

*Steps to a **Healthier** Pregnancy*



EDWARD

Congratulations, you're going to have a baby!

By making healthy choices during pregnancy, you are providing the best possible advantages for your baby's growth and development!

What part of your baby is developing this week? Click on the link below to find out!

[*9 Month Miracle*](#)

(If page doesn't load properly, hit "refresh")



Topics covered in this class:



- Prenatal Care
- High Risk Pregnancy
- Warning Signs during Pregnancy
- Nutrition
- Physical Changes & Discomforts of Pregnancy
- Exercises during Pregnancy
- Things to Avoid during Pregnancy
- Next steps?

Prenatal Care



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It is very important to keep all your prenatal visits. Your doctor will be checking your...

- Weight
- Blood Pressure
- Urine (for protein, sugar, or bacteria)
- Height of your fundus (top of the uterus) to gauge baby's growth

- One of the most important things you can do for your growing baby is to get good prenatal care.
- If you haven't already seen a doctor, make an appointment right away! Call our Physician Referral line at 630-527-6363 if you need assistance in finding a doctor.
- You will probably be scheduled for prenatal visits every 4 weeks until 28 wks gestation, then every 2-3 weeks until 36 wks, then weekly visits until delivery.
- Try to schedule an appointment with each doctor in the group, so that you will meet them all before delivery!

Ask your doctor if you should get a flu shot if you will be pregnant during flu season.



Dental Care

Regular Checkups

Have a dental checkup and cleaning early in your pregnancy. Be sure to inform your dentist and dental hygienist that you are pregnant. If x-rays are necessary, be sure that the proper precautions are taken to shield your baby.

Gum disease

Pregnancy hormones may cause your gums to bleed more readily and may increase your risk of gingivitis. Approximately 50% of pregnant women get this condition, called “[pregnancy gingivitis](#)”. Be sure to use good oral hygiene, brush regularly with a soft bristle toothbrush, and floss daily. If you have gum disease, be sure to have it treated by your dentist. Studies show a possible link between pregnant women with gum disease and a higher risk of having premature babies with low-birth weight. Bacteria from decaying teeth can also affect your unborn baby, so don't put off having cavities filled.



High Risk Pregnancy

If you have certain risk factors, you may need special care during pregnancy:

- Medical conditions such as: high blood pressure, diabetes, severe anemia, etc.
- Obstetric factors: problems with previous pregnancies, multiple pregnancy, bleeding, pre-eclampsia, younger than 15 or older than 35 during pregnancy, intrauterine growth restriction
- Lifestyle factors: smoking cigarettes, drinking alcohol, taking street drugs, eating poorly, not gaining enough weight, having multiple sexual partners.

[Diabetes in Pregnancy](#)

[Teenage Pregnancy](#)

(contact Susan Bard at 630-527-7685 for local resources for teen parents)

[Pregnancy After 35](#)

[Smoking During Pregnancy](#)

[Illicit Drug Use in Pregnancy](#)



Warning Signs

During your pregnancy, you may experience many concerns that you will want to discuss at your next doctor's appointment. However, you should call your doctor **immediately** if you experience any of these:

- Bleeding with or without pain
- A gush or trickle of fluid from your vagina
- Headaches that are constant or severe
- Swelling (edema) in the face or hands
- Pain in the upper right part of your abdomen
- Blurred vision or spots in front of your eyes
- Sudden weight gain of 1 pound a day or more
- Any signs of a urinary tract infection
- Fever



[Pregnancy Complications](#)

[High Blood pressure in pregnancy](#)



Preterm Labor

Preterm Labor is uterine contractions that occur prior to 37 weeks gestation which cause cervical changes.

It is very important to let your doctor know if you start experiencing preterm labor, so that appropriate steps can be taken to stop labor.

If you think you are experiencing preterm labor,

- Stop whatever activity you are currently doing
- Empty your bladder
- Drink at least one full glass of water (if you are dehydrated, it may cause contractions)
- Lie down on your left side and time the contractions. If you still experience at least 4 contractions over the next hour, call your doctor.

Signs of Preterm Labor

- More than 4 contractions in an hour
- Menstrual-like cramps
- Abdominal cramps
- Low backache (constant or intermittent)
- Pelvic pressure
- Changes in vaginal discharge



Good Nutrition During Pregnancy



Another important factor in a healthy pregnancy is nutrition. The foods you eat provide the “building blocks” for your baby’s development.

- Protein for cell building
- Carbohydrates for energy
- Vitamins and minerals for your baby’s growth and development
- Calcium for bone and teeth development
- Iron for making red blood cells
- Folic Acid for blood and protein tissue construction, such as spinal cord

Good nutrition is important for mom as well as baby! A well-balanced diet during pregnancy helps mom have:

- a healthy placenta
- a shorter labor
- more successful breastfeeding
- fewer infections
- faster recovery



Weight Gain

How much weight should you gain?

If pre-pregnant weight was.....	You should gain
Overweight	15-25 pounds
A healthy weight	25-35 pounds
Underweight	28-40 pounds
Healthy weight and expecting twins...	35-45 pounds



Where does the weight gain go?

Baby	7-8 lbs
Placenta	1-2 lbs
Uterus	2 lbs
Amniotic fluid	2 lbs
Mother	
Breasts	1 lb
Blood volume	3 lbs Increased
Tissue	4-7 lbs
Body fat	5 lbs

Total = 25 lbs

Are you overweight?

Expecting Multiples?



Eating for two?

Yes, you are eating to provide nutrients for two—but that doesn't mean you should get twice the calories!



The average calories needed per day during pregnancy are 2200 – 2500. That's only an additional 300 calories per day if you are expecting a single baby! (About 500 extra calories per day if you're expecting twins.)

However, you should pay close attention to what you eat to provide plenty of nutrients for your developing baby. Don't load up on “empty calories” that do nothing but put on weight!



Baby Building Protein

Protein helps build cells and tissues, helps make blood, and provides energy stores. (Protein is especially important if you are having multiples!)

When you are pregnant you need **71 grams of protein** per day (175 grams/day for twins).



Good sources of protein:

- Beef, poultry, fish (7 gms / oz)
- Eggs (7 gms / large egg)
- Milk (8 gms / cup)
- Yogurt (7-8 gms / cup)
- Cheese (7 gms / oz)
- Cottage Cheese (14 gms / 1/2 cup)
- Peanuts (7 gm / oz)
- Beans & lentils (6 gms / oz)
- Tofu (8 gms / 3.5 oz)

Carbohydrates--fuel for you and baby

- Carbohydrates provide energy. If you don't consume enough carbohydrates, your body will use protein for energy instead of using it for cell building.
- Complex carbohydrates should be your main source of energy:
 - » Whole grains
 - » Vegetables
 - » Fruits
- Limit foods made with refined grains (white flour) or foods with added sugar.



Good carbohydrate choices:

- Whole wheat bread, crackers, or pasta
- Brown rice
- Oatmeal
- Popcorn
- Starchy vegetables (potatoes, corn, green peas, lima beans)
- Fruits

Vitamins & Minerals

Vitamins affect the many processes that occur in the body—it helps the nervous system function, helps the body release energy to the cells, and helps form red blood cells.

- Folic Acid--an important vitamin for early pregnancy
- Vitamins A, C, D, E
- B Vitamins

Minerals are used to develop the body's structure - bones and teeth.

- Calcium and Iron are important minerals during pregnancy.
- Other minerals include Iodine, magnesium, phosphorus, and zinc.



In order to get all the necessary vitamins & minerals required during pregnancy, be sure to take the Prenatal Vitamins your doctor prescribes, in addition to eating a well-balanced diet.



Vitamin D

Ask your doctor if you need extra Vitamin D. The American Academy of Pediatrics recommends that pregnant women have their Vitamin D status checked by a blood test.

If you are Vitamin D deficient, your doctor may recommend up to 4,000 IU per day. (Most prenatal vitamins generally contain about 400 IU of Vitamin D.)

Vitamin D is also known as the **Sunshine Vitamin**. Your body can produce 3,000 – 20,000 IU just from sunlight exposure! Recommended exposure time varies based on angle of the sun's rays, season of the year, age, and skin type. (It's very difficult to get the correct exposure during the winter months at our latitude.) General recommendations are for 15-20 minutes of full sun exposure to torso, arms, and legs (much less time than would cause your skin to turn pink). Sunscreen blocks the UV rays that produce Vit D.

Source: VitaminDcouncil.org



Are you getting the Calcium you need?

Calcium is needed for skeletal development of your baby.

Adequate intake of calcium during pregnancy will protect your bone mass--calcium can be pulled from your bones if you do not have adequate calcium intake.

During pregnancy, you will need **1000-1300 mg** of calcium or 3 servings of calcium-rich foods per day. (If you are expecting twins, you will need 1800 mg/day of calcium.)

Did you know?

Your body can only absorb about 500 mg of Calcium at a time, so take your calcium supplements in the morning and evening in divided doses.

Vitamin D, magnesium, and Vitamin C helps your body to absorb calcium. Don't take your calcium supplement with Iron—this will inhibit absorption of both.



Calcium is found in:

- dairy products
- tofu
- dark leafy vegetables
- canned fish
- dried beans & peas
- fortified food



Calcium-rich foods

Did you get 1000-1300 mg of Calcium today?

Food	Serving size	Calcium content
Juice	8 ounces (237 milliliters) calcium-fortified orange juice	500 mg
Milk	1 cup (237 milliliters) skim milk	299 mg
Yogurt	6 ounces (170 grams) low-fat fruit yogurt	258 mg
Cheese	1 ounce (28 grams) part-skim mozzarella cheese	222 mg
Salmon	3 ounces (85 grams) canned pink salmon with bones	181 mg
Spinach	1/2 cup (90 grams) boiled spinach	122 mg
Cereal	1 cup (20 to 60 grams) calcium-fortified ready-to-eat cereal	3 to 1,000 mg

Source: USDA National Nutrient Database for Standard Reference, Release 23



Why do I need Iron?

- A mother's blood volume increases by 50% during pregnancy.
- Iron is essential for making Hemoglobin – an element of blood.
- Your baby needs increased iron stores before birth for making hemoglobin after birth.

Did you know?

Vitamin C will help with absorption of iron, but calcium interferes with it.



Iron is found in:

- Meat
- Dark green vegetables
- Whole grains
- Dried beans and peas
- Nuts
- Egg yolks

Omega 3 Fatty Acids

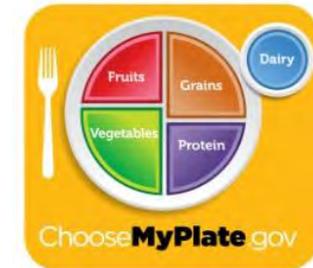
- Ask your doctor if you should include an additional supplement of Omega 3 fatty acids. Research suggests that expecting and nursing mothers need between 200-900 mg of DHA & EPA daily.
- Some prenatal vitamins may have DHA (one of the 3 forms of omega 3 fatty acids).
- These Omega 3 fatty acids are also found in fish, but be careful of the type of fish you eat, to avoid those with possible high mercury levels.



How do I make sure I get all these important nutrients?

Eat a variety of foods from all the food groups! And remember, you only need 300 more calories per day.

- Milk, Yogurt, & Cheese Group
- Meat, Beans, & Nuts Group
- Vegetable Group
- Fruit Group
- Bread, Cereal, Rice, & Pasta Group



To develop your own personalized nutrition plan, go to:

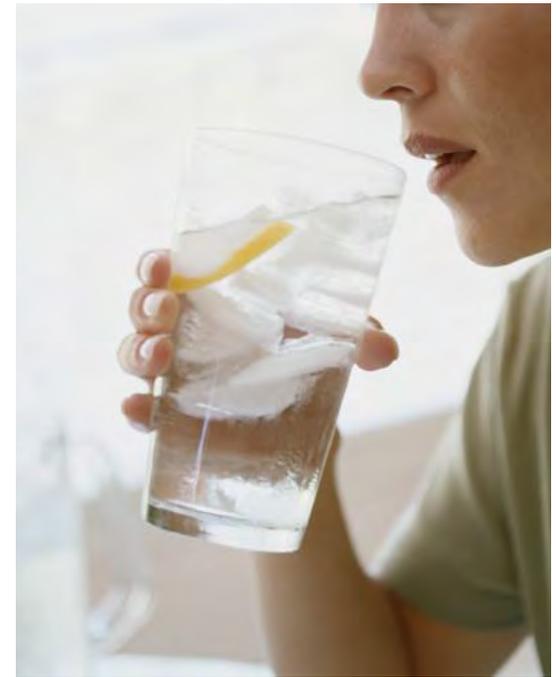
[Nutrition for Pregnancy & Breastfeeding](#)

And don't forget the water!

You will also need to drink plenty of water during your pregnancy. Insufficient water intake can cause several complications with your pregnancy, including preterm labor!

It is recommended that a pregnant woman get as much as 8-12 eight-ounce glasses of water per day.

How much have you had today?



Importance of
Keeping Hydrated
During Pregnancy



Can I continue to follow my vegetarian diet?

Yes, like any pregnant women, vegetarians need to plan their food choices carefully.

- Take a prenatal vitamin daily
- Eat high biological value proteins (eggs, fish, cheese, and beans) as able
- Monitor calories to assure 2200-2500 a day



Why am I having all these cravings?

- Cravings are probably a result of our bodies hormonal changes.
- Cravings are relatively harmless unless you are avoiding entire food groups or craving non-food items.



Physical Changes & Discomforts of Pregnancy



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What happens to your body during pregnancy?

- Increased hormones (estrogen & progesterone)
- Increased blood volume (up to 50%)
- Your metabolism increases
- Your digestion slows down
- The growing uterus puts pressure on other organs

What will this cause?



Increased hormones can cause

- Headaches
- Hair changes
- Skin changes
- Mood swings
- Breast tenderness
- Increased vaginal discharge
- Itching
- Swelling (esp. ankles and feet)
- Cornea grows thicker
- Insomnia
- Fatigue
- Ligaments relax & stretch

Metabolism increases

- Which may cause blood sugar levels to change

Increased blood volume can cause

- Increased heart rate
- Blood pressure changes, causing dizziness and faintness
- Nasal stuffiness, nose bleeds
- Gums may swell and bleed
- Varicose veins, spider veins
- Numbness and tingling in hands

Digestion slows, which may cause

- Heartburn
- Indigestion
- Constipation
- Gas
- Hemorrhoids





Pressure from the growing uterus can cause

- Shortness of breath
- Frequent urination
- Backache
- Leg numbness & tingling or sciatica
- Varicose veins, aching legs
- Ribs expand 2-3 inches, causing rib pain
- Center of weight changes (causing clumsiness & easy to fall)

What can you do to ease these discomforts?

- Gentle exercise on a regular basis.
- Improve your posture and body mechanics.
- Put your feet up whenever possible.
- Get extra rest.
- Eat a well-balanced diet.
- Eat small, frequent meals.
- Drink plenty of fluids.
- Avoid stress.



[“Body Changes & Discomforts”](#)

[Leg cramps during pregnancy](#)

Tips to Reduce Nausea

- Avoid strong food flavors (i.e., spicy foods) or cooking smells.
- Eat a starchy food, such as toast, crackers, or dry cereal before getting out of bed.
- Try to eat small frequent meals.
- Eat easy to digest carbohydrates: grains and fruits
- Eat a small snack before bed
 - Peanut butter and crackers
 - Milk and cereal

Consult with a doctor if you vomit more than 3 times a day!

Ways to Ease Discomforts of Swelling:

- Drink *more* water
- Avoid excessive sodium intake
- Elevate your feet
- Rest on your left side to improve circulation

[Tips to help reduce ankle swelling](#)



To Ease Constipation

- Eat high fiber foods
 - Choose at least 5 servings of fruits and vegetables a day
 - Choose whole grain cereals and breads
 - Look on food labels for foods with 3 grams of fiber or more per serving
- Drink at least 8 cups of fluid daily (water, broth, fruit juice)
- Ask you doctor if you should take a stool softener or laxative.

For Heartburn

- Eat small frequent meals
- Walk after you eat to assist gastric juices in going down
- Sleep with your head elevated
- Wear comfortable clothes
- Ask your doctor about antacids before you take them. (Some contain sodium bicarbonate, which can interfere with the absorption of essential vitamins and minerals.)



Back Pain during Pregnancy?

Why are you experiencing back pain, even before your belly gets big?



- The reason for back pain in the first and second trimester is largely influenced by hormones.
- **Relaxin** (a hormone unique to pregnancy) and **Estrogen** are produced in large quantities to allow softening of the ligaments around the pelvis. Ligaments are structures that hold bones to other bones. Ligaments are normally very tough structures. During pregnancy they become much more elastic.
- The hormones cause the ligaments to soften to allow the pelvis to be more flexible to allow room for the growing baby.
- The pelvis is a vulnerable area, because with softened ligaments, there can be excessive motion in the joints.
- If you do a lot of uneven movements (cross your legs, get in and out of the car one leg at a time, etc.) you are especially at risk for problems.

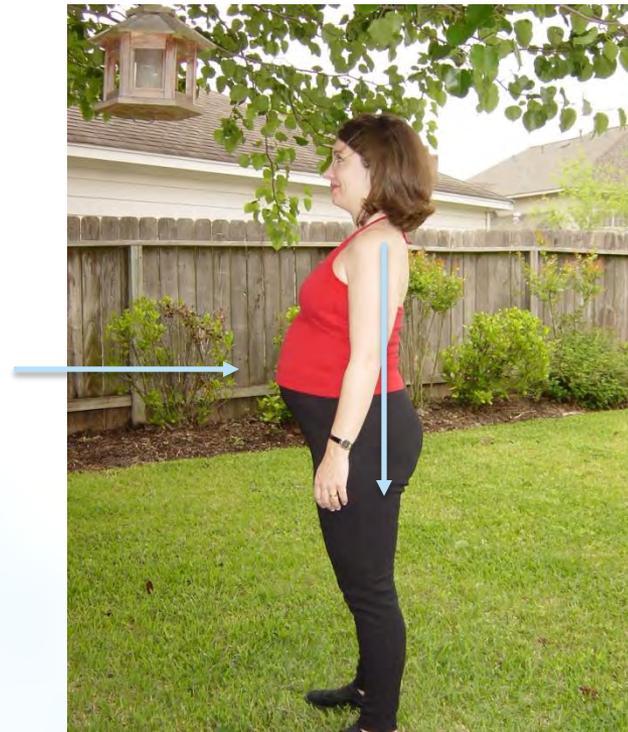


What can you do?

Correct Posture

Correct alignment of your spine will minimize muscle strain.

- Head, shoulders and pelvis are aligned
- Abdomen is pulled in
- Keep the normal curvature of a healthy spine--avoid sway-back or flat-back



Standing



- Prop one foot up if standing for long periods of time



- Ideal work height is at chest/waist level, so that you are not bending over.

Proper Sitting Posture

- Support for low back
- Sit all the way back
- Keep pelvis even and legs together.
- Consider slightly elevating legs
- Don't slouch!



Sleeping Positions

Although sleep is very important during pregnancy, you may find it difficult to find a comfortable position to get the sleep you need!



- After the first trimester, it is important to avoid lying on your back. The weight of the uterus can cut off circulation to your baby. Lying on your left side allows for best circulation.
- Keep your spine in a straight line.
- Use pillows for support—a body pillow or 3-4 pillows placed to keep your spine aligned.
- Place 1-2 pillows between your legs.
- Hugging a pillow (or your partner) will also keep your upper back in good alignment.
- To take pressure off your hips, you can wedge pillows around you and lean $\frac{3}{4}$ way toward your back or abdomen.

Using Good Body Mechanics

Getting Out of Bed



To avoid straining your abdominal muscles, always:

- turn to your side
- push up on your elbow
- then swing your feet out

Don't get out of bed by lifting your head first!

Squat—don't bend!



- Use your thigh muscles (squat) rather than your back muscles (bending over) whenever possible
- Avoid bend-and-twist movements

Rules for Lifting

- Maintain neutral spine (normal curvatures of a healthy spine; i.e.. not swayback or hump-back, even when bending over)
- Use your leg muscles
- Tighten abdominal muscles before you lift something
- Squeeze pelvic floor muscles
- Exhale as you lift
- Keep loads in the middle
- Avoid bending from the waist (especially avoid bending and twisting)



Remember the lifting rules after the baby is born, too!



- Infant carriers were meant for short distances! If you have to carry baby for a greater distance, use a stroller and save your back!
- A carrier held in one arm may cause your arm and shoulder to ache. Lifting and holding the carrier in the middle is best.

Getting In or Out of a Car

- Keep your knees together, as if you are wearing a narrow skirt.
- Avoid asymmetrical movement (i.e. putting one leg into the car while standing on the other leg), which puts a strain on your pelvis.
- When getting into a car, sit first and then swing both legs in.
- When getting out of a car, swing both legs out, then stand up.



**And Remember: Protect your unborn child—
use a seatbelt for every trip in the car!**

- Wear your seatbelt low over your abdomen.
- Keep the shoulder belt across the middle of your shoulder. Never put it under your arm or off your shoulder.
- If you are in the front seat with an air bag, move your seat back as far as possible.



Comfort Measures for Back Pain

Cold

- Ice is good for intense pain
- A package of frozen peas makes a great cold pack!

Heat

- Apply warm pack (not too hot!)
- Rice sock (uncooked white rice in a cotton tube sock) can be heated in the microwave for 60-90 seconds until warm—not hot! Apply warm pack to lower back.

Massage

- Have a friend or spouse massage your back.
- Place 2 tennis balls in a tube sock. Place tennis balls between your back and a wall and press against them to do your own back massage!
- Pregnancy massage therapy (available at Edward Hospital's Spa 630-646-7911)

["Back Pain During Pregnancy"](#)

If you are still uncomfortable with back pain after using the above comfort measures, ask your doctor about prescribing physical therapy.



Exercise During Pregnancy



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- It is a good idea to do exercises to stretch, strengthen, and stabilize the “core”—your abdomen, back muscles, and pelvic floor muscles.
- Always check with your doctor before beginning any exercise routine.
- Use common sense when exercising—don’t do any exercises that cause pain.
- Don’t exercise to the point of overheating yourself. This could be harmful for your baby.
- Avoid doing any exercise or sports that have a risk of injury to your abdomen or a risk of falling (i.e.- horseback riding, skating, skiing, soccer, etc.)



“Fitness for Two”

Simple Strengthening & Stabilizing Exercises

Kegels

- This exercise strengthens and improves the tone of the pelvic floor muscles. These muscles help to hold up all your abdominal organs and are very important when it comes time to push your baby through the birth canal!
- To identify the correct muscles to use, try to stop the flow of urine while you are urinating. The muscles you tightened to do this are the same muscles you will be exercising with the Kegel Exercises.
- Do a daily total of 50-60 quick Kegels (holding about 3 seconds each) and about 50-60 slow Kegels (holding about 10 seconds each).
- With the baby's head pushing against your bladder, you may find that you leak urine when you laugh or sneeze. Kegel Exercises will help this problem.
- **Remember to always:**
 - Squeeze before you sneeze
 - Squeeze before you lift



[How to do Kegels](#)

[More Pelvic Floor Exercises
for Pregnancy and After
Delivery](#)



Pillow Squeeze

This easy-to-do exercise will stabilize the pelvis.

- Put a folded pillow between your knees while lying on your back or slightly to the side.
- Squeeze the pillow and hold for 5 seconds
- Relax and then repeat.
- Discontinue if painful.



Tailor Sitting

- Sit on the floor and bring your feet close to your body, crossing your ankles.
- Maintain this position for as long as you feel comfortable (while watching TV, listening to music, etc.)

Tailor Press

- Sit on the floor and bring your feet close to your body with the soles of your feet placed together. (If this position is uncomfortable, try crossing your ankles instead.)
- Place your hands under your knees and press down with your knees while resisting the pressure with your hands.
- Count slowly to three, then relax .
- Repeat 3-4 times. Gradually increase the number of presses until doing 10 presses, twice a day.



More [pregnancy exercises](#)



Things to Avoid During Pregnancy



Exposure to these during pregnancy can be harmful to your baby:

- Alcohol
- Smoking
- Drugs (street drugs, certain prescription drugs, and certain over-the-counter meds, such as pain relievers, allergy & cold medication, laxatives, skin treatments)
- High levels of caffeine
- Herbal teas--due to lack of information about the effects of certain herbs on the developing fetus. (Some studies indicate that green tea may interfere with folic acid absorption).
- X-rays
- Lead, Mercury
- Chemicals
- Physical abuse

Click on the links for more information:

["Fetal Alcohol Syndrome"](#)

["Smoking During Pregnancy"](#)

["Drugs, Herbs & Dietary Supplements"](#)

[Accutane](#) (acne medication)

["Caffeine in Pregnancy"](#)

["Environmental Risks and Pregnancy"](#)

["Mercury"](#)

["Abuse During Pregnancy"](#)



Smoking is harmful to your baby!



Mothers who smoke have a much higher risk of having placenta problems, premature birth, babies with low birth weight (SGA), and babies with birth defects.

Babies who are around second-hand smoke after birth are at much greater risk to die from Sudden Infant Death Syndrome, to develop asthma and allergies, bronchitis, pneumonia and ear infections.

Now is a great time to quit smoking!

Resources to help:

Illinois Tobacco Quit Line
1-866-QUIT-YES (1-866-784-8937)
www.quityes.org

www.smokefree.gov
1-800-QUIT-NOW (1-800-7848-669)

- [Pregnancy](#)
- [Second-hand smoke](#)

Upcoming [Freedom From Smoking Clinics in Illinois](#)



Avoid exposure to certain illnesses:

- Measles
- Chickenpox
- Hepatitis B
- Sexually-transmitted diseases
- Anything which would increase your risk of infection (i.e. don't get body piercing or tattoos done during pregnancy, etc.)
- Toxoplasmosis: Avoid kitty litter boxes; don't let your cat get up on your table or counters; use gloves when gardening; wash vegetables thoroughly before eating; don't eat raw or undercooked meat.
- LCMV: avoid contact with any rodents during pregnancy (pet hamsters, guinea pigs, etc.)
- Food-borne illnesses

For more information:

["Rubella \(German Measles\)"](#)

["Chickenpox in Pregnancy"](#)

["Sexually Transmitted Infections in Pregnancy"](#)

["Toxoplasmosis"](#)

["Mice, Hamsters, & Guinea Pigs"](#)



Food borne Illnesses & Pregnancy

A Food borne Illness occurs when someone eats food containing harmful microorganisms or chemicals. Pregnant women have to be especially careful not to contract a food borne illness, because the illness will also affect their unborn baby, causing serious health problems, premature birth, or even miscarriage.

Common food borne illnesses are:

- Listeria
- Methylmercury
- Toxoplasmosis



[Click here](#) to learn more about food borne illnesses and how you can prevent them.

Remember:

- Cook eggs thoroughly, until firm. Avoid foods with raw eggs (including eggnog, cake batter, and raw cookie dough).
- Wash all fruits and vegetables before using. Avoid eating seed sprouts.
- Drink only pasteurized milk products and juices. (Avoid fruit smoothies during pregnancy.)
- Avoid any soft cheeses made with unpasteurized milk, such as Feta, Brie, Camembert, “blue-veined” cheeses or “Queso Blanco”, “Queso fresco”, or Panela (unless the label states it was made with pasteurized milk).
- Avoid refrigerated smoked seafood (unless you use it in a cooked casserole).
- Avoid swordfish, mackerel, tilefish, shark, and albacore tuna. It is okay to eat up to 12 ounces a week of low mercury fish (canned tuna, salmon, Pollock, and catfish).
- Reheat hot dogs or luncheon meats until steaming hot.
- Keep cold foods cold and hot foods hot.
- Follow the recommended storage time for foods. (see chart) Discard food that has been sitting at room temperature for more than 2 hours.
- Don't cross-contaminate: keep raw meat separate from ready-to-eat fruits and vegetables (use separate cutting boards and utensils for preparation).



Next steps:

- ❑ Consider signing up for prenatal exercise classes at the Edward Fitness Center (630-646-5917 Naperville or 630-646-7913 Woodridge).



- ❑ Sign up for prenatal parenting & infant care classes (childbirth, baby care, breastfeeding, etc). Classes fill quickly, so call early in your pregnancy to register. To see dates and times of classes, go to www.edward.org/classesandevents and search by the name of the class. To register, call (630) 527-6363.



- ❑ Sign up for Babe-news, Edward's weekly pregnancy newsletter. (Babe-news will continue through your baby's first year, with information about baby's development, breastfeeding, and more! And now there's Toddler's News which continues until your baby's 3rd birthday!)
- ❑ Choose a doctor for your baby. (If you need help, call 630-527-6363 Physician Referral). Plan to interview the doctor, see the office, etc. prior to baby's birth.
- ❑ Pre-register for your OB stay. You can do this on-line or ask your doctor for a form.



Learn more about having a baby at Edward Hospital

- Edward Hospital's website has a lot of information for expectant couples. Go to <http://www.edward.org/obstetrics> .
- We have [several videos](#) of interest to maternity patients (Pregnancy Ultrasound, Non-stress Test and monitoring, a video tour of the maternity unit, NICU, and a video tour for young siblings).
- We have a special section on the website for [Special Care Pregnancies](#), including multiples. We also have a special prenatal class for those expecting multiples.
- Plan to go on a tour of Edward Hospital's OB unit. Call 630-527-6363 to register for a free tour (children are not allowed on the tour and please register anyone accompanying you). An OB tour is included with certain prenatal classes.
- When it's time to come to the hospital to have your baby, please let your visitors know about the visiting hours (10 am – 8 pm—and please do not come the first hour after birth or during nap-time from 2-4 pm).
- Plan to bring your car seat to the hospital on the day prior to discharge. Your baby must be in a carseat to go home. Learn more about buckling up your baby safely in our Babycare PLUS class.



Evaluation

Please click on [this link](#) to fill out the evaluation for this on-line course. It would help us improve the course if you will give feedback on what you found helpful or what additional information you think should be covered in this course.

Thank you!

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