

This beautiful illustrated booklet is designed for young parents just learning how to care for a new baby. It establishes breastfeeding as the norm. It addresses many questions that new parents ask about the best way to feed their babies. Other topics include: when to start solid foods, healthy snacking and food safety.

6 7/8" x 10 7/8" ; 22 pages with cover

Available in the following languages: English, Spanish, Arabic, Chinese, French, Haitian Creole, Indonesian, Khmer, Portuguese, Urdu, and Vietnamese.



Questions and Answers about Bottle Feeding

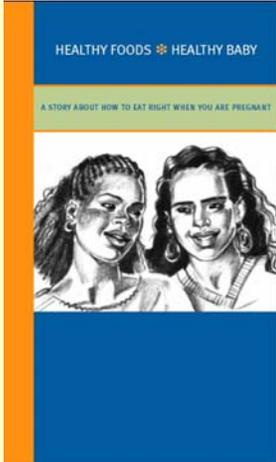
This four-page supplement to "Feeding Your Baby" answers questions that many new parents have about bottle feeding.

6 5/8" x 10 5/8"

Available in the following languages: English, Spanish, Arabic, Chinese, French, Haitian Creole, Indonesian, Khmer, Portuguese, Urdu, and Vietnamese.



BREASTFEEDING & INFANT NUTRITION

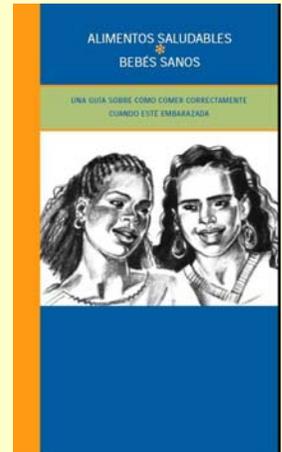


Healthy Food, Healthy Baby

This popular booklet shows how two teens, one African American and one Latina, learn to eat healthy foods during their pregnancies. The story helps to dispel common myths about nutrition, and includes easy-to-read information on fast foods, prenatal discomforts and breastfeeding.

5 1/2" x 8 1/2"; 36 pages with cover

Available in the following languages: English, Spanish, Albanian, Arabic, Chinese, French, Haitian Creole, Indonesian, Khmer, Laotian, Portuguese, Russian, Urdu, and Vietnamese.

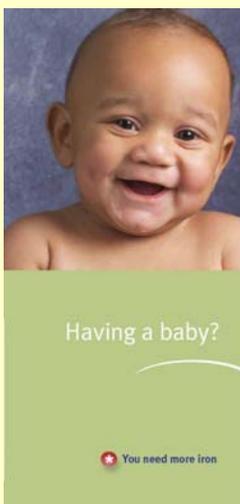


Expecting a baby? We can help.

This pamphlet includes practical advice for pregnant women preparing to breastfeed their new babies. Warm, colorful photos of mothers help promote breastfeeding as the method of infant feeding.

5 1/2" x 8 1/2"

Available in the following languages: English, Spanish, Albanian, Arabic, Chinese, French, Haitian Creole, Indonesian, Khmer, Laotian, Portuguese, Russian, Urdu, and Vietnamese.



Having a baby? You need more iron.

This pamphlet explains why pregnant women need more iron and includes tips on common iron-rich foods.

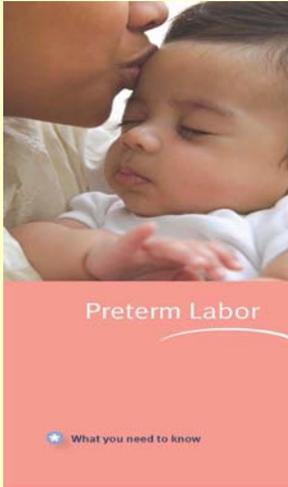
4" x 4 1/2"

Available in the following languages: English, Spanish, Albanian, Arabic, Chinese, French, Haitian Creole, Indonesian, Khmer, Laotian, Portuguese, Russian, Urdu, and Vietnamese.



All materials on this page are available in Spanish. Other languages are available in black and white reproductions .

PRENATAL CARE



Preterm Labor

This pamphlet defines preterm labor, including warning signs and what to do in case labor begins before nine months. It includes a page to list important phone numbers.

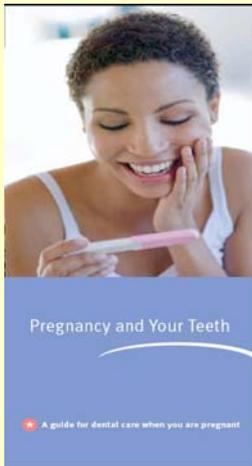
4" x 4 1/2"

Available in the following languages: English, Spanish, Albanian, Arabic, Chinese, French, Haitian Creole, Indonesian, Khmer, Laotian, Portuguese, Russian, Urdu, and Vietnamese.



Trabajo de parto prematuro

Lo que necesita saber



Pregnancy and Your Teeth

This pamphlet shows why pregnant women need more iron and includes tips on common iron-rich foods.

4" x 4 1/2"

Available in the following languages: English, Spanish, Albanian, Arabic, Chinese, French, Haitian Creole, Indonesian, Khmer, Laotian, Portuguese, Russian, Urdu, and Vietnamese.

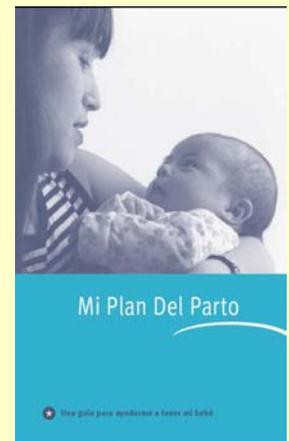


My Birth Plan

This pamphlet helps pregnant women prepare for the birth of their new babies. The pamphlet contains forms and checklists for mothers-to-be.

5 1/2" x 8 1/2"

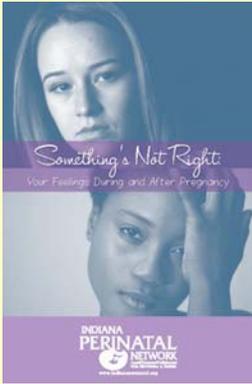
Available in the following languages: English, Spanish, Albanian, Arabic, Chinese, French, Haitian Creole, Indonesian, Khmer, Laotian, Portuguese, Russian, Urdu, and Vietnamese.



Mi Plan Del Parto

Una guía para prepararse a tener un bebé

PRENATAL CARE



Something's Not Right: Your Feelings During and After Pregnancy

Explores the differences between 'Baby Blues' and depression during pregnancy, and explains how perinatal mood disorders (PMD) can affect the baby.

Available in English and Spanish.

5 1/2" x 8 1/2"



Pregnancy & Alcohol

Explains what happens when a pregnant woman drinks . Uses a handy fold-out chart to clearly present many of the most common effects of alcohol on unborn babies . Includes information on low birth weight, brain damage and long-term behavior problems. Describes fetal alcohol syndrome and lists ways to reduce risks to the baby

4" x 4 1/2"

Available in English and Spanish.



Pregnancy and Marijuana

Uses a handy fold-out chart to explain possible risks of using marijuana during pregnancy and breastfeeding. Examines how marijuana can affect the unborn baby. Discusses effects of marijuana on fertility and after the baby is born . Suggests places to go for help to quit using. Offers tips for having a healthy baby.

4" x 4 1/2"

Available in English and Spanish.



Have a Healthy Baby: Don't Smoke (Bilingual)

Convenient, cost-effective "2 pamphlets in 1" format delivers comprehensive information for 2 audiences. Encourages pregnant women who smoke to ask for help to quit , describes risks to the baby due to smoking and clearly states the risk of miscarriage .

4" x 4 1/2"

Available in English and Spanish.

PREGNANCY & NEWBORN



Becoming a Dad

Becoming a father begins before the baby is born. This bilingual (English & Spanish) booklet helps dads prepare for their new role and encourages them to help their partner throughout pregnancy and birth.

5 1/2" x 8 1/2"

Available in English and Spanish.



How Your Baby Grows

Month-by-month booklet shows the various stages of fetal development and describes the physiological changes taking place in the pregnant woman's body.

4" x 4 1/2"

Available in English and Spanish.



This 24-page, easy-to-read booklet features detailed descriptions of the 9 months of pregnancy, including what's happening to mom and baby each month and what women can expect from prenatal care. Each month has a diary page for women to record notes, questions and reminders. The booklet also includes an image of mom's body during pregnancy and month-by-month drawings of a baby's growth in the womb. The booklet ends with Words to Know, a glossary of pregnancy-related terms used in the booklet.

5 1/2" x 8 1/2"

Available in English and Spanish.



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Most brochures are also available electronically and can be emailed to you.

Brochures quantities must be in increments of 50, but cannot exceed more than 300 of each brochure.

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Contact: Debra Elling for additional questions or concerns.

Philadelphia Department of Public Health, Division of Maternal Child & Family Health Revised October 2014