



# Letters from Your Unborn Baby My Third Month



**Dear MOM,**

Is it hard to believe that I will be born in about six months? Have you seen the doctor yet? I hope so, Mom. The doctor is our partner during this time. The doctor will help us stay healthy.

Remember to take the prenatal vitamin and mineral supplement your doctor gives you. You especially need the iron. The joints between your pelvic bones are widening. You may have to urinate more often and sometimes without much warning. At this point your body doesn't look much different but your stomach may look bigger by the end of the month.



## **BREASTFEEDING**

Have you thought about how you are going to feed me when I am born? Breastfeeding is the best choice for both me and you. Start talking to your doctor and moms that have breastfed their babies so you can learn more about breastfeeding.

## **EXERCISE**

We need some exercise mom. Walking is a good exercise.. Making beds, washing dishes, and dusting is good exercise. Exercise should be fun for you. Try other kinds of exercise like swimming, dancing, or practicing childbirth exercises. Rest when you are tired. I want you to feel good while I am growing inside you. If you don't exercise already, start slowly. Try 15-30 minutes a day, three or four times a week. If you were active before you got pregnant, you can probably continue exercising during pregnancy. Ask your doctor if you have questions.

## **HEARTBURN and INDIGESTION**

You may have heartburn while you are pregnant. The changes in your body sometimes make food back up out of your stomach, into your esophagus or throat and the burning pain is heartburn. Indigestion is when your stomach gets too full or is irritated. This may be uncomfortable for you. Usually indigestion or the bloated feeling will go away on its own.

### **SUGGESTIONS TO HELP THE DISCOMFORT OF HEARTBURN OR INDIGESTION**

- 1. You will feel more comfortable if you do not over eat.*
- 2. Don't wear tight clothes that bind at the waist.*
- 3. Eat small meals throughout the day.*
- 4. Eat slowly and chew your food well.*
- 5. Don't eat foods that cause you discomfort like seasoned foods, greasy foods, coffee, alcohol, mints and mint-flavored gum.*
- 6. Get enough rest and relaxation to allow your stomach time to digest the foods you eat.*

## FOOD CRAVINGS

Some women crave foods like pickles or ice cream during pregnancy. Food cravings are usually temporary and cause no harm. But if you crave things that aren't food, like clay, ice, or raw starch, you have a problem with your diet. Tell a doctor, nurse or nutritionist about your cravings because these things can make you sick, can cause you to lose your appetite for healthy foods, or can hurt me!



Everyday we need lots of different nutrients to be healthy. **MyPyramid** recommends eating a variety of foods from all 5 food groups: grains; vegetables; fruits; milk, and meat & beans. Eat more fruits, vegetables, whole grains, fat-free or low-fat milk products. Eat less of foods high in saturated or *trans* fats, added sugars, cholesterol, salt and alcohol.

## SNACKS

Sometimes you may want a snack. You can eat grains, vegetables, fruits, milk, and meat foods anytime of the day. If you really want to eat a snack like a candy bar, drink a glass of milk with it so you get more than just fat and sugar with your snack. Most often choose snack foods like whole fruit, whole grain breads, low fat milk, nuts, or vegetables.

## WHAT ABOUT SEX?

Mom, you don't have to stop having sex. If you feel comfortable about it and want to have sex while you are pregnant, you won't hurt me. About six weeks before I am born your doctor may ask you to stop having sex, so that I will not be born early and so no germs can reach me. Remember there are other ways to show your love like hugs, saying "I love you," or making a special meal. After I am born, your life will change. I will need lots of love and care from you. You will still need love and care too. Talk with your doctor about how to have safe sex after I am born.

I'll write again next month. Take care of your self, Mom. **Love, Your Baby**



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