



Letters from Your Unborn Baby My Fourth Month



Dear MOM,

How are you today? I hope that you are feeling good and eating healthful foods for both of us. I have a lot to tell you.

You probably are starting to look and feel like you are pregnant. It is time to think about getting some comfortable clothes. If you don't want maternity clothes, just wear anything that is big enough for you. Be sure to get support bras to wear during pregnancy. Wear comfortable, low-heeled or flat shoes that are better for your back and easier for walking.



You may begin to feel me move this month. This movement is called "quickenings". It is very faint, and I am excited that you can feel that I am really here.

PROTEIN



Your appetite may be getting bigger, because I am growing so fast now. You need protein mom, for you and for me too. Since we both need protein please remember to eat foods from the Meat & Bean Group and 3 cups of milk or milk equivalents (1 cup yogurt, 2 ounces cheese) every day.

HOW MUCH PROTEIN DO YOU NEED EACH DAY?

5 1/2 ounces of meat, fish or poultry OR these count as 1 ounce of meat:

1 egg

1/2 ounce of nuts

1/4 cup of dry beans or peas, cooked

1 tablespoon of peanut butter

3-4 cups of milk

Note: Teen moms need 4 servings of calcium-rich foods.

OVER-THE-COUNTER DRUGS

Over-the-counter drugs you buy in the store without a prescription can hurt me. If you take aspirin, antacids, laxatives, cough syrup or high doses of some vitamins, I may be born with birth defects. As a general rule, only take medication that your doctor knows about. If you get sick, talk to your doctor to learn about a safe treatment.

CAFFEINE



Caffeine is often found in “empty-calorie” beverages and food like coffee, tea, soda and chocolate. There is also caffeine in some over-the-counter drugs. Caffeine makes you feel alert and stay awake. Caffeine can be addictive. If caffeine can do that much to your body mom, think what it can do to my little body!

Please try to avoid those “empty-calorie” foods and beverages that have caffeine. Replace the caffeinated beverages you drink with nutrient-rich choices such as milk and 100% fruit juices that are good for me.

DRINKING WATER



Throughout the day it is important to drink plenty of liquids. Water is best, but fruit juices, milk, soups, and decaffeinated beverages count. Some places have unsafe drinking water because of high levels of nitrates (chemicals) or lead (a mineral).

Nitrates or lead are a risk to your health and my health if too much gets in your body. If you are not sure about your drinking water, call the local health department or call the water company in your area.

ARE YOU GETTING READY?

Are you getting ready for my arrival? Do you know how much it will cost? The doctor and the hospital stay will be separate bills. Do you have hospital insurance? This helps pay for my birth and our hospital care. Can you save the money before I arrive? Then, you can pay the bills right away. You can enjoy playing with me, instead of worrying about bills. Won't that be fun?

Are you working now, Mom? You probably can work through your whole pregnancy. Ask the doctor for sure. Light work will not hurt us. Exercise won't hurt us either. Let's go for a walk today! **Love, Your baby**



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