

## January Parent Newsletter

### National Birth Defects Prevention Month

Talking about the prevention of birth defects can be stressful. Sometimes, it's difficult to find factual information or feel supported in your personal beliefs.

We're here to help make this process smoother for you.

Although the cause of most birth defects is unknown, identifying likely causes and opportunities to prevent them is a vital part to having a healthy baby. This month, the Pollywog Project presents local resources for supplemental nutrition, early childhood cavity prevention, and the Salem March for Babies event. For leading research, we turned to the National Birth Defects Prevention Network (NBDPN) and the Oregon Public Health Division.

We recommend discussing these options with your support team. **Need help finding a doctor? Let us know.**

---

### What Can I Do?

The National Birth Defects Prevention Network (NBDPN) offers some helpful tips for pregnant women or women planning a pregnancy.

This includes:

- Flu and whooping cough vaccinations
- Prevent insect bites
- Practice good hygiene
- Prevent infections, like influenza, Zika and sexually transmitted diseases

### Local Resources

#### Women, Infants, and Children (WIC)



WIC is the Special Supplemental Nutrition Program for supplemental foods, health care referrals, and nutrition education.

[Linn County](#)  
[Benton County](#)  
[Lincoln County](#)

**Did You Know?** It is important to visit the dentist while you are pregnant. Gum disease, enamel erosion, and dry mouth may cause birth defects.

### Oregon Medical Clinics (Free-Reduced Cost)

[Linn County](#) | [Benton County](#) | [Lincoln County](#)

## Raising Awareness of Birth Anomalies in Oregon



### [Oregon MothersCare](#)

Oregon Health Authority offers no-cost and reduced-cost services for women who are pregnant or may be pregnant.

## What Do the Experts Say?

### National Birth Defects Prevention Network (NBDPN)



### [The National Birth Defects Prevention Network \(NBDPN\)](#)

is an international group of individuals dedicated to birth defects surveillance, research, and prevention.

- [Resources on specific birth defects](#)
- [Five infections to know about](#)
- Preventing Infections during Pregnancy Trimester Calendar  
[1st Trimester](#) | [2nd Trimester](#)  
[3rd Trimester](#)

## Community Events

### [Salem March for Babies](#)

March of Dimes leads the fight for the health of all moms and babies.



[Pollywog Facebook](#)



[Pollywog Website](#)



[Pollywog YouTube](#)

Copyright © Pollywog 2017. All rights reserved.

Our mailing address is:  
6500 Pacific Blvd. SW, LM-132  
Albany, OR 97321  
541-917-4884