



Healthy Mom & Baby

1st month
FOUR WEEKS



RIVERSIDE

A GUIDE TO HEALTHY PREGNANCY

It's not easy feeling queasy: What you should know about morning sickness

If it's any consolation, about four out of five women experience nausea during early pregnancy. So if you're one of those four, you have plenty of company. The other thing about morning sickness is that it can happen any time during the day or night. The reason it's called morning sickness is that it seems to accompany an empty stomach and stomachs tend to be

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more likely to be empty in the morning.

The causes for morning sickness (other than being pregnant!) aren't fully understood, but most theories center on the various hormonal changes that are taking place. Because drugs can negatively affect your developing baby, medication is not the way to treat nausea except in extreme cases where severe vomiting occurs. So there's no quick and easy solution.

What you can do to ease the effects center on your diet – as in what you eat and when. For example, try small, more frequent meals that are high in protein, such as fish, lean meats, eggs, yogurt, nuts, cheese and tofu. More complex carbohydrates, things like whole grain breads and cereals, brown rice dried beans, peas and potatoes are a good idea also. You may also want to try the old tried-and-true method of having some dry toast, dry cereal or crackers



and a little soda before you get out of bed. Plus it's usually a good idea to avoid spicy or greasy foods or anything with a strong odor.

When it comes to drinking, don't wait until you're thirsty. Smaller, regular amounts of liquid will keep you from being dehydrated and may be easier than drinking a full glass all at once.

And don't forget that as pregnancy goes forward, your usual daily routine will leave you feeling more fatigued. Since fatigue and stress seem to be contributors to morning sickness try to get as much rest and relaxation as possible. The good news is that morning sickness can vanish as quickly as it appears. While it can vary in duration, it is usually gone by the 14th week or sooner.



The inside story on your baby

- Hard to imagine, but your baby is about the size of a dime.
- The eyes, mouth and head have just begun to form and the arms and legs are starting to grow.
- Your baby's heart has begun to beat and the lungs have begun to form.
- At the end of this month, your baby is about half an inch long.

What's happening with your body?

- You've missed your period and discover you may be pregnant.
- You feel the need to urinate more frequently during your first month.
- Your breasts are tender and slightly bigger.
- You may start craving weird foods and certain smells may begin to bother you.

Things you'll want to remember this month

- Get a pregnancy test to confirm what you may already be thinking.
- Start eating a balanced diet with plenty of milk and milk products.
- Drink 6 to 8 glasses of fluids, preferably water, each day.
- Share your thoughts and concerns about having a baby with your family, your friends and your doctor.
- STOP smoking, drinking alcohol or using any types of drugs (including any prescription drugs until you've talked with your doctor) and avoid caffeinated drinks and junk food.

And – we almost forgot – after you've taken care of everything you should do this month, be sure to relax! Relaxing is something you'll want to do as much as possible over the next nine months.



Tools and Tips for Month One



Food: Eating in a healthier way includes choosing a variety of foods from the recommended food groups and drinking at least six to eight 8-ounce glasses of water a day. But you don't really need to "eat for two" since you need only an extra 300 calories per day during pregnancy. And don't worry if your food intake drops a little in the beginning because of morning sickness. If you've been eating right already, your baby will get what she or he needs. (See your **Healthy Mom & Baby** book for more healthy eating tips, a list of foods to add to your diet plus a list of foods to avoid.)

Safety: When used properly, seat belts save lives and lower the chances of severe injury during car crashes. And that applies equally if not even a bit more when you're pregnant. As your pregnancy progresses, keep in mind these tips for a safe and comfortable fit.

- Buckle the lap strap under your belly and over your hips.
- Never place the lap belt across your belly.
- Rest the shoulder belt between your breasts and off to the side of your belly.
- Never place the shoulder belt under your arm.
- If possible, adjust the shoulder belt height to fit you correctly.

Tests & Screenings

Prenatal tests (carried out during pregnancy) help your healthcare providers determine how your baby is coming along as well as how you're doing throughout your pregnancy. Most



prenatal tests or screenings, such as blood tests, urine tests and blood pressure checks, are routine. Others, such as amniocentesis, are given only if you or your baby is considered to be at increased risk for certain problems or conditions.

When you gotta go

Pregnancy and more frequent urination definitely go together for some good reasons: hormones, increased bodily fluid levels, your baby's movement (in later pregnancy), and the fact that your kidneys are working harder to flush waste products out of your body. So relax, check out where the nearest restroom is when you're out and remember these two simple suggestions:

1. Avoid coffee, tea, colas and other caffeinated drinks.
2. Do Kegel exercises – by squeezing down on the muscles you use to stop the flow of urine and hold them for 10 seconds. Do it around 15 times in a row at least three times a day. The Kegels will come in handy for labor and delivery, too.



Five very good reasons to exercise regularly during pregnancy:



1. Now, and any other time, it can help you stay healthier and feel better.
2. It helps with discomforts like back and leg aches.
3. It relieves stress and helps reduce fatigue.
4. It may help prevent gestational diabetes that can develop during pregnancy.
5. It helps improve overall stamina which will help during labor and delivery.

What kinds of exercise and how much?

It's recommended that you do some type of moderate exercise for half an hour or more on most days, or every day of the week, unless your doctor advises otherwise. Walking is a safe and effective way to start and like all exercise, has some emotional as well as physical benefits.

If you were physically active before your pregnancy, you should be able to continue your same activities but in more moderation and with less intensity. For example, low impact versus high impact (anything where jumping is involved) aerobics and walking versus running are recommended. Swimming is also a low impact exercise. You might also want to consider indoor stationary cycling and step or elliptical machines.

What makes all of it easier is that the Riverside Wellness and Fitness Centers—on the Peninsula and in Gloucester—offer fitness equipment, instruction and programs, as well as group exercises geared to the needs of pregnantwomen and your specific needs. For more information call 757- 875-7533 (Peninsula) or 804- 693-8888 (Gloucester).



What exercises should you avoid?

- Anything that requires holding your breath
- Activities where falling is likely or possible (skiing, cycling, horseback riding)
- Anything that includes jumping, jarring motions or contact
- Deep knee bend, double leg raises, full sit-ups, waist twisting (while standing)
- Anything outside in hot, humid weather (and when you live in southeastern Virginia, you know what hot and humid means!)

Keep in Mind: If you have an existing medical problem, including diabetes, heart disease or asthma or if you have certain pregnancy-related conditions, most forms of otherwise recommended exercise could do more harm than good. Be sure to talk with your doctor before starting out on any exercise program.

