

ALCOHOL

Many people do not think of alcohol as a drug, but it is.

Alcohol is a depressant that affects many organs in your body. When you drink alcohol during pregnancy, it can harm your unborn baby's delicate body.



Alcohol passes through the placenta to the baby. When you have a drink, your baby has one of equal strength. Because the fetus is so small, the alcohol is harder on the baby than on you. This can lead to brain damage, mental retardation and "fetal alcohol syndrome" in which the baby is smaller than normal. The baby may also have severe face abnormalities, heart defects and poor coordination. To be safe, avoid using any alcohol during pregnancy.

SMOKING

If you can't quit smoking for yourself, do it for your baby. Smoking increases your chances of having a low birth weight baby. Such

babies weigh less than 5½ pounds at birth and are at greater risk for disabling conditions such as cerebral palsy, men-



tal retardation, blindness, deafness and even death.

LOOKING AHEAD

To predict your baby's birth date, add 280 days to the first day of your last period. Or you could take the first day of your last period, count back three months, and add seven days. Both of these methods predict a birth date for the "average pregnancy." This date is just a "guesstimate." Most doctors say two weeks on either side of this due date is a normal range.

While you're waiting, stay well! If you need more information, contact your County Extension Service.

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PUTTING KNOWLEDGE TO WORK

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Gale A. Buchanan, Dean and Director

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County Extension Agent

Well on Your Way



FIRST • TRIMESTER

Off to a Good Start

COOPERATIVE EXTENSION SERVICE
The University of Georgia
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Well on Your Way

FIRST TRIMESTER:

Off to a Good Start

Now that you are pregnant, your body is changing rapidly. It is very important for you to take care of yourself so you can be well on your way to the joys of parenthood!

Here are three important things you should do right away.

1. See a doctor or go to a clinic. Regular check-ups can prevent problems for both you and your baby.
2. Review your food habits. Good nutrition during pregnancy is important for your baby's start in life. Both mother and baby can suffer during pregnancy if mother's diet is poor.
3. Stop taking all drugs including alcohol unless your doctor says your medicine is safe during pregnancy. Many drugs, even aspirin, can harm your baby.

BABY'S GROWTH

First Month

Your baby's heart began beating. The baby is called an embryo at this stage.

F I R S T • T R I M E S T E R



The embryo is about ¼ inch long at the end of the month. This is 10,000 times larger than the egg it started from!

Second Month

From the second month on, the baby is called a fetus. The arms, legs, body and face begin to develop.

Third Month

The fetus is about 3 inches long and weighs about 1 ounce. It can open and close its mouth, swallow, kick its legs, move its hands and turn its head. A doctor can now tell if the fetus is a boy or girl.

EATING FOR TWO

Your calories and nutrients must be increased while you are pregnant because your baby needs food, too. You are the sole source of food for your baby. The best way to get all the nutrients for your baby is to eat a variety of foods.

You need:

- Six or more servings from the bread and cereal group
- Two or more servings of fruit

- Three or more servings of vegetables
- Three or more servings from the milk group
- Two or more servings from the meat group

A pregnant woman needs about 300 extra calories a day. Additional foods from any food group can be eaten to meet these needs. For example, try a baked potato, a cup of broccoli and 2 tablespoons cheese sauce.

TWO IMPORTANT NUTRIENTS

Your need for folic acid and iron is increased during pregnancy. Folic acid is especially important before you become pregnant. It decreases your baby's chance of brain and spine defects.

Foods high in folic acid include:

- fortified breads and cereals
- broccoli
- Brussels sprouts
- greens
- peas and beans
- okra
- orange juice

Foods high in iron include:

- liver
- meat
- poultry
- beans
- enriched breads and cereals

NAUSEA AND VOMITING

You may experience some nausea during the first few months of pregnancy. This is quite normal and may pass in time.

One of the following suggestions may help you feel better.

- Avoid smells that trigger a sick feeling.
- Open windows or doors and use fans to let in fresh air.
- Don't smoke. Avoid smoky rooms.
- Contact your doctor if you cannot keep food down or if you feel extremely ill.

It is important to eat well in spite of the nausea for your health and your baby's health.