



TEACHER GUIDE

Letters from Your Unborn Baby My Sixth Month



Dear MOM,

I hope that you are having some fun and seeing your friends. You don't need to sit at home all the time. You can do almost anything you did before I started growing inside you. Just don't do too much. You need plenty of rest every day. I want you to feel good.

Some people can make you feel worried and make you think you are sick. Some people talk about backaches. Don't let them talk you into having one. If you have a little backache, don't make it into a big one. Don't let people talk you into being sick. If you don't feel good, please tell your doctor. The doctor can help you feel better.

Some people make you feel better. They make you feel good. They cheer you up. Let's visit them, instead of those people who make us feel sick!

ABOUT ME

I am growing faster now. I am about 14 inches long and I weigh about 1 pound. My fingers and toes are formed now, and guess what? My fingers have their very own finger prints! I have most of my body parts now, but I am not ready to be born yet.

I can cry. My brain is developing and I may suck my thumb sometimes. Sucking my thumb feels good and gets me ready to eat after I am born.

ABOUT YOU

You can really feel when I kick you these days. Remember, I am just practicing all my moves. You are getting bigger and your skin is feeling stretched. Are you still using moisturizer on your skin? It is a good idea.

You may notice some swelling in your legs and ankles. This is normal, especially in warm weather. This swelling may be a bit uncomfortable, but it is not dangerous. To get comfortable put your feet up whenever you can, and wear comfortable clothing. Don't wear tight knee-highs.

The Meat & Beans Group & Grain Group

Iron is a mineral we get from most protein foods. Iron is added to enriched grain products. It is important to get enough iron during pregnancy. Iron is needed to keep our blood healthy. When our blood has iron, the blood cells can carry oxygen to all other cells, and we will feel healthy.

When you don't get enough iron you get anemia. When you have anemia you feel tired and run down, and you don't feel like you have much energy to do anything.

It is very difficult to get enough iron in your diet during pregnancy. Remember to take your prenatal vitamins so you are sure to have plenty of iron.

Some women complain they get constipation when they take iron. If this becomes a problem for you remember to drink lots of water, get plenty of fiber, and exercise regularly.

You can get iron from two food groups. Both the **Meat & Beans Group** and the **Grain Group** have foods high in iron.

FOODS HIGH IN IRON

Meats, poultry, fish, liver

Sardines, tuna

Dried beans: pinto, kidney, navy, lima

Peanut butter

Fortified breakfast cereals

Enriched grain products

Fruits and Vegetables

Fruits and vegetables are a great place to get three vitamins that you really need when you are pregnant. Fruits and Vegetables provide you with vitamin C, vitamin A, and folate.

It is important to get enough **Vitamin C** when you are pregnant. We need vitamin C to make and repair tissues, to fight infections, and to keep our bodies running smoothly.

Vitamin A is another important vitamin during pregnancy. You need vitamin A for proper vision, bone growth, a healthy nervous system, and overall growth.

Folate, also called folacin, or folic acid, is an important vitamin for pregnant women. You need folate to make new blood cells for me, and to make sure my brain and spine grows healthy.

Some fruits and vegetables are good sources of only vitamin C, and others are good sources of two vitamins. Pick your favorite fruits and vegetables from this table.

Vitamin C	Vitamin A	Folate
Guava	Sweet potato	Spinach
Red sweet pepper	Pumpkin	Dark leafy greens
Kiwi fruit	Carrot	Broccoli
Orange	Spinach	Orange
Orange juice	Collard	Orange juice
Green sweet pepper	Kale	Cooked dried beans & peas
Grapefruit	Turnip greens	
Vegetable juice	Beet greens	
Strawberries	Winter squash	
Brussel sprouts	Cantaloupe	
Cantaloupe	Mustard greens	
Papaya	Pickled herring	
Kohlrabi	Red sweet pepper	
Broccoli	Chinese cabbage	
Edible pod peas		
Sweet potato		
Cauliflower		
Pineapple		
Kale		
Mango		

Remember, a serving of fruits or vegetables is usually 1/2 cup (1 cup leafy vegetables). Almost all fruits and vegetables have some folate. Follow **MyPyramid** and eat 2 cups of fruit and 2 1/2 cups of vegetables each day.

Your prenatal vitamin will have vitamin A, vitamin C, and folate in it, too. Eat your fruits and vegetables, and remember to take your prenatal vitamin!

I hope you are looking forward to next month's letter.

We will talk more then.

Love,

Your Baby

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