



ALL ABOUT  
**YOUR 2ND TRIMESTER**



NEIGHBORHOOD  
HEALTH CENTER



## CHECK IN: WHAT DOES IT MEAN FOR ME TO HAVE A HEALTHY PREGNANCY?

Remember to check-in with yourself throughout your pregnancy. You may want to review what you wrote down under this section in the first trimester. Is there anything new you'd like to add?

*What is important to me during this pregnancy?*

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*What does it mean to me to be a mother?*

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*In addition to being a mother, "who am I?"*

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*Taking care of my body through food and exercise.*

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*Managing my stress.*

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*Having a good support system*

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## YOUR BODY IN THE SECOND 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).



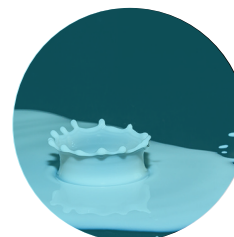
### STRETCH MARKS

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 or ask your doctor about using insoles. Sneakers or other rubber-soled shoes will help keep you comfortable and decrease foot and leg swelling throughout the pregnancy.

## YOUR BODY IN THE SECOND TRIMESTER

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



### • CONSTIPATION

This is due to pressure from the uterus, higher levels of hormones, and iron supplements. You may have constipation if you only have a bowel movement every 3 days or more or your bowel movements are very firm or difficult to push out. Drink plenty of fluid (10 glasses or 12 cups a day), eating foods with fiber (especially plums, prune juice, figs) and get regular exercise. Over the counter use of Colace is safe. Avoid laxatives unless your doctor prescribes them.

### • DIZZINESS

This is due to body and hormone changes. Drink plenty of fluids, rest when you feel dizzy, and eat multiple healthy snacks throughout the day to limit low blood sugar. Aim to limit caffeine. Avoid standing still for long periods of time, hot showers, and tight clothing. Get up slowly from the bed or chair. Lay on your left side and avoid laying on your back after 13 weeks. Call your doctor if you are having fainting, change in vision, memory, heart palpitations or chest pain.

### • INSOMNIA

Difficulty sleeping is very common in pregnancy and has many causes. Try to limit screens before bed and do something calming such as reading, taking a warm bath/shower, or drinking calming herbal tea. Stretching before bed, keeping your room dark and cool, and trying deep breathing/relaxation techniques before bed may also help. Try using supportive pillows. Daytime exercise may also help improve sleep.

### • INCREASED VAGINAL DISCHARGE

Discharge is your vagina's natural soap and may increase during pregnancy to maintain a clean environment for the baby. Discharge that does not have a foul odor or is causing itching or burning is usually normal. If you are feeling gushes of fluid or fluid is leaking down your leg notify your doctor.



# GESTATIONAL DIABETES AND GETTING SCREENED

## WHAT IS GESTATIONAL DIABETES:

Gestational diabetes means your body is not able to manage and use your blood sugar in the right way. The causes of gestational diabetes are not fully known, but some women get gestational diabetes because of a family history of diabetes, or from becoming overweight and not getting enough exercise.

## WHY IS IT IMPORTANT TO GET SCREENED FOR GESTATIONAL DIABETES:

**Potential risks for mom:** increased risk of developing type 2 diabetes later in life, gestational hypertension, pre-eclampsia.

**Potential risks for baby:** shoulder dystocia or other birth-related trauma, macrosomia, accelerated growth, hypoglycemia and death.

## WHAT IS THE SCREENING PROCESS?

**When:** Between 24-48 weeks of pregnancy.

**How:** A very sweet drink is given and then blood is drawn an hour after. There is no need to fast for this test, but you may want to limit your sugar intake prior to the screening.

## RESULTS:

Results are usually available within 1 week of the testing.

## WHAT IS THE TREATMENT FOR GESTATIONAL DIABETES?

Treatment options are based on your level of gestational diabetes. You most likely will need to check your blood sugars at home. Special instructions and teaching would be provided for you if this would be part of your treatment plan.

## THE FOLLOWING ARE THE MOST COMMON TREATMENT OPTIONS:

- **Balancing your meals and food intake.** Meeting with a nutritionist can help with this.
- **Exercise and activity** that's safe for pregnancy can be beneficial and help with your blood sugar. Refer to the exercise guide and discuss with your provider if you have questions.
- **Medications** that help to control your blood sugars such as insulin and an oral medication called metformin.





## WAYS TO CONNECT WITH BABY DURING THE SECOND TRIMESTER:

Try these ideas to grow your connection with baby during the second trimester.

- Tell the baby they are loved
- Share your joy with others
- Assure the baby you are looking forward to meeting them
- Reassure yourself you are ready to care for their needs, able to meet their needs, and protect them
- Let the baby hear your voice through reading or singing to them
- Remember to laugh often
- Pick a silly loving nickname and use it for the baby





## Healthy Weight, Nutrition & 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



## REVIEW: 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*

## WHAT CAN I DO IF I'M GAINING TOO MUCH WEIGHT?

- Exchange whole fat dairy for low fat/fat free dairy products.
- Grill, bake, or stir fry foods instead of frying.
- Cut down on high fat and high-sugar foods such as donuts, ice cream, candy, cookies, and desserts.
- Refer to foods to include in the first trimester section.

## WHAT CAN I DO IF I'M NOT GAINING ENOUGH WEIGHT?

- Add protein rich snacks such as cheese sticks, yogurt, nuts, and beans throughout the day.
- Avoid skipping meals and try to eat every 4-5 hours.
- Refer to foods to include in the first trimester section.



## ADDING 300 CALORIES PER DAY TO YOUR PLAN

During your second and third trimesters it's important to add an extra 300 calories to your intake to help support you and your baby's needs. Refer to the "300 Meals/Snacks" handout of a list of ideas.





## Manage Mood & Stress

### 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.



### PEOPLE EXPERIENCE STRESS THROUGHOUT THEIR LIVES.

It is especially common during pregnancy due to the many changes physical, socially, and emotionally.



### SUPPORTIVE IDEAS TO MANAGE STRESS DURING PREGNANCY:

- Link with one of our caring counselors.
- Join a pre-natal support group or class to create a sense of community.
- Connect with a church or community mother's group.
- Strengthen your relationship with the person(s) who might play a big role after baby is born (e.g. mother of mother, aunt, grandma, etc.))
- Do baby preparation activities with your partner or support person (prepare the baby's sleeping space/nursery, collect gear, and collaborate on birth plan and partner's envisioned role).
- Write in a journal yourself or with a partner about how you see your lives changing with this new baby.
- Practice breathing and relaxation exercises.
  - See the "Breathing and Muscle Relaxation" handout for ideas.



## PREPARING FOR LABOR AND DELIVERY:

Trying some of the ideas below can help to reduce stress around your upcoming labor and help you to feel better prepared for baby's delivery;

- Prepare for how you mentally want to approach labor and delivery.
- Practice guided visualizations (see Visualization Techniques handout).
- Discuss pain management tools: audio therapy, aromatherapy, distractions, massage, IV pain medication, and epidural options.
- Take a tour of the hospital.
- Consider who you would like present at the birth and the first hour with the baby.
- Pack your bag with supplies for the hospital to make you feel comfortable and prepared.





## Get Support

### SUPPORT FOR ABUSE:

Pregnancy can be a stressful and challenging time, especially if your partner is not supportive, saying hurtful things, or is physically hurting you.

Abuse can increase or start for a variety of reasons, including jealousy about attention on the pregnancy, stress about finances, the increased responsibility or anger about the pregnant partner's body changes. Regardless of the reason, **there is no excuse for abuse and it isn't your fault.**

### GETTING HELP IN AN ABUSIVE SITUATION/RELATIONSHIP DURING PREGNANCY:

- Tell your doctor: it's their job to care for your and your baby's health and well-being.
- If your partner won't tell/allow you to see the doctor on your own? Your providers will make an excuse to meet with you one-on-one.
- Tell your counselor.
- Tell a trusted family member or friend.
- Call the 24/7 National Domestic Violence Hotline 1-800-799-7322.
- Call the local 24/7 Domestic Violence Hotline 716-862-4357.

### NOT ALL ABUSE IS PHYSICAL ABUSE. THERE ARE 6 DIFFERENT TYPES OF ABUSE:

- **Physical Abuse:** any intentional and unwanted contact with your body.
- **Emotional Abuse:** non-physical behaviors such as threats, insults, constant monitoring or "checking in," excessive texting, humiliation, intimidation, isolation or stalking.
- **Sexual Abuse and Coercion:** any action that pressures or coerces someone to do something sexually they don't want to do.
- **Reproduction Coercion:** a form of power and control where one partner takes away the power of the other partner's ability to control their own reproductive system.
- **Financial Abuse:** telling someone what they can and cannot buy or requiring them to share control of their bank accounts.
- **Digital Abuse:** use of technologies to verbally or emotionally abuse someone.



