

I THINK I'M PREGNANT!



Flickr user: Julianol

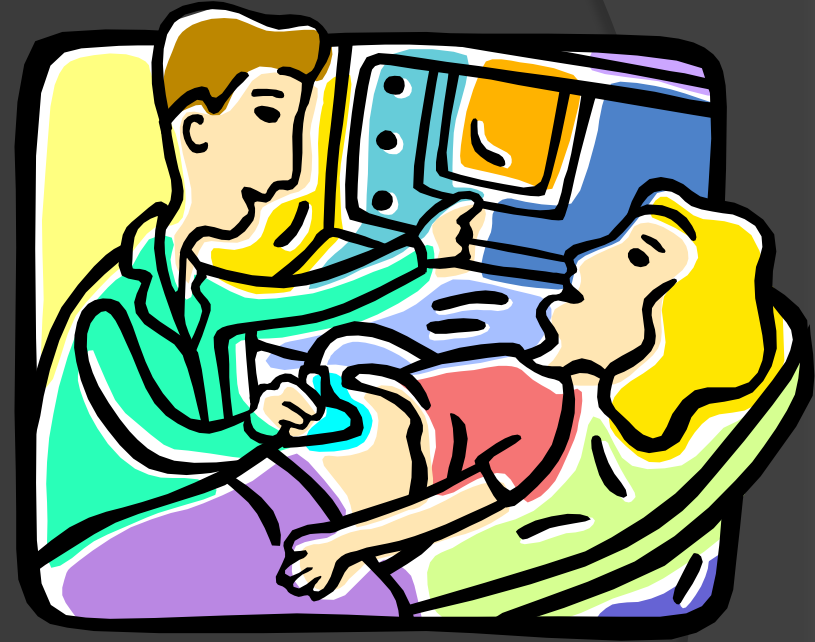
Early Signs of Pregnancy



- A missed menstrual period
- A full feeling or mild ache in the lower abdomen
- Feeling tired and faint
- A frequent, urgent need to urinate
- Swollen breasts causing discomfort or tenderness
- Nausea and/or vomiting, particularly in the morning.

Medical Care During Pregnancy

- Seek an obstetrician
- Schedule first exam
 - Check blood pressure
 - Medical history discussion
 - Pelvis measurement
 - Analysis of urine
 - Blood tests (to rule out anemia)
 - A check of the woman's immunity



Discomforts of Pregnancy

- Nausea and/or vomiting
- Sleepiness
- Heartburn
- Shortness of breath
- Varicose veins
- Muscle cramps in legs
- Lower back pain



More Serious Complications

- ⦿ Vaginal bleeding
- ⦿ Unusual weight gain or loss
- ⦿ Excessive thirst
- ⦿ Diminished need to urinate or pain during urination
- ⦿ Severe abdominal pain
- ⦿ Persistent headaches
- ⦿ Severe vomiting
- ⦿ Fever
- ⦿ Increase vaginal mucus
- ⦿ Swelling of the face, hands or ankles
- ⦿ Blurred vision or dizziness
- ⦿ Prolonged backache



Nutrition during Pregnancy

- Focus on fruits
- Vary your veggies
- Get your calcium rich food (at least 3 cups of milk daily)
- Make half your grains whole grain
- Go lean with protein



Personal Care and Activities

- Get plenty of rest
- Exercise
- Practice good hygiene
- Wear loose fitting and comfortable clothing



Breast Feeding and Bottle Feeding



- Best source of nutrition for baby
- Gives the baby some immunity against diseases
- Creates a bond through physical closeness
- May boost brain development
- Reduces baby risk of allergies
- Causes fewer digestive upsets
- Free
- Speeds the return of the mother's uterus to normal size

- Prevents father from participating
- Baby has to be fed more often
- May be painful for mothers

- Allows father to participate
- Allows mother to have more flexible schedule
- Eliminates the concern about mother's diet or medications
- Babies need feeding less often

- Can be expensive
- Does not give the baby any natural immunities to disease
- Involves a greater chance of developing allergies

Childbirth Options

- ⦿ Prepared Child birth
 - Involves reducing pain and fear during the birth process through education and breathing exercises
- ⦿ Labor
 - Process by which the baby gradually moves out of the uterus and into the vagina
- ⦿ Delivery
 - The process of the baby actually being expelled from the vagina



Who Will Deliver the Baby

- Obstetrician
- Family doctors
- Licensed midwives

- Where will the baby be born
 - Alternative birthing centers: no pain medication
 - Home
 - Hospital



In Conclusion

- The common length of pregnancy is about 40 weeks or 280 days
 - Some babies are born either a few weeks early or a few weeks late
- Changes for the Mother
 - 1 month: missed menstrual period
 - 2 month: breasts begin to swell, pressure on bladder
 - 3 month: breasts may ache and become firm, nausea, and fatigue
 - 4 month: Stomach continues to grow, morning sickness is usually gone, appetite increases
 - 5 month: slight fetal movements felt
 - 6 month: fetal movements are stronger, weight gain usually 10-12 pounds
 - 7 month: increased size may affect posture
 - 8 month: Backaches, leg cramps, shortness of breath, and fatigue. Baby may begin kicking through the night
 - 9 month: Baby drops (lightening); false labor pains may occur; total weight gain of 25-35 pounds.