

Your Guide to

Pregnancy



How to Have a Happy, Healthy Pregnancy

Congratulations on Your Pregnancy!

WIC is here to help keep you and your baby healthy and happy from conception to birth and then for years after. This guide will discuss common pregnancy concerns and ways that you can stay healthy.





My Wish For My Baby



Table of Contents

5

Your Pregnancy Week by Week

11

Eating Right for Your Baby and You

22

Positive Health Habits

28

Discomforts During Pregnancy

31

After Your Baby is Born

34

Resources




Your Pregnancy Week by Week



Pregnancy is an exciting time — you and your baby are going to grow a lot in the next several months! Use this handy timeline to see what is happening throughout your pregnancy.

1st Trimester

Your Baby

Weeks 1-4	Weeks 5-8	Weeks 9-12
<p>Your baby is about the size of a poppy seed.</p> <p>His heart and brain are starting to grow.</p> 	<p>At 6 weeks, baby has grown to the size of a grain of rice.</p> <p>Your baby's eyes, nose, and lips are starting to form.</p> <p>Lungs and kidneys are also starting to grow.</p> 	<p>At 10 weeks, baby is about the size of a grape.</p> <p>Your baby can make a fist and move his legs.</p> <p>Fingernails and toenails are growing.</p> 

Your Pregnancy Week by Week



1st Trimester

Your Body

Weeks 1-4	Weeks 5-8	Weeks 9-12
<p>You might feel tired or nauseated.</p> <p>Breasts may be feeling tender or heavy.</p>	<p>You might need to go to the bathroom more than usual.</p> <p>Some things might smell or taste different.</p> <p>Your nipples may get darker.</p>	<p>You may be constipated.</p> <p>You might start feeling extra hungry.</p> <p>Small bumps around the nipple, called Montgomery glands, appear.</p>

Your Pregnancy Week by Week



2nd Trimester

Your Baby

Weeks 13-17

Your baby is about the size of an apple around 15 weeks.

You can hear his heartbeat with a stethoscope!

He is starting to hear sounds.



Weeks 18-32

At 18 weeks, your baby is the size of a sweet potato.

His eyebrows and eyelashes appear.

Baby might suck his thumb.

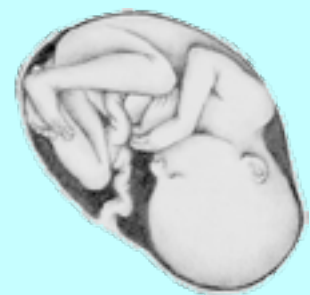


Weeks 23-27

Around 23 weeks, baby is the size of an eggplant.

You probably know the gender of your baby, if you chose to find out.

Your baby can open his eyes and see light.



Your Pregnancy Week by Week



2nd Trimester

Your Body

Weeks 13-17

You are in the second trimester! Nausea should improve, but you might have some indigestion.

You might begin to feel baby moving or fluttering.

Breasts begin to produce colostrum — the first milk for baby.

Weeks 18-32

Leg cramps and backaches are common.

You will begin feeling baby move more.

Your partner may also feel the baby move.

You may need to change bra size or wear maternity bras.

Weeks 23-27

As your body grows, you might notice stretch marks on your breasts or stomach. Lotion or creams can help soothe tight or itchy skin.

You may be hungrier than normal and eating more often.

You may have back pain or swelling in the ankles and feet. Take it easy and rest if you need to.

Your Pregnancy Week by Week



3rd Trimester

Your Baby

Weeks 28-31

Your baby is growing fast, and at 28 weeks, he is the size of a head of iceberg lettuce.

His bones are fully developed this month.

Your baby is familiar with your voice. Talk and sing to him!

He can also taste some flavors from foods you eat, so try to eat healthy.

Weeks 32-35

Your baby has grown to the size of a pineapple by 33 weeks.

Your baby can blink. He closes his eyes during sleep and opens them while awake.

His brain and lungs are still developing.

Weeks 36-40

Baby is about to make his appearance in the world!

He will grow a lot in this last month, and his organs are still growing.

It is best to wait until at least 39 weeks to have your baby unless your doctor says you need to deliver sooner for medical reasons.

Your Pregnancy Week by Week



3rd Trimester

Your Body

Weeks 28-31

You are now in the third trimester!

You might have mild contractions, called Braxton Hicks. Call your doctor if you are having more than 5 contractions in 1 hour.

Breasts may leak milk — this is normal.

Weeks 32-25

You might be feeling more back pain.

You may be constipated, and need to urinate more often.

You might get short of breath and have problems sleeping. Try to sleep on your side with pillows for support.

Weeks 36-40

Your belly will get lower as baby gets into the birth position. Talk to your doctor about signs of labor.

Breathing may get easier but you might still be achy.

Colostrum is replaced with mature breastmilk 2-5 days after baby is born. Even though it seems like a small amount in the first days, your colostrum is all your baby needs!



Healthy Weight

Your baby depends on you to gain a healthy amount of weight during pregnancy. Now is not the time to lose weight or gain too much weight. Gaining the right amount of weight will help your baby grow strong, can help you have a better delivery, and will make it easier for you to get back to what you weighed before you became pregnant.



The amount of weight to gain during pregnancy is different for every woman. Your pre-pregnancy weight, the number of babies you are having, and medical conditions may affect how much weight you should gain.

Eating Right for Your Baby & You



Your doctor is the best person to ask about exactly how much weight is healthy for you to gain during pregnancy.

Most women who have a normal weight before becoming pregnant can expect to gain between 25 and 35 pounds. Women who are underweight or carrying multiple babies may need to gain more, while those who are overweight may need to gain less.

Weight gain is slow at first — you may only gain one to five pounds in the first three months of

pregnancy. You may expect to gain one pound per week in the last six months of pregnancy until your baby comes.

Did You Know...

At 4 months of pregnancy, your baby is already growing hair, nails, and bones. Keep eating well so your baby keeps growing strong!



Where Does The Weight Go?

In addition to your growing belly, you may have noticed the rest of your body changing. Weight gained during pregnancy is not just the baby; you will have weight gain all over your body to help your growing baby. The picture below shows a woman who gained a healthy amount of weight during pregnancy.



Eating Right for Your Baby & You



Where Does The Weight Go? cont...

baby	7 1/2 pounds
placenta	1 1/2 pounds
uterus	2 pounds
amniotic fluid	2 pounds
breast tissue	2 pounds
blood	4 pounds
body fluids	4 pounds
maternal fat stores	7 pounds
total	30 pounds

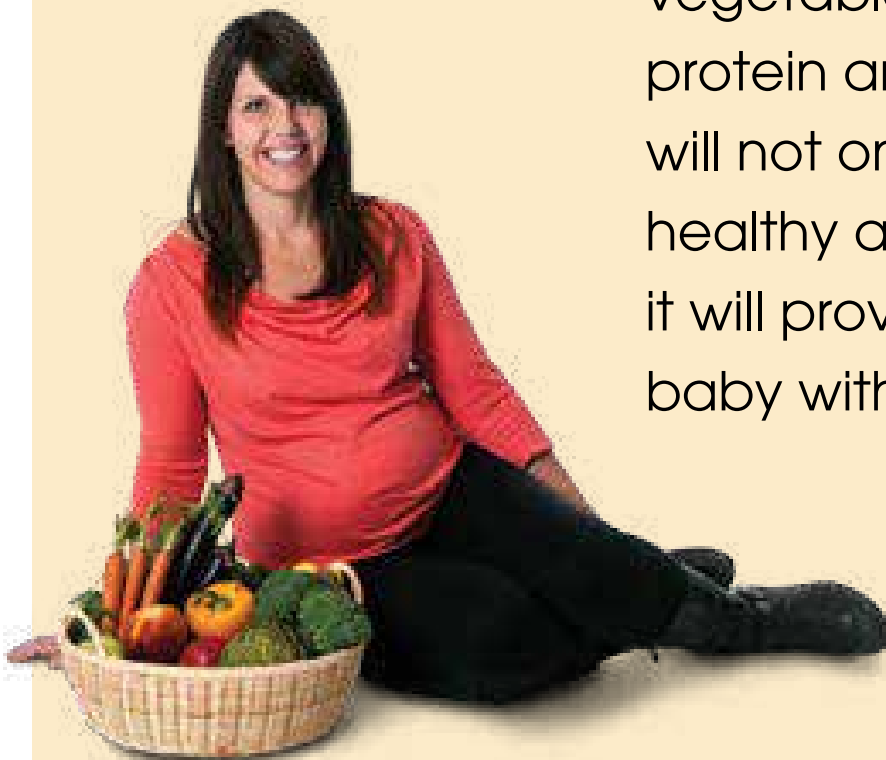
Eating Right for Your Baby and You



Eating Well

Eating well is important to give your baby the best start possible. Many women think they need to eat double the amount of food they ate before pregnancy, but that is not true. Most women only need about 350-450 extra calories per day during the last 6 months of pregnancy. This is about one or two extra healthy snacks during the day.

Include a variety of foods in your diet, like fruits, vegetables, whole grains, protein and dairy. Eating well will not only help you stay healthy and feel your best, it will provide your growing baby with the best nutrition.



Eating Right for Your Baby and You



Did You Know...

Your baby can taste some of the flavors of the foods you eat during pregnancy. That's one reason to eat smart!



Eating Right for Your Baby and You



Creating a Healthy Plate

- Make half your plate fruits and vegetables.
- Make one quarter of your plate grains, choosing whole grains most often. Examples of whole grains include brown rice, wheat bread, oatmeal, and barley.
- Make the last quarter of your plate a protein-rich food. When eating meats, choose low-fat or lean options like chicken and fish. Beans, peas, tofu, nuts, and seeds are excellent alternatives.
- Include dairy with your meal, choosing 1% or fat-free options. Milk, yogurt, cheese and fortified soy milks are excellent sources of calcium.
- Visit www.ChooseMyPlate.gov for even more healthy eating tips.



Eating Right for Your Baby and You



Important Nutrients

During pregnancy, be sure to get enough of these nutrients.

Nutrient	Why do I need it?	Where do I get it?
Protein	Builds muscles and organs	Meat, chicken, fish, eggs, beans, nuts, dairy
Fiber	Keeps bowel movements regular	Fruits, vegetables, beans, whole grains
Folic Acid	Helps prevent birth defects	Beans, spinach, asparagus, orange juice, fortified grains and cereals

Eating Right for Your Baby and You



Important Nutrients cont..

	Why do I need it?	Where do I get it?
Iron	Helps build healthy blood	Meat, fortified cereals, and beans
Calcium	Builds strong bones and teeth	Milk, yogurt, cheese, dark leafy greens, soy milk or orange juice with added calcium



Eating Right for Your Baby and You

Foods to Limit or Avoid

While it is important to eat a variety of healthy foods, pregnant women should limit or avoid some foods:

- Avoid raw or unpasteurized milk, cheese, and juice because they may have harmful germs.
- Avoid alcoholic beverages.
- Limit caffeinated drinks such as coffee, tea, sodas, and energy drinks.
- Avoid raw or undercooked meat, eggs, and fish because of the risk of bacteria. This includes sushi and meat spreads like pâtés.
- Always heat hot dogs and luncheon meats until steaming hot.

Did You Know...

Changing cat litter can make a pregnant woman sick. Ask someone else to change the litter if you can.



What about fish?

Fish has many health benefits, and pregnant women can continue to eat most types of fish. Enjoy eating up to 12 ounces (about 2-3 meals) of lower mercury fish per week such as shrimp, canned light tuna, salmon, and catfish. Limit Albacore tuna and tuna steak to no more than 6 ounces per week.

- Avoid shark, swordfish, king mackerel, and tilefish because they are high in mercury, which can be harmful to your baby.



Positive Health Habits

Prenatal Care

By taking care of yourself now, you are more likely to have a healthier baby and less likely to have problems during labor and delivery. Remember to:

- Keep all of your clinic appointments and follow the advice of your doctor.
- Take prenatal vitamins and any medications your doctor gives you.
- Brush and floss your teeth regularly.
- Seeing a dentist is especially important during pregnancy.
- Relax when you can, and get help from your friends and family as you prepare for your bundle of joy.





Positive Health Habits cont...

Waiting 39 Weeks

Experts recommend staying pregnant for at least 39 weeks so your baby has enough time to grow. If you have a choice and are planning to schedule your delivery, be sure to tell your doctor you want to wait as long as possible. If you or your baby has health problems, you may need to deliver earlier. Always follow your doctor's advice



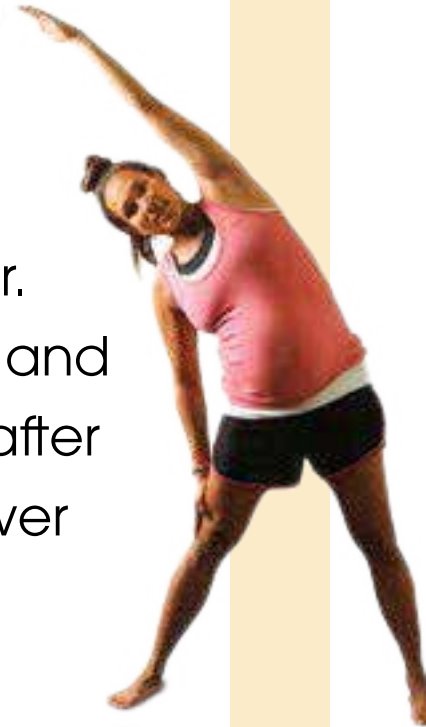


Positive Health Habits cont...

Staying Active

Staying active can help you feel energized and make delivery easier. Exercise can help with body aches and pains, and will make losing weight after delivery easier. Activity can also lower the risk of high blood pressure and diabetes during pregnancy.

Try low-impact activities like walking, swimming, light stretching, and playtime with your children. Remember to check with your doctor on what kind of activity is safe for you and your baby.





Positive Health Habits cont...

Avoiding Caffeine, Alcohol, and Smoking

Caffeine, alcohol, and cigarette smoke can harm your baby. The best choice is to quit smoking and drinking, and avoid large amounts of caffeine. If you need help quitting, see the back of this guide for helpful phone numbers and websites.

Women should not drink any type of alcohol during their pregnancy. Even a small amount of alcohol can hurt your baby's brain, heart, kidneys and other organs. Babies can get Fetal Alcohol Spectrum Disorders (FASD) if a woman drinks while pregnant. FASD can cause many problems, including mental retardation and learning problems. It is never too late to stop drinking if you are pregnant.



Positive Health Habits cont...

Feeding Your Baby

There's no better time than now to think about how you want to feed your baby. Your breasts may already be growing and you might notice early milk, called colostrum, leaking from them. Your body is preparing to give your baby the best nutrition in the world.

Breastfeeding is good for both you and your baby.

Breastmilk reduces the risk that your baby will have:

- Ear infections
- Diarrhea
- Breathing problems
- Diabetes
- Asthma
- Obesity

Breastfeeding has many benefits for mom, too. It will help you get back to your pre-pregnancy weight faster and lowers your risk of arthritis, diabetes and even some cancers. Ask to talk to a Breastfeeding Peer Counselor at your WIC clinic if you want more information about feeding your baby.



Positive Health Habits cont...



Did You Know...

Breastfed babies are less likely to be picky eaters later in life. Set your child up for success by breastfeeding.





Discomforts During Pregnancy

Nausea and vomiting, heartburn, indigestion, and constipation are common pregnancy discomforts. You can make your pregnancy more comfortable by following some of these tips.

Nausea and Vomiting

If you have an upset stomach or poor appetite, try to:

- Avoid foods with strong smells and limit spicy, greasy, and fried foods.
- Eat small meals often to keep from having an empty stomach.
- Keep crackers or dry cereal near your bed. After waking up, eat a small amount and rest for a while until you feel better.
- Get out of bed slowly.
- Get plenty of fresh air, especially if you start to feel sick.
- Drink liquids between meals, not with them. Limit or avoid drinks with caffeine.



Heartburn and Indigestion

Pregnancy can cause stomach muscles to relax, and digestion to slow down. This can cause a painful burning sensation in the throat and upper chest area (heartburn) or a bloated, full stomach feeling (indigestion). Try these tips to help with heartburn and indigestion:

- Try not to eat too much at one meal. Instead, have smaller meals more often.
- Wear clothes that are loose around the waist.
- Don't bend over or lie down for 1-2 hours after eating.
- Avoid or limit spicy, greasy, acidic, and fried foods.
- Avoid soft drinks and drinks with caffeine.



Discomforts During Pregnancy cont...

Constipation

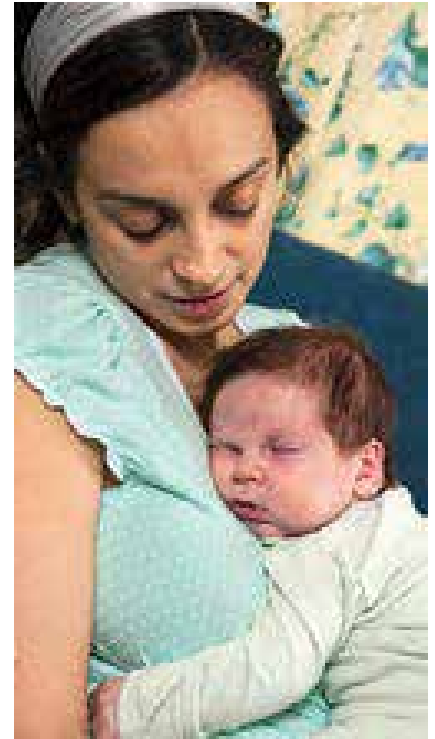
Constipation means having less frequent bowel movements, with hard or dry stools that are difficult to pass. Here are some tips to relieve constipation:



- Drink 8 to 10 glasses of water every day.
- Eat plenty of foods high in fiber, like fruits and vegetables, whole grain breads, cereals, and beans.
- Get plenty of exercise. Walking is a good choice, but be sure to check with your doctor before starting exercise.
- Drink prune juice or eat dried fruits like prunes, apricots, or raisins.

After Your Baby is Born

After your baby is born, you may feel like your life has changed. You will probably be spending most of your time taking care of your baby. Rest, baby blues, and weight loss are common concerns that women have after delivery.



Rest

Having a baby can be tiring, and you might feel like you don't have much time left for yourself. Rest is important to keep your mind and body healthy. Try to get more rest by:

- Sleeping when your baby sleeps.
- Limiting guests.
- Asking family and friends to help with chores and meals.
- Skipping housework that isn't needed.



Baby Blues

Many women get the “baby blues” after having a baby. Hormonal changes and pain after delivery can lead to the baby blues. A difficult delivery, a sick baby, stress, and little sleep can make the baby blues worse. Baby blues can cause crying for no reason, restlessness, anxiety, irritability, mood swings, and difficulty eating or sleeping.

Some women develop postpartum depression, which is more serious than baby blues and needs medical attention. Postpartum depression causes deep sadness, weakness, lack of interest in baby and daily activities, overeating or loss of appetite, and thoughts or fears of harming yourself or your baby. Talk with your doctor, nurse, or WIC staff if you experience any of these symptoms for more than a few days or if you feel you may hurt yourself or your baby. For more information on postpartum depression, see the resources listed at the back of this guide.



After Your Baby is Born cont...

Weight Loss

You will probably lose some weight after delivery, but getting back into shape after pregnancy takes time. It's not a good idea to go on a diet after delivery because your body needs good nutrition to heal and stay healthy. Listen to your body — eat and drink when you

Did You Know...

Exercise can help with depression. Take the first step and go for a walk around the block. You'll feel better!

are hungry and thirsty instead of counting calories.

Exercise and good nutrition can help you lose weight.

Losing one or two pounds per week is safe and reasonable. Breastfeeding can also help you slim down quicker.

Alcohol & Substance Abuse

Texas Outreach, Screening, Assessment, and Referral Centers

www.dshs.state.tx.us/sa/OSAR

1-877-9NO DRUG (1-877-966-3784)

Substance Abuse & Mental Health Services Administration Facility Locator

findtreatment.samhsa.gov

1-800-662-HELP(4357)

Baby Blues/Postpartum Depression

Postpartum Support International (PSI)

www.postpartum.net

Warmline: 1-800-944-4PPD(773)

The PSI Warmline does not handle emergencies.

Call 911 if you are in an emergency

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

Hotline: 1-800-273-TALK(8255)



Resources cont...

Breastfeeding

Breastmilk Counts

www.breastmilkcounts.com

Hotline: 1-855-550-MOMS(6667)

Domestic Violence

National Domestic Violence Hotline

www.thehotline.org

Hotline: 1-800-799-SAFE(7233)

Smoking Cessation

American Cancer Society Quitline

www.yesquit.com

1-877-937-7848

For more information, call your local WIC clinic.
To find the clinic closest to you, visit www.TexasWIC.org or call
1-800-WIC-FORU (800-942-3678)



Visit our website at TexasWIC.org



This institution is an equal opportunity provider.

© 2014 All rights reserved. Stock no. 13-06-14098 9/14