

S. Parenting and Childcare

Basic

Knows the signs and symptoms of pregnancy	http://www.activebeat.com/sexual-health/am-i-pregnant-the-10-tell-tale-signs-that-youre-expecting/
Understands the biology of pregnancy and childbirth	http://www.ehd.org/resources_bpd_illustrated.php?page=6
Knows the dangers of drugs, alcohol and tobacco use during pregnancy	PPCC-34
Knows what adequate pre-natal care is	PPCC-13; PPCC-27; PPCC-28; PPCC-32; PPCC-33 PPCC-51; PPCC-52; PPCC-54

Parenting and Childcare PPCC-27

Independent Living Skills Module V

Pregnancy—If a woman's choice is to carry the baby through the nine months of pregnancy, she must realize that during this time the fetus (baby) will be totally dependent upon her for good care. Pregnancy is the beginning of the mother/child relationship. How well everything goes throughout the pregnancy, birth and afterwards depends upon the mother's actions during pregnancy. She must eat nourishing foods and have lots of rest.

Using cigarettes, alcohol or drugs can seriously harm the baby by increasing his/her risk of physical or mental handicaps. It is important that she get medical attention as soon as she suspects pregnancy and keep all follow-up doctor appointments. Teenagers must take special care during pregnancy because babies of young mothers are more likely to be born prematurely and at a low birth weight.

It is important to take folic acid **before and during** pregnancy. Lack of folic acid can cause birth defects. You can get folic acid in orange juice and one-a-day vitamins. Ask your doctor for more information.

Since a variety of health problems can occur as a result of poor nutrition, lack of prenatal care or simply due to the physical immaturity of the young mother, it is essential that she take special care of herself and her baby during pregnancy.

A father-to-be can fulfill a very important role during his partner's pregnancy—beginning with participation in the decision making. Parenthood is a lifetime responsibility—one that must be taken seriously.

For Females

Evaluate Your Habits. Do you think that your lifestyle supports a healthy pregnancy and therefore, a better chance for a healthy baby? Why? Why not?

It is important to eat right during pregnancy. Do you think you eat healthy foods?

Parenting and Childcare PPCC-27

Independent Living Skills Module V

Pregnancy can put much physical and emotional strain on you. Do you think you can deal with the possible stress factors accompanying pregnancy?

STD's and HIV/AIDS can put a child at significant risk for birth defects and serious disease. If you think you may have contracted an STD, it is vital to get tested. If you think you may be HIV positive, you should find out as soon as possible. If an HIV+ pregnant woman takes certain medications (AZT) during pregnancy, she will greatly reduce the risk of her baby becoming infected during pregnancy and birth! Evaluate your risks for STD's and HIV.

Parenting and Childcare PPCC-28

For Males

Although females carry a child, pregnancy is a shared responsibility. Guys who think they can just walk away or ignore issues related to pregnancy are irresponsible and wrong. Just like birth control and STD prevention, pregnancy is NOT just a female issue but the responsibility of both partners. So, if you have had unprotected sex, you have to deal with the consequences and think about the following questions:

Have you talked to your partner about expectations and decisions regarding pregnancy?

Yes

No

What are or would be your expectations? And, what kind of decisions would you have to consider?

Parenting and Childcare PPCC-28

Independent Living Skills Module V

Do you think you can support your partner in maintaining and developing a healthy life style? Why or why not?

STD's and HIV/AIDS can put a baby at serious risk for birth defects and disease. If you think you have contracted an STD and/or HIV, you need to get tested as soon as possible. If you test positive, you need to let your partner know as soon as possible so that she can obtain the appropriate medical care. Also, if you test positive for an STD, do not continue sexual activity as you will be putting your partner and child at risk.

Do you have the financial and emotional resources to support your partner and meet her needs while preparing for the birth of your child? Why or why not?

Are your prepared to accompany your partner to prenatal appointments and participate in birthing classes?

Yes No

Are your prepared for the changes pregnancy will bring to your relationship and your life? Why or why not?

What do we need to do to promote a healthy pregnancy during this trimester?

1. HAVE A REGULAR PRENATAL CARE

To assure a healthy start for the mother as well as the baby, it is very important that you set up an appointment with your gynecologist or clinic as soon as you find out that you are pregnant. The doctor will perform tests to rule out any early complications. He/she will most likely prescribe vitamins and talk to you about all issues related to pregnancy.

It is also very important to have your doctor's name, address, and telephone number with you at all times in case of complication or later on, when labor begins. You may also want to give his/her name to the father-to-be.

Note to fathers: While the mother carries the baby, fathers assume responsibility during pregnancy as well. Every doctor will be happy to answer any questions you may have. Most mothers-to-be welcome fathers to accompany them to prenatal appointments and to be part of the decision-making process regarding labor and birth. Fathers can also assist mothers by reminding them to take their vitamins and helping with transportation to appointments, etc.

Parenting and Childcare PCC-31

Independent Living Skills Module V

Doctor's/Clinic's Name
Street
City/Town
Telephone #
Emergency

ACTIVITY

If you haven't already done so, set up an appointment with your doctor or clinic.

My appointment is on:

Date _____

Time _____

Your doctor will schedule regular appointments. It is important that you post them and keep track of them.

2. EAT WELL DURING PREGNANCY

The food you eat supplies your growing baby with all the things s/he needs to build the whole body. Bones, organs, muscles, and the brain are formed from the food you eat while you are pregnant. It's also good for you to remember that you, too, as a teenager are still growing. When you become pregnant, you are eating for your own health as well as the baby's. So it is especially important for you to eat well.

How do you eat a well-balanced diet? The best way to make sure you are getting the right nutrients is to eat a variety of foods every day. To help you choose the foods you and your baby need, we have provided two charts which give you information about the different food categories and examples of foods in each of these groups, including their nutrients and recommended daily portions. We have also provided a fact sheet, which explains nutrients.

Before you turn to the charts and fact sheet, consider the following:

Mother Who Eat Well

- Are stronger for delivery
- Have a normal weight gain
- Have a better chance of being able to nurse their babies
- Are better able to deal with their emotions
- Get their figures back more easily

Babies With Mothers Who Eat Well Have a Better Chance of

- Developing needed brain cells

Parenting and Childcare PPCC-32

Independent Living Skills Module V

- Having a well-formed and healthy body
- Attaining normal weight

In order to be sure to eat right, mothers- and fathers-to-be have to be familiar with basic nutritional information. So to learn about a healthy diet, let's start with a closer look at the four food groups.

THE FOUR FOOD GROUPS

Milk and Milk Products:	Whole, skim, powdered, buttermilk, cottage cheese, ice cream, ice milk, yogurt, and other foods made with milk.
Benefits for you and your baby:	
Calcium:	Needed to build strong bones and teeth; helps nerves and muscles work well.
Protein:	The building block of the body, brain, and blood; needed to build a strong body and mind and keep them healthy;
Vitamin D:	Helps the body use calcium; prevents rickets
Vitamin A:	"Good Looks Vitamin" needed for eyes, skin, hair, and normal body growth.

Meat and Other Protein Foods:	Meat, fish, chicken, eggs, menudo, liver, pinto beans (all beans), dried peas, nuts, soybeans, chitlins, and peanut butter.
Benefits for you and your baby:	
Protein:	The building block of the body, brain, and blood; needed to build a strong body and mind and keep them healthy;
Folic acid:	B Vitamin needed to help the body use iron.
Iron:	Needed for red blood cells, which carry oxygen through the body; prevents anemia. The baby's body stores iron during pregnancy for use after birth.
B Vitamins:	Needed for healthy nerves, good appetite; helps body use other nutrients.

Fruits and Vegetables	
------------------------------	--

Parenting and Childcare PPCC-32

Independent Living Skills Module V

Vitamin C:	Oranges, lemons, grapefruit, strawberries, green chilies, tomatoes, brussel sprouts, broccoli. *Choose at least one serving of Vitamin C each day.
Vitamin A:	Green or red chilies, carrots, spinach, greens, cantaloupe, pumpkin, any dark yellow or green fruits or vegetables. *Choose at least one serving of Vitamin A each day.
Benefits for you and your baby:	
Vitamin C:	Helps keep body healthy; needed for teeth, gums, bones, body cells, and blood vessels.
Vitamin A:	"Good Looks Vitamin" needed for eyes, skin, hair, and normal body growth.

Breads and Cereals:	Whole grain or "enriched" bread, cereal, muffins, tortillas, rye bread, buns, rice, pasta.
Benefits for you and your baby:	
B Vitamins:	Needed for healthy nerves, good appetite; helps body use other nutrients
Iron:	Needed for red blood cells, which carry oxygen through the body; prevents anemia. The baby's body stores iron during pregnancy for use after birth.

Water:	Alone or in other fluids
Benefits for you and your baby:	Helps the body use the food you eat and carries wastes out of the body.

Note to fathers: This section is also important for you. While it is true that mothers carry the children, it is a father's responsibility to help mothers eat healthy! Fathers should adjust their diets and habits, too, to support their partners.

In addition, it is important to know the following basic facts about nutrients:

Facts About Nutrients

Independent Living Skills Module V

Protein

Protein is needed for growth of new tissues of mother and baby and for repair of body cells. Extra amounts are needed during pregnancy. Proteins come from animal sources, such as meat, fish, chicken, turkey, eggs, milk, and cheese, or vegetable sources, such as cooked dried beans, peas, nuts, and peanut butter.

Fats

Foods that contain fats are high in calories. Fats supply energy and make food taste good. In addition, some fats provide Vitamins A, B, E, and K and other essentials for good health.

Fats from vegetable sources include cooking and salad oils, margarine, and vegetable shortenings, butter, bacon and lard are major sources of animal fats. Meats, poultry, fish, whole milk, and cheese contain smaller amounts of fat.

Carbohydrates

Carbohydrates include both sugars and starches, which the body changes into energy. Some starches contain minerals, vitamins, and small amounts of protein. Carbohydrates are found in breads and cereals, dried beans and peas, rice, flour, sugars and fruits and vegetables.

Minerals

Many minerals are needed to maintain good health. Here are some of them:

Iron is used for building blood. Foods that are good sources of iron and other minerals include lean meat, liver, dried peas, dried beans, dark green leafy vegetables, enriched bread and cereals, dried fruits such as prunes and raisins.

Calcium and **Phosphorus** are needed for the development of bones and teeth. Milk and milk products such as cheese are major sources of calcium and phosphorus and some other minerals.

Vitamins

Vitamins are nutrients that are needed by the body in very small amounts to help the body cells work. Each vitamin plays a different role. When daily meals do not contain enough vitamins, body cells do not develop and work properly.

Vitamin A must be present in the foods you eat for normal growth and normal vision. It is mainly found in dark green leafy and yellow vegetables.

Vitamin C is needed for healthy gums, bones, and teeth. It is found in oranges, tangerines, grapefruit, tomatoes, and dark green leafy vegetables.

Independent Living Skills Module V

Vitamin D works with calcium and phosphorus to develop bones and teeth and keep them healthy.

Thiamin, riboflavin, and niacin are B complex vitamins needed for healthy cells. Thiamin is found in whole-grain and enriched breads and cereals, meat, poultry, and eggs. Milk and cheese are particularly rich sources of riboflavin. Meat, poultry and cooked dried beans are good sources of niacin.

Folic acid, which helps protect the body against anemia, is especially important before and during pregnancy. It is found in dark green leafy vegetables, liver, and many other foods.

For good health your body needs small amounts of other vitamins and minerals. These are supplied by the foods that make up balanced meals.

Food Products/Ingredients to Avoid

You should avoid chocolate, coffee and all foods and beverages containing caffeine. It is strongly recommended that you not ingest any artificial sweeteners. That means no diet sodas! MSG (Monosodium Glutamate), which is often used in Chinese cooking, should also be avoided during pregnancy.

ACTIVITY

Find someone to quiz you on the information about the food groups and nutrition. How did you do?

Now that you know about general information related to nutrition, let's take a closer look at daily requirements.

DAILY FOOD GUIDE*

FOOD GROUP

Milk and milk products:	Size of Serving	Foods
(4-5 servings per day)	1 cup	Milk
	2 slices	Cheese
	2 cups	Cottage Cheese
	1 ½ cups	Ice cream
	1 cup	Yogurt

Parenting and Childcare PPCC-32

Independent Living Skills Module V

	1 cup	Pudding
--	-------	---------

Meat and other protein foods:	Size of Serving	Foods	
(3 or more servings per day)	2	Eggs	
	1	Patty	
	2 thin slices	Beef, pork, or lamb	
	1 leg or ½ breast	Chicken	
	½ cup	Tuna salad	
	1 cup	Cooked beans	
	¼ cup	Peanut butter	
	½ cup	Nuts or seeds	

Fruits and vegetables:	Size of Serving	Foods
(4 or more servings per day)	1 cup	Raw vegetables
	¾ cup	Cooked vegetables
	½ cup	Fruit juice
	1 medium	Fruit

Breads and Cereals	Size of Serving	Foods
(5-6 servings per day)	1 slice	Bread
	½	Hotdog or hamburger bun
	1	Dinner roll or biscuit
	1	Tortilla or taco shell
	½ cup	Hot, cooked cereal
	¾ cup	Ready-to-eat cereal
	½ cup	Cooked rice, noodles, or spaghetti
	1 cup	Popped popcorn

Other Foods:	Vary amount eaten based on caloric (energy) needs.	Margarine, butter, cooking oil, salad dressing, mayonnaise, jams/jellies
--------------	--	--

Water: (6-8 glasses per day)	8 oz. glasses	Alone or in other fluids
---------------------------------	---------------	--------------------------

Independent Living Skills Module V

ACTIVITY

Evaluate your present eating habits. Do you eat food from all food groups? Do you get enough nutrients, vitamins and minerals? Why? Why not?

The following sample menus may help you in establishing a healthy daily diet.

MENU 1

Breakfast	Orange juice, read-to-eat cereal with sliced banana, milk, and toast with margarine or butter.
Snack	Glass of milk, peanuts
Lunch	Cheeseburger with bun, coleslaw, milk
Snack	Vegetable sticks with cottage cheese dip
Dinner	Tuna-noodle casserole, lettuce and tomato salad, roll with margarine, apple pie, milk
Snack	Orange

MENU 2

Breakfast	Grapefruit juice, two scrambled eggs, muffin with margarine, milk
Snack	Yogurt
Lunch	Pizza with cheese and meat, vegetable salad, milk
Dinner	Baked fish, rice spinach, milk, biscuit with margarine
Snack	Apple

Independent Living Skills Module V

YOUR DAILY MENU

ACTIVITY

Plan your own menu.

If you are pregnant, remember that you will need 300 more calories a day than women who are not pregnant.

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

SNACK

3. AVOID SMOKING AND USING ANY SUBSTANCES

Pregnant women **must** refrain from smoking, using alcohol and drugs. Smoking and use of alcohol and drugs, (including prescription pills, inhalants, etc.) can cause serious birth defects (i.e. blindness, deformation, mental retardation) and other complications like premature delivery, low birth weight, etc. In some cases, use of substances can lead to miscarriage, still born babies, or death of an infant. It is, therefore, vital to refrain from use of any harmful substances throughout pregnancy.

During the first month as a baby develops, the use of alcohol or drugs can be devastating. It therefore, is crucial that you refrain from use of substance as soon as you think you might be pregnant.

Smoking

Parenting and Childcare PPCC-34

Independent Living Skills Module V

Smoking can cause birth defects, low birth weight and premature birth. If you are pregnant, you owe it to your child and yourself to give up smoking as soon as possible. Quitting smoking takes a lot of commitment and you have to believe you can do it for the sake of yourself and your child. The physical symptoms of withdrawal disappear relatively quickly (3 days to 2 weeks) and then you will have to work on habits and coping skills. Smoking, like most other addictions, has to be tackled one day at a time. Fathers/partners of pregnant women must be supportive of their effort to quit. If fathers smoke, they should quit as well—to help encourage mothers-to-be and because **second-hand smoke is harmful to babies and children.**

If you do want to stop smoking, the following organizations provide information and assistance:

Smoking Hotline 800-952-7644

American Lung Association of Boston, 1015 Commonwealth Avenue, Brighton, MA (617) 787-4501

Department of Public Health, 150 Tremont Street, Boston, MA 727-2700

ACTIVITY

If you do smoke, develop reasons and strategies to quit smoking.

My reasons and strategies to quit smoking are:

People who will support me:

ALL DRUGS ARE HARMFUL TO YOU AND YOUR CHILD!

Alcohol and all drugs are harmful and can often have devastating or even deadly consequences for you and your child. Children born to drug addicted mothers most often have serious birth defects and delays. Some babies are very premature and thus subject to serious complications and others may die from complications of their mother's drug use. Mothers who abuse alcohol often give birth to children who have fetal alcohol syndrome and other problems. Unfortunately,

Parenting and Childcare PPCC-34

Independent Living Skills Module V

alcohol and drugs are available in too many places. Some people may try persuading you to take drugs, or circumstances in your own life might make you more vulnerable to the temptation of alcohol and drugs. Therefore, it is essential for you to think about how you can resist and avoid drugs.

Note to fathers: Avoiding and resisting drugs is vital for fathers as well. Besides supporting the mother, fathers will be role models to their children and will have to provide for their needs. Alcohol and drugs will very much interfere with those responsibilities.

ACTIVITY

Fill out the chart below:

I will say no to drugs by:	

If you need more information or if you think you may have an alcohol or drug problem, call:

Alcoholics Anonymous
617-426-9444
Call to find the nearest youth group

Cocaine Hotline: 800-262-2463

Narcotics Anonymous: 800-884-7709

Alateen and Alanon Family Groups: 800-356-9996
For referral to groups for partners and teenagers in families of substance abusers.

AVOID POTENTIALLY HARMFUL SUBSTANCES AND CHEMICALS

- Pregnant women should avoid handling cat litter, which may contain infectious parasites.
- Doctors also warn pregnant women to avoid touching the mucous membranes of their mouth and eyes after handling raw meat or vegetables. They should wash their hands thoroughly after touching raw meat and vegetables.

Parenting and Childcare PCC-34

Independent Living Skills Module V

- Some chemicals in household cleaners, bug sprays and other products like hair dye may be harmful. Always read the labels for special warnings.
- Some over-the-counter medications should be avoided during pregnancy. Again always read the labels and let all medical personnel know that you are pregnant, particularly when you need x-rays or medication of any kind (including psychotropic medications for depression, bipolar disorder, anxiety, hyperactivity, etc.)
- Don't take any medication without first asking your obstetrician.

Fathers: Help you partner in finding out which substances may be dangerous for the baby.

ACTIVITY

Establish a list with medications and household cleaners you use that may be harmful.

--



Growth & Development - Pregnancy & Childbirth



YOUR PREGNANCY & YOUR BODY

Along with the growth and development of your baby, your body will go through some remarkable changes, as well. So that you aren't surprised by all the changes that arise, learn what to expect in the coming months. As you read about the changes, remember that every pregnancy is different and what you experience may differ from what people tell you to expect.

First Trimester

During the first trimester your body begins to prepare to nourish your baby.

Breasts. Because of an increase in hormone production, you may feel your breasts becoming unusually sensitive. To ease the tenderness you might want to go up a bra size or wear a sport bra.

Nausea. Around the second month of your pregnancy, you may experience nausea or vomiting due to hormonal changes – also known as morning sickness. To get relief from morning sickness, eat small, frequent meals (low in fat & high in protein snacks) throughout the day, and drink plenty of fluids (water, clear fruit juice, or ginger ale).

Fatigue. As your body prepares for the pregnancy, you may feel more tired than usual. In order to feel more energized, try to get 8 hours of sleep, rest as much as you can throughout the day, and make sure your diet includes iron and protein enriched foods (including red meat, shellfish, beans, tofu, raisins, apricots, potatoes (skin on), broccoli, beets, leafy green vegetables, nuts & seeds, along with whole grain breads) and take a prenatal vitamin filled with iron.

Frequent Urination. During your pregnancy your uterus enlarges, thus putting pressure on your bladder perhaps making you need to urinate more often. To avoid urinary tract infections, do not avoid the urge to use the restroom!

Heartburn & Constipation. Your body is beginning to provide nutrients for your growing baby, which may in effect relax your muscles and slow down your digestive system. Unfortunately by slowing down the digestive system, you may experience heart burn & constipation. To reduce constipation, increase your fiber intake, drink extra fluids, and partake in regular, mild physical activity. The muscle that normally keeps food and acids down may relax and cause heart burn. To decrease heart burn, eat smaller meals, more frequently.

Mood Swings. The hormone changes occurring in your body may lead you to feel a range of feelings that change minute by minute. You may even find yourself crying for little to no reason! If your mood swings are overwhelming it may be helpful to share your feelings with your partner, a friend or family member and maybe a therapist.

Weight Gain. During the first trimester, it is normal to gain about 3-6 pounds; your doctor will be able to provide you with more information regarding your weight.

Second Trimester

Many women say that the second trimester is the easiest three months of pregnancy. Your expanding belly will become more noticeable, morning sickness usually passes and you will be given a relief from frequent urination. Even though you will be feeling much better, you may still experience many changes.

Breasts. Breast tenderness may decrease, but continue around your nipples. Your breasts will continue to grow because milk-producing glands inside your breasts growing to prepare for feeding your baby.

PPCC-51

Heartburn and constipation. Unpleasant heartburn and constipation, which started in your first trimester, will likely continue into your second trimester.

Stretch Marks. You may develop stretch marks caused by your skin having to support extra weight of your growing abdomen and breasts. The stretch marks may be pink, red or purple streaks, don't be distressed, stretch marks can't be prevented and will eventually fade.

Backache. As you start to gain weight more rapidly, you will probably begin to feel more pain in your back. Backache is often due to your growing uterus along with your lower back curving more than usual. In order to ease the pressure sit in a chair with good back support, wear comfortable shoes with good arch support, get a pregnancy massage, and sleep on your side with a pillow between your legs.

Dizziness. Instead of feeling nauseous, you may rather experience occasional dizziness. There are multiple causes of dizziness; one cause is your uterus putting pressure on blood vessels another cause is low blood pressure. Also, you may be more prone to dizziness if you are anemic or have varicose veins. If you feel dizzy, rise slowly after lying or sitting down, eat regularly and drink lots of fluids.

Leg Cramps. Starting your second trimester you may have painful leg cramps. Though reasons for leg cramps are unclear, some say the pain may stem from staying in the same position for a long period of time, changes in blood circulation during pregnancy, stress on your leg muscles of carrying the extra weight of pregnancy, or pressure of the growing baby on the nerves and blood vessels that go to your legs. For relief, stretch the affected muscle or walk your way through the cramps.

Quickening. Around the fourth month, you will begin to feel your baby subtly move, these flutter-like movements are called "quickening". Keep in mind pregnancies are different, and some women don't experience quickening until their sixth month of pregnancy!

Varicose Veins. Found on your legs, varicose veins are swollen veins that are dark purple and dark blue. Varicose veins are caused by increases in blood flow which may slow down blood flow to the lower body causing the veins in your legs to swell. To decrease the swelling, move around throughout the day and elevate your legs whenever you have to sit for long periods of time.

Weight Gain. At this point your abdomen will start to grow in order to make room for the baby. From the second trimester until the end of your pregnancy you should expect to gain about 1 pound per week.

Third Trimester

You're nearing the end of your pregnancy! Unfortunately, this part of your pregnancy may be the toughest, you will be feeling very uncomfortable, tired, and experience several unpleasant symptoms. Try to remain positive, soon you will be holding your baby in your arms.

Breasts. At this point you will have gained 2 pounds in breast tissue; be sure to wear a supportive bra. Also, as you near your due date your nipples may leak a yellowish fluid (colostrums) which will nourish your baby during the first days after birth.

Fatigue. During the third trimester fatigue will return. Extra weight combined with anxiety or concern may make it difficult for you to rest easy. In order to increase energy be sure to eat well, rest up, and exercise; you don't want to be tired when the baby comes!

Frequent Urination. When your baby assumes the head-down position, he/she will begin to press down on your bladder, which may make you urinate more often.

Backache. The backache you experienced during the second trimester will likely continue into the third trimester. Hopefully you have found a way to cope with or relieve the pain.

Braxton Hicks Contractions. Don't be surprised if you start to experience mild contractions. Braxton Hicks Contractions, also known as practice contractions, occur when your uterus tightens. Unlike labor contracts that are longer, more intense and gradually get closer together, Braxton Hicks Contractions last for approximately 30 to 60 seconds to 2 minutes.

Hemorrhoids. Similar to varicose veins, hemorrhoids occur due to an increase of blood volume that cause veins around the rectum to swell. Hemorrhoids are painful and often lead to itching or bleeding to the area. Prolonged standing contributes to

hemorrhoids and constipation may worsen it. To prevent hemorrhoids, decrease the likelihood of constipation by eating a high fiber diet and drinking prune juice, also do not delay using the restroom.







Shortness of Breath. Since the fetus is occupying more space in your abdomen you may have breathing difficulties or shortness in breath. To lessen this symptom breathe deeply several times a day (you can ask your childbirth instructor or OB/GYN to teach you the correct way), sleep propped-up and avoid crowded and smoggy environments.

Swelling. You may experience swelling in your hands, feet, ankles, legs, face and eyelids. The swelling is most likely due to pressure on veins or nerves or fluid retention. In order to decrease swelling apply a cold compress to affected areas and be sure to elevate your feet when you sleep.

Weight Gain. By your delivery date, you will have gained about 25-35 pounds. Remember this extra weight includes your baby's weight, placenta, amniotic fluid, increased blood and fluid volume, and additional breast tissue!

Remember, everyone experiences pregnancy differently. Some people have little discomfort while others experience quite a bit. Just remember, at the end you'll have a wonderful, new addition to your family to make it all worthwhile!

Add this page to your favorite Social Bookmarking websites

 Digg  Reddit  Del.icio.us  Google  Live.com  Facebook

Printed from OneToughJob.org

© Children's Trust Fund of Massachusetts 2007



Growth & Development - Pregnancy & Childbirth



PREGNANCY HEALTH & WELLNESS

While pregnant, quitting bad habits and adopting healthier ones will benefit not just you, but your baby too! It's good to be aware of the choices you will face and the actions you might take to give your baby a healthy start!

Physical Health

Just because you're pregnant doesn't mean that you can't exercise. In fact the U.S. Department of Health and Human Services suggests pregnant women get at least 2½ hours of moderate-intensity exercise per week! Exercise during pregnancy has many benefits, like improved posture, improved mood, fewer backaches, and it may even make for an easier delivery. However, remember to check with a doctor before you start exercising during pregnancy to make sure it's safe for you and your baby, since everyone is different.

The type and intensity of your workout will change at each trimester. During the first trimester it is important to keep your heart rate under 140 beats per minute. Going for walks is a great exercise for the first trimester. Moving into the second trimester it is helpful to try exercises designed to strengthen your back. Swimming, riding a stationary bike or low-impact aerobics are good moderate physical activity workouts. During the last trimester your body is preparing for labor and while you may continue low to moderate-intensity workouts, be sure to use caution. Some things you should not do during workouts in your third trimester are performing exercises that require you to hold your breath for long periods of time, require a lot of bouncing, jumping, or running, or require you to lie on your right side or back for longer than three minutes.

While pregnant, your body is working over-time! You will probably feel more tired than usual; however, getting ample sleep may help boost your energy. As your baby grows, you might have a hard time finding a comfortable position to sleep in. Try lying on your left side with your knees bent. This position optimizes blood flow to the placenta and allows large blood vessels to carry blood to and from your heart and legs.

Nutritional Health

Maintaining a well-balanced diet is key in supporting your baby's growth and development. Being pregnant does not mean you can eat whatever you want because you are "eating for two". Eat foods that are rich in essential nutrients – calcium, iron and folic acid – that promote growth and development of your baby. Your diet should consist of fruits, vegetables, whole-grain bread, cereal, rice, or pasta, low-fat milk, yogurt or cheese, lean meat, poultry, nuts, and beans. Your healthcare provider will probably provide you with a prenatal vitamin supplement, but remember that it is not a substitute for a healthy diet!

While pregnant there are some foods you should avoid eating. Such foods may cause a miscarriage, brain damage, or developmental delays. Stay away from:

Raw meat and fish/shellfish (uncooked seafood and rare beef and poultry)

Deli meat

PPCC-52

Pregnancy Health & Wellness

- Fish with mercury (shark, swordfish, and king mackerel)
- Smoked seafood (lox, nova style, kippered, or jerky)
- Raw eggs and food containing raw eggs (mousse, tiramisu, raw cookie dough, homemade Caesar dressing)
- Soft cheese
- Unpasteurized milk, cheese (feta, goat, Brie, Camembert), juice, and apple cider
- Pate or meat spread
- Caffeine (limited to fewer than 300 mg per day)
- Unwashed vegetables

Emotional Health

Due to hormone changes, you may find yourself feeling a little more emotional than usual and you may experience emotions that change from minute to minute. You may even find yourself crying for little to no reason! Remember, these emotional mood swings are temporary.

You may also feel more stressed than usual. You might be filled with thoughts about whether your baby will be healthy, if you'll be a good parent, or how your baby will change your life. Even though it may be difficult, try not to let stress or negative emotions build up.

It is important to make positive choices related to your emotional health. Try to be aware and accepting of changing thoughts, feelings, and behaviors and pay attention to your own needs. It is important to deal with emotional changes during pregnancy in a positive way, like sharing your feelings with your partner, friend, family member or a therapist. You could also relieve your emotions and stress by exercising regularly, finding a hobby you enjoy, or reading about pregnancy and parenting and what to expect.

Lifestyle Health

There are several lifestyle choices that can have harmful effects on your baby's health. It is important to always remember, whatever you put in your body, you are also giving to your baby!

Alcohol: There is no determined "safe" amount of alcohol to drink during pregnancy, so it is best to stay away from alcohol. The negative effects of alcohol consumption on a developing baby include mental and birth defects and miscarriage. *Fetal Alcohol Syndrome (FAS)* occurs when a mother consumes large amounts of alcohol during her pregnancy. Babies with FAS can be born underweight and/or have small, widely spaced eyes, flat cheeks, and an upturned nose. Also, a baby with FAS can suffer from heart defects or mental retardation.

Smoking: Similar to alcohol consumption, when you smoke your baby also inhales nicotine and carbon monoxide. If you become pregnant and smoke you should try to quit, in doing so you will take the right step toward creating a healthier lifestyle for you and your child! Smoking while pregnant could lead to low birth weight, stillbirth, premature birth, asthma, or sudden infant death syndrome (SIDS). For information and help on quitting, talk to your health care provider about different options.

Cold or other illnesses: If you begin to feel the symptoms of a cold, stop and think before grabbing cold medicine. It is crucial that you talk with your doctor before taking both over-the-counter and prescription medications. Your health care provider can suggest alternative ways to help you feel better that are not harmful to you and your baby.







Pregnancy Health & Wellness

feine: High caffeine consumption has been linked to an increased rate of miscarriages, so it's best to avoid it altogether while pregnant. If you can't quit your daily dose of coffee cold-turkey, try, for example, weaning down to 1-2 cups per day, then switching regular for decaffeinated beverages only. Ideally, you will come to a point where you can cut out your daily cups of coffee altogether! And remember, caffeine is also in some soft-drinks/soda and teas.

Other indulgences: Other things you may consume that you should talk to your doctor about limiting during pregnancy include: artificial sweeteners, computer monitors, flying, hair dyes, high-impact exercise, household chemicals, bug sprays (insecticides, pesticides, and repellants), lead, high temperatures/overheating (hot tubs, saunas, electric blankets, etc.), self- or sunless-tanners, sex, tap water, teeth whiteners or bleach, vaccinations, and x-rays.

For more information, visit the American Pregnancy Association at www.americanpregnancy.org

Add this page to your favorite Social Bookmarking websites

 Digg  Reddit  Del.icio.us  Google  Live.com  Facebook

Printed from OneToughJob.org
© Children's Trust Fund of Massachusetts 2007

Prenatal Care



Growth & Development - Pregnancy & Childbirth

PRENATAL CARE

Congratulations, you are having a baby! It is important to start your prenatal care as soon as you suspect you are pregnant. Prenatal care monitors the health of both you and the fetus, catches potential health problems before they become serious, and allows you to follow the progress of your baby's development. You can receive prenatal care through a family physician, obstetrician or nurse-midwife. Your prenatal care provider will also be able to present you with information on nutrition, physical activity, labor expectations, counseling and support, and basic skills for caring for your newborn. The importance of prenatal care is significant. Compared to babies of mothers who receive prenatal care, babies of mothers who do *not* receive prenatal care are three times more likely to have low birth weight and five times more likely to die.

What to Expect

During routine prenatal care visits, your doctor or mid-wife will run blood tests, take urine samples and check your weight, blood pressure, the position of your fetus, and if you need any vaccinations. During your first visit your provider may be able to calculate your due date and your official countdown can begin! Your provider will perform many other tests as well. The most common ones are ultrasound and amniocentesis.

Ultrasound: You have most likely already heard the term "ultrasound" before, well in prenatal care ultrasounds are part of routine care and provide dimensional images of the fetus and its world inside the womb. At around 18-20 weeks into your pregnancy, ultrasounds can provide a detailed look at the fetus, identify multiple pregnancies, detect major birth defects and reveal your baby's gender. The procedure may be done at other times as needed. Your provider will perform the ultrasound by moving a handheld device, called a transducer, across your belly or by inserting a probe into your vagina; the transducer or probe will emit sound waves to show a picture of your baby on a screen.

Amniocentesis: The results from an amniocentesis test can identify down syndrome or genetic conditions. This test can also reveal if your baby's lungs are strong enough to breathe normally after birth. An amniocentesis test is usually performed between 15-20 weeks. For this test, your provider will remove cells from your uterus to be examined. The procedure is recommended for women over 35 years old, for those have a family history of genetic disorders, and/or have a previous child with a birth defect. After this test your provider will be more able to decide which method of delivery is best for you and your baby.

Other tests include:

- Chorionic villus sampling (CVS)
- Cystic Fibrosis Carrier Screening
- Glucose Screening
- Maternal Blood Screening
- Cordocentesis (PUBS)

Prenatal care schedule: Generally, if your doctor or midwife determines your pregnancy to be high risk, your prenatal care will probably be more frequent. However, it is standard to receive care:

- About once each month during your first six months of pregnancy
- Every two weeks during the seventh and eighth month of pregnancy
- Weekly in the ninth month of pregnancy

PPCC-53

Other aspects of prenatal care: Aside from running tests, your prenatal care provider will help make sure you and your baby stay healthy throughout the pregnancy by providing you with prenatal vitamins. He or she will also talk to you about a birthing plan and help you determine where you will give birth and what preparations you need to do, such as taking birthing classes. It's important that you trust your provider and see him or her as a source of support. You can never ask too many questions! Each practice and provider may have a slightly different way of doing things. It's important to follow whatever schedule and guidelines your provider suggests.

Add this page to your favorite Social Bookmarking websites

 Digg  Reddit  Del.icio.us  Google  Live.com  Facebook

Printed from OneToughJob.org

© Children's Trust Fund of Massachusetts 2007



Growth & Development - Pregnancy & Childbirth



YOUR UNBORN BABY'S GROWTH & DEVELOPMENT

Whether you are a first-time expecting mom or mother of three expecting another bundle of joy, it is important to understand how your baby grows and develops over the nine months she spends inside you. Pregnancy can be complicated and even mysterious, but the more you know about your pregnancy week by week, the easier your pregnancy may seem. In general, pregnancy lasts about 40 weeks, counting from the day of your last normal period; the weeks are grouped into three trimesters.

1st Trimester (Weeks 1-13)

Your baby's development begins when a sperm fertilizes an egg in one of your fallopian tubes. The fertilized egg then travels down the fallopian tube to the uterus. In the uterus, the egg quickly divides into cells that become embryo –the prefetal product – and cells that act as an outer group to nourish and protect the embryo.

Around week four, the placenta begins to form, through which your baby will develop and receive nutrients throughout the pregnancy. Moving into week five, your baby has grown to the size of the tip of a pen, yet even at such a small size significant development still occurs – your baby's brain, spinal cord, lungs, and heart will begin to form! Then, in week six, signs of your baby's eyes, nose, and ears appear along with small buds, which will soon become arms and legs. At week 11 your baby can now be described as a fetus – meaning an unborn offspring at the later stages of its development – because all major organs are present. At the end of the first trimester, your baby's face has a human profile, fingernails are developing, and the formation of external genitalia begins.

2nd Trimester (Weeks 14-27)

Fourteen weeks into your pregnancy, your baby's arms are fully developed and more red blood cells form in various organs. Also at this point – or in the near future – your baby's genitalia will be developed and apparent, so much so that you will be able to find out the sex of your baby!

In the following weeks, your baby may look more and more like human, the eyes look forward, the ears reach position, the skeleton transforms to bone and fat is stored under the baby's skin. While you may not notice or feel it, your baby's movement will increase and he/she may be able to make facial expressions! By the 18th week, your baby will begin to hear things, like sounds from your body, your voice and conversations along with loud noises.

Congratulations, you have reached your halfway point, 20 weeks left in your pregnancy! During the last few weeks of the second trimester, your baby's tongue develops taste buds, fingerprints and footprints form, real hair develops on the head, and your baby sleeps and wakes regularly. At the end of the second trimester, your baby will weigh roughly 2 pounds and he/she will be active exploring her "aquatic universe" in your womb.

3rd Trimester (Weeks 28-42)

Hooray! You are nearing the end of your pregnancy, but your baby's development still continues as she prepares for life outside the womb. During the first few weeks of your third trimester, your baby will begin to store the minerals (iron, calcium and phosphorus) needed to be strong and healthy. Your baby will go through rapid brain development, resulting in the ability to regulate body temperature. Also, he/she will start to open and close their eyes and have the visual capability to follow a light source.

By the 32nd week, even though your baby's lungs aren't fully developed, she will practice breathing in order to prepare to breathe on his/her own. Also, your baby may become increasingly more active, you will likely feel forceful kicks and punches as she moves in the womb.







PPCC-54

Roughly 36 weeks into your pregnancy, your baby will begin to gain weight at a rapid pace, about ½ pound a week for the next month! With this rapid growth, movement may decrease because there is hardly any room left to move in the womb. People may start asking you if “the baby has dropped,” this simply means that your baby has dropped lower in your abdomen into the birth canal and has assumed the head-down position. Your doctor will certainly be able to tell you if your baby has dropped. Also, small breast buds are present on both sexes and your baby's hair is thicker than before.

At week 37 of your pregnancy your baby is considered full-term – meaning the point at which birth is just a few weeks away. Your baby's skin is getting pinker and losing its wrinkly look. The brain and nervous system is developing more and more each day. Your baby can blink, respond to light, and his/her lungs are nearly fully developed. Since your baby is getting closer and closer to birth she is changing positions to prepare for labor.

Congratulations, you are finally approaching your due date; you will soon be holding your little one! But as you near your due date, don't be worried if your baby arrives a week or two early or late, that certainly is not out of the ordinary.

Add this page to your favorite Social Bookmarking websites

 Digg  Reddit  Del.icio.us  Google  Live.com  Facebook

Printed from OneToughJob.org

© Children's Trust Fund of Massachusetts 2007