



ALL ABOUT
YOUR 1ST TRIMESTER



Now that you're pregnant...

THERE ARE 3 POSSIBLE OPTIONS FOR EVERY PREGNANCY WHICH INCLUDE:

- Continuing your pregnancy
- Elective termination of pregnancy
- Participate in adoption

These are very personal choices that only you can make for your body. If you would like to know more about the options you have now that you're pregnant, one of our doctors would be happy to chat with you.



WHAT DOES IT MEAN FOR ME TO HAVE A HEALTHY PREGNANCY?

Now that you're pregnant, let's take a closer look at what this all means. Use the space provided to reflect on the following questions.

What is important to you during your pregnancy?



Having a healthy baby



Keeping myself healthy/Staying active



Finding the right resources



Being able to work until I deliver



Managing other health conditions



Taking care of other family members

WHAT DOES IT MEAN FOR ME TO HAVE A HEALTHY PREGNANCY?

Now that you're pregnant, let's take a closer look at what this all means. Use the space provided to reflect on the following questions.

What does it mean to be a mother? How has your relationship with your own mother shaped your view of motherhood?

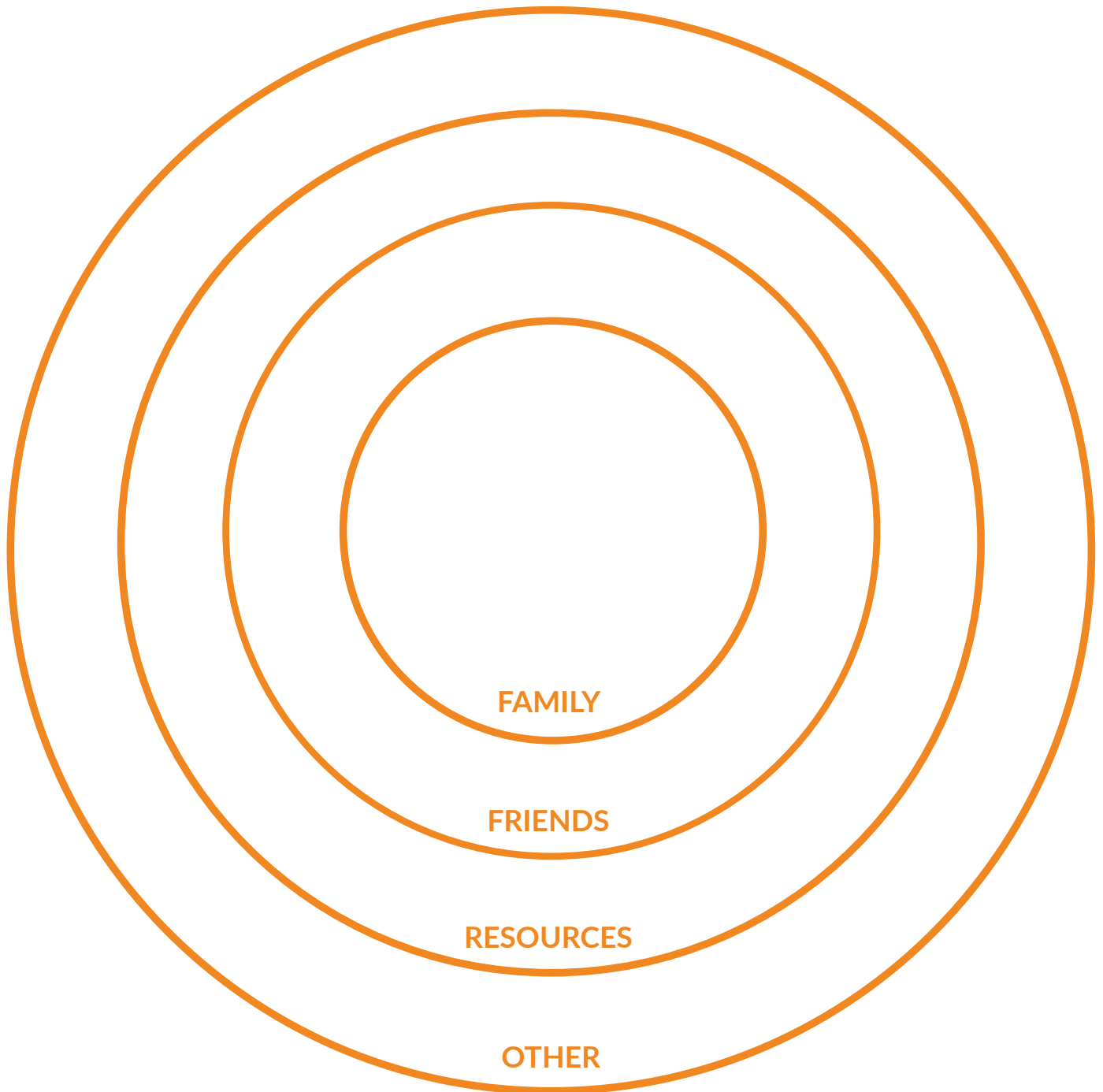


Who am I: What can you do throughout your pregnancy to strengthen your sense of self?



WHAT DOES IT MEAN FOR ME TO HAVE A HEALTHY PREGNANCY?

Having a healthy pregnancy also means taking care of your body through food and exercise, managing your stress and having a good support system. Your support system may include family, friends and community resources. Using the space in each circle, write out everyone that is a part of your support system.



YOUR BODY IN THE FIRST TRIMESTER

As your body begins to change throughout your pregnancy, you'll begin to notice things including:



FEELING VERY TIRED

Allow more time for naps, decrease the amount of activity in your schedule and let others help you when they offer.



NAUSEA/VOMITING

This can happen any time of day. Refer to the Morning Sickness Handout for foods and tips to help with nausea and vomiting.



HEARTBURN

Try eating smaller meals and don't eat right before bed. Ask your doctor about foods to avoid or medications to try.



CONSTIPATION

Drink plenty of fluid, eat fruits, vegetables and get exercise. Avoid laxatives and don't stop taking your prenatal vitamin.



CHANGES IN SKIN COLOR

You may notice this down your stomach or around your nipples. This is because of changing hormones that make more melanin (brown skin pigment).



STRETCH MARKS

Moisturizer can help your skin stay elastic and comfortable, but a large portion of stretch marks are genetic and unavoidable.



LARGER TENDER BREASTS

Your hormones are helping get ready for milk. Wear a bra that provides support and fits well.



MILKY DISCHARGE

Your breasts will begin producing a milky discharge during the last weeks of being pregnant. This discharge will continue the first few days after delivery and is baby's first food.



LEG SWELLING

Wear loose-fitting clothes around waist and legs, wear elastic support hose, lying on the left side, rest with legs raised, avoid standing for a long time.

- There is no need to limit salt. Avoid diuretics unless your doctor advises otherwise.
- Your shoe size may increase during pregnancy. Try to wear supportive shoes. Sneakers or other rubber-soled shoes will help keep you comfortable and decrease foot and leg swelling throughout the pregnancy.

YOUR BODY IN THE FIRST TRIMESTER

As your body begins to change throughout your pregnancy, you'll begin to notice things including:

- **BACK PAIN**

This is due to many changes your body is experiencing. Normal weight gain can cause stress on your back. Stretching, seeing a chiropractor or getting a pregnancy massage can help. Wearing supportive shoes and belly/maternity band can also help. Try exercise and using hot/cold compresses or warm baths/showers. Use more pillows as props to sleep.

- **YOUR HEART BEATING FASTER**

This is a normal change in pregnancy and happens because of changing hormones.

- **FEELING OUT OF BREATH**

This is a normal change in pregnancy and happens because the uterus is limiting how much the lungs can expand.



- **THE NEED TO USE THE BATHROOM OFTEN**

This is due to increased kidney function during pregnancy and the pressure of the uterus on the bladder. Continue to stay hydrated. Drink up to 1 gallon or 10 glasses of water a day.

- **SEX DURING PREGNANCY**

Sex is safe during pregnancy as long as your doctor hasn't told you not to. Some spotting or cramping may happen during or after sex which is normal. If you bleed similar to a period or cramps get worse with sex, call your doctor.

- **NOSEBLEEDS**

This is a normal change in pregnancy because your blood volume has increased.

CONCERNING SIGNS & SYMPTOMS

If you notice any of these signs and symptoms, call your doctor right away:
Call your Neighborhood Health Center doctor at 716-875-2904.

- Headaches that won't go away
- Contractions
- Feeling light-headed
- Disturbance in eyesight
- Swelling of hands or feet that is worsening
- Decrease in urination
- Any illness or infection
- Rapid heart rate, palpitations or chest pain
- Shaking of hands, feet or both
- Seizures
- The baby moving less than what is normal
- Constant dull pain under right rib cage
- Vaginal bleeding or leakage of amniotic fluid (when the water breaks)
- Nausea and vomiting that is worsening or if you are unable to keep food down for 24hrs
- Pain or cramps in your lower abdomen that is worsening





Visiting the Dentist during your pregnancy...

TAKING CARE OF YOUR TEETH DURING PREGNANCY

It's recommended and safe for you to have a dental cleaning every six months during pregnancy.



KEEPING YOUR TEETH HEALTHY

It's important to keep your teeth clean at home to keep yourself healthy and prevent possible complications. A few things you can do to keep your teeth healthy include:

- Floss daily
- Brush twice per day or after each meal
- Contact your dentist if your gums are bleeding frequently or if you have tooth pain or jaw swelling

SAFE DENTAL PROCEDURES

Dental cleanings, basic dental procedures and X-rays are safe during pregnancy. A note from your doctor may be needed prior to more complicated dental procedures.





Healthy Weight Gain, Eating & Exercise

HEALTHY WEIGHT GAIN HELPS TO:

- Grow a healthy baby
- Limit risks of a baby being too big or too small when born

NOT GAINING HEALTHY WEIGHT (TOO LITTLE OR TOO MUCH) CAN:

- Increase risk for problems during pregnancy and problems for the baby
- Increase risk for gestational diabetes, preterm birth or having a baby born that is too small



HOW MUCH WEIGHT SHOULD I GAIN?

This depends on which weight category you were in when you became pregnant. Check the chart below to see how much weight you should gain. If you're uncertain, ask your Neighborhood Health Center nutritionist for help.

WHEN YOU BECAME PREGNANT:



Gain 28-40 lbs



Gain 25-35 lbs



Gain 15-25 lbs



Gain 11-20 lbs

HOW DO I GAIN A HEALTHY AMOUNT OF WEIGHT?

- Eat a balance of foods that are good for your body
- Stay active on most days
- Ask for a referral to one of Neighborhood Health Center's nutritionists
Our nutritionists can help you figure out a healthy eating plan for you to enjoy during your pregnancy



WHAT IF I'M EXPERIENCING NAUSEA/VOMITING?

- Refer to "Morning Sickness" Handout for further guidance
- Ask for a referral to one of Neighborhood Health Center's nutritionists if you need more support



Foods To Eat For a Healthy Balance

DURING YOUR FIRST TRIMESTER

Eat a balance of the foods on the following pages to help your body begin growing a baby. You don't need to eat more often than you usually would.

DURING YOUR SECOND & THIRD TRIMESTERS

You'll need an extra 300 calories per day. Review the "300 Calorie Snacks" handout for ideas.

FOODS TO EAT FOR A HEALTHY BALANCE

PROTEINS

Include in all meals and snacks. Proteins help your body to grow the baby and get important things like iron.



1/2 CUP BEANS



1/4 CUP NUTS



1 EGG



PALM-SIZE OF MEAT, CHICKEN OR FISH



6 OZ. GREEK YOGURT



1/2 CUP TOFU

GRAINS

Make 1/4 of your meals grains. Try to make half of the grains you eat whole grains like oatmeal or whole grain cereal or bread.



PASTA



OATMEAL OR CEREAL



TORTILLA



RICE



BREAD



QUINOA OR BARLEY

FRUITS & VEGETABLES

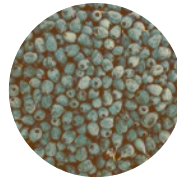
Try to have a combination of fruits and vegetables five times a day.



2 CUPS LEAFY GREENS



1/2 CUP COOKED CARROTS



1/2 CUP BERRIES



1 CUP 100% FRUIT JUICE (LIMIT TO ONCE A DAY)



1 MEDIUM ORANGE



1/4 CUP RAISINS

A HEALTHY PLATE LOOKS LIKE THIS:



FOODS TO EAT FOR A HEALTHY BALANCE

DAIRY

Try to have this three times a day to support both you and baby's needs for calcium and bone/teeth growth. Non-dairy ideas include: broccoli, leafy greens, sardines, non-dairy milk with calcium



1 CUP OF MILK



1 CUP YOGURT



1 OZ. CHEESE

OILS & FATS

Use these during pregnancy to support your baby's brain growth.



AVOCADO



NUTS



OILS (OLIVE AND CANOLA)

FLUIDS

To support your baby's needs, try to drink 10 cups (8 ounces each) of fluid per day.



1 CUP 100% FRUIT JUICE (LIMIT TO ONCE A DAY)



WATER



LOW-FAT MILK

VITAMINS

Make sure to take your prenatal vitamin to get many of the extra vitamins and minerals you need while pregnant.

Choline: This helps your baby's brain growth and can help lower risks for both mom and baby. It's not in most prenatal vitamins, so try to eat these foods to get choline in your diet:



EGGS



GROUND BEEF



SALMON



PORK



CHICKEN



SOYBEANS



BROCCOLI

FOODS & ACTIVITY TO LIMIT WHILE PREGNANT

Avoid these things to prevent getting you or baby sick:



Avoid cleaning outdoor cat litter boxes



Wear gloves and wash hands well after gardening or working with soil



Avoid raw or undercooked fish, eggs, meat, poultry and seafood



Heat hot dogs and deli meat to steaming hot



Avoid unpasteurized milk, juice, soft cheeses (feta, blue, brie, camembert, queso blanco)



Wash all fruits and vegetables with water before consuming



Store fresh fruits and vegetable separate from raw meat, eggs, poultry and seafood



Avoid raw sprouts



Refrigerate perishable food within 2 hours, or within 1 hour if the temperature is warmer than 90 degrees

FOODS & ACTIVITY TO LIMIT WHILE PREGNANT

FISH

Avoid these:



SWORDFISH



TILEFISH



KING MACKEREL



SHARK



SALMON



CANNED LIGHT TUNA



COD



CATFISH

Limit these to twice per week:

HERBAL SUPPLEMENTS AND TEAS

Check with your doctor first before consuming. If processed by government standards, these are considered safe herbal teas:



BLACKBERRY



ORANGE PEEL



GINGER



LEMON BALM



CAFFEINE

Limit caffeine to no more than 200 mg of caffeine a day. Check your sodas, coffee and tea labels to see how much caffeine is in your drinks.



HIGH-SUGAR, HIGH-FAT FOOD

Fried foods, candy, sausage, chips, etc. can add extra weight during pregnancy.



ALCOHOL

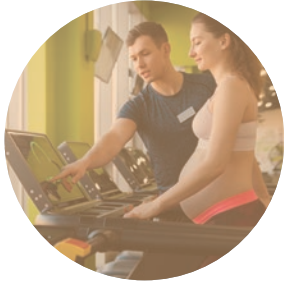
There is no recommended safe level for alcohol during pregnancy. If a pregnant woman drinks alcohol, it gets passed to the blood of the baby and can lead to possible birth defects and Fetal Alcohol Syndrome.



TOBACCO

It is not recommended to smoke or use tobacco while pregnant. Smoking while pregnant is connected to increased risk for SIDS, preterm birth, low birth weight and miscarriage.

STAYING ACTIVE WHILE PREGNANT



REMAINING ACTIVE WHILE PREGNANT CAN HELP WITH:

- Reducing back pain
- Easing constipation
- Decreasing your risk of gestational diabetes, preeclampsia and cesarean delivery
- Promoting healthy weight gain during pregnancy
- Improves overall general fitness and strengthens your heart and blood vessels
- Helping prepare the body for labor/pushing during labor
- Decreasing complications of labor
- Losing baby weight after the baby is born

SAFE EXERCISES TO DO WHILE PREGNANT



WALKING



SWIMMING



SPIN-CLASS



RUNNING AND
JOGGING



TENNIS AND
BADMINTON



STATIONARY
CYCLING



STRENGTH
TRAINING



RECUMBENT
BIKE



ZUMBA
(LOW-IMPACT)



WATER
AEROBICS
(LOW-IMPACT)



CARDIO/STEP
CLASSES
(LOW-IMPACT)



YOGA/PILATES
(MODIFIED)



UPRIGHT
STATIONARY
BIKE

UNSAFE EXERCISES



HOT
YOGA/PILATES



SKY DIVING



SCUBA DIVING



OUTDOOR
CYCLING



DOWNHILL
SKIING,
GYMNASTICS,
SURFING
(HIGH RISK
OF FALLING)



CONTACT
SPORTS
(BASKETBALL,
SOCCER,
BOXING)



EXERCISE CAUTIONS



KEEP THESE THINGS IN MIND BEFORE YOU BEGIN EXERCISING:

- Drink plenty of water before, during and after exercise to prevent dehydration
- Wear a supportive sports bra throughout pregnancy and belly support later in pregnancy to reduce discomfort
- Avoid getting too hot while exercising
- Avoid standing still or lying flat on your back as much as possible
- Aim for at least 150 minutes of activity every week at a moderate level (20-30 minutes on all or most days of the week)
- Check with your doctor to make sure you are okay to exercise

WARNING SIGNS TO STOP EXERCISE AND CALL YOUR DOCTOR

- Vaginal bleeding
- Regular painful contractions
- Amniotic fluid leakage
- Difficulty breathing
- Dizziness
- Headache
- Chest pain
- Muscle weakness affecting balance
- Calf pain or swelling



STAYING ACTIVE AFTER YOU DELIVER

Staying active after you deliver your baby can help you by:

- Decreasing risk of blood clots
- Improving your mood
- Encouraging a healthier lifestyle
- Losing extra weight

At least 150 minutes of activity at a moderate level every week (20-30 minutes on all or most days of the week) once cleared by doctor to resume activity.



MANAGING YOUR MOOD AND STRESS

We recognize that pregnancy brings a lot of changes. Your doctor will help you by linking with one of our caring counselors for added support throughout your pregnancy and postpartum experiences.

Meeting with a Neighborhood Health Center counselor at least once per trimester can help with managing stress, learning about other services and supports and providing you with a safe space to talk about any worries/concerns related to pregnancy or other aspects of life. Your doctor will check for changes in your mood during pregnancy visits.



MOOD CHANGES IN YOUR FIRST TRIMESTER

During your first trimester, you may experience a mix of emotions including happiness, excitement, fear and worry. This can be because of changes to your body, hormone changes and possible changes in your relationships.



HOW TO HELP WITH MOOD CHANGES IN YOUR FIRST TRIMESTER

If you need some extra help coping with mood changes, talking about what you're going through may be helpful. Consider talking to your family, friends or your doctor. You can also talk to your doctor about getting connected to a counselor. If you need to change medications to help you manage your mood, your doctor and counselor can help you find other ways to manage during pregnancy.