Helping Families Be Healthy from the Beginning

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Check out our short videos to learn more about taking care of yourself during pregnancy. [Vidscrip.com/First1000Days](http://Vidscrip.com/First1000Days)

Pregnancy: 8-24 weeks
Healthy Weight Gain in Pregnancy

Your weight at the start of pregnancy was _____ pounds.
Your weight gain in pregnancy should be about _____ pounds.
At ___ weeks of pregnancy, you have gained _____ pounds.
If you gain too much or too little weight, there are more health risks for you and your baby. Plan to gain weight slowly:
- 1 to 4 pounds total during the first 3 months
- 2 to 4 pounds each month for months 4 - 9

To help you gain weight slowly, focus on these 5 goals:

1. **Eat a healthy diet.**
   Choose fruits & vegetables, eat foods that are high in fiber, include protein in most meals, and avoid fast foods.

2. **Drink mainly water.**
   Your body is healthier without the sugar and artificial sweeteners that are in many other drinks.

3. **Be physically active most days.**
   Get at least 30 minutes per day of moderate-intensity activity, like fast walking.

4. **Get plenty of sleep.**
   Your body needs at least 8 hours of sleep each night.

5. **Know who you can ask for help.**
   Ask your doctor, midwife, nurse, partner, friends, or family for help when you need it.

1. **Did you know?**
   Eating mainly fruits and vegetables and other foods high in fiber and protein can help you gain the right amount of weight. It will also give your baby what is needed for healthy growth.

   TIPS:
   - Choose fruits and vegetables for snacks. Fresh, frozen, and canned are all good choices!
   - At most meals:
     * Eat foods that are high in fiber (like fruits and vegetables and whole grains like whole wheat, oats, and brown rice) to help you feel full and reduce pregnancy issues like constipation.
     * Try to include some protein (like lean meat, fish, beans, eggs).
     * Avoid sugary foods.
   - Make meals and snacks at home as often as you can. When you go out, take food with you so you don’t have to buy something.
   - When you eat at home, focus on your meal and the people with you. Sit at a table and turn the TV and other screens off.
   - When eating out, avoid fast food and choose foods that are fresh, baked, or steamed instead of fried.
   - Ask your doctor or midwife for a referral to WIC or nutrition.
2️⃣ Drink mainly water.
Your body is healthier without the sugar and artificial sweeteners that are in many other drinks.

Did you know?
- Drinking water can help prevent swelling, hemorrhoids, and constipation.
- Drinking sugary drinks can lead to too much weight gain.
- Drinking artificially sweetened drinks may cause women to gain extra weight during pregnancy. It may cause their babies to gain weight more quickly as well.

What is a sugary drink?
- Soda
- Sports drinks
- Energy drinks
- Fruit drinks
- Sweetened teas
- Hot or iced coffee with sugar or sweeteners
- Slushies and other blended drinks
- Juice (even 100% fruit juice)

TIPS:
- Drink water when you’re thirsty, at meals, and during the day.
- Get a reusable water bottle that you like and keep it with you.
- Add lemon, lime, or orange slices to water for flavor.
- Seltzer water is a good choice. It has no sugar or other sweeteners.
- Think of sugary drinks as a treat, not for every day.
- Use less or no sugar in coffee or tea.

3️⃣ Be physically active most days.
Get at least 30 minutes per day of moderate-intensity activity, like fast walking.

Did you know?
- Being active and getting exercise during pregnancy is very good for most women.
- Exercise can:
  - give you more energy!
  - help relieve stress.
  - help you not gain too much weight.
  - make you feel better and happier.
  - make you stronger for labor and delivery.

Try to be active at least 30 minutes on most days.
While active, you should breathe harder, but still be able to talk.

TIPS:
- Go for a brisk walk! It’s a great way to get moving, even if you are not active now.
- Find out what activities are offered at your local community center.
- If you are not active now, do what you can and add a little more each week.
- Be active with a friend! Make it fun.
- Walk to the store, or with your kids to school or daycare.
- Check with your doctor or midwife before starting a new exercise routine.
Get plenty of sleep.

Your body needs at least 8 hours of sleep each night.

Did you know?
Sleep is important!
Your body needs at least 8 hours of sleep a night.

TIPS:

- Get moving! Daytime exercise can help you sleep better at night.
- Plan your sleep. Go to bed around the same time each night and sleep as close to 8 hours as you can.
- Relax before bed with a warm bath or shower.
- Take long, slow, deep breaths to help your body and mind settle down in bed.
- Support your body. Sleep on your side with pillows between your knees, under your belly, and behind your back.

Know who you can ask for help.

Ask your doctor, midwife, nurse, partner, friends, or family for help when you need it.

Did you know?

- Support from your partner, family, or friends can help you feel happier and less stressed.
- If you need help, ask your doctor or midwife. They're there to help!
- There are support groups for pregnant women and new moms! Ask your doctor or midwife how to find one.
- The Massachusetts Parental Stress Line gives free phone support when you just need to talk, any time: 800-632-8188.

Partners, family, and friends can help you.

Now
- Join you for prenatal visits and birth classes.

After you have the baby
- Play with and talk to baby.
- Help change diapers and give baby a bath.
- Watch baby so you can rest or exercise.

Any time
- Bring a meal, pick up groceries, help with laundry, listen and talk with you.
- Join you for walks or other exercise.