



Letters from Your Unborn Baby My First Month



Dear MOM,

You are my mom. I am your baby. *I am only the size of a grain of rice!* You won't have your period until after I am born.

You may feel a general tired and sleepy feeling, nausea and vomiting, heartburn and indigestion, and food cravings. Luckily, you can make some of these problems go away by having a healthy lifestyle. Not all women experience these changes. You may not feel any different at all. I have some tips to help you during pregnancy. I want you to have a safe and happy pregnancy Mom. I like calling you Mom!

DO YOU EAT RIGHT, MOM?

What you eat is important to both of us. At every meal, you need to eat foods to help us grow. We can find healthful foods that you like to eat. Try to follow **MyPyramid** guidelines for healthy eating:

1. Eat a variety of foods.
2. Aim for a healthy weight by staying within your calorie needs of your pregnancy.
3. Emphasize fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
4. Include lean meats, poultry, fish, beans, eggs, and nuts in your eating plan.
5. Choose foods low in *trans* fat, saturated fat, cholesterol, salt (sodium), and added sugars.
6. Be physically active each day.



There are three more guidelines for healthy living for the two of us:

7. Limit foods with caffeine, like coffee, sodas, and chocolate.
8. Practice living an alcohol- and drug-free lifestyle. **STOP** smoking!
9. Breastfeed me.



Fatigue

You may be tired and that is expected. Even if you eat nutritious foods, your body is still working extra hard to get ready for me. If you are tired, do not fight it. Take a nap or go to bed early. Do less around the house or school work if you are not feeling your best. Others can help with your chores and responsibilities. You will feel like yourself again soon. When you feel tired, a nice walk in fresh air may make you feel better.

Nausea and Vomiting (Morning Sickness)

Many pregnant women have morning sickness in the first trimester. You may feel sick to your stomach and may not feel like eating. Many women have morning sickness in the morning but others have it in the afternoon or evening. There is no cure for morning sickness, but there are ways to control it.

TIPS TO CONTROL “MORNING SICKNESS”

1. Get out of bed slowly. Sudden movement can make you feel sick.
2. Eat dry crackers, toast or popcorn in the morning. Keep these by your bed to eat when you wake up.
3. Eat small meals throughout the day so your tummy is never empty.
4. When cooking, open windows or use a fan to get rid of strong smells.
5. Stay away from greasy, fried or spicy foods or any foods that upset your stomach.
6. Have a sour snack like lemonade to get rid of a queasy/nauseous stomach.

Now that you are pregnant it is important that you see a doctor as soon as possible. To find out about health care for pregnant women call Planned Parenthood, the local health department (WIC), or your doctor.

TELL YOUR DOCTOR WHEN:

- You are nauseous or vomiting more than twice a day.
- Water or blood is leaking from your vagina.
- You have a fever over 100°F or you have bad headaches.
- You have pain in your belly.
- Your hands or feet swell.
- Your vision becomes blurry or you see double.

Remember, Mom, please see a doctor.

I am so glad that you care about me mom. I can't wait to meet you. Thank you for taking care of yourself.

Love, Your Baby



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This material was funded by USDA's Food Stamp Program.