

A Baby Partners

*Beginning*



*Health Partners' Healthy Mother and Baby Program*

# WELCOME TO BABY PARTNERS!

Baby Partners, Health Partners' healthy mother and baby program, was designed to help educate pregnant Health Partners and KidzPartners members about the importance of getting proper prenatal and postpartum care.

*All Health Partners or KidzPartners members who are enrolled in our Baby Partners program will receive:*

- Telephone-based education and information about pregnancy, childbirth and caring for you and your baby after delivery
- Home visits (for high-risk pregnancies)
- Dental care
- Referrals for domestic violence support, depression counseling, quit smoking programs and transportation
- Follow-up care for mom and baby after delivery
- Help finding a doctor for your new baby
- Access to our 24-hour breastfeeding helpline, staffed by certified Breastfeeding Counselors

Over the years, the Baby Partners program has been very successful in making a difference in the lives of our pregnant members and their new babies. In fact, Health Partners won the AHIP/Wyeth HERA Gold Award in 2004 for its Baby Partners program. As a part of the award-winning Baby Partners program, you can be sure that quality care for you and your growing baby is our top priority.



## Acknowledgements

The information contained in this booklet was compiled from the following sources:

[www.storknet.com](http://www.storknet.com)

[www.marchofdimes.com](http://www.marchofdimes.com)

[www.webmd.com](http://www.webmd.com)

For help with this information, call our 24-hour helpline.

Si necesita ayuda con esta información, llámenos a nuestra línea de ayuda disponible las 24 horas.

Nếu cần giúp đỡ về thông tin này, hãy gọi số điện thoại trực 24-giờ sau đây của chúng tôi.

Если вам нужна помощь относительно этой информации, звоните в нашу круглосуточную справочную службу.

如果對這訊息有疑問，請致電我們的24小時幫助熱線。

ដើម្បីជាជំនួយ ទទួលបានព័ត៌មាននេះ សូមទំនាក់ទំនងទូរស័ព្ទដែលមានវិជ្ជការ ២៤ម៉ោង តាមរយៈលេខ :

### Health Partners

1-800-553-0784 • 215-849-9600  
(TTY 1-877-454-8477 • 215-849-1579)

### KidzPartners

1-888-888-1211 • 215-967-4540  
(TTY 1-877-454-8477 • 215-849-1579)



[www.healthpart.com](http://www.healthpart.com)



Pennsylvania's Children's  
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**We Cover All Kids.**

[www.chipcoverspakids.com](http://www.chipcoverspakids.com)



[www.kidzpartners.com](http://www.kidzpartners.com)



## What This Book is About

This book is about helping you and your growing baby. You want to carry your baby in your belly (called a “womb” — sounds like “zoom”) for nine months. Babies need that much time to be ready to be born. You need that much time, too. You will visit your baby doctor and learn to be a healthy mom.

You don’t have to read this book all at once. Read the first part. Don’t be afraid to ask someone to help you with what you don’t understand. Call us at Baby Partners at any time at 215-967-4690 or 1-866-500-4571 (TTY 1-877-454-8477).

We’ll tell you about the changes your body and your baby will make as you go along. So will your baby doctor. Remember, he or she needs your help to keep you healthy.

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# 1. PREGNANCY BASICS

## Checkups with Your Doctor

Visiting your doctor for regular checkups is the best thing for you and baby. You should call or see your doctor as soon as you know you are pregnant.

These are called “prenatal” checkups.

You will carry your baby for nine months. That’s the normal time it takes for the baby to develop. Sometimes babies are born early. But the healthiest start for babies is to be born after 38 to 42 weeks, or about nine months.

Most moms see their doctor 12 to 15 times before the baby is born.

Your doctor is one of your “Baby Partners.” You will see him or her more often as baby’s birth gets closer. Your doctor will tell you what you need to do every step of the way. You can also call us here at Baby Partners with a question at any time. The phone number is 215-967-4690 or 1-866-500-4571 (TTY 1-877-454-8477).

## Your First Visit

Your first visit to your doctor should be as soon as you think that you are pregnant or at least by week 10 of your pregnancy. If you find out you are pregnant later than that, see your doctor as soon as you know.

### *The doctor will:*

- Give you a complete physical (take your blood pressure, etc.)
- Do a pelvic exam to feel where the baby is growing
- Do a pap smear (take a small sample of cells from your cervix to make sure that they are normal)
- Ask you about your medical history (have you had other surgeries or babies?)
- Do a blood test (to check to see if you’ve had things like measles. If you get measles when you are pregnant, it can be harmful to baby)
- Give you information on the dangers of a poor diet, drinking alcohol, smoking and using drugs

Tell the doctor the truth about your lifestyle habits. He/she can help you learn to take better care of yourself and your baby.

## Hearing Baby’s Heartbeat (*Prenatal Visits During Your Pregnancy*)

Be sure you keep each and every doctor’s appointment. These checkups are very important. As your baby grows, you’ll get to hear its heart beat! It’s very fast. It beats much faster than your own heart. Your doctor will want to know if you have had problems like headaches, bleeding or cramping. You should ask questions, too. Write down your questions before you go so you don’t forget! Your doctor will perform other checks during your visits, like:

- Ultrasounds (painless picture tests to show you how your baby is growing)
- Weight and blood pressure checks
- Exams of your womb where baby is growing
- Urine tests for sugar and protein levels
- Blood tests to check for certain conditions that can happen during pregnancy

Remember that you, your doctor and Baby Partners are really “partners.” We’ll be with you throughout your pregnancy, labor, childbirth, and after baby is born.





## Eating Right

Whatever you put in your body goes into your baby's body, too. So be sure to eat right. Eat healthy helpings of:

- Fruits and veggies (5 times a day)
- Milk, yogurt and cheese (3 to 4 times a day)
- Meat and beans (3 to 4 times a day)
- Grains like breads, cereals, pasta and rice (6 to 11 times a day)
- Water (8 glasses a day)
- Pregnancy vitamins (once a day)



**Not all foods are safe for you and baby.** Some foods contain ingredients that can affect your baby's development.

### **Here are some foods to avoid:**

- Fish like mackerel or raw seafood and shellfish. They can have mercury or other ingredients that are bad and can make you sick.
- Undercooked meat. Cook all meats thoroughly to kill bacteria.
- Hot dogs or deli meats such as bologna, turkey or ham. If you eat deli meats, they must be cooked.
- Lightly cooked eggs. All eggs need to be cooked thoroughly.
- Milk, soft cheeses, or juice that has not been "pasteurized." This is a special process that makes these foods safer. The food label should say "pasteurized."

Caffeine is fine in small amounts. But try to avoid coffee, tea, soda, and even chocolate. Water, juice, and milk are best.

## Gaining Weight

It's natural to gain weight when you have a baby growing inside you! But be careful not to gain too much. Gaining too much puts you at higher risk for having high blood pressure, diabetes, a baby born too soon, or a baby that is overweight.

### **Here's a general guide:**

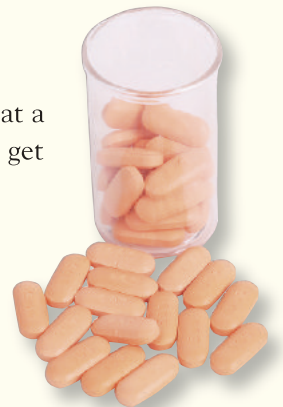
- If you are a healthy weight, you should gain 25–35 pounds during pregnancy.
- If you are underweight, you should gain 28-40 pounds during pregnancy.
- If you are overweight, you should only gain 15–25 pounds during pregnancy.

Your doctor can help tell you how much weight you should gain.

## Vitamins

You need vitamins and minerals during your pregnancy. The best way to get them is to eat a lot of healthy foods. Your doctor may want you to take a prenatal vitamin to be sure you get enough iron, folic acid, and calcium. These are very important to you and baby.

**Be sure to talk to your doctor before taking any vitamins.**







## Calcium

Calcium helps keep bones and teeth strong. It also helps keep your blood flowing easily through your body. Your muscles and nervous system (what helps you move, touch, and feel) need calcium, too. Women's bodies always need calcium. And when you are pregnant, your body needs extra calcium for baby's teeth and bones.

### *Good sources of calcium include:*

- Supplements that have calcium
- Low-fat milk, yogurt and hard cheeses
- Dark green vegetables like collard greens and broccoli
- Orange juice
- Breakfast cereals that are labeled “fortified”
- Almonds



If you are not sure if you are getting enough calcium, be sure to talk to your doctor.

## Exercise

**Before starting an exercise program, talk to your doctor.** Start out slow and do things you enjoy. Exercise with a friend or family member. Make time for it every day.

Regular exercise is good for you and baby, too! It can help you have stronger muscles and bones. Exercise may seem hard at first, but you feel good when you do it. It's just as important after your baby is born. Everyone needs to exercise to prevent serious illness!

### *Good forms of exercise*

- Brisk walking or hiking
- Dancing, aerobics or yoga classes designed for pregnant women
- Swimming – the water supports the weight of your baby.  
Moving against the water helps build muscle and bring your heart rate up.

### *Activities to avoid*

- Anything that puts you or baby at risk for a fall, such as bike riding
- Any sports in which you could get hit in the belly
- Any exercises that require you to lie flat on your back, which can restrict blood flow to baby.

### *When you exercise*

- Pay attention to your body and how you feel.
- Don't overdo it — try to build up your level of fitness slowly.

Call your doctor if you have any serious problems when exercising.

These include headache, dizziness, chest pain, contractions or vaginal bleeding.

Not all pregnant women should do the same kinds of exercise.

Be sure to follow all your doctor's instructions.





## Medicine Safety

Check with your doctor before taking any kind of medicine when you're pregnant. Prescription medications and over-the-counter drugs like cold tablets may seem safe. It may be safe for you, but NOT your baby.

Make sure to talk to your doctor about all the medicines or drugs you take. Your doctor needs to know about:

- prescription and over-the-counter drugs (like aspirin)
- all vitamins and herbal supplements

If you are taking any prescribed medicine when you find out you are pregnant, be sure to call your doctor right away.

Remember, medicines can cause serious problems, so your doctor needs to know. Tell your doctor the truth about all drugs you have taken whether they are prescription or not. You want your baby to be born healthy.



## Smoking

If you smoke, your baby smokes, too. You and your baby are precious gems. You need to treat yourself well. Stop smoking right away.

### When you smoke:

- Dangerous chemicals get into your baby's blood.
- Your baby gets less oxygen. Your baby may grow slower and gain less weight than it should before birth.
- Your baby is at higher risk for lifelong health problems.
- Your baby is at higher risk for Sudden Infant Death Syndrome or SIDS (when baby stops breathing, usually during sleep).
- Your baby may have trouble learning throughout life.
- You are more likely to have a miscarriage or an early birth where baby has extra health problems.



**Plan to quit today. With your doctor, Baby Partners, and your family and friends, YOU CAN DO IT!**

Consult your doctor and decide on a method to help you quit. Your plan may include joining a support group or talking to a Baby Partners Quit Smoking Counselor. For more information about our Quit Smoking program, please call Baby Partners at 215-967-4690 or 1-866-500-4571 (TTY 1-877-454-8477).

After your baby is born, stay smoke free. And stay away from others who smoke. Secondhand smoke can also harm you and your baby.





## Smile with Baby Partners

Healthy teeth and gums are important for your overall health, especially when you are pregnant. Baby Partners encourages you to have a dental check up during your pregnancy. Regular dental care can help prevent gum disease, which can be harmful to you and your unborn child.

Studies show that pregnant moms who have gum disease have a greater chance of delivering a premature baby (born too early).

A baby born too early may not be able to see or hear. It could be developmentally delayed or unable to speak or walk. Gum disease can also cause an infection that harms your baby. Take care of your teeth and pretty soon, your baby will smile, too.

For help finding a dentist, call 1-800-553-0784 for Health Partners or 1-888-888-1211 for KidzPartners (TTY 1-877-454-8477).

### *Signs of gum disease:*

- Sore gums that bleed when you brush
- Gums that are pulling away from your teeth
- Pain when you chew
- Hard, yellowish buildup (called tartar) on your teeth
- Bad breath or a bad taste in your mouth

### *Keep gum disease away by:*

- Seeing your dentist regularly
- Brushing and flossing twice a day
- Eating healthy foods like milk, cheese, fruits and vegetables
- Rinsing your mouth with water after meals
- Stopping bad habits like smoking and drinking alcohol

## 2. SPECIAL CONCERNS

### Gestational Diabetes

You may have heard of people with diabetes. It's a condition where the body is not able to use blood sugar the way the body needs it. So the blood sugar level goes too high or too low. Both conditions are unhealthy and dangerous.

“Gestational diabetes” is when you get diabetes during pregnancy. It usually starts in your fifth or sixth month. Although it goes away after your baby is born, it is still very serious. It can cause your baby to gain too much weight before birth or to be born too early. It can also cause other medical conditions for you.

#### *What can you do?*

Talk to your doctor. Your doctor will begin by giving you a blood test to see if you have gestational diabetes. He'll help you develop a diet and exercise program. That includes staying away from fatty or fried foods and sugary drinks.

Your doctor may also give you medicine to help control your blood sugar level.

#### *After your baby is born*

It may be a few weeks after your baby is born before your gestational diabetes goes away. Your doctor will give you a blood test to make sure.

Once you have had gestational diabetes, your chance of getting diabetes in your next pregnancy goes much higher. That's why it's important to make time for eating right and exercising every day.



## Depression

Depression is a serious condition that can hurt you and your baby. Sad or worried feelings and thoughts hurt your body physically, too. Depression can get in the way of your ability to work and sleep. You may not take care of yourself and others, including your baby.

Depression may be linked to family history. You should let your doctor know right away if anyone in your family has ever suffered from depression. This will help make it easier for your doctor to notice signs of depression during your pregnancy.

### How do I know if I'm depressed?

People who are depressed feel sad or "blue."

If these feelings last two weeks or longer, talk to your doctor.

#### *Depression may also cause:*

- Loss of energy or interest in activities
- Changes in appetite
- Trouble sleeping or sleeping too much
- Trouble concentrating
- Unreasonable feelings of guilt
- Thoughts about suicide



### What causes depression?

Life is often hard. We have worries and this causes stress and depression.

You may be in a difficult situation with a baby on the way. You wonder how you'll care for it.

Abuse and violence in relationships you have or have had can cause you to feel bad about yourself. Remember, our thoughts are connected to our physical health. If you are in an abusive relationship, help is available. Please call the National Domestic Violence hotline at 1-800-799-7233 (TTY 1-800-787-3224).

Pregnancy can be a time of strong, sometimes painful, changing feelings. People with depression often stop eating right or exercising. They sometimes use drugs or alcohol to make themselves feel better.

You may be afraid to tell people about your feelings or actions. But **not** talking about them is harmful to you and baby. Your doctor and the people at Baby Partners will understand. You may even have a medical condition that's causing you to have these feelings.

#### *Your doctor can help. There are treatments, like:*

- Talking to a counselor
- Joining a support group
- Taking medication for a period of time

Remember, you and your baby are the most precious gems of all! If you think that you may be depressed, help is available.



#### *For Health Partners members:*

Call Community Behavioral Health (CBH) at 215-413-3100 (TTY 215-413-7198) for Philadelphia; Community Care Behavioral Health at 1-800-553-7499 (TTY 1-877-877-3580) for Chester County; or Magellan Health Services at 1-877-769-9782 (TTY 1-877-769-9785 for Bucks County, TTY 1-877-769-9784 for Montgomery County, or TTY 1-888-207-2910 for Delaware County).

#### *For KidzPartners members:*

Please call Comprehensive Behavioral Care at 1-877-710-8222 (TTY 1-877-367-9559).





## 3. TEEN PARENTING

Raising a child can be very hard for anyone. But the task may feel even harder for a teen parent. You may feel grown up because you are having a baby. But you must remember that you are still growing and maturing, too!

Don't be afraid to ask questions and ask for help. Your doctor can answer the questions you have about being pregnant or having a baby. Your family and friends can give you the support that you will need during and after your pregnancy.

You can also refer to the list of resources inserted in the back of this book. This will tell you about other groups that help teen moms with information and support. Your Baby Partners Care Manager can also help you find other sources of information and support.

### Providing for Your Baby

A new baby means that you will have to start buying lots of new things. Babies need food, clothes, diapers and more. Your family members and your baby's father may be able to assist. But you may also have to get a job in order to get extra money to care for your baby.



### Getting an Education

You may think your only option is to drop out of school so you can work. But getting a good education is the best thing you can do for yourself and your new baby. A good education will open the door to a future full of possibilities. It will also help you to find a good job that will pay enough money for you to provide for you and your baby.

Staying in school is important now and after you have your baby. Going to school, working and caring for a baby will take a lot of work, but you can do it!

### Baby's Father

Having a baby is a life-changing event for both you and the father of the baby. Your pregnancy may have affected your relationship. No matter what your situation, it is important to remember that both you and the father have rights and responsibilities as parents. You should work with your baby's father to decide what is best for your baby.



# 4. WHAT TO EXPECT DURING YOUR PREGNANCY

## A Week-by-Week Guide

You have probably heard this a million times by now, but congratulations again on your pregnancy. Pregnancy is a wonderful and exciting time! Whether this is your first pregnancy or you have been pregnant before, it is important to remember that each pregnancy is a completely new and unique experience.


In general, your pregnancy should last about nine months or 40 weeks. During this time, your body will change a lot as your baby grows more and more each week. You may also experience many different feelings or emotions during your pregnancy.

The information that you will find on the next few pages will give you a week-by-week look at what you can expect as a new mom-to-be. As you will see, the guide is divided into three parts or trimesters, just like your pregnancy.

### First Trimester

Your first trimester includes the first three months or weeks one to 12 of your pregnancy. Since it is hard to tell exactly when you became pregnant, your doctor will actually start to count the weeks of your pregnancy before it actually began. Sound confusing? Well, here's how it works:

A Week-by-Week Guide	
FIRST TRIMESTER	
WEEK 1	
<b>Mom</b>	The first week of pregnancy really begins on the first day of your last menstrual cycle.
WEEK 2	
<b>Mom</b>	Your uterus will shed its lining and your ovaries will prepare to release an egg.
WEEK 3	
<b>Mom</b>	Once an egg is released from one of your ovaries, it travels through a part of your body that is called the fallopian tubes. Your egg and your partner's sperm meet in one of these tubes and a new cell is formed. This cell will later develop into your new baby. Congratulations! You are officially pregnant.



# A Week-by-Week Guide

## FIRST TRIMESTER

### WEEK 4

#### Mom

Your period did not come and you are starting to feel the first signs of pregnancy:

- You may feel sleepy or tired.
- You may throw up or just feel like you are going to throw up.
- You may have to use the bathroom a lot.
- Your breasts may feel sore or tender.
- You may feel happy, sad, excited and/or afraid.

This may be an uncomfortable time for you. The good thing is that these feelings usually go away after the first trimester. Hang in there and think about the lovely bundle of joy that you'll give birth to in about 36 more weeks!

#### Baby

You may not know that you are pregnant, but you are. The cell that you and your partner created is very small, about the size of the head of a pin, but it is there. During this time, it will move to the uterus, where it will grow for the rest of your pregnancy.

The newly formed cell will multiply quickly and split into two parts. Some of the cells will form the placenta, which will allow blood, air, and food to travel from your body to your baby. The umbilical cord, which connects you to your baby, is attached to the placenta and will also start to develop. The remaining cells will form the embryo, another name that you might hear your doctor call your baby as it grows.

The amniotic sac, a bag of water that your baby will float in until you give birth, will also form.



# A Week-by-Week Guide

## FIRST TRIMESTER

### WEEK 5

#### Baby

Your growing embryo has three parts or layers. This is where your baby's major organs will develop. In time, the cells in the first layer will grow to be your baby's brain, spinal cord, skin, and hair. The cells in the second layer will later become the heart, circulatory system, bones, muscles, kidneys and sex organs. The cells in the third layer will turn into the intestines, liver, pancreas, and bladder.

### WEEK 6

#### Baby

This is a very big week for your embryo. Your baby will keep on growing rapidly as its major organs begin to form. Pretty soon, your baby's heart will begin beating. Your baby's eyes, ears and the opening for its mouth will also begin to form. Small buds that will later grow into arms and legs also start to take shape.

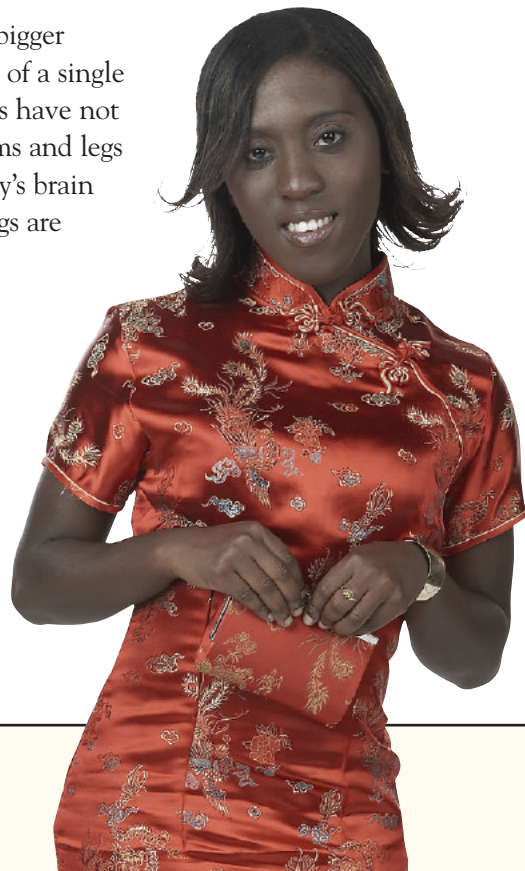
### WEEK 7

#### Mom

Your body keeps on changing as a new life is growing inside of you. Others might not know that you are pregnant, but you can definitely feel the difference. You may notice weight gain in your legs and breasts and your clothes may begin to fit a little snug around the waist.

#### Baby

Your baby is growing bigger and bigger each day. It is now about the size of a single grain of rice. The fingers and toes have not begun to develop yet, but the arms and legs are continuing to form. Your baby's brain is growing and the heart and lungs are developing more, too. The eyes, nostrils, intestines, pancreas and bronchi are growing as well.



# A Week-by-Week Guide

## FIRST TRIMESTER

### WEEK 8

#### Mom

Once the size of your fist, your uterus has now grown to the size of an orange. If this is your first pregnancy, then you probably still can't tell that you are pregnant. However, if this is not your first pregnancy, then you may already have a small pouch around your midsection.

You may also notice skin problems, such as pimples or other breakouts. This is caused by the changes in your hormones during pregnancy and should go away after your new baby is born.

#### Baby

Baby's body parts keep on developing. The embryo is now about the size of a grape. The arms are longer and baby can now bend them with its newly formed elbows. Tiny fingers and feet also begin to develop. Parts of the face, eyes, ears and tip of the nose, are now visible. Baby's teeth are starting to grow under the gums. The intestines start to form in the umbilical cord.

### WEEK 9

#### Mom

As the baby grows, your uterus will continue to grow and you may notice that your waist is getting even bigger. Still, others may not yet be able to tell that you are having a baby.

You may still experience morning sickness, mood swings, crying spells, and other symptoms similar to how you feel before your period. You may also experience heartburn and indigestion as your body gets used to being pregnant.

Your breasts may also feel very full and sensitive. A good supportive bra will help you to feel more comfortable.

#### Baby

Your precious gem is now a little over an inch long from its head to its bottom. (Babies are not measured from head to toe at this point because most babies are in a curled up position). Your baby is about the size of a strawberry.

Baby's arms and legs are still growing longer. The fingers and thumb are now visible, but they are short and webbed, sort of like a duck's feet. Don't worry. This is normal. The webbed look will go away as the fingers develop more fully.

During this week, your baby's bones will begin to form. Baby's head will be more upright and the neck more developed. The eyes and tongue are also forming. As the baby's body continues to grow, the intestines will move from the umbilical cord into the stomach.

## A Week-by-Week Guide

### FIRST TRIMESTER

#### WEEK 10

<b>Mom</b>	<p>Finally, there is relief in sight for your morning sickness. As the urge to vomit starts to ease up this week, you may find that your clothes are getting even tighter. You may not be ready for maternity clothes yet, but you'll probably feel more comfortable wearing looser clothing.</p> <p>You may also continue to experience mood swings, but it won't last much longer.</p>
<b>Baby</b>	<p>Baby's arms and legs, including the elbow, wrist, knee, shoulder, ankle and even those tiny hands, feet, fingers and toes have fully formed. Right now, baby's eyelids are hidden under a layer of skin that will soon split and form eyelids. Your baby will begin to move around now, but you won't feel it just yet.</p> <p>You will be happy to know that the most critical point in your baby's physical development is over. If there was anything wrong with your baby's physical development, it would have been apparent by now.</p>

#### WEEK 11

<b>Mom</b>	<p>As baby continues to grow, your uterus will too. It is now about the size of a grapefruit. By now, you may have noticed that you are not vomiting or feeling like you are about to vomit. Certain foods and smells may still bother you.</p> <p>Unless you have shared your good news, most likely, others still don't know that you are pregnant. But, you are probably starting to think about maternity clothes.</p> <p>Your lack of energy and changing moods may continue, but not for much longer.</p>
<b>Baby</b>	<p>Your baby is now called a fetus. Baby will grow very quickly this week, from a little more than an inch to nearly two and a half inches. Baby's head makes up half of its length. In all, it now weighs about three-tenths of an ounce.</p> <p>The fingernails are now visible. Your baby is busy swallowing and kicking, but you probably still can't feel it.</p> <p>This week is particularly exciting because the outside sex organs are now visible. You may soon be able to find out if you are having a boy or a girl!</p>

# A Week-by-Week Guide

## FIRST TRIMESTER

### WEEK 12

#### Mom

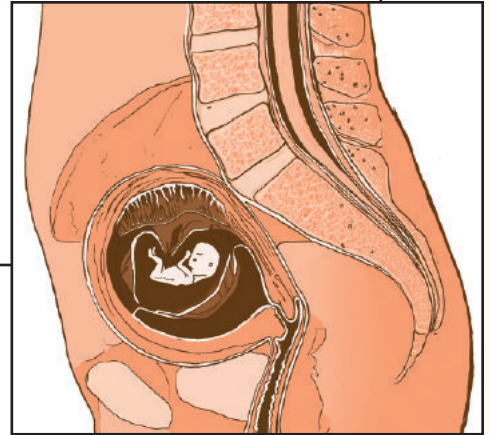
Congratulations! You made it through the first trimester of your pregnancy. During this week, your growing uterus will move up toward the front of your stomach. Now that the fetus has moved away from your bladder, you won't have to go to the bathroom as much.

Weight gain varies person-to-person. You should have probably gained about three to five pounds. If this is your first baby, you still might not be showing and can probably continue to get away with bigger clothes. If you have been pregnant before, then you will start showing earlier and may already be wearing maternity clothes.

#### Baby

Remember the short, webbed fingers and toes? Well, they have now grown into longer, separate fingers and toes, just like your own. Your baby can now digest food and make and get rid of urine.

Your baby is now fully formed and will keep on growing for the rest of your pregnancy. Baby is now about two and a half inches long and weighs about a half an ounce.



### Second Trimester

Your second trimester includes months four, five and six or weeks 13 to 26 of your pregnancy. Your morning sickness should be completely over by now, so this is a time when you will be able to enjoy your pregnancy more. Plus, others will notice your pregnancy during this trimester so don't be surprised if you receive special treatment when you are out and about.



## A Week-by-Week Guide

### SECOND TRIMESTER

#### WEEK 13

##### Mom

Welcome to the second trimester! You may not feel as sick anymore, but you may still feel tired. That is because your body is doing a lot. Carrying a growing baby inside of you is hard work. Take the time to rest when you need it.

Your uterus has become much larger since you first became pregnant. You may have some discomfort as it continues to stretch and make room for your growing baby.

##### Baby

Your baby, now about the size of a peach, starts to look more like a small person. Baby should weigh between a half an ounce and seven tenths of an ounce.

The eyes, once on the side of the head, move closer together. The ears shift into their normal spot. The head is still the largest part of the body, but the rest of the body keeps on growing and will quickly catch up to its size.

Baby's vocal cords, which will allow it to make sounds, begin to form. The intestines shift into place. The liver and pancreas start to work. The sex organs are also easier to see.

#### WEEK 14

##### Mom

If you are not wearing maternity clothes by now, you will shortly. As your body continues getting used to being pregnant, your skin and muscles will stretch to make room for your growing uterus.

You may have constipation or trouble moving your bowels. That's because your bowel muscles work much slower when you are pregnant. You should consult your doctor if constipation becomes a problem.

You may notice changes in your chest area. The veins on your breast may appear more visible. Your areola, the small circular area of skin around each of your nipples, may get larger and darker as your body gets ready to make milk for your new baby.

##### Baby

Your baby is now about three and a half inches long and weighs between one and one and a half ounces. Baby's neck is still growing longer and the chin is now more distinct. Your baby will begin to respond to what is going on outside of the uterus.

Baby will also start to practice doing things on its own, like using its hands and breathing.

# A Week-by-Week Guide

## SECOND TRIMESTER

### WEEK 15

#### Mom

By this time, your uterus should have risen past your hips. You should be able to feel it a few inches above your navel.

#### Baby

Your baby is nearly four and a half inches long. It weighs nearly two ounces. Hair on the baby's head and eyebrows begin to grow. The rest of the body is covered with lanugo, a very fine hair that will shed after birth.

Baby's skin is very thin. It looks like you can see right through it. The baby's bones are getting stronger. Baby may begin to suck his/her thumb.

### WEEK 16

#### Mom

You may feel slight movement in your uterus. This is called quickening. You may not know that it is your baby moving at first, but pretty soon, you'll figure it out.

The amount of blood in your body will increase in order to keep your growing baby healthy. This may cause nose bleeds. It may also make the veins in your legs show more.

Since your uterus has moved up and away from your bladder, you may not have to use the bathroom as much.

#### Baby

Your baby is more than four and a half inches long. It weighs almost three ounces.

Baby's fingernails and toenails are growing quickly. They may need to be cut down right after delivery. Baby's nervous system is working. Muscles can now respond to the brain's directions.

The baby's beating heart can be heard during visits to your pregnancy doctor.



# A Week-by-Week Guide

## SECOND TRIMESTER

### WEEK 17

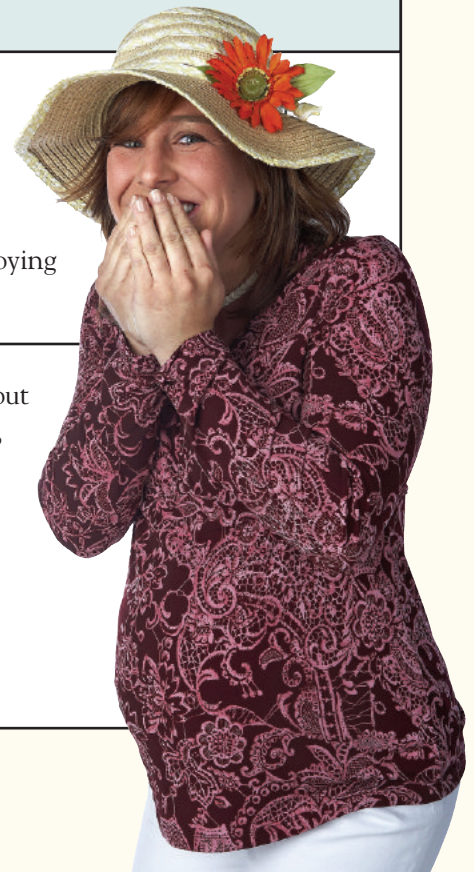
<b>Mom</b>	It should now be very clear to others that you are pregnant. You have most likely gained between five and 10 pounds. Your baby is going through a growth spurt. This may cause you to want to eat more than usual.
<b>Baby</b>	Your baby is now almost five inches long. It should weigh about three and a half ounces. Baby fat will begin to develop and will help to keep baby warm. The lungs are starting to let out air. The circulatory and urinary systems are working. Hair keeps on growing.

### WEEK 18

<b>Mom</b>	Your heart is working extra hard to care for you and your growing baby. Your uterus is now the size of a small melon.
<b>Baby</b>	Your baby is about five to five and a half inches long. It weighs a little more than five ounces. The senses are starting to kick in. Baby can tell the difference between sweet and bitter tastes. Baby will also react to bright lights. Your baby can yawn, stretch, and swallow. Baby can also make different expressions with its face.

### WEEK 19

<b>Mom</b>	Lower back pain, dizziness, heartburn, constipation, cramps, and mild swelling in your legs may occur. The good news is that you have almost reached the midpoint in your pregnancy. Pretty soon, it will be all over and you will be enjoying your little bundle of love.
<b>Baby</b>	Your baby is about five to six inches. It weighs about seven ounces. Vernix, a white cheese-like coating, develops on the skin. It will help to keep baby's skin from drying during the pregnancy.



# A Week-by-Week Guide

## SECOND TRIMESTER

### WEEK 20

<b>Mom</b>	Congratulations! You are halfway through your pregnancy. Only about 20 more weeks to go! Your uterus is nearly even with your belly button. You may start to breathe a little harder and sweat more.
<b>Baby</b>	Your baby can hear you now. Baby can also hear sounds outside of your body. It is now somewhere between five and six and a half inches. It weighs about nine ounces. Baby is also very active now. It can kick, twist, turn, wiggle and more. You'll get to enjoy your baby's movements for the rest of your pregnancy.

### WEEK 21

<b>Mom</b>	Your uterus is now reaching above your belly button. You have likely gained between 10 and 14 pounds.
<b>Baby</b>	Your baby is about seven inches long. It weighs around 10 ounces. Tiny buds that will later become baby's permanent teeth are starting to form. Baby's heart also grows stronger this week.

### WEEK 22

<b>Mom</b>	Your uterus is continuing to get larger. You may experience cramping and/or swelling in your legs, ankles and feet.
<b>Baby</b>	<p>Your baby is about seven and a half inches now. It weighs about 12 ounces. The skin covering the eyes has split into two parts to form the eyelids. Baby's muscles are growing stronger each week.</p> <p>You may think that you have a little tumbler in your belly because your baby is moving so much. Your baby will begin to enjoy hearing your voice. If you hum or sing to your baby now, the same sounds will comfort baby once it is born.</p>



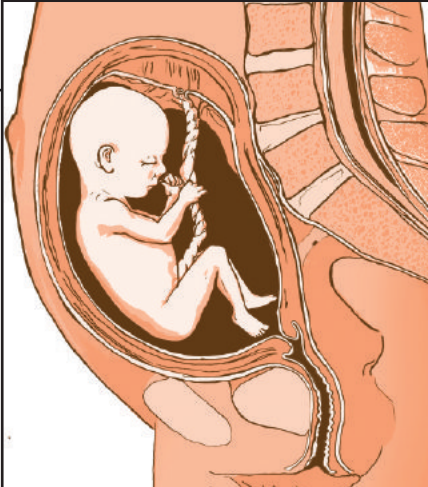
# A Week-by-Week Guide

## SECOND TRIMESTER

### WEEK 23

<b>Mom</b>	<p>Vaginal discharge is common and may happen more while you are pregnant. When you are pregnant, it is normally clear or yellowish. If the color or smell changes, it could mean that there is an infection. You should call your pregnancy doctor.</p> <p>You may also have lower back pain.</p>
<b>Baby</b>	<p>Your baby has grown to about eight inches now. It weighs nearly one pound and is starting to look like a newborn baby. The hair on baby's body may get darker. The skin is still clear and wrinkled. It will become less wrinkled as the baby gains more weight.</p>

### WEEK 24

<b>Mom</b>	<p>You will gain about one pound a week for the next few weeks. Your uterus now reaches about two inches above your belly button.</p>	
<b>Baby</b>	<p>Your baby is now nearly eight and a half inches long. It weighs a little more than a pound. Baby is starting to make white blood cells. White blood cells will help it fight germs on its own.</p> <p>Baby's senses are kicking in. It may react to different sounds or being touched.</p> <p>Baby may also hiccup. It will feel like a small jerk to you.</p>	

### WEEK 25

<b>Mom</b>	<p>Your uterus keeps moving up and growing larger. It may also get bigger on both sides of your stomach. Hemorrhoids, veins that swell in the area where you have your bowel movements, are common during this time.</p>
<b>Baby</b>	<p>Your baby is now about eight and a half inches long. It weighs about a pound and a half. The skin is no longer see-through.</p>

## A Week-by-Week Guide

### SECOND TRIMESTER

#### WEEK 26

<b>Mom</b>	You may start to feel “false labor” contractions. They don’t hurt, but might feel a little crampy. Your womb suddenly tightens up and then relaxes. This is your body’s way of getting ready for real labor contractions. You may have a few and then not have them for a week. There is no set time table.
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<b>Baby</b>	Baby’s lungs now have air sacs that will help them expand as they develop. The brain becomes active to prepare for the systems that will help baby see and hear.
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#### WEEK 27

<b>Mom</b>	You might begin to feel short of breath. But that’s expected as your baby gets bigger. Your womb is closer to your ribs and lungs now. This week marks the last week of your second trimester!
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<b>Baby</b>	The baby’s eyelids start to open. The brain is growing quickly and baby’s length is about 14 inches long (a little over one foot from head to toes).
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### THIRD TRIMESTER

#### WEEK 28

<b>Mom</b>	<p>You may start to have backaches and leg pain. You’ll start to feel more uncomfortable in the third trimester. But it will soon be time for baby’s birth. Check your weight gain. Usually, moms have gained between 17 and 24 pounds by week 28.</p> <p>If you have gained a lot more, your doctor may want to test you for “gestational diabetes.”</p>
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<b>Baby</b>	<p>Baby’s eyes open! It has eyelashes and eyebrows, too. The hair on baby’s head begins to grow. At two pounds (about the weight of a small bag of sugar), your baby’s lungs are beginning to finally develop to where they could breathe outside your body without assistance. The lungs still need more time to develop completely. So it’s important to follow your doctor’s advice to avoid having the baby too early.</p> <p>Baby can hear you now, even though it’s inside your belly. So remember to talk to your tummy a lot. Your baby will be calmed by your voice when it is born.</p>
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## A Week-by-Week Guide

### THIRD TRIMESTER

#### WEEK 29

<b>Mom</b>	<p>You may feel short of breath. Or your skin itches a lot. You also might get hemorrhoids. Hemorrhoids are veins that swell in the area where you have your bowel movements. Your baby's growth puts pressure on that area and on your vagina (the birth canal).</p> <p>Soak in a warm bath a few times a day to help with hemorrhoid pain. Talk to your doctor about other ways to lessen pain or discomfort.</p>
<b>Baby</b>	<p>Your baby is moving its eyes. It senses light, sound, taste and smell. Even though it is in a bag of water in your belly, it knows a little about what you had for breakfast. So eat right for your precious gem!</p>

#### WEEK 30

<b>Mom</b>	<p>You feel very tired by this time. And it's hard to find a comfortable way to sleep. Try your left side. This is the best for keeping blood flowing to your organs, legs and hands. You might also try sleeping in a recliner chair. This helps heartburn (burning sensation in throat/chest after you eat).</p>
<b>Baby</b>	<p>Baby is kicking more and gaining body fat. Its heart and skeletal system (bones and muscles) are almost fully formed. But its lungs still need more time.</p>

#### WEEK 31

<b>Mom</b>	<p>You only have about ten weeks to go! Make sure you are taking the calcium your doctor prescribed. And eat food with lots of protein, iron, and folic acid.</p>
<b>Baby</b>	<p>Your baby's brain is developing quickly now. Its body is not growing as fast now. But the lungs are taking the time they need to finish forming.</p>

#### WEEK 32

<b>Mom</b>	<p>Your doctor may want to see you every two weeks at this point. Baby's growth is moving your organs around. So you may feel more heartburn. Or that you're peeing all the time. It's hard to have a bowel movement (called constipation).</p> <p>You are close to baby's birth, so keep that in mind. Your doctor can help you with some of these normal symptoms leading to the big day.</p>
<b>Baby</b>	<p>Baby may weigh up to four or five pounds now. Pick up a five-pound bag of flour at the store and you'll feel its weight. It even has tiny fingernails and toenails.</p>

# A Week-by-Week Guide

## THIRD TRIMESTER

### WEEK 33

<b>Mom</b>	<p>You may find mild swelling in your ankles and feet. You will gain about a pound a week until baby's birth. But if you have:</p> <ul style="list-style-type: none"><li>• a really bad headache</li><li>• more than mild swelling in your face, hands or feet, over two to three days</li><li>• sudden or rapid swelling in your face, hands or feet</li><li>• nausea, vomiting, or chest discomfort other than heartburn</li></ul> <p><b>CALL YOUR DOCTOR RIGHT AWAY.</b> This could be a sign of pre-eclampsia. This is very serious and must be treated right away. Your blood pressure goes very high and the baby's heart rate can go very low. This condition can develop at any time, but is more common as you get closer to baby's birth.</p>
<b>Baby</b>	<p>The bag of water that protects your baby is as big as it will get. Your baby's brain is still developing very quickly and its skin turns from red to pink.</p>

### WEEK 34

<b>Mom</b>	<p>You may already have felt some "false labor" contractions. Now, they might come more regularly and feel like a tightness across your stomach. It will come and go. This tightening is getting your body ready for real labor contractions.</p>
<b>Baby</b>	<p>Baby is opening and closing its eyes just as it will as a newborn. Its fingernails are getting sharp. It can't move around very much now. It doesn't have much room! But it can turn its head, hold on to its toes, and suck its thumb.</p>

### WEEK 35

<b>Mom</b>	<p>Your body keeps preparing for birth. Your doctor will watch over baby's position. Your cervix gradually allows for the baby to move into the birth canal (over the last few weeks).</p>
<b>Baby</b>	<p>Baby's arms and legs are getting fatter. It has probably started to drop down into your pelvic (hipbones) area. Its head should be pointing down toward your birth canal. Sometimes babies get turned around. If your doctor says your baby is pointing feet first, your doctor will prepare for that kind of birth (known as a breech birth).</p>

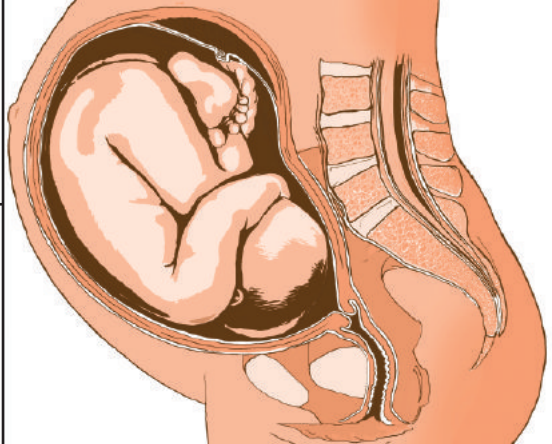




## A Week-by-Week Guide

### THIRD TRIMESTER

#### WEEK 36 - 40

<b>Mom</b>	It's good to watch for signs of labor, even though you may have a month to go. You'll be feeling more uncomfortable. But that means your baby is finishing its development to get the healthiest start!	
<b>Baby</b>	Baby can drop into the birth canal at any time. You need to see your doctor every week during this time. Baby's lungs are almost fully developed by now.	

## Signs of Pre-Term Labor or Full-Term Labor

### When to call the doctor:

Some moms-to-be don't feel big differences. Others do. Whether you are at 36 weeks, or any time after, watch for:

- Baby lowering into pelvic area. This doesn't mean you're having the baby too soon — it can happen a few weeks or a few hours before birth.
- “Mucus plug” passes. This is what kept the baby from entering the cervix too soon. It passes from your vagina and may be clear, pink, or a little bloody. This doesn't mean you're about to have the baby. But it is a sign that the baby will be coming soon.
- Contractions. Your belly gets hard and then softens. Then it gets hard and softens again. Labor contractions feel like an ache in your back or belly, or a cramp pain that starts at the top of your belly and moves down to the bottom.
- Your “water breaks.” The bag of water holding your baby bursts. Sometimes it gushes out. Or it may leak in a steady, thin stream. You need to go to the hospital.
- Bleeding: If you are bleeding, call your doctor.
- If you are having contractions once every five minutes for one hour or if your contractions are coming regularly, every five minutes, call your doctor and go to the hospital.

## Welcoming Your New Baby

Can you believe that your new baby is almost here? Remember to rest during the days leading up to your due date. You'll need lots of energy during labor and delivery. Before you know it, your pregnancy will be all over. Baby Partners is proud to have partnered with you to help ensure a safe pregnancy for you and your new baby and wish you the best of luck with your new bundle of joy.



**BABY PARTNERS LINE**  
**215-967-4690 or 1-866-500-4571**  
**(TTY users can call 1-877-454-8477)**

# Children Learn What They Live

If children live with criticism, they learn to condemn.

If children live with hostility, they learn to fight.

If children live with **ridicule**, they learn to be shy.

If children live with **shame**, they learn to feel guilty.

If children live with tolerance, they learn to be patient.

If children live with **encouragement**, they learn confidence.

If children live with **praise**, they learn to appreciate.

If children live with **fairness**, they learn justice.

If children live with **security**, they learn to have faith.

If children live with approval, they learn to like themselves.

If children live with acceptance and friendship, they learn to find love in the world.

"Children Learn What They Live"  
Dorothy Law Nolte



Design: Peter Camburn, AFT+D

Health Partners and the Health Partners Foundation have joined with the Institute for Safe Families (ISF) to prevent family violence and promote the health and well being of each member of the family and community in which they live. One of ISF's unique public awareness campaign's is "Children Learn What They Live" (CLWTL). We're partnering with ISF in sharing its meaningful messages with our providers, members and community groups.



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