

YOUR GROWING BABY

Your baby is growing fast.

FIRST TRIMESTER (MONTHS 1-3)

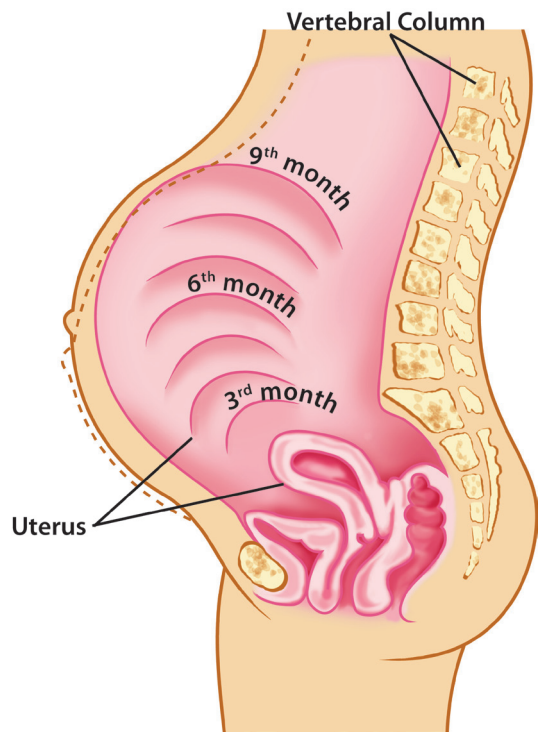
- Body Parts are forming.
- Heart beats.
- Weighs about an ounce and is 3-4 inches long.

SECOND TRIMESTER (MONTHS 4-6)

- Can hear your voice.
- Moves and kicks.
- Weighs 1 to 1 1/2 pounds and grows to about 12-14 inches.

THIRD TRIMESTER (MONTHS 7-9)

- Sucks thumb.
- Lungs are forming.
- Weighs 6-9 pounds and grows to about 20 inches.



AFTER YOU HAVE YOUR BABY

Both you and your baby will need to see the doctor soon after the baby is born.

It is important that you take your baby to the doctor for well child exams. It is just as important that **YOU** see the doctor again in 6 weeks after you have your baby.

WHEN TO CALL THE DOCTOR

Call your doctor right away if you have:

- Blood, water or fluid coming from your vagina.
- Cramps or dull low back pain.
- Baby stops moving.

For more information on this topic see your doctor or visit us at www.lacare.org.

THINGS TO AVOID

There are some things which can hurt your baby.

Do Not:

- Breathe paint or cleaner fumes.
- Change the cat litter box by yourself. Have someone else change it.
- Drink beer, wine or other alcohol.
- Get unneeded X-rays.
- Smoke.
- Take hot baths or use a hot tub or steam room.
- Take street drugs.
- Take drugs you buy at the store.
- Take drugs given to you by a doctor who does not know you are pregnant.



How to Have A Healthy Pregnancy



Taking Care of Yourself During Your Pregnancy

www.lacare.org
Toll Free: 1-888-839-9909

I'M HAVING A BABY - WHAT DO I DO?



SEE YOUR DOCTOR RIGHT AWAY

Your doctor will check to see if you and your growing baby are healthy. Your doctor will test your blood and urine (pee). You may be given an ultrasound, tests to check for high blood sugar (gestational diabetes) and tests to check your baby's heart rate.

Your baby depends on you for food. You should gain between 15-35 pounds depending on your size. Talk to your doctor about how much is right for you.

EXERCISE

30 minutes a day can make you feel better. Walking and swimming are good choices.

Some movements, called kegels, can strengthen the pelvic muscles (muscles you use to go to the bathroom). Squeeze these muscles as if you were stopping urine 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.

EAT FOODS FROM ALL FOOD GROUPS

GRAINS:



At least four 1 ounce servings a day. Try: brown rice, cereal, oatmeal, bread, crackers, pasta and tortillas.

VEGETABLES:



At least 2 cups a day. Try: broccoli, spinach, lettuce, carrots, and tomatoes.

FRUITS:



At least 1 cup a day. Try: bananas, melons, berries, apples and oranges.

MILK, YOGURT AND CHEESE:



At least four 1 cup servings a day. Try: low or non-fat milk, yogurt, cheese and ice cream. Do not eat soft cheese like feta, blue cheese, and some Mexican cheeses.

MEAT, CHICKEN, FISH, DRY BEANS, EGGS AND NUTS:



Eat 3 or more servings a day (at least 5 ounces). Try: lean meats, chicken, turkey, eggs, beans, peas, nuts and seeds.

OILS:



Have about 4-6 teaspoons each day. 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. Get 400mcg of folic acid (a vitamin which helps your baby's brain and spine) from cereals, fruits, vegetables or in a pill.

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. 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 **1-888-942-9675**.

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.
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.

