

Healthy Pregnancy Tips

1. Get plenty of rest; at least 8 hours a night and if you feel like napping, DO IT.
2. Start taking prenatal vitamins every day. Most women find they tolerate them best if taken with the evening meal or just before bedtime.
3. Eat a good well-balanced diet with plenty of whole grain breads, lean meats, fresh fruits, and vegetables. Avoid junk foods and fast foods; fresh home cooked foods are best.
4. Your baby needs calcium to build his or her bones; so, take in 3 servings of calcium rich foods (4 if you are in your teens) **every day**. Dairy products such as milk, yogurt and cheese are high in calcium as well as soy milk, almond milk, or flax milk. If you are lactose intolerant or cannot get enough servings in your diet, you may take 500mg of Calcium combined with vitamin D supplements twice a day.
5. Drink plenty of water; eight to twelve 8-ounce cups daily is recommended.
6. Avoid any alcohol or drugs; even many over-the-counter medications can harm your baby. If you are currently on prescription medications, check with your prescribing doctor to see if they are safe in pregnancy.
7. If you smoke, STOP!
8. Avoid caffeine (coffee, tea, colas, and energy drinks); it can add to dehydration, decrease the circulation to your baby and over-stimulate his or her developing nervous system.
9. Avoid people who are sick; you are more susceptible to illnesses when you are pregnant, and some infections can harm your baby.

You want to give your baby the best possible care starting **TODAY!**

Coping with Nausea, Vomiting & Heartburn

1. Eat crackers or a slice of bread with a cup of water first thing in the morning; then do not get out of bed for at least 30 minutes.
2. Eat small frequent meals (six ½ sized meals instead of 3 full sized meals).
3. Make your last snack of the evening high in protein but low in fat.
4. Avoid caffeine drinks as well as greasy, fried, and spicy foods.
5. Avoid odors and foods that trigger your nausea, vomiting and heartburn.
6. Sip on ice water; drink eight to twelve 8-ounce cups of water a day (adding juice of lemon or lime may be helpful).
7. Ginger tea, cookies, capsules, or ginger ale.
8. Peppermint or wintergreen candy, oil (to smell), or tea.
9. Soy, coconut, or almond milk and yogurt may be gentler on your stomach than cow's milk.
10. Sea bands® (acupressure wristbands designed to combat seasickness you can find in the drugstore with the seasickness medications).
11. Moderate exercise at least 3 times a week for a minimum of 30 minutes at a time.
12. Get up and stroll after eating and do not lay down for 2 hours after eating.

*** If you cannot hold down ANY food or fluids for 24 hours, go to the Emergency Room for care.**

*** Do not take any over the counter or prescription medicines unless they have been recommended or prescribed by a doctor who knows that you are pregnant.**