

# Beginnings

First 3 months

*You are a  
mother now*

**To take care of your baby,  
take care of yourself**

It is not just that you are going to have a baby in 6 or 7 months. You have a baby now. You are a parent already.

Your baby depends on you and your body for everything. The best way to take care of your baby is to take care of yourself. In fact, the *only* way you can keep your baby well and safe is to keep yourself well and safe.

How you take care of yourself matters now more than ever. Taking care of yourself is called *self care*. When you are pregnant, self care is your most important job.

***Pregnancy is a normal,  
healthy process***

Your body is made for it. You hold the keys to a healthy baby.



*Janet P. Burt*



Save this book. You will need it later.

Conception – Week 12

This book belongs to: \_\_\_\_\_



# Keys to a

## ***Things to Do***

### ***Do eat well***

Your baby is building his or her body from what you eat. Good fresh food makes a strong body. Junk food gives Baby nothing to work with. Eat the best food you can and plan to gain weight slowly. Do not let your body and your baby run out of fuel. Eat a small meal or a snack at least every 4 hours during the day. Eat often and well.

### ***Do gain weight***

You must gain weight. Plan to gain 25 to 35 pounds. Try to gain more if you are very slim. Even if you are overweight now, gain at least 11 pounds.

Note: for reading ease this Guide uses the term doctor for any prenatal care provider. Your doctor may be a physician, nurse or midwife.

### ***Do take your prenatal vitamins***

Taking vitamins is a way to make sure your baby gets everything he or she needs to build a strong body. A daily vitamin tablet helps prevent birth defects. Ask your doctor to order vitamins for you, or look for Prenatal Vitamins at your drug store. Take your vitamin tablet every day. Do not take extra. More is *not* better.

### ***Do breast feed your baby***

Your breast milk is the best food for your baby. Breast feeding is by far the most healthy and least costly way to feed a baby. For help with breast feeding, ask your doctor. Or call the La Leche League at 1-800-525-3243.

My doctor is \_\_\_\_\_

Phone numbers \_\_\_\_\_

# Healthy Baby





**Call for help**



*Trust your body and your instinct. When you think something is not right, call your doctor.*

## **Warning signs tell you to call your doctor**

Look for this  phone symbol in this and other *Beginnings* books.  marks a warning sign that tells you to call in the experts. If you watch your body change during pregnancy, you can see most problems coming. The warning signs are

easy to spot when you know what to look for. You will find the main warning signs on the back cover of each *Beginnings* book. Take a look now.

## **Watch your body, notice your feelings**

When you notice that you are feeling something that seems to be a warning sign, call your doctor. Do not wait. Quick action can make all the difference. Calm yourself and think. Call and describe what is happening. Be as specific and clear as you can.

## **Are you safe at home?**

You need to be safe. When you are hit or hurt, so is the baby. For help deciding what to do, talk with your doctor, home visitor, or doula.

Or call 1-800-799-SAFE  
1-800-799-7233



If someone is hurting you, get help from your doctor, home visitor, or doula.

# Keys to a healthy baby



## Things NOT to Do

### **Do not smoke**

When you smoke, the baby smokes, too. A baby who tries to grow in a smoky womb may be born too early or too small to thrive. A smoke-free womb is a great gift to your baby. Each time you choose not to smoke, you help your baby. For help to stop smoking, talk to your doctor. Or to find help in your area, call 1-800-227-2345.

### **Attention Dads!** **Please quit smoking**

Children who live with someone who smokes have 4 times as many colds as children in non-smoking homes. It is very important that you do not smoke around the mother of your baby. Your smoke harms them both. There are many aids to stop smoking. Ask your doctor.

### **Do not drink alcohol**

When you drink, the baby drinks, too. Small amounts cause big problems for some babies. Larger amounts cause larger problems. No amount of alcohol has been proven safe. Decide not to drink until after the baby stops breast feeding. For help see your doctor.

Or call 1-800-ALCOHOL  
1-800-252-6465

### **Do not do drugs**

When you snort or shoot-up or smoke or pop pills, the baby does, too. The baby is so small that any amount of drugs is an over dose. Put it aside, at least until the baby stops breast feeding. For help see your doctor.



Or call 1-800-662-HELP  
1-800-662-4357

*By the 7th week ears appear, arms and legs form and the heart is beating.*



*Life size*

***Get prenatal care, you will  
all be glad you did***

*Prenatal means before birth.* Prenatal care is the term for medical care during pregnancy. It is a series of checkups. Getting prenatal care is good self care.

In the first 7 months, plan to get a checkup once a month. In your 8th month, plan 2 checkups. In the last month of your pregnancy, plan to see your doctor every week.

At each prenatal care visit you will set a date and time for the next one. Ask your partner or your mother or a friend to come with you to your prenatal care checkups. They can help you recall what you learn.

At each checkup, someone should take your weight and your blood pressure. Your doctor will examine you to see how your body has changed since your last checkup. Changes in your body show how the baby is growing. The doctor also will look for medical problems.

*What will your baby look like? What will you look like with your baby?*



# Your baby's growth and development

## First 2 Months:

### Conception — Week 8

Until the start of your 3rd month, the baby is called an *embryo*. At 2 months, Baby is about an inch long and weighs about as much as one sheet of paper. Your baby's body is well formed already. The head is nearly as large as the body. Eyes, ears, nose, and mouth are present. The nose is flat and the eyes are wide-set. The arms have elbows, hands, and fingers. The legs are short with knees, ankles, and toes. The bones are starting to take shape.

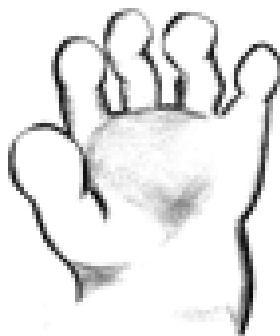
Your baby's organs are starting to work, too. The heart has been beating since the 3rd week. The brain is sending out impulses. The stomach makes digestive juices. The liver makes red blood cells.

Your body is building the *placenta* and *umbilical cord*. These special organs bring food and oxygen from your body to your baby. They also remove Baby's waste products.

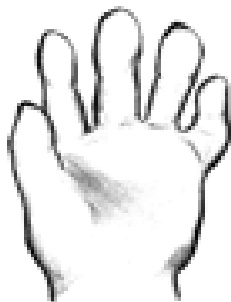
## The baby's hands grow fast



Normal hand, 7 weeks



Normal hand, 8 weeks

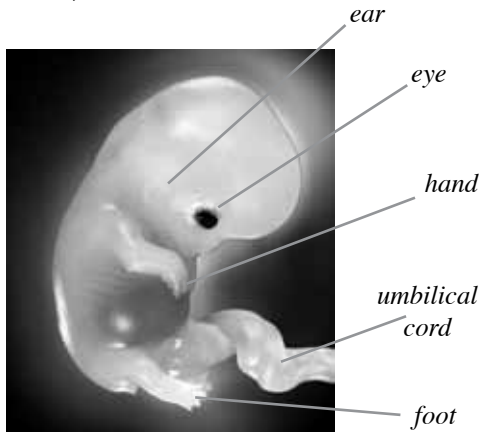


Normal hand, 13 weeks

### 3rd Month: Weeks 8–12

Near the end of your 3rd month the baby is called a *fetus*. By now, Baby is about 3 inches long and weighs about as much as your toothbrush, nearly 1 ounce. The baby floats in *amniotic fluid*, sometimes called the *bag of waters*. The fluid cushions the baby inside your uterus. The fluid keeps the temperature even and allows the baby to move easily.

Your baby's head is large, about half the total length. The brain and spinal cord are forming quickly. The skin is very thin. Lips and eyelids are forming. The head turns and the mouth opens and closes. There are tooth buds and taste buds in the mouth. With a microscope, you could see testes in a boy or ovaries in a girl. Your baby can squint and frown, make a fist, and kick.



Life size fetus, 10–11 weeks

### The baby's feet grow fast



Normal foot, 7 weeks



Normal foot, 8 weeks



Normal foot, 13 weeks

# *When will Baby be born?*

Pregnancy lasts about 280 days. To figure out when Baby will be born, look at a calendar.

1. Find the day that your last period started.
2. Count backward 3 months.
3. Add 7 days. That is your *due date*.

## ***Your baby might not be born on your due date***

Few babies arrive on the exact date. Your due date could be off if your period

does not come regularly or if you ovulate (release an egg) early or late in your cycle. Expect your baby any time within 2 weeks before or after your due date.

## ***Ultrasound***

Your doctor might suggest an *ultrasound*. Ultrasound uses sound waves and a computer to make a picture of the baby. The picture shows the baby's age, and whether you have twins. Ultrasound is safe for you and Baby.

*This ultrasound shows a baby boy inside his mother's uterus at about 12 weeks.*



## ***Things do go wrong***

Having a baby is a major life event. But, from a medical point of view, almost every pregnancy is routine. Still, things do go wrong, *even when everyone does everything right.*

By now the baby's heart and brain, arms and legs are formed. There is a chance — a small chance — that things have gone wrong from the start and your baby has a birth defect.

## ***Tests find most birth defects***

Tests can find most — but not all — birth defects before the baby is born. Knowing ahead of time that your baby has a birth defect may enable you and your doctor to plan for a safer birth. It might enable you to make special plans for care of the baby. If a test shows that your baby has a birth defect, talk with your doctor about your choices.

## ***AFP or Quad Screen***

These tests may be offered to you during your 4th month. These blood tests show your chances of having a baby with a *neural tube defect.*

See next page. The tests also show your risk for certain other problems such as *Down's syndrome.* Children with Down's syndrome have mental and physical disabilities. As women get older, their chances of having a baby with Down's syndrome increase but remain small.

AFP (alpha-fetoprotein) is a substance made by the baby. Certain amounts pass into your blood. The amount of AFP in your blood depends on the baby's age. The *quad screen* tests measure other substances made by the baby.

A high or low test result does not always show that the baby has a problem. It might mean the baby's age is not what you thought it was. It might mean that you have twins — or more.

If a test shows more or less than the normal amount of AFP, or other substances in your blood, follow-up tests can define the cause. Most women will have normal follow-up tests and healthy babies.

You can refuse any of these tests. Ask questions until you feel confident in your decision.

## ***Amniocentesis***

This follow-up test is sometimes done sooner than the 4th month. In this test, a long needle is used to take a small amount of *amniotic fluid* out of your uterus. Experts will study this fluid and look for signs of birth defects.

The *amniotic fluid*, or *bag of waters*, keeps an even temperature in your uterus. It protects the baby and lets her move around easily.

For every 300 women who have this test, 1 might have a *miscarriage*. See page 11.

10 Amniocentesis finds almost

all babies who have Down's syndrome. It finds most *neural tube defects* (see below) and some other birth defects.

### ***What is neural tube defect?***

The *neural tube* of an unborn baby becomes its spine and brain. It is fully formed by the 6th week of pregnancy. About 1 of every 500 babies is born with a defect in the neural tube that results in some level of disability. If there is an opening in the spine, the child may be unable to walk. Sometimes most of the brain does not develop and the baby cannot live.

*Ask questions:*

*"What is this test going to tell us?" "Why do we need to know?"*



Harriette Hartigan

CVS (Chorionic Villus Sampling) is a test for problems in the cells that form the baby. For every 100 women who have the test, 1 might have a *miscarriage*. If a baby has Down's syndrome or certain other birth defects, the test almost always finds it.

### ***If tests shows a birth defect***

If a test shows that your baby has a birth defect, a counselor will tell you about the problem that was found and any treatments. Then you can talk with your doctor about your choices.

You can refuse any of these tests at any time.

### ***Ask questions***

Asking questions is good self care. Ask about anything that concerns you. You are not supposed to know everything. If you do not want to ask the doctor, you can ask one of the nurses. You may find it helpful to write down your questions. Bring your list of questions to your checkup. Be sure to ask about anything you read or hear that differs from what your doctor tells you.

### ***Daily activities do not cause miscarriage***

*Miscarriage* means that pregnancy ends before the baby can survive on its own. Most of the time no one knows the reason. If you worry about losing your baby, talk with your doctor about it.

### ***AIDS passes from mother to baby. Take the AIDS test.***

If you have the AIDS virus, it might pass to your baby. But new drugs can help. The earlier you find out, the better your chances for a healthy baby.

Take the AIDS test if there is any chance that:

- You have had sex with more than one partner in the last 10 years
- Your partner(s) had other sex partners (including men)
- You or your partner(s) shared needles with other people to inject anything
- You or your partner(s) had sex while high on drugs.



To learn more, or to get help right away call toll free: 1-800-232-4636 or 1-800-CDC-INFO

# *Emotional changes*

## ***Desire for sex may be up and down***

In these early months, you may feel an increase in sexual desire. You might feel relief that you are not trying to get pregnant — or trying not to.

On the other hand, you may have no interest in sex. Vomiting, tender breasts, feeling tired or sick, and all the other changes do not inspire romance. Desire will come back.

**Do not worry about hurting the baby by having sex.** In a normal pregnancy,

the amniotic fluid cushions and protects the baby. Unless your doctor warns against it because of a special problem, making love and petting are fine during pregnancy.

If your breasts are tender, you may not enjoy the man-on-top position. Try new positions to find one you both enjoy.

Hormones and semen can cause cramping after orgasm. Ask your partner to wear a condom. If you bleed after you have sex, it might be nothing, but it could be a warning sign, call your doctor to be sure.



# Nutrition notes

## 🔑 *Eat often and eat well*

What you eat during pregnancy is important. That you eat is more important. If you skip a meal, who is feeding the baby?

What you eat and drink becomes your baby's heart, lungs, brain, and other vital organs. Not eating starves the baby and has lifelong effects on his or her health. Stock your cupboards with healthy foods that you enjoy. Plan 3 meals and 2 snacks each day. Watch your weight. You should not be gaining yet.

## 🔑 *Take your vitamins*

It is hard to get all the vitamins and minerals you need from food, even when you eat plenty of the right foods. To be sure your baby gets all he or she needs to build a healthy body, take a prenatal vitamin every day. Follow the directions on the label. Do not take extra.

*How about some juice, Mom?*



## *Cravings*

Your tastes in food might change during pregnancy. Something you usually enjoy might suddenly taste awful. You might want some foods you rarely eat — maybe pickles and ice cream. These odd cravings are of no concern as long as you eat well otherwise.

If you want non-food items such as dirt, ice or corn starch—you might need iron.



Call your doctor.

13

## **Eat Fish 1 or 2 times a week**

Fish and shellfish are very good food for you and Baby. But, some big fish have mercury in them that can harm the baby.

**Do NOT eat:** Shark, Swordfish, King Mackerel or Tilefish.

## **Safe Healthy Fish & Shellfish**

Shrimp	Canned Light Tuna
Salmon	Pollock
Catfish	Flat fish — (Flounder, Sole)


# Are you eating healthy foods?

## Are you eating enough?

Your baby builds his or her body out of every bite and sip you put in your mouth. Good food makes a strong body. Junk food gives the baby nothing to work with.

This table shows good foods to choose and how much you and the baby need each day. To see if you are getting enough of the right foods, choose a day to record what you eat. You can write in the date. Then for each food you eat, make a mark next to that food or one most like it. At the end of the day you will see what you might be missing.

### Example:

Say for breakfast you have a piece of toast, a glass of orange juice, and a bowl of fortified cereal with milk and a banana. Then you take your prenatal vitamin tablet. Your marks would look like this 

Show this to your doctor or WIC counselor.

Date \_\_\_\_\_

### Servings I ate:

Mark (Example)	Your Marks
/ (juice)	_____
// (juice, banana)	_____
// (toast & cereal)	_____
/ (milk)	_____
/ (eggs)	_____
/ (vitamin tablet)	_____

See food shopping tips in *Beginnings Book 2*, page 26.

## **Foods to Choose**

## **1 Serving is:**

### **Liquid — Drink 10 glasses a day**

Milk, fruit juice, or water

1 cup or 1 medium-size glass

### **Fruits & Vegetables — Eat 9 a day**

*Fresh is best. Choose many different kinds.*

1 apple or orange, ½ potato.  
½ cup chopped, cooked fruit,  
or ½ cup juice

### **Bread & Cereal — Eat 6 a day**

*Choose foods with these words on the package:*

whole wheat *or* whole grain  
*or* fortified

1 slice bread, tortilla  
½ bagel  
½ cup cooked rice, pasta  
½ cup breakfast cereal

### **Dairy — Eat 4 a day**

*Skim or low-fat is best.*

Milk, yogurt, cottage cheese  
or ricotta cheese

1 cup milk, cottage cheese  
or ricotta

Hard cheese

A piece ½ the size of the  
palm of your hand

### **Meat, Fish, Eggs, Nuts — Eat 3 a day**

*Fresh is best. Remove skin. Cook well. Choose fish 1 or 2 times a week.*

Fish, chicken, turkey  
or lean meat

A boneless piece ½ the  
size of your palm

Beans, lentils, or legumes

1 cup cooked beans

Eggs

2 eggs

Nuts

1 handful of nuts

Sunflower or pumpkin seeds

2 handfuls of seeds

### **Prenatal Vitamin — Take 1 a day**

# Your changing body

## **Morning sickness**

It is called morning sickness, but you might feel sick to your stomach and throw up any time. The bad news is that the cause is unknown. The good news is that the sick feeling called *nausea* usually goes away by the end of your 3rd month. Some medical experts believe morning sickness signals a healthy baby or baby with a high IQ.

Cooking odors can trigger morning sickness. Your trigger could be something that you like and eat often. Use a fan in the kitchen to get rid of cooking odors.

## **For relief**

- Cut out alcohol and tobacco.
- Eat 5 or 6 small meals a day.
- Take prenatal vitamins.
- Eat crackers in bed before you sit up in the morning.
- Rise slowly. Move slowly.
- Do not eat greasy fried foods or spicy foods.
- Sip apple juice or ginger tea.

- Drink milk, juice or water a half-hour before or after you eat—not with your meals.
- Seaband bracelets, sold in drug stores to prevent sea sickness, work for many women.

If you lose weight or if these tips do not ease your morning sickness, call your doctor.



## **Baby sits right on your bladder**

The extra pressure lessens your bladder's holding ability. You might already need to go to the bathroom more often. Expect to go less often after the 3rd month, and more often again later. Do not resist the urge. Do not cut down on fluids. You need to keep water in your body. Keep drinking 10 glasses a day.

If you feel pain or burning when you go to the bathroom, call your doctor.



## ***To help headaches, eat and rest***

Some women have worse-than-usual headaches in the first months of pregnancy due to extra hormones and the stress of being pregnant.

### **To help prevent headaches:**

- Eat *at least* once every 4 hours. Skipping meals causes headaches.
- Get lots of rest and sleep.
- Drink plenty of water.

### **To get rid of a headache:**

- Eat a small meal.
- Relax in a quiet dark place.
- Put hot packs on the back of your neck and shoulders.
- Put cold packs on your forehead.
- Get some fresh air. Take a walk.
- Take a nap, or a warm bath.

Before you take any medicine, including aspirin, ibuprofen, Aleve, Advil, Nuprin or Datril, check with your doctor. Tylenol is OK.



## ***Some vaginal discharge is normal***

High hormone levels cause your vagina to produce an odorless, thick yellow or white substance. It is *not* normal to have watery or cottage cheese-like discharge. It is *not* normal to have itching or burning.

### **To cope with normal yellow or white discharge:**

- *Do not* douche.
- *Do not* use feminine deodorant sprays.
- *Do not* wear panty hose.
- *Do* wear cotton crotch panties. Nylon and other human-made fibers can make you itch.
- *Do* sleep without panties.

If you have itching, burning, redness, or discharge with a foul odor, call your doctor.



## ***Don't be anxious about being anxious***

Trust your instincts. Your body knows exactly what to do. Learn as much as you can — then do what you can. Do not waste energy on worry.

### ***Breasts change shape, color***

Your breasts might feel tender and full. They might get large and lumpy with blue veins. And they may tingle. Your nipples might become larger, darker and more erect. Enlarged oil glands might show as small bumps on the *areola*, the dark area around the nipple. These are normal breast changes due to extra hormones. If your breasts are extra sensitive, you may not enjoy your partner's touch.

A well fitting support bra can help relieve the pain of tender breasts and backache. Most women need a bra one or two sizes larger than usual. The cups should cover your entire breast. Choose wide shoulder straps for better comfort and support. You might choose to wear your bra at night, too.

The odd feelings and discomfort in your breasts usually lessen by the end of the 3rd month. For relief:

- Hold your shoulders back to hold up your breasts.
- Do shoulder circles.

Rest your fingers on your shoulders and rotate your elbows.

### ***Teeth need a good dentist***

Visit your dentist and get your teeth cleaned now. Infection in your gums can cause problems for the baby. Tell the dentist you are pregnant.

If the dentist takes xrays, insist that a lead apron covers your belly to protect the baby. Have dental work done during your 4th or 5th month — the most comfortable part of pregnancy.

### ***Buckle up down low***

Wear your seatbelt anytime that you are in a car, even if it is not comfortable. Buckle the lap belt low, below the baby.



If you are in a car accident  
—even a small one—  
call your doctor.



## ***Tired? Snack and nap***

You may feel more tired than usual. Feeling tired might mean you need to eat. Your food is fuel for 2 bodies now. Are you eating often? Fatigue usually lessens by the end of your 3rd month. That tired feeling may come back near the end of pregnancy.

### **To feel less tired:**

- Eat a high protein snack such as cheese, nuts, milk.
- Cut down on coffee, tea and soft drinks. They wash nutrients out of your body before you can use them.
- Plan several rest periods during the day. Go to bed early.
- Ask for help and give away tasks, at home and at work. Most people will be glad to help.
- Practice relaxation methods such as deep, slow breathing.
- Decide what matters most to you. Let the rest go for now.
- Take a walk. Exercise gives you energy.

## ***Constipation***

You are likely to have difficult bowel movements. To ease the problem, drink 10 glasses of water a day. Eat extra whole grains, bran, fresh fruits and raw vegetables. Regular exercise will help, too. Do not take any laxatives.



If you do not have a bowel movement in 3 days, call your doctor.

## ***Partners, please change the cat litter***

Humans can get an infection from raw meat and from cat droppings. If you get this infection, you might not notice anything at all. But the infection can cause brain or eye problems for your baby. Wear gloves while working in the garden. Have a helper change the cat litter. This is even more important later in pregnancy.

19



The first sign of miscarriage is bleeding from the vagina. If you have bleeding, lie down and call your doctor.



## *Warning Signs*

*Call your doctor right away if ...*

- Blood or fluid leaks from your vagina
- You have pain or burning when you go to the bathroom
- Nausea and vomiting last more than 2 days
- You have pain in your belly
- You have chills and your temperature is over 100
- You are in an accident or someone hits or kicks you

**Trust your instinct.**

**If you sense that something is wrong, call.**

20 My Doctor is \_\_\_\_\_

Phone \_\_\_\_\_

**Emergency: Call 911**

***Beginnings Pregnancy Guide*** 8th Edition

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***Ask your doctor how this information applies to you.***

# Beginnings

## *Your baby's growth and development*

### **4th Month: Weeks 13–17**

Your baby now weighs about as much as a stick of butter—4 to 6 ounces. She or he is 6 to 7 inches long. The head is large for the body.

Baby's body grows quickly during this month. If you could see your baby, you could tell if you have a boy or a girl. The eye lashes are filling in. Fingernails have started to grow, but toenails have not. Vocal cords are in place, but Baby could not cry yet.

Baby's tongue works now, so she or he can suck weakly. Baby swallows some amniotic fluid. He or she goes to the bathroom. These processes are normal, and your body is well prepared for them.

Muscles are more active and the baby begins to move around. You will feel the baby move when she or he is larger.



*Janet P. Burt*

Save this book. You will need it later.

Weeks 13-17

This book belongs to: \_\_\_\_\_

## **26 weeks to go**

You have about 26 weeks to go in your pregnancy. Women often feel quite fit during this time. If you are getting enough rest and eating well, you will feel less tired than at the start of your pregnancy. Morning sickness will ease.

### **Keys to a healthy baby**

#### **DO**

- Do eat well
- Do gain weight
- Do take vitamins
- Do breast feed your baby

#### **DO NOT**

- Do not smoke
- Do not drink alcohol
- Do not do drugs



#### **Call for help**

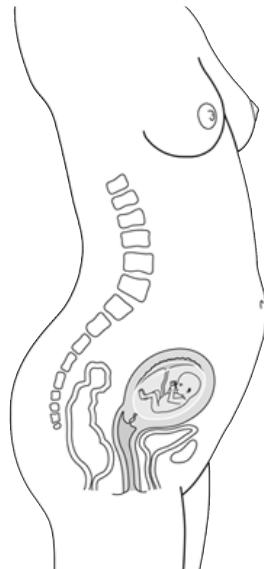
- Look for warning signs. They tell you when to call your doctor. See the back cover.
- If you are not safe at home, get help from your doctor.

## **You can hear the baby's heart beat**

As early as the 4th month, you can hear your baby's heart beat. The normal range for a baby's heart rate is 120 to 160 beats per minute.

## **Your heart beats faster now**

The amount of blood in your body is increasing. The extra blood helps nourish the baby and makes up for fluid lost during birth. To move the extra blood through your body, your heart beats faster — 10 to 15 extra beats per minute.



*3rd month of pregnancy*

### ***Breast care***

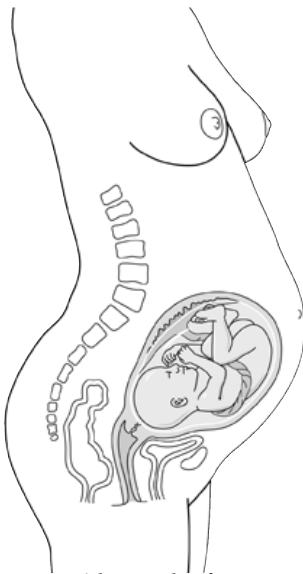
Your body is getting ready to breast feed your baby. A yellowish fluid may ooze from your nipples. This first breast milk is a high-protein, low-fat food just right for your baby's needs.

Milk may seep from your nipples until your baby stops breast feeding. If you do not breast feed, any oozing will stop soon after birth. Do not squeeze milk from your nipples. Squeezing might increase the flow of milk and make your nipples sore.

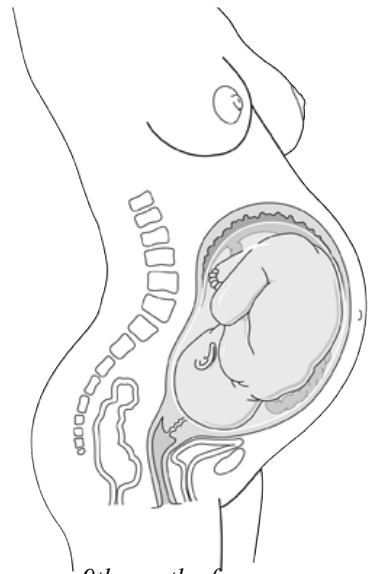
If breast milk forms a crust on your nipples, use plain warm water to soften it.

### ***Hormones cause sweating and make your hair grow***

Are you sweating more than usual? Sweating is another pregnancy change that is due to high levels of hormones. Plan to take a shower or bath and wash your hair more often than usual. Change brands of shampoo often for better results. You may not need a conditioner at all. The hormones might make your hair grow faster or change color, too. Many women say their hair looks its best during pregnancy.



*6th month of pregnancy*



*9th month of pregnancy*

**Key** *Gain weight! Your baby needs it*

Expect to gain 25 to 35 pounds. Try to gain more if you are very thin. Even if you are already over weight, you need to gain at least 11 pounds.

For the next 3 months, the extra pounds go to your body to meet the extra demands of pregnancy. Your body will shed this weight after birth when the baby no longer needs it. Most of the weight you gain in the last 3 months of your pregnancy goes to the baby's body.

25 pounds of pregnancy weight.

Baby	7½ pounds
Placenta	1½ pounds
Uterus (womb)	2 pounds
Amniotic fluid	2 pounds
Breasts	1 pound
Extra blood	3 pounds
Tissue and fluid	3 pounds
Mother's reserves	5 pounds
<b>TOTAL</b>	<b>25 pounds</b>

24

**Plan to gain 25–35 pounds**

This is where you will carry

*Pregnancy is not a time to lose weight. Do not go on a diet. Eat well and eat often. Gain weight slowly.*





## Food shopping tips

Fresh food is best. Shop as often as you can. Buy just enough to last until your next trip to the market. When you can, select locally grown food that is in season. If you cannot buy fresh food, choose frozen.

When buying fruit, select one piece that is ripe to eat right away. Choose another that will be ready to eat in a day or two. The same goes for vegetables. Bright color in fruits and vegetables shows more freshness, more flavor and more vitamins.

Wash the fruit and vegetables as soon as you get home, before you put them away. That way they are ready to eat when you want one.

Vitamins are lost to light and heat. Store fruits and

vegetables in the refrigerator. Wrap bread tightly and store it in a dark dry place. Store juice in the refrigerator in a closed container that you cannot see through.

When you choose juice, read the label. Choose *100% juice*. Look for a date on the can or bottle. Do not buy or drink juice after that date. Choose brands that say *fortified* on the label. They have more vitamins.

When buying bread and cereal, choose those that say *whole grain, whole wheat, or fortified* on the package. These have folic acid and more vitamins than others.

Milk and other dairy products have dates on the bottle or carton. Do not buy or drink it after that date. Choose low-fat milk, yogurt and cheese.

26

Foods to choose	Servings to eat	Servings I ate today
Water and juice	10 a day	_____
Fruits & vegetables	9 a day	_____
Bread, cereal, pasta	6 a day	_____
Milk, yogurt, cheese	4 a day	_____
Meat, fish, eggs	3 a day	_____

Choose fish 1 or 2 times a week.

*Fast walking gets your heart and lungs going. Keep a quick but comfortable pace. Enjoy!*



## ***Exercise guide for moms-to-be***

### ***Do***

- Continue your usual exercise.
- Check with your doctor if you are starting a new program.
- Exercise 30 minutes *at least* 5 times a week. More often is better.
- Drink water before, during, and after exercise.

### ***Do not***

- Do not hold your breath.
- Do not jerk or bounce.

### ***Let your body be your guide.***

- Stop if you feel out of breath.
- Stop if you feel pain or cramping.
- Stop if you are dizzy.
- Stop if your muscles shake.

When you feel OK again, go on with your exercise at a slower pace.

# *Three kinds of exercise prepare your body for pregnancy*

## ***Sweat a little every day***

Your exercise does not need to be hard. The idea is to sweat a little every day. Any exercise is better than none. Exercising for 10 minutes 3 times in a day is as good as exercising for 30 minutes at 1 time.

## ***Try a video program or exercise class***

A formal program can help you get a good start. You have many choices. Some programs include all 3 types of exercise. Check with local hospitals and health clubs. If you want to work out at home, try a video for pregnant women.

## **1. Aerobic exercise can help you feel less tired**

It gets your heart and lungs going. Walking, swimming, and biking are all good. Keep a quick but comfortable pace. Whatever activity you choose, do not let it be hard or a chore. Enjoy!

## **2. Conditioning exercises tone your muscles**

Focus on the pelvic and abdominal (belly) muscles. Exercise now prepares those muscles for hard work during childbirth. Also, these exercises will help you recover quickly after the baby is born.

### ***Kegel exercise***

Tighten your pelvic floor muscles as you would to stop going to the bathroom. Hold for a count of 3, then relax. Repeat this exercise often each day.

### ***Pelvic tilt***

Sit in any chair, with feet flat on the floor. Tighten the muscles in your belly to push your lower back against back of the chair. Hold for a count of 5. Repeat.

*Mom, let's go  
for a walk.*



### **3. Stretching exercises make you more flexible**

Stretching helps relieve aches and pains. Stretching is more letting go of the muscle than pulling it. Picture certain muscles in your mind. See them slowly get longer as you let them stretch.

#### ***Feet together, knees down***

Sit on the floor. Bend your knees and hold the bottoms of your feet together in front of you. Lean forward and push your knees down toward the floor. You will feel the muscles of your inner thighs and pelvic floor stretch as you let them go. Hold this position 30 to 60 seconds.



#### ***Hamstring stretch***

Sit on the floor with your legs spread apart in front of you. Reach slowly toward your left foot until you feel a stretch in the back of your thigh. Hold for 30 to 60 seconds. Repeat, reaching toward the right foot.

## ***Nose care***

You may have a stuffy nose and headaches, as if you have a cold or allergy. The “cold” symptoms might be due to pregnancy hormones that cause swelling in the nose and sinuses. Do not take cold pills. For headache relief see Book 1, page 17.

Prepare yourself to hear all those old stories about your uncle whose snoring rattled the windows. Swollen sinuses can make you rattle the windows, too. Your partner may want to use ear plugs until after the baby is born.

The stuffy nose, headaches and snoring go away after birth. Until then, keep your nose moist inside by using saline nose spray. Also, put Vaseline in each nostril. A *cool mist vaporizer* may help you breathe easier, too. A vaporizer is a small machine that adds moisture to the air. You will need one for the baby. Most drug stores carry all these items.

### ***Blow your nose gently***

The same extra hormones that cause snoring also make the tiny blood vessels in your nose very fragile. Just blowing your nose can give you a nosebleed.

If your nose bleeds 4 or more times after you try keeping it moist inside, call your doctor.



To stop a nose bleed, pinch the soft part of your nose shut for 10 minutes. This will seem like a long time, so check the clock. If it is still bleeding, pinch for another 20 minutes.

If pinching your nose shut tight for 30 minutes does not stop the bleeding, call your doctor.



## ***Emotional changes***

### ***My mother myself?***

You might have new interest in your relationship with your mother. You might fear that you will do things your mother did when you were a child that you did not like. Or you might hope you can live up to her model.

If you choose to work on your relationship with your mother, a counselor may be helpful. Your doctor or your health plan can refer you to a counselor.

***Mood swings require  
patience, self care***

Pregnancy can be an emotional roller coaster for you and your partner. One minute you might be grumpy and crying, and the next minute, all love and laughter.

Mood swings are caused by pregnancy hormones. Be patient with yourself and with the people who live and work with you. It is right to focus on your own special needs during pregnancy. Take care of yourself.





## Warning Signs

*Call your doctor right away if ...*

- Blood or fluid leaks from your vagina
- You have pain or burning when you go to the bathroom
- Nausea and vomiting last more than 2 days
- You have pain in your belly
- You have chills and your temperature is over 100
- You are in an accident or someone hits or kicks you

**Trust your instinct.**

**If you sense that something is wrong, call.**

My Doctor is \_\_\_\_\_

Phone \_\_\_\_\_

**Emergency: Call 911**

***Beginnings Pregnancy Guide*** 8th Edition

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***Ask your doctor how this information applies to you.***

# Beginnings

## Your baby's growth and development

### 5th Month: Weeks 18-21

Your baby now weighs about as much as a can of soup, a half pound to one pound. She or he is 8 to 12 inches long, still small enough to hold in the palm of your hand.

Toenails are growing. Baby teeth are forming under the gums. Your baby sucks his or her thumb and has a good grip.

The baby has hair and eyebrows. Sweat glands are forming, too. Fine, soft hair called *lanugo* covers the baby's body. A creamy white substance called *vernix* covers the skin.

*These life size footprints show how Baby has grown in 20 weeks.*



*Janet P. Burt*

Save this book. You will need it later.

Weeks 18-21

This book belongs to: \_\_\_\_\_

## *Feel your baby move*

Your normal activity gently rocks the baby in your uterus. He or she kicks and turns. Soon you will feel your baby move for the first time. At first, you

may think that gas bubbles are moving in your belly. Then it might feel like butterflies or a little fish zigzagging in your tummy.

***Enjoy!***

I felt my baby move on: \_\_\_\_\_

(date)



*Fetus, 5th month, 18-21 weeks*

# *Your changing body*

## ***How is your baby growing?***

Your uterus (womb) is expanding upward and outward. Your belly button may pop out and stay that way until after birth. Around your 5th month, the top of your uterus is about even with your belly button. This is one of the changes in your body that shows how your baby is growing.

To make sure the baby is growing well, your doctor might measure how far the top of your uterus has moved upward. The height of the top of your uterus will confirm your due date. It could show that the baby might be born sooner or later than expected.



*5th month,  
18 - 21  
weeks.  
Around  
the 5th  
month of  
pregnancy,  
the top of  
your uterus  
is about  
even with  
your belly  
button.*

## ***Stretch marks, brown patches and red spots fade***

During this month, your uterus expands up to your navel. Your belly stretches to make room for it. This stretching may cause reddish streaks on your belly, breasts, buttocks, or thighs. These marks fade to fine silvery lines after birth. They do not go away. Oils, creams, or lotions will not stop stretch marks or make them go away.

A narrow, dark line from your belly button to your pubic bone may appear. This *linea nigra* is more likely to occur if you have dark hair and skin. It is due to extra hormones and will go away after birth.

Brown patches may appear on your nose, forehead, cheeks, and neck. They are called the *mask of pregnancy*. The patches are a normal result of hormones. Sun makes the patches darker. Use sunscreen daily. Use make-up to hide the patches if they bother you. They will lighten and then go away after birth.

Your palms may be very red. You may see tiny red spots on your face, neck, upper chest, or arms. The redness and spots

are due to the extra blood in your body. The spots are groups of tiny blood vessels showing through the skin. The spots and redness will fade away after birth.

## ***Relief for itching***

Your breasts, belly, and palms may itch — a normal side effect of sweating and high hormone levels.

- Do not use soaps and lotions with perfume. They dry your skin.
- Try changing soaps or use less.
- A warm bath with baking soda soothes your skin.
- Rather than rubbing with the towel, blot your skin.
- Calamine lotion may help stop the itching. Get it at the drug store.

## ***Even your eyes change***

You may have a hard time wearing contact lenses, or your contacts may not correct your vision well. The shape of your eyes is changing due to hormone levels and the extra fluid in your body. In most cases, the problem goes away after birth. You may need to wear glasses until then.

# Keys to a healthy baby

## DO

- Do eat well
- Do gain weight
- Do take vitamins
- Do breast feed your baby

## DO NOT

- Do not smoke
- Do not drink alcohol
- Do not do drugs



## Call for help

- Look for warning signs. They tell you when to call your doctor. See the back cover.
- If you are not safe at home, get help from your doctor.

*Mommy, please don't smoke!*



## *Get to know your health plan*

Study the details of your health plan for you and the baby.

How much is the *deductible*, the amount you must pay before the plan starts to pay? How much have you paid so far? Does the plan cover your checkups and tests? Will it pay the hospital charges for labor and delivery and your time in the hospital? Is there a limit on the number of days you can stay in the hospital? Will the plan pay a nurse or health aide to visit you at home after the baby is born?

At what point does the health plan cover your newborn? How and when must you tell the plan about your baby's birth? How do you add him or her to your plan? Does the plan cover well-baby visits and shots?

How do you file a claim? What records will you need? For help with all these questions, check with your employer's benefits manager or call your health plan. Find the phone number on your insurance card.

# You are a parent now

## ***Dads have ups and downs***

Your partner feels his own mix of emotions — some new, some familiar. He might feel pride in his ability to produce a child and worry about money. He might be confused by your mood swings and worry that you feel sick and tired. He might rate his father's strengths and weaknesses and relive old issues. He might wonder if he will be a good father.

It is easy to expect too much of him. Pregnancy is new and strange for him, too. He needs support. Talking with friends and family members who are fathers may build his confidence. Share these *Beginnings* books with him.

## ***Friends and strangers respond to your pregnancy***

Once your pregnancy begins to show, you must deal with people's responses. Friends and total strangers will comment on your size. They might ask when you are due. They might even pat your belly. They may open doors for you, carry your packages, or offer their chairs. Some will give you advice.

You may like all the attention, or find it unpleasant. A simple 'thank you' is a good reply. Be careful of bad advice. Ask your doctor about any advice that confuses you or makes you wonder if you are doing things right.

38

Foods to Choose	Servings to eat	Servings I ate today
Water and juice	10 a day	_____
Fruits & vegetables	9 a day	_____
Bread, cereal, pasta	6 a day	_____
Milk, yogurt, cheese	4 a day	_____
Meat, fish, eggs	3 a day	_____

*Choose fish 1 or 2 times a week.*

# *Emotional changes*

## *Childbirth in your dreams*

You might have dreams or nightmares about pregnancy. You may dream about giving birth in an odd place or manner. You may dream about losing the baby. Discuss scary dreams with your partner or a friend. Do not worry about them.

Some experts say that dreams are a way the mind deals with fears. If you want to know more about dreams, check the public library for books on dreams in pregnancy.

## *Roles and relationships change*

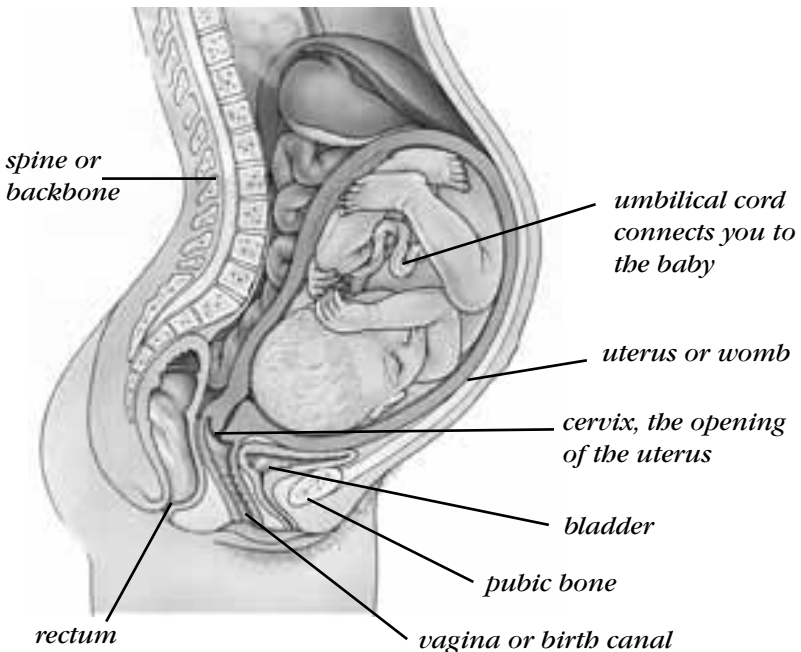
Pregnancy takes energy and attention. You may need to put aside other roles for a while. You might find yourself spending less time at work. You might choose to see friends less often. These changes are under your control. It is right to focus on your own special needs during pregnancy.



## *Plan to breast feed your baby*

39

## *Inside Pregnancy*





***Mirror, mirror, can that be me?***

As your pregnancy begins to show, you will focus on your body more than ever. Few women are at ease with the exciting but strange body changes that occur during this stage.

You may feel more interested in your appearance. This is a good time to try new make-up or change your hair style.

**Celebrate yourself.**

## ***Comfort is the rule for maternity dressing***

The extra blood in your arms and legs keeps you feeling warm. Wear layers of cool, loose fitting clothing that you can remove or adjust easily. You might want to turn down the heat in your home.

Your favorite pants may be too tight by now. Most women need maternity clothes after the 4th or 5th month. Comfort is the main concern in choosing your maternity clothes. Do not wear tight clothes that bind or leave marks on your skin.

### ***Maternity clothes shopping tips***

- Check with friends and family before you buy. They may gladly lend you their maternity clothes.
- Think big. The dress that fits this month will be too small by your 8th month.
- In the early months, buy maternity clothes to wear with your regular clothes. Try your long sweaters and sweatshirts over maternity skirts or slacks.
- Choose washable clothes. You will want to dress less warmly than usual. You will

perspire and clothes will need washing often.

- Include shoes in your budget. To avoid back pain and falls, choose shoes that fit well and have flat or low heels. Your feet might be longer or wider than usual, and they might stay that way, even after birth.
- Shop for a few items at a time. New clothes can lift your spirits.

### ***Sign up now for childbirth classes***

Childbirth classes are important for you, your partner and your baby. Ask your partner or other support person to attend with you.

Classes cover the labor and birth process. When you know what happens in labor and what to expect from your body, you gain confidence and courage.

In class you practice breathing patterns. You learn ways to relax your body during labor. You practice other ways to reduce the tension that leads to pain.

Plan to start classes in your 6th or 7th month. Sign up now.

# Pregnancy coping skills

## **Exercise for energy 30 minutes or more a day**

Exercise prevents problems during pregnancy for you and Baby. Walk or bike fast enough to break a sweat. You should be able to talk but not sing. Find exercise guidelines in Book 2, page 27.

## **Keep your perspective**

Consider keeping a journal of your feelings. Talk with family members and friends who are pregnant or who already have children. They will understand your feelings and concerns.

## **Let family members and friends share chores**

Let them prepare meals, run errands, do house work. Make private time for yourself. Arrange for time alone with your partner.

## **Inform yourself**

When questions or concerns come up, search out all the answers and options. Information helps you keep yourself and your baby healthy. Ask questions. Read books. Watch a video. Take a class.



## **Call for help**

### **Free 24-hour Resources**

Drinking: 1-800-ALCOHOL  
1-800-252-6465

Drugs: 1-800-662-HELP  
1-800-662-4357

Smoking: 1-800-227-2345

Violence: 1-800-799-SAFE  
1-800-799-7233

AIDS: 1-800-CDC-INFO  
1-800-232-4636

Fish Safety: 1-888-SAFEFOOD  
1-888-723-3366

## **Reward yourself and your helpers**

Make a list of rewards for coping well with pregnancy.


- hug
- afternoon movie
- candlelight bath

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### ***Practice saying No***

The limits of your energy and time will vary. Pregnancy is demanding. Avoid getting too tired. What activities can you give up for now? What tasks can you give to someone else? You may need to decline requests and invitations from family and friends. Take care of yourself.

### ***Support your partner, help him support you***

 Go over the Keys to a Healthy Baby together. Find them on page 37. Which ones are you already doing? Which ones are you really good at? Which one might be hard for you? How can you work together on that one?

### ***Talk with your partner***

*Pregnancy can bring up all kinds of topics and feelings that are not easy to talk about. Working through them together helps you be good partners and good parents.*





## Warning Signs

*Call your doctor right away if ...*

- Blood or fluid leaks from your vagina
- You have pain or burning when you go to the bathroom
- Nausea and vomiting last more than 2 days
- You have pain in your belly
- You have chills and your temperature is over 100
- You are in an accident or someone hits or kicks you

**Trust your instinct.**

**If you sense that something is wrong, call.**

44 My Doctor is \_\_\_\_\_

Phone \_\_\_\_\_

**Emergency: Call 911**

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***Ask your doctor how this information applies to you.***

# Beginnings

6th month



*April Burch*

## Your baby's growth and development

### 6th Month: Weeks 23–27

Your baby now weighs about as much as a pair of shoes, around 1½ pounds. He or she is 11 to 14 inches long. The skin is red and wrinkled. Baby already has fingerprints and footprints. These patterns in the skin on Baby's fingers and feet are unlike any other person's patterns.

Baby makes breathing movements with the chest muscles. Sometimes a little fluid gets into the windpipe and gives Baby hiccups. When you feel a series of jerks or jolts, Baby probably has the hiccups.

Save this book. You will need it later.

Weeks 23-27

This book belongs to: \_\_\_\_\_

# Pregnancy lasts 40 weeks

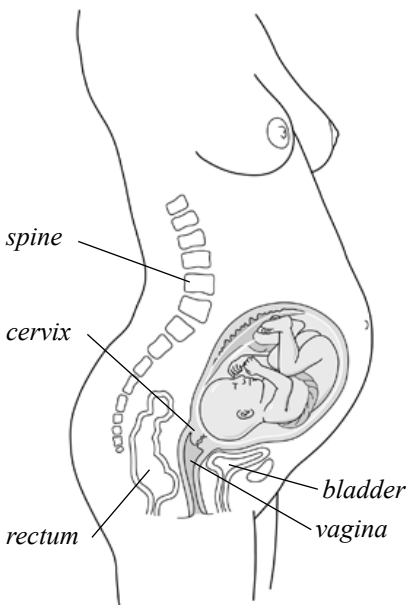
The baby could live if born near the end of your 6th month. Breathing is a problem for babies born this early. Immature (not fully formed) lungs can collapse between breaths. Also, there is little body fat to keep the baby's body temperature even. It is best for the baby to stay in your uterus the full 40 weeks of pregnancy.

## **Notice Baby's kicks**

Your baby is sometimes asleep and sometimes awake and moving. You might see a pattern already. Does your baby often kick early in the morning? Does she move a lot at night? Is your baby most active when you are resting?

No two babies are the same. Most babies kick or turn about once an hour. How often does your baby move? Learn how much moving is normal for him or her.

46



*The baby now weighs as much as a pair of adult shoes. He or she is about the size of one shoe.*

## ***If it seems like the baby is not moving***

If the baby is not moving as much as usual, stop what you are doing. Check the time. You want to see if Baby moves in the next hour. Eat a snack and lie down. Focus on your baby.

If the baby does not kick or turn in one hour, call your doctor.



# *Self care for discomforts*

## ***Relief from heartburn***

Food bubbling back up into your throat is called heartburn. It leaves a sour taste in your mouth. Heartburn is not a problem, but it is not pleasant. Antacids are safe to use. If they do not help, call your doctor. To prevent heartburn, try these steps:

### **Do**

- Do eat a little at a time.
- Do drink less liquid with meals.
- Do warm your food.
- Do take a walk.
- Do chew gum after meals to aid digestion.
- Do sleep propped up with pillows.

### **Do not**

- Do not eat fried or spicy foods.
- Do not bend over or lie down with a full stomach.
- Do not eat just before bed.
- Do not take baking soda. It has too much sodium.

*Mama, you're tired.  
Let's have a snack.*



## ***Bladder capacity is very small—leaking is common***

Your bladder cannot hold much urine since the baby is sitting right on it. See the drawing on page 46. When you sneeze or laugh, urine might leak and wet your pants. Leaking also might happen when the baby kicks. You can wear pads to catch leaks. Change the pad often. Expect to go to the bathroom often during the night.

## ***Keep up the fluids***

Drinking less liquid will not help you sleep through the night. Stop drinking fluids 2 to 3 hours before you go to bed.

## ***To prevent leaking***

Do the Kegel exercise several times a day. Imagine you are trying to stop going to the bathroom midstream. Tighten your pelvic floor muscles as you would to stop the flow of urine. Hold for a slow count of 3, then relax. Repeat 10 times. Do this exercise each time you think about it.

## ***Rest on your left side — not on your back***

When you lie on your back, your uterus presses on the large blood vessel that crosses behind your belly. This can lower your blood pressure and make you feel dizzy. Blood flow is better for you and for the baby when you rest on your left side.

## ***Hands and ankles swell***

You can expect your hands and feet to swell now and then, maybe every day.

- Put your feet up as often as you can during the day.
- Take frequent breaks from standing.
- Use a stool instead of standing if you can.
- Sleep on your left side.

If swelling does not go away over night, call your doctor.



It is not normal for your face to swell suddenly. If your face swells, call your doctor.



## ***Groin pain***

When you stand up, you may feel pulling or a sudden sharp pain low in your belly or in your *groin*. Your groin is the crease where your legs join your body. You might feel pain on one or both sides. It is due to stretching of the *round ligaments*. These are tough tissues that attach both sides of the uterus to your backbone and hold it in place. The round ligaments must stretch as your uterus grows larger. Pain can occur when you stand up, especially after sitting a long time. It should go away in a few minutes.

If you have groin pain along with fever, nausea, vomiting, or diarrhea, call your doctor.



## ***For relief***

- Rise slowly. This will keep you from getting dizzy and allow the ligaments to stretch slowly.
- Soak in a warm bath.
- Put heat on the sore area.
- Try lying on the painful side with your hips turned. Place a pillow between your knees.

# Relief from backache

## *Nightly back rubs make partners heroes*

Your posture is changing to support your growing uterus. The pelvic joints loosen due to hormones. You might feel a bit unsteady. Your lower spine curves in to support your belly. This may strain the lower back muscles and give you a backache.

Good posture lessens back pain. Stand or sit with head high, shoulders back, belly muscles firm, back slightly curved, buttocks tucked.

When you have backache, check to see if you are having contractions. See page 54 in this book.

## *To ease backache*

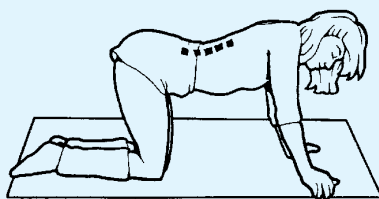
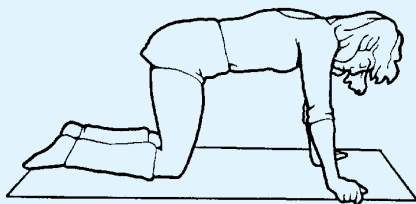
- Do not bend at the waist. Squat to lift things.
- Wear low heel shoes.
- Try sitting cross-legged.
- When you are lying down, roll to your side before sitting up.
- Apply heat or cold to your back — choose the one you like best.
- Ask your partner or a friend to give you a back rub.
- A board under the mattress makes a firm sleeping surface and supports your tired back.
- Wear an *obstetric girdle*. You can find one in a maternity shop.

49

## *Do the pelvic tilt*

1. Picture yourself as a cat. Tuck your tail between your legs. Tighten the muscles in your belly and pull in your buttocks.

2. Then curve your back and put your tail up high. Hold for a count of 5 and release. Repeat 5 to 10 times.



## *Feel faint? Sit down*

If you become too hot or tired, you might feel dizzy. You might think you are going to faint. Sit down and put your head as low as you can. Drink a glass of water. The feeling usually will not last long. It is not serious.

## *Varicose veins may go away*

Blood vessels that you can see through the skin on your legs are *varicose veins*. Even if you cannot see any varicose veins, your calves may ache or throb. Most varicose veins will go away after birth.

### **For relief:**

- Do not stand for a long time.
- Move around to keep your blood moving.
- When sitting, do not cross your legs at the knees.
- Prop up your feet whenever you can.
- Do not wear any tight clothes or stockings that leave marks on your skin.
- Wear support hose to ease aches.
- Do not rub painful areas.

If you see any red streaks on your legs, call your doctor.



# *Emotional changes*

## *Think of your partner*

Even if your partner does not complain or ask questions, he may not be at ease with your pregnancy. Ask him to go to childbirth classes with you. He will meet other new fathers and find out what is happening with the baby. Give him these *Beginnings* books to read. When you talk about the baby, say “We are pregnant.” Include him in planning the baby’s room. If family or friends want to give you a baby shower, suggest that they make it a couple’s shower, or a father’s shower.

If anyone hits you or hurts you, tell your doctor about it. Or call the 24-hour National Domestic Violence Hotline at: 1-800-799-7233



The call is free. Hearing impaired call 1-800-787-3224.



***“We are pregnant”***

# *Working pregnant*

## ***How far into your pregnancy will you work?***

This is for you to decide. Talk with your partner. Get advice from your doctor. Here are questions to think about.

How much time off could you take? By law, most large employers must give you up to 3 months off to have a baby. You cannot lose your job during this time, but you might not be paid. Check with your boss or the Personnel Department.

52 Find out about your partner's options, too. You might be glad to have him home the first week after the baby is born.

Do you want to take your entire leave after the baby is born? Or would it be better for you to take some time off before the baby comes?

How much pay can you afford to miss? Look at your income. How much money do you get each month? Then add up the bills you have to pay. Count the rent or house

payment, car payment, cost of groceries, power bills, and credit cards. Think about what you need to buy for the baby — a car seat, a crib, and baby clothes.

How much do you like your job and the people you work with? What would you miss if you stayed home, besides the money?

Do you work with your body or mostly with your brain? You probably can work an office job through pregnancy. If you are on your feet all day, you may decide to stop sooner. You should not lift more than 10 pounds late in pregnancy. As you get bigger, your balance will not be as good as usual. If your job is very physical work, ask your boss if you could move to a less demanding job for a few months.

What benefits does your company provide? Have you learned about your health plan and what doctor and hospital bills it will pay? See Book 3, page 37.

### ***Take good care of yourself at work***

Any job takes a lot of energy. Keep in mind that you have another job now. You are growing a baby. Take good care of yourself at work. Do not stand or sit for a long time. Take breaks often. Put your feet up and eat a snack. Plan what to eat during the work day.

Do not come home from work and start right in cooking or cleaning. Plan to take a nap or rest for an hour when you get home. Share chores with your partner. Get plenty of rest.

### ***Remember big sisters and brothers***

Your children will wonder about the changes they see in your body. They might think you are sick and worry about you. Set aside time for them. Assure them that they will not lose your love or their special place in your life. Prepare them for coming changes. Give them enough true information to answer their questions. Let them help you with chores to get ready for the baby, such as planning the nursery.



# *You can feel contractions*

When it is time for the baby to be born, you will go into labor. In labor the muscles in your uterus tighten and release and tighten again, just like the muscles in your arm when you flex and release them. This squeezing of the muscles pushes the baby out of your uterus and into the world. It is hard work. That is why it is called labor.

Now your uterus is getting ready for labor and birth. The muscles of your uterus may contract (tighten) now and then to prepare for labor.

You can tell when you have a contraction. Your uterus gets hard, first at the top and then all the way down, until your whole uterus is hard. Then it gets soft again. You can feel the change with your finger tips. It might feel like the baby is balling up.

## ***Are you in labor?***

### ***Walk to find out***

Early “practice” contractions stop when you walk.

Labor contractions get stronger when you walk.



# *Warning signs of preterm labor*



*Call your doctor when you have*

## **Fluid leaking from your vagina:**

- Bleeding from the vagina
- Watery fluid from the vagina
- Change in the amount, color or smell of discharge

## **Pressure or pain around the baby:**

- Cramps in your belly that feel like your period is starting
- Pressure in your pelvic area, below the baby
- Low dull backache
- Pains in your thighs
- 4 or more contractions in 1 hour with or without pain

You might have diarrhea with any of these signs.

**Trust your instinct.**

**When you sense that something is wrong,**



**call your doctor.**



# Warning Signs

***Call your doctor right away if ...***

- Blood or fluid leaks from your vagina
- You have pain or burning when you go to the bathroom
- Nausea and vomiting last more than 2 days
- You have pain in your belly
- You have chills and your temperature is over 100
- You are in an accident or someone hits or kicks you

## ***New signs to watch for***

- Very bad headache that does not go away when you eat and rest
- You see spots or cannot see well
- Your face swells

56

**Warning signs of preterm labor are on page 55.**

**Trust your instinct.**

**If you sense that something is wrong, call.**

My Doctor is \_\_\_\_\_

Phone \_\_\_\_\_

**Emergency: Call 911**

***Beginnings Pregnancy Guide*** 8th Edition

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***Ask your doctor how this information applies to you.***

# Beginnings

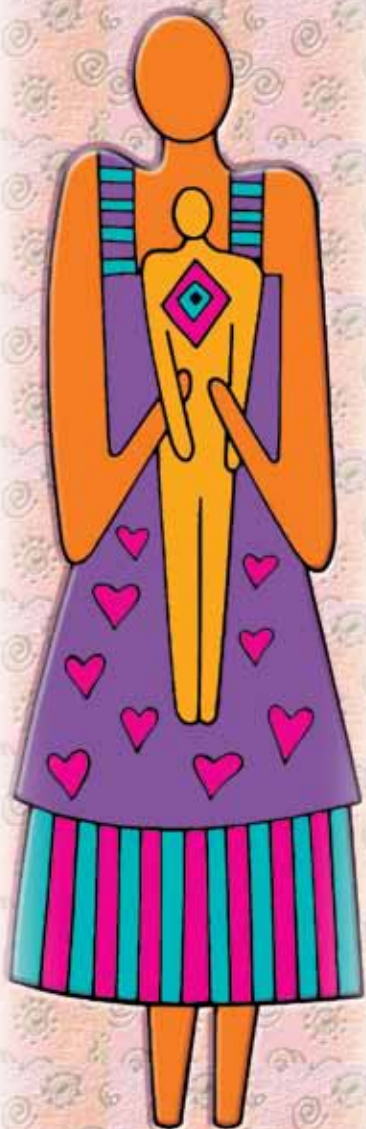
Last 3 months

## Your baby's growth and development

### 7th Month: Weeks 28–31

During your last 3 months your baby gains half of his or her total birth weight. By 28 weeks Baby weighs about as much as a half gallon of ice cream — 2 to 3 pounds. He or she is 14 to 17 inches long. Fine downy hair on the baby's body is going away. A thick white creamy substance still covers the baby's body.

Your baby sees and hears now. If you shine a light on your belly, Baby will react to it. Your uterus is not a quiet place. Baby hears your heart beat. He or she hears the blood flowing through your uterus. Baby also hears you and others talking. You may find that she or he likes a certain kind of music.



*Sue Burt*

Save this book. You will need it later.

Weeks 28 to birth

This book belongs to: \_\_\_\_\_

The *startle reflex* causes Baby to jerk at loud noises and sudden movements. You probably feel the startle reflex now. You will see it after your baby is born.

You may notice changes in your baby's movement, too. Since the baby is growing and getting cramped for space, he or she might squirm and kick instead of rolling. Sometimes, Baby sleeps for long periods.

***Your due date is not exact***

If you give birth any time during the 2 weeks before or after your due date, doctors say you have a *full term baby*. If your baby is more than 3 weeks early, the baby is *premature*.

***Keys to a healthy baby***

**DO**

- Do eat well
- Do gain weight
- Do take vitamins
- Do breast feed your baby

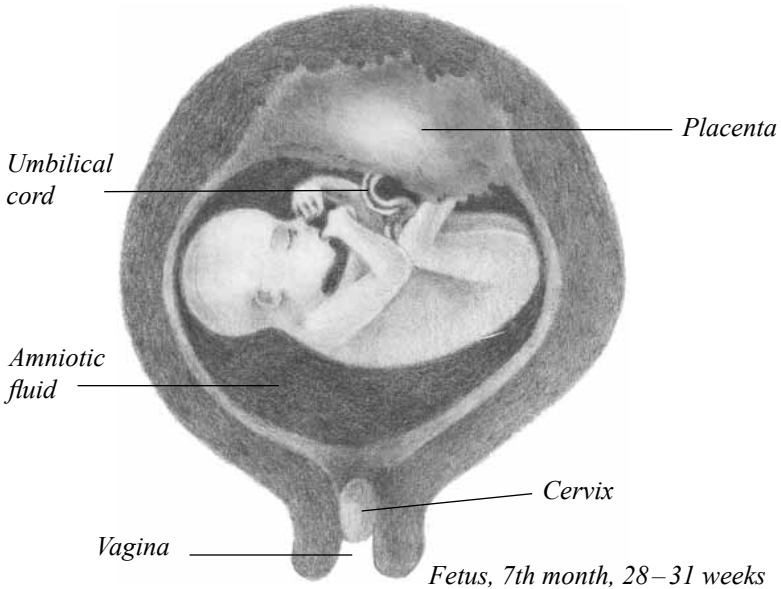
**DO NOT**

- Do not smoke
- Do not drink alcohol
- Do not do drugs



**Call for help**

- Look for warning signs. See the back cover.
- If you are not safe at home, get help from your doctor.



# *You and your medical experts*

You have about 3 months to go in your pregnancy. This is an exciting time of changes and choices. You will see your doctor more often during this time. You will want them to keep a close watch as the baby grows fast and your body prepares for birth. The extra checkups also give more time for questions.

Invite your partner, your child, or another person to come with you to checkups. During your checkups, those who will support you during your labor can meet your doctor and help you prepare for a healthy, happy birth.

## ***Get to know the hospital***

Labor is no time to be learning the best route to the hospital or birth center. It is *not* a good time to be answering all the questions the clerk needs to ask. With your partner or a neighbor, make a test drive to the hospital or birth center this month. Figure out which entrance to use and where to park.

While you are at the hospital, stop at the admitting desk and

fill out the forms they will need when you come back for the baby's birth. Learn the way to the Labor & Delivery rooms and take a tour.

## ***Choose a doctor for Baby now***

Your doctor can suggest a *pediatrician* — a children's doctor. Or a family doctor can take care of both you and the baby. Arrange now for the baby's health care. Do not wait until the baby is sick. The baby will need a checkup when he is two weeks old.



# Baby's growth and development

## **8th Month: Weeks 32 – 35**

Your baby might weigh twice as much now as she or he did a month ago. The baby now weighs about as much as a bag of sugar, 4 to 6 pounds. Body fat is growing rapidly. Most of the weight you gain now goes to the baby's body.

You might know your baby's favorite position, probably head down. Since Baby is bigger and more crowded, you may notice more arm and leg movements, but less rolling over and turning.

Iron is being stored in the baby's liver to prepare for

the period after birth when he or she eats only milk. You supply the iron. Take your vitamins and eat plenty of lean meat, whole grains, beans and potatoes.

Baby is storing *antibodies*, too. These infection fighters come from you. They protect both you and the baby from the germs in your home and other places where you spend a lot of time. They do not protect the baby from other people's germs. After a few months Baby will make his or her own antibodies.

## **Baby gains eating skills**

Baby sucks and swallows in the right order. If you could touch the side of your baby's mouth, he or she would turn to that side. That is the *rooting reflex*. It prepares Baby for breast feeding.

Taste buds are present on the tongue and Baby can taste the *amniotic fluid*, the watery substance she or he floats in. Baby can now tell sweet from sour.



*Life size footprint,  
8th month, 32–35  
weeks*

***Last Month: Weeks 36–40***

Your baby looks like a baby now. The body is plump. The skin is smooth because fat has filled in the wrinkles. At birth, your baby will weigh about as much as a gallon of water — 6 to 9 pounds. The baby is about 19 to 21 inches tall.

Fine downy hair no longer covers the body. There might still be some on the back and shoulders. A white creamy substance still covers the baby's skin. At birth, you will see some of it in the skin folds.

The bones of the head are

firm but soft enough to pass through your vagina without breaking. The lungs finish growing during this final month.

Your baby can see now, but not very well. At birth, he or she can see shapes and bright colors. Baby likes black and white. He or she sees best at a distance of 8 to 12 inches.

You might feel a burst of energy and desire to get ready for the baby. You might suddenly want to arrange the baby's room or even clean your whole house. This is called the *nesting urge*. Enjoy!



*Actual footprints, full term, 40 weeks*



## *Breast feeding is best*

Your milk is made for your baby. It contains the right amount of all the nutrients Baby needs. As the baby's needs change, your milk changes, too. Mother's milk is easy to digest. It is always ready, clean, and just warm enough. Breast feeding creates a special bond between mother and baby.

Breast feeding, even for just a month or 2, gives the baby a strong start. Breast fed babies have fewer infections and allergies than bottle fed babies. And their brains develop faster.

### ***No matter what you hear...***

Small breasts feed babies as well as large ones. You can eat your favorite foods. You can breast feed your baby even if your mother did not breast feed you. You can keep breast feeding 2 or 3 times a day when you go back to work. And you can pump your milk and store it in a bottle for the baby.

*If you are not sure that you can breast feed your baby, talk with your doctor. Or call La Leche League.*

1-800-525-3243



# *Partners have a role in breast feeding*

Let your baby's father know that his support makes a big difference for you and Baby. Invite him to be part of breast feeding by bringing the baby to you. Talk with him about ways he can make it possible for you to breast feed in a relaxed, peaceful manner. He might help with the house work, answer the phone, or find a quiet place for you. Could you set aside time for him to hold and cuddle the baby? Would he enjoy bathing the baby?



*A father's or friend's support makes a big difference for mother and baby.*

## ***When breast feeding is not for you***

Certain medical problems may make breast feeding unwise or impossible. Or you may choose to bottle feed your baby. While breast milk is best, babies grow and develop normally when fed formula from a bottle.

Your baby's doctor can suggest a brand of formula. Check with your local health department to be sure your tap water is safe for mixing formula.

## ***Your rib cage is expanding***

Your rib cage may grow during pregnancy. It may stay larger after the baby is born. You may need a larger blouse or bra size, even after you have lost all your pregnancy pounds.

If your face becomes very puffy, or if swelling does not go down after a night's rest, call your doctor.



## *Car seat is a must*

Don't leave home without it. Use the car seat anytime the baby is in the car.

In an accident, you can *not* protect the baby in your lap. Even in a minor fender bender, your body acts more like a battering ram than a cushion. Laws in all states require that infants ride buckled into a car seat that meets federal crash-tested standards. Use the car seat anytime Baby is in a car.

Shop for your baby's car seat at children's stores, large drug stores or discount outlets. Ask your doctor if you can buy or rent a car seat from the hospital.

Choose your baby's car seat now, so that you have time to learn how it works and install it in your car. Choose a car seat that is easy to use. Will it fit easily in the car? Is it easy to fasten and unfasten? How hard is it to take the seat out of the car?



Childbirth classes are starting. It's not too late to sign up. Make the call now.



## *Car safety*

- Never hold the baby in your lap in the car.
- The center back seat is the safest place in the car.
- Infants up to age 2 years weighing less than 40 pounds ride in a car seat facing the back of the car.
- Be sure the car seat is buckled down with the seat belt.
- If your car has a passenger side air bag, do **NOT** put any car seat in the passenger seat. The air bag can seriously injure a baby or child.
- Replace any car seat that has been in a crash, even a small one.

## ***Circumcision?***

If you have a son, you will be asked if you want him to be *circumcised*. In other words, do you want him to have surgery to remove the foreskin from his penis? This surgery often is done before you leave the hospital.

There is no medical reason to cut away the foreskin from a boy's penis. The benefit to health is very small. Boys may get the same benefit by washing well.

The chance of harm from the surgery is small. But sometimes there can be a serious problem.

The surgery is painful. Medical experts do not agree on the best pain relief.

In the United States many parents choose circumcision for their sons. In other countries almost no one does. If you choose circumcision, discuss pain relief, side effects, and care of the wound with your baby's doctor.

## ***Pack your bag***

Pack about a month before your due date. Here is all you will need:

- Bathrobe and slippers
- Hair brush
- Toothbrush and toothpaste
- Lip balm, gum or hard candy — your mouth will be dry.
- Something comfortable to wear home
- Nursing bra — the cups open for breast feeding.
- Music to play during labor
- Phone numbers for your doctor and the baby's doctor
- Phone numbers for people you want to tell about the baby

65

## ***Pack for baby***

- Car seat — See page 64.
- Baby's clothes
- A light blanket and a warmer blanket



### **Are you gaining weight? Will you meet your goal?**

If you need help filling in the blanks, call your doctor.

My goal is to gain \_\_\_\_\_ pounds. So far, I have gained \_\_\_\_\_ pounds.  
I need to gain \_\_\_\_\_ more pounds by my due date \_\_\_\_\_.

# *Self care for discomforts*

## ***Sleepless nights train you for early parenthood***

You may find it hard to sleep. Leg cramps, breathing problems, or contractions might keep you awake. See Book 4, page 47. With your large size, it is hard to find a comfortable position. A kicking baby may wake you up. You will have to get up to go to the bathroom. You may lose sleep because your mind is racing.

66

Trying to sleep only keeps you awake. Rest as well as you can. Think of this time as training for getting little sleep after the baby is born. Do not take sleeping pills.

## ***Quiet your mind, relax your body***

- Drink warm milk or herbal tea (caffeine free) at bed time.
- Take a warm bath with candlelight and soothing music—or just listen to music if a bath feels like too much work.
- Practice the breathing and relaxation methods you learned in childbirth classes.

## ***Hemorrhoids may get worse before they go away***

*Hemorrhoids* are swollen, twisted blood vessels in and around the rectum. They are common in late pregnancy when the uterus keeps pressing on the blood vessels. They can cause pain, itching, and bleeding during a bowel movement. They improve without treatment soon after birth.

## ***For relief***

- Eat plenty of fruit and whole grains.
- Lie on your side with your hips on a pillow.
- Put ice packs on the sore area.
- Roll a towel, and bend it into a ring. Sit on the towel ring in a warm bath. Or use a child's beach ring.
- Do not strain.



Talk with your doctor before using any ointments or other home remedies for hemorrhoids.

# *Are you choosing healthy foods? Are you eating enough?*

This is a good time to check your eating. The baby is growing fast now and needs plenty of fuel. The weight you gain now goes to the baby's body.

Fill in the date. Make a mark for each serving of food you eat. If a food is not listed, mark the one most like it. At the end of the day, see if you ate enough of each of the Foods to Choose. At the bottom of the chart, write in one or two foods you will choose more often, and which ones you will cut back.

Today's date \_\_\_\_\_

Foods to Choose	Servings I need	Servings I ate today
Fruits & vegetables of all kinds	<i>at least 9</i> a day	_____
Bread, pasta, cereal, rice, tortilla, bagel	<i>at least 6</i> a day	_____
Milk, yogurt, cottage cheese, ricotta cheese	<i>at least 4</i> a day	_____
Meat, Fish, eggs, chicken, turkey <i>(Choose fish 1 or 2 times a week)</i>	<i>at least 3</i> a day	_____
No Fuel Foods: cake, pie, donuts, chips, fries	<b>0</b> a day	_____
I need to eat more _____		
I need to eat not so much _____		
Snacks I enjoy are _____		

Talk with your doctor about your diet and weight.

## ***Sexuality***

You may find that your desire for sex lessens in the last few months. Making love can be awkward for both you and your partner. Touching your breasts may cause cramps in your uterus.

On the other hand, you might be very interested in sex. Unless your doctor warns you against it, making love and substitutes you both enjoy are fine.

Baby will respond to pressure. Do not be surprised if he or she wakes up in the middle of love making and kicks you back. Try new positions for greater comfort.

Cramps or contractions sometimes follow orgasm. They may be caused by hormones in the man's semen. Using a condom can help. A back rub will help a backache.

## ***Hints to reduce swelling***

- Do not eat salty foods.
- Sleep with your feet a bit higher than your heart. Raise the foot of your bed on 3-inch blocks.
- Lie on your left side to help pull fluid from your puffy tissues back to your blood stream.

- Do not take water pills.
- Drink 10 glasses of water a day.

## ***Your walk shows birth is close***

The bones in the pelvis begin to separate now to make room for your baby's head to pass. Pregnancy hormones soften and stretch the pelvic joints to make birth easier. This is what makes you walk the way only a very pregnant woman can. The bone movement also can cause pain in your hip joints or back.

You may feel aches or pressure in the pelvic area. You might have shooting pains down the front and insides of your thighs. You might feel as if you are coming apart. You probably feel unsteady and clumsy. This is all normal.

It will help to stand up straight. Do not walk long distances. The pelvic tilt exercise may help relieve discomfort. See Book 4, page 49. You will feel good again after birth.

*Who is my doctor,  
Mommy?*



# *Your body prepares for birth*

If this is your first baby, his or her head might move down into your pelvis about 2 to 3 weeks before birth. This is called *lightening*. If you have had other children, *lightening* may not happen until labor begins.

When the baby moves down, you can see the shape of your belly change. You can take a deep breath since your lungs have more room to expand. Your stomach will feel less crowded and upset. You will have easier bowel movements.

The bad news is that the baby's head now presses on your bladder. The baby's new position may cause more leg cramps. Or you might have pain in your thighs. Your pelvis might ache.

As your baby's head presses into your pelvis, your *cervix* — the opening of your uterus — becomes softer and thinner. Your body is getting ready for birth. The term for this thinning of the cervix is *effacement*.



*Fetus, 9th month, 36–40 weeks.*

## *Childbirth is not a test*

It is normal to think, wonder, and dream about labor and childbirth. You might feel excited and afraid at the same time, even if you have given birth before.

Some women worry that they will not perform the way they should. Do you worry about doing something “wrong” in labor — like screaming or crying? Stop wasting energy. It is fine to make as much noise as you want.

If you have been planning the perfect birth as you might plan the perfect wedding, you are putting pressure on yourself. Trust your instinct. Your body knows exactly what to do.

Stay flexible. The details of this baby’s birth will not be just like any other birth, real or imagined. Whatever you expect, your experience will be different.

70

*Who do you want to be with during labor?*



***When you picture yourself in labor, keep in mind:***

- Your body is made for birth and has been preparing for months.
- You will be in labor for hours, not days on end.
- When labor becomes painful your body releases a natural drug. It helps relieve pain and gives a sense of well being.
- The purpose of labor is the birth of your baby.
- Your partner, or support person, and your doctor will be there with you.

***Your partner might worry***

He probably does not know what to expect. He may feel unsure about what to do or how to act. He might question his ability to support you in labor.

Ask your partner to learn about birth by going to classes with you or reading books. Talking with other fathers or coaches about what labor and birth was like for them might help him feel more at ease. Tell him what you expect, and how you feel about labor. How is he feeling?

***Who do you want to be with you during labor?***

You and your partner might want to choose another person that you both love and trust to be with you both during labor. This is a big event for Dad, too. He might feel better with some backup. A third person can free him to give all his attention to you. And he can take breaks.

***Your supporters' roles***

Your partner and other support persons are your companions. They offer support, food and comfort. They cheer you on and remind you that you are strong. They guide your breathing and help you relax. They keep track of your progress and share your joy. They let the nurses know what you want and need. They make sure that your wishes are honored. Above all, they are with you. Tell them how much that matters to you.

**Trust your body.  
It knows exactly  
what to do.**

# *Are you in labor? Walk to find out*

## **1. Notice contractions**

Feel your contractions with your hand on your belly. Rest your fingertips on your uterus. When you have a contraction, you can feel your uterus get hard from the top down. Then it goes soft again. You might feel mild pain low in your back or in your thighs. It might feel like the baby is balling up. See Book 4, page 54.

When you have a contraction, your uterus might be flexing its muscles to prepare itself for birth. Or you could be going into labor. You can tell the difference by walking.

## **2. Walk**

If your uterus is just getting ready for birth, contractions will stop when you walk. You will have only 2 or 3 contractions at a time.

## **3. Time your contractions**

Time your contractions from the start of one to the start of the next.

True labor contractions get longer, stronger and closer together.

If the contractions get stronger or come more often when you walk, you are in labor. Call your doctor.





#### **4. Call your doctor**

When you are in labor, call your doctor day or night.

##### ***When to call***

- If it is more than 3 weeks before your due date, call if you have 4 or more contractions in 1 hour, with or without pain.
- If it is near your due date, call when you have a contraction every 5 to 7 minutes for 1 hour.
- If your water breaks, call right away. Your water might break with a gush that soaks your clothes or the sheets. Or you might feel a slow trickle of fluid from the vagina. When you call, you will be asked if the fluid is clear or colored. Is it green or yellow or bloody?

When you call during the day, you most likely will speak to your doctor. After hours, an answering service might take your call. The operators know how to find your doctor and get help if you need it.

Give your name. Say you are pregnant and need to speak with the on-call doctor. Someone will call you back.

When the doctor calls back say that you are in labor or explain the problem. The doctor will tell you what to do. See Signs of Preterm Labor in Book 4, page 55.

##### ***What to expect at the hospital***

When you go to the hospital during the day, go to the admitting desk in the lobby. Tell the clerk that you are in labor. Hospital workers will take you to Labor and Delivery. They might call it *L & D*. At night, enter at the Emergency Department. Tell the clerk you are in labor.

When you arrive at Labor and Delivery, the nurses will take your weight and blood pressure. They will check to see how much your cervix is dilated (opened). They will time your contractions. Then they will call your doctor.

## ***Pain relief is your choice***

You make the choice about pain relief during labor, and you can change your mind. Your body is built for childbirth and is equipped to manage normal labor pain. Many women do well with breathing and relaxation methods. For others this is not enough.

## ***Pain relief without drugs***

Close personal support from a partner, a friend, or family member makes labor less painful and shorter. Other options for pain relief are massage, heat or cold, hypnosis, reflexology, music, and accupressure. Some hospitals offer large bathtubs since laboring in warm water eases pain for many women and may shorten labor. You might find a shower helps.

Some people may expect you to use drugs. But the choice to use them — or not — is yours.

Drugs can be very helpful in a very long and painful labor. However, there can be some problems.

## ***Side effects of drugs***

All drugs used in childbirth do other things besides ease pain. These are called *side effects*. Side effects for mother and baby can

continue after birth. The drugs affect the baby the same way they affect you, only more so because the baby is small.

Drugs might reduce your ability to take an active part in your baby's birth. They can make it hard to stay alert and talk with your partner or family. Drugs can get in the way of bonding or delay breast feeding.

## ***Epidural block***

Epidural block is a common form of pain relief for labor. It allows a pain-free labor for most — but not all — women. An epidural leaves you alert, but unable to feel your contractions.

Known side effects can lead to extra treatments for you and the baby. To watch for drug effects on the baby, a monitor may be clipped to his or her head.

Side effects you might have with an epidural block include:

- Inability to get out of bed, stand or walk during labor and for several hours after birth
- Inability to go to the bathroom. You might need to have a small tube put in your bladder. It is called a *catheter*.

- Your blood pressure will be monitored constantly.
- Fever that is caused by the drug looks like a sign of infection. Your fever may lead to extra tests and treatment for the baby.
- Longer labor
- Shivering
- Nausea
- Backache that lasts for some time after birth.

### ***Talk with your partner***

Talk with your partner about how you want to manage your labor pain. Talk with others who will be with you about how they can help. Then at a checkup before your due date, tell your doctor what you have discussed. Ask what to expect during labor.

### ***Talk with your doctor about episiotomy***

It was once common for doctors to cut the area between your vagina and rectum during birth. This cut is called an episiotomy. It is now known that this cut is not necessary or helpful, except in rare cases. Sometimes, if the baby is large or you are small, your skin may tear. A tear heals as quickly as a cut, and is less painful.

### ***Move around — use any position you want***

A nurse might check your progress now and then during labor with monitors on the outside of your body.

It is very important to stretch and walk around during labor. Ask your nurse to remove the monitors whenever you want to get up.

During labor you can push as needed from just about any position. Your nurse might suggest that you change position now and then to make labor easier. You do not need to be elegant or polite.



*Happy Birth Day!*



# Warning Signs

*Call your doctor right away if...*

- Blood or fluid leaks from your vagina
- You have pain or burning when you go to the bathroom
- Nausea and vomiting last more than 2 days
- You have pain in your belly
- You have chills and your temperature is over 100
- You are in an accident or someone hits or kicks you

## *New signs to watch for*

- Very bad headache that does not go away when you eat and rest
- You see spots or cannot see well
- Your face swells

**Warning signs of preterm labor are on page 55.**

**Trust your instinct.**

**If you sense that something is wrong, call.**

My Doctor is \_\_\_\_\_

Phone \_\_\_\_\_

**Emergency: Call 911**

***Beginnings Pregnancy Guide*** 8th Edition

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***Ask your doctor how this information applies to you.***

# Beginnings

*First weeks at home*

## *Self care for your body & your baby*

Your body begins to recover as soon as the baby is born. Muscles and skin return to their not-pregnant shape in 6 to 8 weeks. Hormone levels change again, and your emotions will change with them. Expect mood swings. You might laugh one minute and cry the next during this recovery period.

### ***Your uterus shrinks fast***

While you are pregnant, your uterus is big enough to hold the baby. Right after birth, it shrinks to the size of a large grapefruit. You can feel it above your pubic bone. It feels hard because your muscles are working to close blood vessels and return your uterus to its not-pregnant size.



*Janet P. Burt*

Save this book. You will need it later.

*Infant Care Guide*

This book belongs to: \_\_\_\_\_

Breast feeding helps the uterus recover. You can speed healing by rubbing your uterus gently with your fingers.

Your uterus will keep getting smaller until it is about the size of a small pear, its usual not-pregnant size. This will take about 10 days. During that time you may have *afterpains*. These pains feel like menstrual cramps. They are caused by the muscles working to shrink your uterus.

Afterpains often occur during breast feeding. They will stop when the uterus is back to “normal.” To relieve afterpains, lie on your stomach and take slow, shallow breaths.

### ***Help your body heal with good self care***

The area between your vagina and rectum may be sore and swollen due to stretching during birth. With good self care, it will feel a little better each day. Soreness should go away in 4 to 7 days.



If tenderness or swelling gets worse, call your doctor.

If you had stitches to repair a tear or episiotomy, they will dissolve in about 2 weeks. You might find some small pieces of your stitches on your sanitary pad. Pain and itching usually go away when the stitches dissolve.

### ***Self care after birth***

#### **To speed healing:**

- Keep the area between your vagina and rectum clean and dry.
- After you go to the bathroom, use a squirt bottle of warm water to rinse.
- Wipe from front to back.
- Take a shower instead of a bath for the first 3 weeks after birth.

#### **For pain relief:**

- Apply ice packs, pain relieving spray, or cotton pads soaked in witch hazel. Ask the pharmacist at your drug store to help you choose products.
- Sit in the tub in very warm water not more than 3 to 4 inches deep. You might want to do this for about 20 minutes 2 or 3 times a day. Ask a helper to clean the tub each time.

- To relieve pressure, lie on your side and pull your knees to your chest.

### ***Kegel exercise helps the vagina recover***

The vagina takes about 6 weeks to regain its muscle tone and shape. You can start the Kegel exercise right after birth to aid healing. Squeeze the muscles in your vagina as if to stop going to the bathroom midstream. Repeat 10 to 20 times. Do this exercise several times a day.

### ***Your body sheds extra fluid***

A day or two after birth you probably will go to the bathroom often and in large amounts. You might sweat heavily, especially at night. Expect to lose 12 to 14 pounds in the first week.

### ***Your body sheds left over blood and tissue***

You will need to wear a pad as if you were having a period. Do not use tampons. Do not douche or use vaginal sprays.

Blood flow will last 2 to 6 weeks. The amount and appearance change from day to day. There should be no odor.

Your flow may be heavier

when you change positions or breast feed your baby. For the first few days the blood is bright red and the flow may seem heavy.



If blood flow soaks a pad in 2 hours or less, flow is heavier than normal. Call your doctor.

The flow of blood becomes lighter over time. The color will change from red to a pink-yellow color, and then to white, yellow or brown.

A sudden increase in the amount of blood or a return to a bright red color signals the need for more rest. Mother's Warning Signs are on page 85.

### ***Bowels still move slowly***

You might have difficult bowel movements for a few more weeks. Drink plenty of liquids. To help your bowels return to normal, keep eating fresh fruits, raw vegetables, bran and whole grains. Walk and exercise the muscles in your belly.



If you do not have a bowel movement in 3 days, call your doctor.

# *Breast feeding takes practice*

## ***Get help with breast feeding***

Breast feeding may not be easy for the first 2 or 3 weeks. It takes practice.

Call your doctor if you have any problem or worry about feeding the baby. Also, your hospital might have a *lactation nurse* — a breast feeding expert — who can help you.

For help call the La Leche League. *La leche* means *the milk*. A woman who is a breast feeding expert will answer your call and give you advice. 1-800-525-3243

*Baby's sucking makes more milk.*



## ***Baby wakes up to eat***

Feed your baby each time he or she wakes up to eat. Most babies wake up to eat every 1½ to 4 hours. Your baby might want to eat about 10 times a day for 20 to 45 minutes each time. Do not worry about counting minutes. To tell if the baby is getting enough to eat, count wet diapers.

## ***6 wet diapers a day, Baby is OK***

If Baby wets 6 diapers per day and has a bowel movement most days, all is well. In the first 4 days, the baby may have fewer wet diapers. Breast fed babies may not have a bowel movement every day. See page 91.

## ***Expect changes***

You and the baby and your family will need to adjust to each other's needs. And needs will change from day to day and week to week. It may feel like a test at first. Be patient with yourself and Baby. In the next 2 to 4 months Baby will fall into a feeding pattern and you will be an expert.

## ***Breast care***

Your nipples may be tender at first. They might crack or blister. To keep nipples moist and soft, squeeze out a drop of breast milk and rub it into the nipple. Wash your breasts daily with warm water only. Soap dries your nipples. Support your breasts with a well fitting bra.

Soreness often comes from the way the baby latches on to the nipple. Check to make sure your baby's mouth covers most of the dark area around your nipple. Use different positions to change the spot where your baby's mouth presses.

Feeding the baby less often or for shorter times will not help sore breasts. To reduce pain, just before feeding, put ice on your nipples. After feeding apply wet black tea bags for 10 minutes. Then let your nipples air dry.

For over-full breasts, see For relief from fullness next page.

If you see red streaks in your breast, or soreness does not go away, you might have an infection. Take your temperature. Call your doctor.



## ***Baby needs to burp***

Baby might swallow air while feeding. Burp during and after feeding to relieve a tummy ache. To burp, Baby needs a little pressure on his belly. Set him on your lap leaning against your hand, or lay him over your shoulder. You can also lay him across your lap. Pat gently on the baby's lower back. Use a cloth to catch dribbles and spit-up.

## ***Keys to a healthy baby***

### **DO**

- Do eat well
- Do gain weight
- Do take vitamins
- Do breast feed your baby

### **DO NOT**

- Do not smoke
- Do not drink alcohol
- Do not do drugs



### **Call for help**

- Look for warning signs. They tell you when to call your doctor. See back cover and page 85.
- If you are not safe at home, get help from your doctor, or call 800-779-7233.

# Bottle feeding

If you are bottle feeding, feed your baby every time she seems hungry. Feed her yourself as often as you can. Burp her during and after feeding.

In the first few days your newborn will want to eat every 1½ to 4 hours for 15 to 30 minutes. She might take ½ to 3 ounces of formula in that time. Later she might settle into a pattern of taking about 2 to 4 ounces every 2 to 4 hours.



*Dad will enjoy being close to Baby during bottle feedings.*

## ***Your milk may come in***

Even if you are not breast feeding, your breasts may be full of milk for a few days. Wear a well fitting bra day and night until your breasts return to their normal size. Your doctor may order medicine to help keep your milk from coming in. You might have some breast fullness. It only lasts a day or two.

## ***Relief from breast fullness***

- Put ice packs on your breasts.
- Cover your breasts with raw cabbage leaves. Remove them when they wilt. If you are breast feeding, keep them on only 15 minutes. Do this as often as it feels good.
- Do not squeeze out the milk.

## ***Sexuality***

Sex might not interest you for the next few months. Even if you are interested, you may be slow to respond to your partner.

Caring for the baby and yourself will take most of your energy and attention. Aches and pains and lack of privacy discourage romance. Talk with your partner about your feelings. Arrange to be together away from the baby.

If you are breast feeding, your period may start again in 3 or 4 months. If you are bottle feeding, your period may start again in about 2 months after birth. Your first period after birth probably will be heavy. It may take several months to return to a regular cycle.

### ***Plan ahead for birth control***

You can make love when blood flow stops and you are no longer sore — about 2 to 6 weeks after the baby is born. Breast feeding women may feel a new sexual response — breast milk might leak from your nipples. Hormone changes may make your vagina dry for a few months. A lubricant such as K-Y Jelly will solve the problem. Do *not* use Vaseline.

You can get pregnant before your period starts again. Breast feeding is not a reliable method of birth control. Plan now to use birth control so you do not get pregnant again before you are ready. If you have not chosen a method of birth control, use foam and have your partner use a condom. Talk with your doctor about birth control at your first checkup, or visit Planned Parenthood.

## ***Emotional changes***

### ***Baby blues last about 2 weeks***

You might feel sad after the baby is born. You may be unable to sleep even when you are tired. You might not feel like eating. It might be hard to think. You might be cranky and cry often. You might not even like your baby very much. You may worry that your life is out of control and that you cannot cope with being a parent. For many mothers, these feelings come and go for about 2 weeks. This is the baby blues.

Baby blues is a common result of hormone changes. Being tired makes it worse. Get as much rest as you can. Take care of yourself. Know that the feelings are normal, even though they make no sense. Let others, especially your partner, know how you feel. Eat even if you do not feel hungry.

If your baby is 2 weeks old and you are still having crying spells or feelings that worry you, call your doctor, or 1-800-944-4773. Do not wait any longer.



***The first week at home may be trying***

During the first week at home, focus on taking care of yourself and your baby. Have your partner take the week off work if he can. Set visiting hours. Let family and friends help with washing, cleaning, cooking and grocery shopping. Consider outside help, take-out meals, and diaper service.

One of the hardest parts of living with an infant is lack of sleep. You might feel tired most of the time. A little sleep here and there is the only sleep you will get for a while. Some couples take turns getting up at night, or catching up on sleep during evenings and weekends.

Eat well and take walks to feel less tired.

When you feel tired, let people know. Have a snack. Turn off your phone. When your baby sleeps, take a nap by yourself or with your partner.

It takes time to adjust and become a family. It can be hard whether this is your first or fifth baby. It may take weeks or months to find a balance. Be patient with yourself and your partner. Do not waste energy on worry.

Plan to have a checkup 4 to 6 weeks after birth. If you had a Cesarean (surgical) birth, see the doctor sooner, perhaps 2 to 3 weeks after birth. If you have not arranged for birth control, discuss it at this visit.

*Rest whenever you can.*



## *Mother's warning signs*



### **Call your doctor right away when**

- Your temperature is greater than 100 degrees.
- You feel pain or burning when you go to the bathroom.
- You have cracked or bleeding nipples.
- You notice red, tender areas in your breasts.
- You see tender red streaks in your legs.
- You have pain that you cannot explain or that does not go away.
- Baby blues last more than 2 weeks. See pages 83-84.



### **Call when blood flow warns of trouble**

- Blood flow is so heavy that it soaks 1 pad in 2 hours.
- You pass clots the size of a walnut or bigger.
- You note a change in the smell of your blood flow.

My doctor is \_\_\_\_\_

Phone \_\_\_\_\_



**Trust your instincts.**

**Call for help.**

# Infant care guide

## ***Your baby needs a doctor***

Have you chosen a doctor to check your baby's growth, give shots and treat sickness? If you have not found a doctor for your baby yet, do it right away. Do not wait until the baby is sick. Arrange a checkup for your baby before he is 2 weeks old.

## ***Get to know your baby***

Your first task as a parent is to get to know your baby. Learn what is normal *for this baby*. Normal for your baby might not be the same as normal for some other baby.

Watch her movements. Tune in to her sounds. Note changes day to day. Soon you will see patterns. After a few months you will know what to expect, but for the first few weeks all is new and changing. Trust yourself. Baby will survive your mistakes. You will learn from each other.

## ***Do not give Baby your cold***

Colds are passed by touching. Before touching Baby, be sure that you and brothers and sisters wash your hands with soap.

## ***Explore Baby's body***

### ***Head***

Soft spots allow the head to grow. One behind the head closes in about 3 months. The large one on top of the head takes about 18 months to close. It is OK to touch the soft spots. Notice the way they look and feel. Notice that they move with Baby's breathing.

If a soft spot feels tense, sinks or bulges, call the baby's doctor.



Patches of dry skin on the baby's head is called *cradle cap*. It is like dandruff. This is no cause for worry. Cradle cap goes away by itself. Brushing helps if Baby has hair. You can use shampoo every few days. If large yellowish patches cover the head, you can rub in vegetable oil to soften them. Then gently remove the patches with a comb.

Baby may have lots of hair, or none. Do not worry if the hair rubs off easily. New hair will grow.

## Eyes

Baby may have blood spots in the whites of the eyes. The spots are normal and will be gone in about one week.

Baby might look cross-eyed. Do not worry. Baby can focus best at a distance of 8 to 12 inches — about the distance from Baby's eyes to your eyes when you hold her to your breast. Few newborns use both eyes together. The eyes may wander separately. Baby will learn to focus better, and to look at you, around 2 weeks of age. She might look cross-eyed for 3 or 4 months.

Baby may cry without tears due to not-quite-mature tear ducts. You will see plenty of tears starting in a few weeks.

Yellowish discharge from the corners of the eyes is normal. Clean it with plain water and a wash cloth. Wipe from the corner of the eye outward.

If yellow discharge from the eyes keeps coming back, call your baby's doctor.



## Nose

Babies breathe through the nose, unless it is plugged. If Baby is breathing through the mouth, clear the nose. Use an *aspirator* — a soft rubber gadget made for clearing a baby's nose. You will find one at most drug stores. Do not use cotton swabs. It is easy to push a swab too high into the nose. Baby's nose may be crooked. It will straighten by itself.

## Ears

Babies hear as well as adults. Baby may jump or jerk at loud, sharp sounds. You can soothe her by talking softly with a high voice. Soft rhythmic sounds soothe a newborn. Use your baby's name often when you talk to her. Soon she will recognize it as a familiar sound and perk up when she hears it. Baby also can tune out sounds. So, she might not always respond to her name.

Baby's ears may fold forward. They will straighten in a few months.

*Talk to me, Mom.*



## ***Mouth***

Do not worry about bumps on Baby's gums and roof of the mouth. The bumps are immature oil glands that go away in about 3 months.

A blister might form on Baby's lip from sucking. The blister causes no pain and needs no treatment.

## ***Chest***

Your newborn's nipples may look swollen. They may leak milk. This is a normal result of mother's hormones. Do not squeeze the nipples. The swelling will be gone by Baby's first birthday.

New swelling and redness are signs of infection. Call the doctor.



Baby's heart beats faster than yours, about 90 to 150 beats per minute. You may notice the heartbeat slow when Baby yawns, hiccups, or during a bowel movement. This is due to an immature nervous system and is no cause for worry.

Baby breathes rapidly. Up to 50 breaths a minute is fine as long as she is not struggling.

Hiccups are common. Their cause is unknown. Do nothing unless they go on for days and keep Baby from eating and sleeping. Then call the baby's doctor.

## ***Navel (Belly button)***

The stump of the umbilical cord remains in Baby's belly button. It may be swollen and jelly-like for a few days. It then begins to dry and shrivel. In about 2 weeks it drops off.

Help the cord dry by cleaning at the base with a cotton swab dipped in alcohol, or a solution the baby's doctor suggests. Clean the navel 3 or 4 times a day when you change diapers. Keep the cord as dry as you can. Do not cover it with diapers or rubber pants. Wait until the cord falls off to give Baby his first tub bath.

A bump or bulge might remain in the belly button after the cord falls off. It will go away in 1 year or sooner.

If the skin around the cord is very red, hot, or swollen with foul smelling pus, call Baby's doctor.



## ***Genitals***

Girls may have a white or bloody discharge from the vagina for the first 3 to 7 days — another normal response to mother's hormones. It is a sign that her reproductive system is working well.

A boy's testicles (balls) may appear very large due to normal extra fluid. His body absorbs the extra fluid in about 3 months.

If your son is not circumcised, his penis needs no special care. Do not try to pull back the foreskin. It retracts by itself by age 3 in most boys. Pulling on it could cause pain and damage.

### ***Circumcision care***

If your son is circumcised, change his diaper often. Wash his penis gently with soap and water. Use Vaseline on the wound to keep it dry and prevent infection. Still, the scab will get wet and look awful. It breaks off often. A very small amount of blood is normal. The wound should heal in about 10 days. He will not want to lie on his stomach until then. Healthy babies should sleep on their backs anyway.

If you see more than a little bleeding, red warm skin or foul smelling pus on your son's penis, call his doctor.



## ***Legs and feet***

The hips may seem loose at the joints. You may hear a crackling sound when Baby moves. This is a normal response to mother's hormones. Do not worry.

Legs might be bowed with the feet turned up. Toes may overlap. All the parts will straighten by age 15 months.

One heel might look red and sore. It is hospital routine to prick the heel for a small blood sample. The hospital does a blood test on all infants. The test shows whether your baby needs further testing for PKU, a rare disease that can cause mental disability if not treated early. Laws in your state might require other tests, too. If the PKU test was not done in the hospital, it will be done at the baby's first checkup.

## ***Fingers***

Fingernails may need trimming to avoid scratches. It is easy to trim the nails while Baby sleeps.

## ***Skin***

When Baby is cold, small veins show through the skin. When the hands and feet look blue, add a blanket or sweater.

If the skin looks blue around the mouth or over the whole body, call the baby's doctor.



Baby may appear half red when he lies on one side. The down side may be red while the up side is pale. This two-tone look is due to an immature heart and blood vessels. It goes away when Baby cries or moves.

### ***Blue spots go away***

They are ***not*** bruises. Blue spots are patches of skin coloring that will go away by age 3 years. They are common on the buttocks and other parts of the body on Black and Asian babies.

About half of all newborns turn yellow by the second or third day. This is called *jaundice*. Baby's liver does not yet remove extra blood cells. The build-up of blood cells causes the skin to look yellow. Mild jaundice is normal and

goes away by the time Baby is 10 days old. It may last slightly longer in babies who breast feed.

If Baby's whole body or the whites of the eyes turn yellow, call the doctor right away.



Rashes and bumps go away. Yellow or white bumps might appear on Baby's face. The bumps are immature oil glands. Do not squeeze them. They will go away with no treatment in about 3 months.

Baby acne is more common in boys than in girls. No treatment is needed.

Newborn rash is little red spots with white centers. The spots are a common rash that needs no treatment. The rash goes away in a few weeks.

Tiny red spots with no white centers are blocked sweat glands — often called prickly heat. Baby would be sweating if the glands were mature. She may be dressed too warmly in the area of the rash.

Peeling skin is of no concern. It is the normal shedding of dead cells.

# Get to know Baby's patterns

Do not worry that your baby is not like some other baby. Infants are people. People do not eat, sleep or cry the same as their neighbors, parents, friends or siblings. Each is different. In these early weeks, Baby will begin to show patterns of eating and sleeping. You will begin to know what is normal for *this* baby.

## **Watch Baby talk**

Your baby will give you clues about what he needs. Clues will be the looks on his face and the way he moves. Baby tells you that he is ready to play by smoothly moving arms and legs. He reaches and turns toward you, cooing with bright eyes and smiling. Look for that first smile in about 2 weeks.

You can tell when Baby is ready to eat or sleep. He looks away, fusses, squirms, kicks, yawns, and has dull eyes.

## **Bowel movements**

What you see in a dirty diaper is called *stool*. Baby's earliest stools are greenish black and sticky. After a few days, the stool looks more like bird

seed—it is greenish and makes a puddle. Baby might have a bowel movement a few times a day in the early weeks, perhaps after every feeding. Some breast fed babies do not have a bowel movement every day.

When Baby is about 1 month old, bowel movements become regular, once or twice a day. The stool will look like a puddle of mustard or thick pea soup.

## **Body temperature**

Baby's temperature controls may not be fully working yet. She may get hot and cold easily. If you sense the baby may be sick, take her temperature.

If you do not have a **thermometer**, buy one at the drugstore. A digital thermometer is easy to read. Ask the pharmacist to show you how to use it.



## ***How to take underarm temperature***

Use a digital thermometer. Slip it into his armpit while you are feeding or holding the baby. Hold his arm snugly to his side with your hand. Use your thumb to hold the tip of the thermometer in the middle of his armpit until it beeps. Then read the temperature.

## ***How to take the baby's temperature in his ear***

To take the baby's temperature in his ear, just put the tip of an ear (tympanic) thermometer in the ear canal, press the start button, and read it. Never put any other type of thermometer in your baby's ear.

When you think the baby might be sick, take his temperature often. Write down the date, times and readings. Then you can easily report changes to the baby's doctor.

If Baby's temperature is less than 96, he may be cold. Add a sweater or blanket. If it is higher than 99 remove clothing.

Wait 30 minutes. Then take Baby's temperature again.

While your baby is less than 8 weeks old, call the doctor if his temperature is over 99.4.

When your baby is *more* than 8 weeks old, call the doctor if his temperature is over 100.4.

Normal temperature is  
97 - 98 degrees F  
36.1 - 36.7 C

## ***Remember, Baby back to sleep***

*Put the baby to sleep on his back. No pillows, fluffy blankets or stuffed animals in the baby's bed.*



## ***Sleep patterns***

Healthy babies wake up to eat about every 1½ to 4 hours. Over the first 2 weeks, your baby will develop a pattern of sleeping and waking. Then she will begin to sleep for longer periods and to stay awake longer. In 2 to 3 months, you will know your baby's normal sleeping and eating patterns. At age 3 to 6 months, your baby might start to sleep through the night.

## ***Put Baby to sleep on her back***

This is one area where your mother's advice is likely to differ from the doctor's advice. Since some babies die for no clear reason when sleeping on their stomachs, doctors now suggest placing Baby on her back to sleep. This lowers the chance of *Sudden Infant Death Syndrome* —SIDS. Do not worry about this. The chance of your baby dying from SIDS is very low. Even a tiny infant can lift and turn her head to breathe.

Do not put pillows or stuffed toys in Baby's bed. Baby is used to a crowded space. She may feel safer up against the side of the cradle. Remember, Baby ***back*** to sleep.

## ***No pets in Baby's room***

Dogs and cats can carry allergy and infection. Dogs can be jealous and might do something you would not expect. Do not leave the baby alone with a pet.

## ***Crying patterns***

Crying is Baby's only way to "talk." Listen calmly. You and the baby will learn from each other. Before long, you will tell a hungry cry from a wet cry from a hurt cry. For now, be patient with Baby and yourself. Do not worry.



93

## ***To help Baby sleep when he is fussy***

- Offer his thumb or a pacifier.
- Hold him close touching everywhere. You can do this easily by "wearing" the baby in a carrier — in front at this stage.

- Find Baby's favorite motion. Keep it smooth and soothing. Try a rocking chair. Rock fast, about a rock per second. He might like walking better. Do not bounce.
- Find his favorite sound. Hum or sing in a high soft voice. Play a recording of a heartbeat, waves, or music. Turn on the vacuum cleaner or a fan. Experiment. Do whatever works.

***Hold the baby as much as you can***

Babies do not cry for exercise. They do not cry to make you mad. You cannot spoil a baby. Infants need plenty of touching. Hold Baby as much as you can.

A few babies do not like to cuddle. If your newborn stiffens and arches her back, try holding her with her back to you. Baby will warm up to you soon.

***When you cannot hold the baby, swaddle her***

You can help the baby feel safe by *swaddling*. That means wrapping her tightly in a small, light blanket.

1. Lay the blanket out flat  
Place Baby *on her back* in the middle of the blanket with her head above the top edge.
2. Fold one corner over her shoulder and tuck it under her knees.
3. Fold the bottom of the blanket up over Baby's feet.
4. Hold her arms bent over her chest so she can suck her fingers and wrap the last side of the blanket over her arms and body.

5. *Baby Back to Sleep.* Lay her face up on her back.



*Baby will let you know if she wants her arms free by struggling. When she kicks, she is telling you it is time to unwrap her.*

## ***Bathing***

Babies do not get dirty enough to need a daily bath, especially in the early weeks. Clean and dry Baby's bottom well every time you change his diaper. Sponge baths are best until the cord drops off.

Gather what you need for a sponge bath.

- Towel
- Wash cloth
- Cotton balls
- 2 bowls of warm water
- A cover to keep your lap dry, if you want
- No soap. It dries the skin.
- No oils or lotions.

Baby is used to the uterus. He may cry when he feels air on his skin. Undress him slowly and wrap him in the

towel. Set him on your lap. Keep the towel around him. Clean the skin and all the folds with cotton balls dipped in one bowl of water. Rinse with the wash cloth dipped in the second bowl. Squeeze a little water from the wash cloth to rinse his head.

## ***Before Baby is 2 weeks old***

- Arrange a checkup for your baby with his or her doctor. Talk with the doctor about *immunizations* — shots. Shots keep your baby from getting serious illnesses. Shots also keep disease from spreading.
- Add your baby to your health insurance. Call the number on your insurance card.

95

**Congratulations! May you have many years  
of health and happiness.**

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***Ask your doctor how this information applies to you.***



# Baby's Warning Signs

Call the baby's doctor right away when ...

## Diapers show Baby might not be eating enough.

- No wet diapers in 6 hours after day 2
- Less than 6 wet diapers in a day after day 5

## Skin shows Baby might have a problem.

- Skin around the cord or circumcision is red, warm, or runs with pus
- Skin looks blue around the mouth or over the whole body  
*Blue hands and feet mean Baby is cold.*
- Skin is yellow
- Soft spot on top of the head feels tense, sinks or bulges

## Eyes show Baby might have a problem.

- Constant yellow discharge from the eyes
- Whites of the eyes look yellow

## 96 Baby acts like she or he might be in trouble.

- Baby is shaking and fussy
- Baby struggles to breathe, grunting, nostrils flared, more than 50 breaths a minute
- Baby sleeps more than 6 hours at a time after the first day
- Baby vomits forcefully, sprays vomit several inches  
*Not the usual spitting up or dribbling with burps.*

## Baby's temperature is high or low.

- Less than 8 weeks old, call if temperature is below 96 or over 99.6
- More than 8 weeks old, call if temperature is below 98 or over 100.4. See page 92

Trust your instincts, call the doctor.

Baby's doctor \_\_\_\_\_

Phone \_\_\_\_\_



Emergency: Call 911

Mother's warning signs are on page 85