



Letters from Your Unborn Baby My Second Month



Dear MOM,



I am so happy that you care about me! The most important thing that you can do for me is to work with your doctor. I know you want me to be healthy. We need to see the doctor, even if I am not your first baby. If you do not have a doctor, call the health department. The earlier you see the doctor the better!

Don't be afraid to go to the doctor. The doctor will ask questions like, "Have you ever been pregnant before?" You will also be asked if any people in your family have diseases like high blood pressure or diabetes. It is important to tell the doctor everything you know. Your answers will tell a lot about your health. The doctor will ask when you had your last period. The doctor will use this date to tell you when I will be born. The doctor will give you a check up. All the tests are important. Don't worry, nothing really hurts.

You may start to see changes in your body. Your breasts might feel heavy and tender. Your breasts will probably swell and your nipples may get larger and darker. Your body is making changes so that I can breastfeed. You may feel happy and sad all at the same time. Motherhood is a big change and a new responsibility for you. It is all right if you are nervous about our lives together. Talk to other mothers about the pleasures and pains of having a baby.

GAINING WEIGHT



You need to gain weight while you are pregnant with me. It helps me grow. Gaining weight is normal and very important during pregnancy. How much you weighed before you were pregnant with me will help you and your doctor decide how much weight you need to gain to make sure I am born healthy. Look at the chart below and see how much weight gain is best for us both.

PRE-PREGNANCY WEIGHT	YOU SHOULD GAIN
UNDERWEIGHT	28-40 pounds
NORMAL	25-35 pounds
OVERWEIGHT	15-25 pounds

Make nutritious food choices that provide proper nourishment. Limit foods that are empty calories. Remember, babies need nourishment during pregnancy. **Now is not the time to lose weight if you are overweight, you could starve your baby.** Talk with your doctor or nutritionist to help you lose weight after I am born.

It is generally recommended women of normal weight before pregnancy eat about 300 additional calories a day while pregnant. If you are underweight or overweight consult with your doctor about your daily calorie intake so you can meet your weight gain goal discussed by you and your doctor.

Examples of nutrient-rich foods that equal about 300 calories:
 1 oz. cereal + 1 cup skim milk + apple or banana
 2 oz. turkey* + 2 slices whole wheat bread + lettuce + tomato slice
 1 medium baked potato + 1 oz. low fat cheese + 1/2 cup broccoli

* **Caution:** Hot dogs and luncheon meats should be reheated until steaming hot to reduce your risk of getting listeriosis which is a bacteria infection that can be harmful to mother and unborn baby.

What foods would you choose for a healthful breakfast?

SAMPLE BREAKFAST FOODS

1 cup fortified hot cereal	GRAIN GROUP
1 hard cooked egg	PROTEIN GROUP
1 cup tomato or orange juice	VEGETABLE / FRUIT
1 cup skim milk	DAIRY GROUP
1 small doughnut	EMPTY CALORIES

All these foods, except the doughnut, are nutrient-rich foods. The doughnut is an empty-calorie food so it doesn't count as a bread or cereal. Toast or an English muffin would be a better choice.

Stay away from foods described as “**empty calories**”. These foods like cookies, soda, candy, cake are high in calories and low in nutrients.

AVOID TOBACCO, ALCOHOL, AND DRUGS These habits can hurt your body and are really dangerous to me since I am so small.



Thanks for caring about me mom. **Love, Your Baby**



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