



Letters from Your Unborn Baby

My Fifth Month



Dear MOM,

I will be born in about four months. We are more than half way through!

Have you seen the doctor again, Mom? I know it isn't always fun or easy. Sometimes, you have to wait to see our doctor. But it is worth it. The doctor needs to know how we are doing. Our doctor will help keep us healthy.

You notice me growing because you are getting bigger. If you massage a moisturizer onto your stomach it can help keep your skin soft and possibly reduce the occurrence of stretch marks as I grow. You can hear my heartbeat with a stethoscope. You can feel me moving, kicking and turning.

Mom, if you smoke, quit smoking or cut back? Remember, cigarette smoke harms both you and me.

BREASTFEEDING



Have you thought about how you will feed me? You can breast-feed me, feed me with a bottle, or do both. Breastfeeding is the BEST way to feed me. Breastfeeding will give me all the nutrition I need for the first couple months. The first breast milk is called colostrums that has lots of antibodies to help me stay healthy. Breastfeeding is cheap and easy to learn.

If you would like to learn how to breastfeed, ask a friend or family member that has tried breastfeeding. A doctor or nurse can also help you learn.

If you decide to feed me with a bottle, ask your doctor which formula is best for me. There are many different brands which are similar. Use the brand that your doctor recommends. Formula comes in different forms. It can be ready-to-serve, concentrate or powder. Practice making baby formula before I am born. There are directions for preparing formula. *The directions are important.*

If you want to try both breastfeeding and formula feeding that may work for you! Try to begin breastfeeding while you are still in the hospital so your body will begin making milk for me. If we will be apart while you are at work or school, you can pump your milk for me to drink later, or you can give me formula during the day. If you just want to breastfeed for a few weeks that is better than not at all! I will still get good breast milk and antibodies to keep me healthy. Let's try breastfeeding. Okay, mom?

MILK AND CALCIUM

You need three servings of calcium rich-foods each day during pregnancy. If you are a teenager, you need four servings because your body is still growing, too. If you don't like milk, you need to get calcium from other foods.

Equal to 1 cup of fresh whole milk:

- 1 1/3 ounces natural Cheddar Cheese
- 1 1/2 ounces processed Cheddar Cheese
- 1 1/3 cups creamed cottage cheese
- 1 cup cocoa made with milk
- 3/4 cup homemade macaroni and cheese
- 1 milkshake (made with 2/3 cup milk and 1/2 cup ice cream)
- 1 cup oyster stew
- 1/5 of 15 inch diameter round pizza, made with cheese topping
- 1 cup pudding, made with milk and cornstarch
- 1 1/3 cups canned cream soup, prepared with equal volume of milk
- 1 cup yogurt



If you don't like milk, or can't drink milk, try these calcium-rich foods in your diet:

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| Broccoli | Kale | Sardines |
| Collard greens | Tofu | Orange juice with calcium |
| Fortified oatmeal | | |

DENTAL CARE



Cavities grow faster when you are pregnant. Go to the dentist and get your teeth checked for any cavities. If you have any, get them filled right away. Please take good care of your teeth. They make your smile pretty!

Until next month, take care of yourself, Mom! **Love, Your Baby**



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