



TEACHER GUIDE

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.

ABOUT ME

I weigh 10-11 ounces now. I am about one foot long. I have eye lashes, eye brows, fingernails, and fine hair called "lanugo". This hair usually disappears before birth.

I am very active now. My movements are much stronger. I'm just trying out my legs. They need exercise just like your legs. My sucking reflex is very good. If my thumb finds my mouth, I enjoy sucking. I sleep and I'm awake like a newborn baby. I'm still small enough to do somersaults in your uterus. It's so much fun! My bones are forming. They won't get hard until after I am born.

ABOUT YOU

You know I'm here now! You notice me growing because you are getting bigger. Your uterus is bigger too. It has grown all the way up to your belly button. You can probably feel how your uterus has moved away from your pelvic area. 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.

The doctor can hear my heartbeat with a stethoscope. Ask the doctor if you can listen too. You can feel me moving, kicking and turning. The first movements may seem like gentle fluttering. By feeling your belly, you may be able to feel my head, my feet, and my hands.

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 breastfeed 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 colostrum. Colostrum

has lots of antibodies to help me stay healthy. Breastfed babies spend less time in the hospital than formula fed babies. Breastfeeding is cheap and easy to learn.

I bet we would both like the special time together during breastfeeding. 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 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

Milk is made up of **GO, GLOW**, and **GROW** ingredients. It has protein to help me grow. Milk has lots of calcium for my teeth and bones, too. Milk gives us energy to keep our bodies running all day. You need at least **three to four** servings of milk or milk foods every day. If you are a teenager, you need four servings because your body is also growing. If you don't like milk, you need to get calcium from other foods.

Here is a list of foods to try eating to add milk and calcium to your diet:

Milkshakes	Cream soups	Pizza
Cheese	Macaroni and cheese	Cottage cheese
Yogurt	Cereal with milk	Ice cream

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

Broccoli	Sardines	Corn tortillas
Collard greens	Tofu	Orange juice with calcium
Kale	Cooked dried beans	

CALCIUM EQUIVALENCIES

On the basis of the calcium, the following are alternatives for 1 cup of fresh whole milk:

- 1 1/3 ounces natural Cheddar Cheese
- 1 1/2 ounces processed Cheddar Cheese
- 1 1/3 cups cottage cheese
- 1 cup cocoa made with milk
- 1 cup custard
- 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

Cottage Cheese Dip Yield: 1 1/2 cups

- 1 1/2 cups cream style cottage cheese
- 1 1/2 teaspoons seasoned salt
- 1 teaspoon instant onion
- 1 teaspoon minced parsley

Mix all ingredients until smooth with electric mixer or blender. Chill. Serve with vegetable sticks—Examples include carrots, celery, broccoli, cauliflower, zucchini, cucumber, green pepper rings, radishes, onion and tomatoes.

Cheddar Cheese Carrots Yield: 3 servings

- 1 lb. can carrots, sliced
- 1/2 cup sharp Cheddar Cheese, grated
- Salt, to taste
- Pepper, to taste

Gently boil carrots in a saucepan for 5 minutes. Drain thoroughly and return carrots to saucepan. Sprinkle with cheddar cheese and place on burner until cheese has melted. Add salt and pepper. Stir to mix cheese. Add parsley to garnish.

Almost-a-Pyramid Sundae Yield: 1 serving

- 1/2 cup vanilla yogurt
- 1/2 cup fresh/canned fruit
- 1/4 cup crushed cereal
- 1 Tbsp. finely crushed nuts

Layer all ingredients in a small cup. Enjoy!

DENTAL CARE

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

Until next month, take care of yourself, Mom!

Your Baby

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