



EATING RIGHT FOR A HEALTHY BABY

- Eat a variety of healthy foods each day.
 - 2 or more servings of fruit or juice
 - 3 or more servings of vegetables
 - 6 to 11 servings of breads, cereal or pasta
 - 3 or more meat and protein foods (fish, chicken, beans)
 - 3 or more servings of milk, cheese or yogurt
- Drink 6 to 8 glasses of water, fruit juice or milk each day.
- Limit foods high in sugar and fat, like candy, cookies, desserts and soft drinks.
- Limit your caffeine intake to less than 200 mg (equal to two small cups of brewed coffee).
- Avoid harmful things like alcohol, tobacco, marijuana or other illegal drugs.



GAINING WEIGHT DURING PREGNANCY

- Expect to gain about 25 to 35 pounds.
- Slow, steady weight gain is best. Expect to gain 3 to 4 pounds in the first 3 months. Then you may gain about a pound a week until your baby is born.
- Weight gain is a sign that your baby is growing normally.
- Don't diet or try to lose weight.



TAKING CARE OF YOURSELF

- Be sure to take your daily prenatal vitamin.
- Brush and floss your teeth at least once a day.
- Make sure you get plenty of rest.
- Drink plenty of water, especially when it's hot.
- Eat healthy snacks, such as fresh fruits and vegetables, whole-grain crackers, cheese and peanut butter.



SIGNS OF EARLY LABOR

Early labor happens 3 or more weeks before your due date.

- Uterine contractions: 4 or more an hour; may be painless
- Menstrual-like cramps: low in belly; may be constant or come and go
- Low, dull backache: radiates to sides or front; doesn't go away when you change position
- Pelvic pressure: feels like baby is going to fall out
- Stomach cramps: feels like bad gas pains with or without diarrhea
- Change in vaginal discharge: may become pink, brown-tinged or watery
- General feeling that something isn't right including no movement from the baby all day



OTHER PROBLEMS TO WATCH FOR DURING PREGNANCY

- Bright-red bleeding or spotting
- Swelling of hands or face
- Very bad headache that doesn't go away
- Weight gain of 3 to 5 pounds in one week
- Pain when you empty your bladder
- Blurred vision, flashes of light or spots before your eyes
- Sharp stomach pain, continual vomiting, and chills and fever

It is important to report any of these problems to your Prenatal Care Provider immediately.



Healthy Tips for Pregnancy

If you're pregnant, there are many resources available that will help you:

- Choose a Prenatal Care Provider. This could be an OB/GYN, Midwife, or Primary Care Provider (PCP).
- Connect with community resources.
- Schedule visits and exams.
- Get care after your baby is born.
- Arrange rides to Prenatal Care Provider visits.



Your pregnancy journey.

Congratulations! By expecting a baby, you're starting an important journey. But you're not alone. We'll be with you every step of the way. Pregnancy is divided into three stages. They're trimesters. Each one is three months long. Here's a quick guide to what happens in each stage.

<div>1st</div> <div>TRIMESTER</div> <div>MONTHS 1-3</div>	<div>WHAT TO EXPECT:</div> <p>You can't see it, but your body is going through amazing changes. It's starting to nurture your growing baby. You might have nausea, mood swings, tiredness or heartburn.</p>	<div>BABY DEVELOPMENT:</div> <div><div>Week 5:</div><div>The brain, spinal cord, heart and other organs begin to form.</div></div> <div><div>Week 8:</div><div>Fingers and toes begin to form.</div></div> <div><div>Week 12:</div><div>Facial features can be seen. Fingernails develop.</div></div> <div>By the end of this stage, your baby may be 2½ inches long. He or she may weigh about ½ ounce.</div>	<div>YOUR PRENATAL CARE PROVIDER VISITS:</div> <ul style="list-style-type: none">• After your first visit, you'll see your Prenatal Care Provider every 4 weeks.• You'll get a complete physical exam each time.• You'll talk about your medical history. This information will help you and your baby get the best care.• You'll work out your baby's due date with your Prenatal Care Provider.• You'll learn about the importance of eating well, prenatal vitamins, exercising and other healthy lifestyle choices.
<div>2nd</div> <div>TRIMESTER</div> <div>MONTHS 4-6</div>	<div>WHAT TO EXPECT:</div> <p>Many women enjoy this stage most. The nausea has passed. And your baby isn't big enough to make you feel uncomfortable.</p>	<div>BABY DEVELOPMENT:</div> <div><div>Week 14:</div><div>It may be possible to tell your baby's sex.</div></div> <div><div>Week 20:</div><div>You might start to feel your baby kick.</div></div> <div><div>Week 24:</div><div>Hair begins to grow.</div></div> <div>By the end of this stage, he or she may be over 9 inches long and weigh more than 2 pounds.</div>	<div>YOUR PRENATAL CARE PROVIDER VISITS:</div> <ul style="list-style-type: none">• You'll likely visit your Prenatal Care Provider every 4 weeks.• You'll have your blood pressure and weight checked at every visit.• You'll have routine blood and urine tests. These will make sure you have good levels of sugar and iron.• You'll be able to hear your baby's heartbeat. And you may get an ultrasound to see your baby's growth.• In rare cases, the Prenatal Care Provider may suggest testing for possible birth defects.
<div>3rd</div> <div>TRIMESTER</div> <div>MONTHS 7-9</div>	<div>WHAT TO EXPECT:</div> <p>This is the stage with the fastest growth. Your baby may gain ½ pound a week during the last month. That can make things tiring. And you may feel uncomfortable.</p>	<div>BABY DEVELOPMENT:</div> <div><div>Week 28:</div><div>Eyebrows and lashes are fully formed. Eyes begin to open.</div></div> <div><div>Week 29:</div><div>Bones become fully developed.</div></div> <div><div>Weeks 37-40:</div><div>Your baby is now full-term and may turn upside-down to get ready for birth.</div></div> <div>At birth, your baby may be over 14 inches long and weigh more than 7½ pounds.</div>	<div>YOUR PRENATAL CARE PROVIDER VISITS:</div> <ul style="list-style-type: none">• You'll visit your Prenatal Care Provider every 2-3 weeks. At 37 weeks you'll visit once a week until you deliver the baby.• Your Prenatal Care Provider will keep checking your baby's heartbeat and movements.• You may get pelvic exams to check the baby's position.• You'll learn what to do when labor starts. And you'll choose whether to breast-feed or bottle-feed.• You'll find out about family planning choices and services for after your baby is born. Some options include getting your tubes tied (tubal ligation), birth control pills, condoms, IUD (Intrauterine Device) and implants.
<div>Birth</div> <div>AND</div> <div>POSTPARTUM</div>	<div>WHAT TO EXPECT:</div> <p>The few weeks after birth is called postpartum. It is important to check on the health of moms and babies after birth. This checkup is important even for women who have had a baby before. The baby's checkup will be with a pediatrician. Mom's checkup will be with a Prenatal Care Provider or OB/GYN.</p>	<div>MOM'S CHECKUP:</div> <p>Checkup should take place 21-56 days after giving birth to check on healing and recovery.</p> <div>BABY DEVELOPMENT:</div> <p>Talk to your doctor about checkups and immunizations that are right for your baby. Babies usually have 6 checkups by age 15 months starting at 3 days, then 2 weeks, 2 months, 4 months, and 6 months.</p>	<div></div> <div><div></div><div>For more information about UnitedHealthcare Community Plan, please call: 1-877-542-9238, TTY 711</div></div>