

Everything You Do Affects Your Pregnancy

Caring for your baby begins before he or she is even born. What you eat and drink is also what your baby eats and drinks.

Your baby is not strong enough to handle alcohol, drugs, or cigarettes. They are bad for you and even worse for your baby.

Help Your Baby be Healthy Even Before You're Pregnant

Healthy moms have healthy babies. Get advice from your doctor about diet and exercise. Your doctor will tell you the kinds of exercises that are right for you.

Your doctor can also prescribe **prenatal vitamins**. These vitamins contain folic acid, an important nutrient for preventing birth defects in your baby's brain and spine.



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Eight Tips for a Healthy Pregnancy

Six million women become pregnant every year in America. There's almost no reason each pregnancy cannot be a healthy and happy experience by following these easy guidelines:

- Talk with your doctor even before you get pregnant
- Eat a healthy diet
- Take prenatal vitamins that have folic acid
- Follow an exercise program that is safe for pregnant women
- Avoid alcohol, drugs, and tobacco
- Limit caffeine (coffee, tea, soda)
- Avoid x-rays, hot tubs, and saunas
- Prevent infections

Your Health Is Important

Take care of your health. Do it for yourself and for your baby.

For more information about your baby's health call the March of Dimes at: **914-428-7100**

Or visit their Web site at: **www.modimes.org**

Pregnancy

how to keep you and your baby happy and healthy



Three Stages of Pregnancy

1st Trimester-Months 1 to 3

- May feel like vomiting, or feel very tired
- May have mood swings, or feel stress

Your body is preparing itself. Listen to your body. Rest if you are tired. Eat if you are hungry.

Feeling sick is normal during pregnancy. But all women experience pregnancy differently. You may not feel sick at all.

2nd Trimester-Months 4 to 6

- Nausea and tiredness may go away
- Body gains weight as baby grows
- Baby begins moving around
- Baby begins forming fingers, toes, eyelashes, and eyebrows
- A doctor or nurse will be able to hear your baby's heartbeat

Gaining weight is normal. Continue to eat healthy and follow a safe exercise program.

3rd Trimester-Months 7 to 9

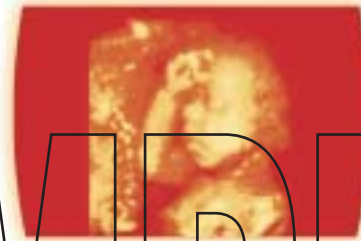
- Baby does not move around as much
- May have to go to the bathroom more often, or have trouble breathing
- Baby can open and close eyes

Your baby has less room to move around because it is nearly grown. He or she is moving into birth position.

1st Trimester



2nd Trimester



3rd Trimester



What About That Weight?

Gaining weight is a normal part of pregnancy. You need to eat more to feed your baby. The weight can come off after you give birth.

Make sure you eat healthy foods. Fruits, vegetables, and whole grains are good for you and your baby. A healthy diet will make it easier for you to lose weight after you give birth.

The Negative Effects of Alcohol and Tobacco on Your Baby

Drinking any amount of alcohol can cause **fetal alcohol syndrome**, which affects your baby's ability to think and learn. Alcohol will also hurt your baby's liver, heart, and other organs.

Using tobacco during pregnancy can hurt your baby several ways, including:

- Causing an early birth
- Causing a stillbirth (death of child)
- Lung infections
- Asthma
- Respiratory infections
- Sudden Infant Death Syndrome

Your Doctor Has Answers

You will visit your doctor once a month while you are pregnant. You will visit them even more as you get closer to giving birth.

Ask your doctor.

- What foods are healthy for you and your baby
- What types of exercises to do and how much
- About medications. Do not take any medication without asking your doctor first
- About vitamins. Do not take any vitamins without asking your doctor first. He or she can give you prenatal vitamins that are healthy for your baby

Make smart choices about your health. You owe it to yourself and your baby.

A healthy diet will make it easier for you to lose weight after you give birth.

