

## Eating For Two

### A Simple Checklist

Your doctor will supply plenty of information on how and what to eat while pregnant. How much weight should you gain? Do you need a vitamin supplement? Ask him or her. Whether or not you've eaten right before this, now is the time to choose good food for you and the new little body forming inside you.

#### What to eat:

- ♥ Milk and lowfat milk products, yogurt, pudding, cheese
- ♥ Lean meat, poultry, fish, eggs and cheese
- ♥ Fruits and vegetables
- ♥ Carbohydrates: whole grain breads and cereals, potatoes, noodles, rice, and starchy vegetables
- ♥ Bake, broil or grill instead of frying

#### What to avoid:

- ♥ Caffeine. It's in coffee, colas, other soft drinks, and tea. Cut down or cut out these drinks while pregnant.
- ♥ Empty calories. Instead of filling up on salty or sweet snacks, reach for yogurt, fruit or crackers.

## Your Doctor And You

### A Healthy Partnership

Most physicians see expectant mothers once a month during the first six months, and more often during the last three months.

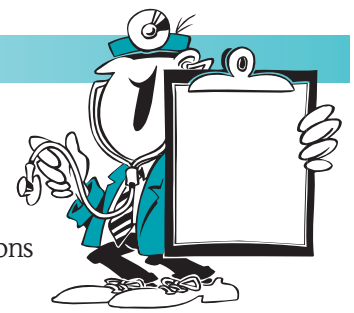
#### What to expect at the visits?

You'll probably have the following tests and examinations while pregnant. Your weight and blood pressure will be checked regularly. Your urine will be tested. Your doctor will feel your abdomen to check the size and shape of the uterus. At some point, a blood sample will be taken and tests run. Your doctor will check for fetal heartbeat. Your doctor will also talk with you about each stage of pregnancy, will advise you on how to stay

#### A MESSAGE FROM WITHIN

*Mother, we are two lives. Your love created mine. Inside you, I live life fully. The food you eat nourishes me. Your rest refreshes me. The loving care you send me, through your healthy body, form the bride I will cross into the world of my birth.*

healthy, and will respond to your questions or concerns.



#### Be sure to do your part!

- ♥ Answer your doctor's questions fully. Each response may be vital to your developing baby's health.
- ♥ Let your doctor know of any medications you're taking.
- ♥ Follow your doctor's instructions on diet, exercise, vitamins and other health issues.
- ♥ Ask Questions! Doctors want their pregnant patients to be aware, curious and involved in their own health – and their baby's.
- ♥ Ask for advice about problems like constipation, swelling hands or feet, backache, fatigue, or other health and comfort issues.
- ♥ Immediately report unusual symptoms – your doctor will tell you what they are.
- ♥ For your growing baby's health and your own wellbeing, keep every appointment!

### Check These Out!

The Public Library is a wonderful resource for expectant parents. Don't have a card? Get one! They're free. And, ask about books, tapes and videos like those listed here. They'll help you better understand your pregnancy and that wonderful newborn that's coming.

**A child is born.** [photography], Lennart Nilsson, (B)

**What to Expect When You're Expecting,**

Third Edition

by Heidi E. Murkoff, (B)

**The expectant father :  
facts, tips, and advice for dads-to-be /**

Armin A. Brott and Jennifer Ash, (B)

**Every mom's prenatal exercise and  
relaxation video.** (V)

**What to do when you are due** [videorecording] (V)

(B)book, (V) video

Healthy Stages is a program of Hampton's Healthy Families Partnership.  
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# Healthy Stages

## 2ND TRIMESTER

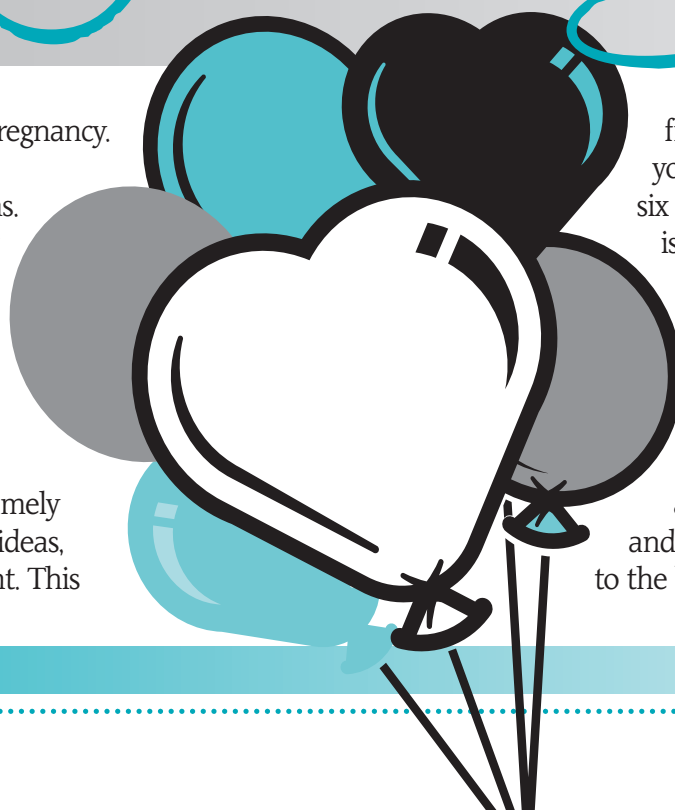
**C**ongratulations on becoming pregnant! Even in these early months, your baby is already part of you and everything you do. The nine months in which you carry your baby are the most important months of your child's entire life! Once, you food, drink, sleep and lifestyle choices were yours alone. Now, each one affects not just you but also your developing baby's body. That's why it's so important to make healthy choices every day!

Now is the time to arrange for maternity care, to assure good health for you and your baby

throughout your pregnancy. Always follow your doctor's instructions. And do keep every appointment!

We hope you'll come to think of *Healthy Stages* as a friend that visits occasionally with timely information, good ideas, and encouragement. This

first issue is designed to help you in months four through six of your pregnancy. Another issue will offer helpful tips for month seven through nine. And, if you choose you can continue to receive free issues of *Healthy Stages* after your baby is born! For now, we wish you a healthy, happy pregnancy, and join you in looking forward to the birth of your child.



# Growing Together

While each pregnancy is unique, you can expect these developments and changes as your baby grows.

## FOURTH MONTH

Your developing child is fully formed now:

- ♥ The heart beat is strong.
- ♥ Your baby moves and kicks, sleeps and wakes.
- ♥ At this stage, though the baby only weighs about 4 – 5 ounces and is 6 or 7 inches long, you may feel your abdomen has grown to the point where you're ready for some maternity clothes!
- ♥ The big excitement this month or soon after: feeling your baby move for the first time. Be sure to tell your doctor when you first felt it.

## FIFTH MONTH

That baby of yours is a miniature masterpiece, with hair, eyebrows, even tiny fingernails and toenails!

- ♥ As the baby turns and kicks now, you definitely feel it.
- ♥ Your doctor may now be able to hear the heart beat. Perhaps you can listen, too, through the stethoscope.
- ♥ You'll notice the skin begin to stretch somewhat as your abdomen continues to grow. No wonder! The baby is now about 10 inches long and his or her weight has increased to ½ - 1 pound!

## SIXTH MONTH

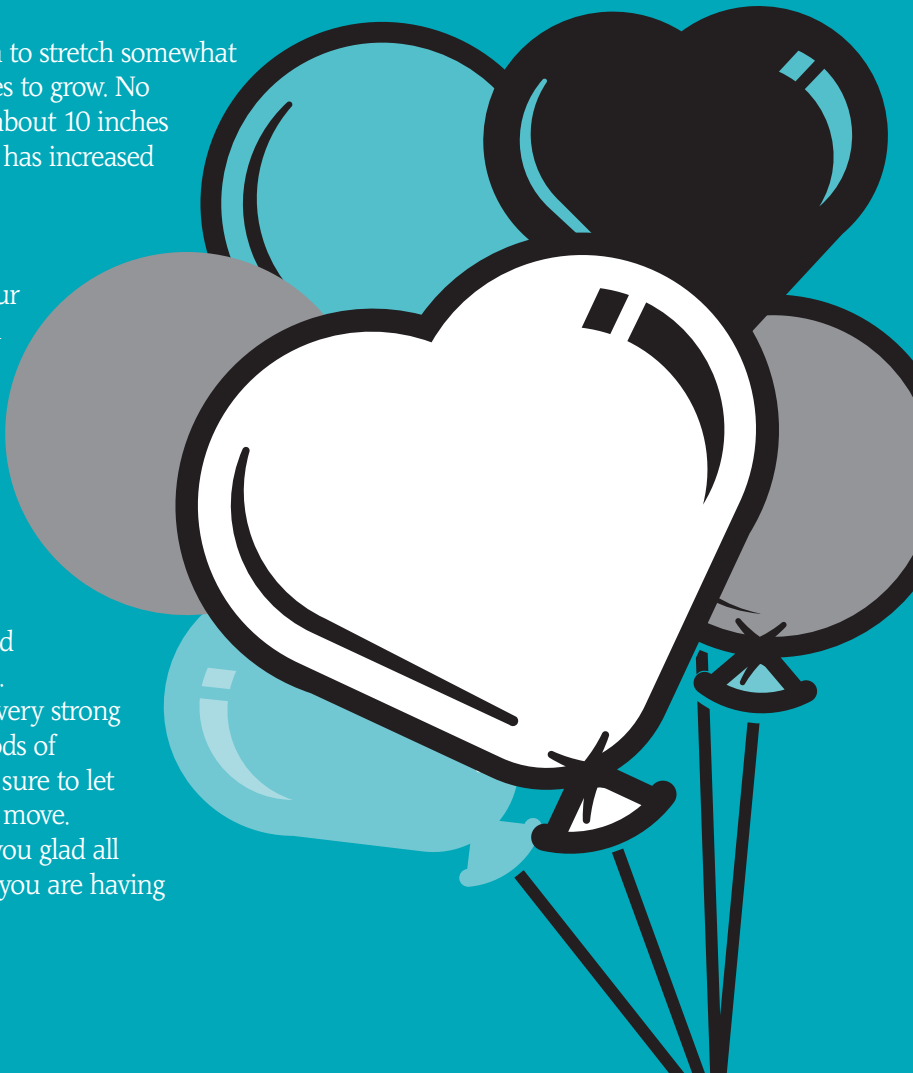
The changes you can see in your own body are minor compared to what's happening inside.

- ♥ Your baby's eyes can open and close.
- ♥ He or she can hear the sounds of the world out side.
- ♥ By the end of this month, your growing baby will be about 13 inches, and will weigh 1½ - 1¾ pounds.
- ♥ Baby's movements will be very strong by now. You'll notice periods of activity and quiet times. Be sure to let dad in on feeling the baby move. His excitement will make you glad all over again that the two of you are having a baby!

## A Word For Dads

Holding a tiny child that's part of you. Hearing a little voice say, "Dad". Feeling small arms tight around your neck. Those are the wonderful experiences in store for you, Dad. And you can start being a good father to your unborn child right now! Give your partner these gifts of love and support. The baby will benefit as well as mom!

- ♥ See that mom gets off her feet, naps, and rests more than usual. She needs it.
- ♥ Help with household chores.
- ♥ It's important that mom stays away from alcohol, drugs and smoking. You'll give them up, too? You're a good dad already!
- ♥ Tell mom you love her every day. Being pregnant isn't always easy. Your love reminds her that you'll soon be a family and it'll all be worthwhile.



## Take Care of Yourself On The Job



If you're going to work throughout your pregnancy, try these tips to avoid getting overtired.

- ♥ Are you on your feet a lot? Support stockings may help.
- ♥ Take a "bathroom break" at least every two hours.
- ♥ Avoid places where workers smoke.
- ♥ If you sit a great deal, take breaks to stretch and move your legs.
- ♥ Have you been using an armless chair? Ask for one with arms. It'll help you get up and sit down, and it can prevent or reduce backache.
- ♥ Avoid heavy lifting, climbing and constant bending.
- ♥ Does your workplace have a lounge with a sofa?
- ♥ Try to lie down for a while on your lunch break, or whenever you're overtired.

Remember to treat yourself with kindness every day. See that your needs are met. Develop a healthy lifestyle and a peaceful attitude. Think of each act of loving self-care as an early "birthday" gift to your baby!

## Nurturing Your Baby

### How To Start Doing It Now

If you've never had a child, you may wonder: "What will it be like, being a mother? How will I feel? Will I be a good mom?" Guess what! You're already a mother, and you've already started being a good mom. If you're eating right, getting rest, going to the doctor, and avoiding things that can hurt you or the baby, you're nurturing your child as surely as if he or she were snuggled warmly in your arms. So give your tummy a loving little pat, tell that dear little one inside, "I love you already", and nurture your yet-to-be-born child in these other ways:

- ♥ Learn more about your pregnancy. Read every thing your doctor gives you. Get books from the library. Be an aware mother-to-be.
- ♥ Learn about newborns. Talk to your family and friends about good parenting. Read books on caring for infants. Take a class in newborn care.
- ♥ Prepare early. Where will baby sleep? What changes will you need to make in your house hold? Start thinking now about your life as a family.
- ♥ Begin thinking of yourself as a mom. Think about your lifestyle. How should it change to make room for this wonderful child? Tell yourself, "It won't always be easy being a mother. But I'll always do the best I can. My baby deserves it."

## For Safety's Sake

### Can This Substance Harm My Baby?

That's one of the most important questions any mother can ask, in trying to protect the health of her unborn child. Ask it before you use it! Everything that enters your body finds its way into your child's body. That's why you must avoid these substances: **SMOKING** affects your unborn baby's development. It deprives the baby of oxygen. It causes rapid fetal heartbeat. It may result in lowered birth weight, and has been linked to higher incidences of SIDS – Sudden Infant Death Syndrome – in newborns. **Don't smoke, and avoid smoky environments.**

**ALCOHOL**, when used in large amounts during pregnancy, can cause a newborn to have Fetal Alcohol syndrome, a group of tragic mental and physical defects. Recent tests have shown that even moderate drinking can cause lower birth weight and other serious problems. The Food and Drug Administration (FDA) recommends that no alcohol be used during pregnancy. **Do not drink hard liquor, beer or wine while you are pregnant.**

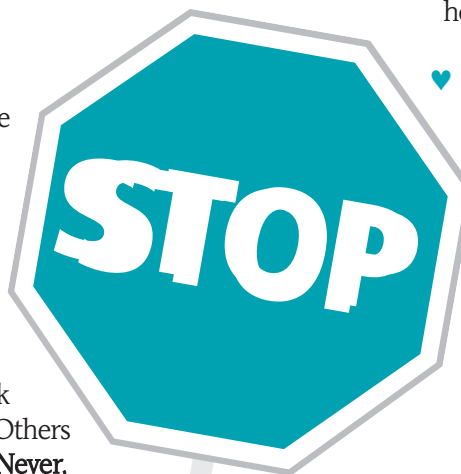
**MARIJUANA** use by pregnant women has resulted in the birth of babies with tremors, abnormal sight and hearing responses, and low

birth weight. Other recent studies have shown marijuana users have a more difficult labor than non-users. **Do not smoke marijuana while carrying your unborn child.**

**HEROIN, COCAINE, and CRACK** cause babies to be born addicted to these dangerous narcotics. The tiny newborns are desperately sick from birth, and some do not survive. Others will live, but may have severe defects. **Never, never use heroin, cocaine, or other narcotics while expecting a baby!**

**PRESCRIPTION and OVER-THE-COUNTER DRUGS** vary in their ability to cause problems to expectant mothers and unborn children. Write down any drugs you are taking, show the list to your physician, and follow his or her advice as to whether to continue or stop taking them.

If you are currently using tobacco, alcohol or any other drug and are concerned about not being able to quit, talk to your doctor or call your local Social Services office.



## CLASSES TO TAKE

Every community wants to help its parents-to-be. Look into free or low-cost classes on parenting, prepared childbirth, birthing options, newborn care, breastfeeding and other topics. Ask you doctor, health department, social services agency, hospital or school system for a schedule of what's available. Sign up for one or more. Go as a couple, if possible! You'll enjoy meeting others and sharing the experience of birth and new parenthood.