



TEACHER GUIDE

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. Sometimes, the doctor can tell us how to be healthy. Your health and mine go together. The doctor will help us stay healthy.

ABOUT ME

My body is growing rapidly, much faster than my head. I am a tiny human called a fetus. My arms and legs are growing longer and my hands, feet, and toes are forming. My nerve and muscle tissues are growing very rapidly. I can kick but I'm still so small that you can't feel me yet. I can open and close my mouth and even suck and swallow. I know if I'm a boy or a girl.

I weigh about one ounce. That's the size of a small peach. I'm about 3" long.

ABOUT YOU

By now, you should know you are pregnant. Please see a doctor and start regular medical care if you haven't already. 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.

WEIGHT GAIN DURING PREGNANCY

Some of the weight you will gain goes to me and the rest of the weight is necessary for you to have a healthy baby. Some women think that once they gain 10 pounds for the baby, the rest will be fat. This is not true. The best weight gain is between 27 ½ and 35 pounds.

<u>WHERE YOU GAIN WEIGHT</u>	<u>HOW MUCH YOU GAIN</u>
Uterus	2 - 3 ½ pounds
Placenta	1 - 1 ½
Amniotic and Blood fluids	8 ½
Breasts	1 - 3
Your stores	8 - 10
BABY (me)	<u>7 - 8 ½</u>
Average weight gain range	27 ½ - 35 pounds

Try to gain 3 to 4 pounds each month. Your steady weight gain will help me grow. If you gain a lot one month and none the next, I might have a hard time growing as I should.

EXERCISE

We need some exercise mom. Do you walk much? Walking is a good exercise. Exercise keeps your body in good shape and helps you feel healthy. 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.

Exercise can help you feel better and even make you sleep better. 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!

CALORIES

Calories are units of heat energy given off by foods in our bodies. It takes calorie energy to turn food into energy our bodies can use. Every gram (the metric unit for weight like an ounce) of protein or carbohydrate has 4 calories. Every gram of fat has 9 calories. Fat has more than two times as many calories as protein or carbohydrates.

NUTRIENT	FOOD	CALORIES
PROTEIN	1 cup tuna	250 calories
CARBOHYDRATE	3 slices bread	250 calories
FAT	2 ½ tablespoons butter	250 calories

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 - REMEMBER THE GO, GROW AND GLOW FOODS!!

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.

SNACK IDEAS

NUTRITION BIRDSEED Yield: 8 servings (1 cup)

4 cups ready-to-eat cereal

(1 cup of 4 varieties - Wheat Chex, Corn Chex, Rice Chex, Cheerios, etc.)

1 cup raisins

1 cup cheese crackers

1 cup peanuts (or other nuts)

1 cup pretzels (small pieces)

Mix all ingredients together. Place 1 cup in small plastic bags

ANTS ON A LOG

(Recommended for children over 4 only.)

Fill celery sticks with peanut butter and top with raisins.

PEANUT BUTTER KRISPIES

1 cup peanut butter (plain or chunky)

16 graham crackers

2/3 cup honey or pancake syrup

1 cup crispy rice cereal

1/2 cup instant non-fat dry milk

Combine peanut butter, syrup and dry milk in mixing bowl. Stir until well-blended. Crush graham crackers in zip-type bag. Add crumbs to peanut butter mixture. Mix well with hands until well-blended. Pour rice cereal onto a plate. Make teaspoon-sized balls of mixture and roll in rice cereal. Enjoy!

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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