



# Mommy To Be

## Recipe for a Healthy Pregnancy

1. *Prenatal Care*
2. *Proper nutrition*
3. *Rest when you feel tired*
4. *Education & Preparation*

## Things To Avoid When Pregnant

### **Smoking**

Cuts down the oxygen supply to the baby. Your baby could be too small or deliver too early. Babies living in a house with a smoker have more risk for SIDS (or crib death).

### **Alcohol**

Can cause birth defects. The best is to stay away from alcohol.

### **Drugs and Medicine**

Do not take medicine that was not prescribed **for you** by your doctor or midwife. Of course, street drugs are a **No-No**. It has bad effects on your baby and may cause you to deliver too early.

### **Infections**

Stay away from people you think are sick. Washing your hands is the best way to keep yourself from getting sick.

### **Dangerous Sports**

This is not the time to start something new! Check with your doctor before you start any programs.

## How Important Is Prenatal Care?

Prenatal care is very important even if you have been pregnant before. Call your doctor as soon as you think you are pregnant! You want to start taking good care of you and your baby. The first visit may take longer than your other visits. Your doctor will review your medical history. Blood tests will be ordered.

Your other visits should not take as long as your first visits. Those visits are very important as well. At each visit they will: weigh you (gaining too fast or too slow might mean there is a problem); check your blood pressure; and check your urine for sugar and protein. They may do other tests (like a sonogram), to check on how well your baby is doing. They may also check your baby's heart beat and movement. It is important that you keep up with those appointments!!

If you have any questions or are worried about something, write it down. Bring it with you to your appointments. That way, you won't forget to ask.



## Eating For Two

I am sure you have heard that you are eating for two now. That does not mean you should eat twice as much food, but you do need to eat the right food!

A pregnant woman needs about 300 extra calories a day. That will help keep you and your baby healthy. Eat 3 or more meals spread over the day. Later in your pregnancy you may feel better if you eat 6 small meals instead of 3 bigger ones. Try to always carry a healthy snack with you. Some good ideas are cheese sticks, peanut butter crackers, raisins or fruit. That way, if you get hungry and are not home, you will have a healthy snack until you can get a meal.

You should include food from each of the food groups every day. Each food group will give you different nutrients that you and your baby need. How much is enough?

**Bread, cereal, rice and pasta**—6 to 11 servings a day

**Vegetables**—3 to 5 servings a day

**Fruit**—2 to 4 servings a day

**Milk, yogurt, and cheese**—2 to 3 servings a day

**Meat, poultry, fish, beans, eggs, and nuts**—2 to 3 servings a day

**Fats, oils, and sweets**—just a little bit



Prenatal vitamins are VERY important. If they upset your stomach in the morning, try to take them with dinner instead.

## Warning Signs

Here is a list of the times when it is important to call your doctor or nurse and let him/her know what you are feeling....

- ◇ If you are having any bleeding from your vagina, even if it is just a little bit
- ◇ Leaking any “fluid”; this could be a big “gush” or just a trickle....
- ◇ Sharp pains in your belly or having cramps like when you get your period
- ◇ Feeling like your belly is very heavy, like the baby might fall out
- ◇ The feeling that comes and goes, like a rubber band that is squeezing you or that the baby is “balling up” inside of you
- ◇ A decrease in baby’s movements
- ◇ A low dull backache that does not go away
- ◇ A bad headache that does not seem to go away
- ◇ Blurry vision or seeing flashing lights or spots before your eyes
- ◇ Swelling in your face, around your eyes, or more than a little swelling in your fingers or feet
- ◇ Chills and fever over 100F
- ◇ Pain when passing urine



## Is It Time?

How will you know if it is time to go to the hospital? How can you tell if you are in labor? Here are some ways to tell:

### True Labor

- ◆ Cramps will make the whole uterus get tight. You might feel them in your back, too
- ◆ Cramps will last longer and longer
- ◆ Cramps will get stronger
- ◆ Cramps will get close together
- ◆ Cramps will not go away
- ◆ Walking might make the cramps get stronger
- ◆ You might see blood or water coming out

### False Labor

- ◆ Cramps will only make part of the belly get tight
- ◆ Cramps will last 15-45 seconds
- ◆ They will not get stronger
- ◆ Cramps will not be regular
- ◆ If you change position or activity, they might stop.

**No matter what, if you are not sure, call your doctor or midwife!**



## Domestic Abuse In Pregnancy

For most women, pregnancy is a happy, safe time. But for some women, it can be a violent time. Some say that one in five women will be abused when pregnant.

Effects of abuse on pregnancy can include:

- Injury to the belly
- Bleeding (including damage to the placenta)
- Rupture of the uterus
- Miscarriage/stillbirth
- Early labor
- Early breaking of water

If you are pregnant and scared, or know someone who is, here is where you can find help:

**Women in Distress (Fort Lauderdale)**  
954-761-1133

**The Florida Domestic Violence Hotline (English and Spanish)**  
1-800-799-1199

**The National Domestic Violence Hotline**  
1-800-799-SAFE (7233)

