



Promise Health Plan

I'm Having a Baby – What Do I Do?

See your doctor right away. Your doctor will make sure that you and your growing baby are healthy. Problems, if any, can be found early. Your doctor will test your blood and urine (pee). You may have an ultrasound so you can see your baby on a screen, blood sugar tests to screen for high blood sugar (gestational diabetes) and tests to check your baby's heart rate.

Your Growing Baby

Your baby is growing fast.

First Trimester (Months 1 – 3)	Second Trimester (Months 4 – 6)	Third Trimester (Months 7 – 9)
<ul style="list-style-type: none">• Body parts are forming.• Heart beats.• Weighs about an ounce and is 3-4 inches long.	<ul style="list-style-type: none">• Can hear your voice.• Moves and kicks.• Weighs 1 to 1 ½ pounds and grows to about 12-14 inches.	<ul style="list-style-type: none">• Sucks thumb.• Lungs are forming.• Weighs 6-9 pounds and grows to about 20 inches.

What You May be Feeling

Your body will change as your baby grows. Here are some changes and how they may feel.

What Is It?	How Does It Feel?	What Can I Do About It?
Morning Sickness	You may feel sick to your stomach and/or throw up.	Eat small meals. Plain foods like crackers, eggs, toast and applesauce may help.
Heartburn	You may feel a burning in your upper stomach and chest.	Eat small meals and avoid spicy/greasy foods. Ask your doctor if you can take antacids.
Backache	You may feel pain in your back.	Do not stand or sit for long periods of time. Lay on your side with a pillow between your legs.
Constipation	You may have hard, dry bowel movements (BMs) that are hard to push out.	Eat high fiber foods. Drink lots of water. Do not take any medicine to help you have a BM.
Hemorrhoids	You may have swollen, painful veins around the rectum (part of the body where BM comes out). They may itch or bleed.	Avoid constipation and straining when having a BM. A warm bath followed by an ice pack may help.

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Swollen Feet	You may have extra fluid in your feet and ankles.	Sit with your legs up. Eat foods low in salt (sodium).
Fatigue	You may feel very tired.	Get more rest and try to take naps. Let someone help you with chores around the house.
Mood Swings	You may feel very happy one minute and very sad or scared the next.	Talk to your friends, family and doctor about how you feel.

When to Call the Doctor

Call your doctor right away if you have:

- Blood, water or fluid coming from your vagina.
- Discharge from your vagina which smells bad, burns or itches.
- You can't keep any food or water down.
- Cramps or dull low back pain.
- A feeling like the baby is pushing down or balling up.
- Baby stops moving.
- You see spots or have blurred eyesight.
- Fever, chills, or bad headaches.

Things to Avoid

There are some things which can hurt your baby.

Do not:

- Take hot baths or use a hot tub or steam room.
- Change the cat litter box (you can get sick).
- Take street drugs like speed, pot or cocaine.
- Take drugs you buy at the store.
- Take drugs given to you by a doctor who does not know you are pregnant.
- Breathe paint or cleaner fumes.
- Smoke or breathe another person's smoke.
- Drink beer, wine, booze or other alcohol.
- Get unneeded X-rays.

Eating for Two

Your baby depends on you for food. You will need to gain between 15-35 pounds depending on your size. Talk to your doctor about how much is right for you. Eat foods from all food groups:

- Grains: Try brown rice, cereal, oatmeal, bread, crackers, pasta, and tortillas. Make most of your choices whole grain.
- Vegetables: These foods give you and your baby fiber, Vitamin A and folic acid. Try dark green and bright orange: broccoli, spinach, lettuce, carrots, and tomatoes.
- Fruits: These foods give you and your baby fiber, Vitamin C and folic acid. Try: bananas, melon, berries, apples and oranges.

- Milk, Yogurt and Cheese: Try low or non-fat milk, yogurt, cheese and ice cream. Talk to your doctor if you can not eat, or do not like these foods. Do not eat soft cheeses like feta, blue cheese, and some Mexican cheeses.
- Meat, Chicken, Fish, Dry Beans, Eggs and Nuts: Try lean meats, chicken, turkey, eggs, beans, peas, nuts and seeds. Thoroughly cook all meat and poultry. About fish: do not eat shark, swordfish, King Mackerel or tilefish as they are high in mercury.
- Oils: Use liquid oils like canola, olive and corn. Limit hard fats like butter and lard.
- Take vitamins if they are given to you by your doctor.
- You will need to limit caffeine in your diet. Caffeine is a drug found in coffee, tea, cola and chocolate.

The **WIC (Women, Infants and Children) Program** can provide healthy foods for you and your baby. You will be able to learn about making good food choices. WIC can also let you know about other health and social services in your area. Talk to your doctor today about going to WIC. You can also call WIC at 1-888-942-2229.

Exercise

Thirty (30) minutes of exercise a day can make you feel better. Walking and swimming are good choices.

Some movements, called kegels, can strengthen pelvic muscles (muscles you use to go to the bathroom). Squeeze these muscles as if you were stopping urine (pee) from coming out. Hold, release and then repeat 10 times. This will help you hold your urine and prepare your body for the birth of your baby.

There are some things you should not do. These include sports that can make you fall, such as skating. You should not start a new sport or hard exercise program.

Caring for Your Baby

The first things your baby will need are very simple: lots of love and something to eat. Give your baby lots of love by touching, holding, cuddling and talking to your baby. Breastmilk is the best food for your baby. Breastmilk:

- Helps your baby stay healthy.
- Helps you bond with your baby.
- Is free.
- Is always ready – there are no bottles to heat up or wash.
- Helps mom lose weight.

If you need help breastfeeding talk to your doctor. The WIC program can answer your questions and offer support. Call WIC at 1-888-942-2229. You can also call La Leche League at 1-800-525-3243. Some women cannot or do not want to breastfeed. This is OK, your baby will be fine.