



Letters from Your Unborn Baby My Seventh Month



Dear MOM,

We're almost there, mom. Are you noticing all the changes? You may be feeling leg cramps, or backaches now. Back and leg pain is from me pushing against your back. Sometimes I will move and shift my weight and sometimes I will stay in one position for a long time. If my position causes you discomfort, rest or try a heating pad. Also try this exercise to fix back pain. **It is called a cat stretch:**

Get down on your hands and knees with your back in a naturally relaxed position. Keep your head straight and your neck in a straight line with your spine. Next, hump your back, tightening your abdomen and buttocks and allow your head to drop all the way down. Slowly release your back and release your head to the original position. Repeat several times.

To prevent backaches follow these tips:

1. Gain the proper amount of weight
2. Don't wear high heels.
3. Bend at the knee, not at the waist when lifting heavy things.
4. Try not to stand for long periods of time.
5. Sleep on a firm mattress.
6. Get plenty of rest and relaxation.
7. Exercise throughout your pregnancy.

BREASTFEEDING

Have you thought about breastfeeding me? Here are some of the reasons why I want to be breastfed:

NUTRITION

The nutrition in human milk is perfect for me. Your breasts are designed to make milk that is special for me, with all the right nutrients to help me grow.

PROTECTION

Your milk has antibodies that will help prevent infection.

DIGESTION

Breast milk is digested easier than infant formula, so I'll spit up less when I receive breast milk.

SPECIAL BOND

You and I will have a special bond when we nurse. You will help me know that I belong to you.



GOOD HEALTH

As a breastfed baby, I will be healthier.

GET YOUR FIGURE BACK

Breastfeeding causes hormones to be released in your body to help you get your figure back sooner.

CHEAPER

Breastfeeding is cheaper and more convenient than bottle-feeding. You always have exactly what I need! You won't have to warm formula or fix bottles when I'm hungry at night or carry formula when we go out.



You may or may not have thought yet about how you want to feed me. If you have questions call your doctor or the health department. If you call the health department, ask to talk with a **PEER COUNSELOR** or a **LACTATION CONSULTANT**.

A peer counselor is a woman like you that breastfed her baby. Peer counselors are easy to talk to. They can usually answer all your questions and concerns about breast-feeding. Peer counselors enjoy breastfeeding and want to tell you about it.

A lactation consultant is a nurse or dietitian who is trained to teach about breastfeeding. They are especially helpful if you have questions while you are breastfeeding

I am anxious to meet you Mom. I will write again next month. **Love, Your Baby**



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