

BUY LINES: CRIBS

When shopping for baby cribs, it is important to look for the following features.

- Slats should be close together (openings about three fingers wide) so the baby's head doesn't get stuck between them.
- The mattress should fit snugly so the baby doesn't get trapped between the mattress and crib frame.
- The headboard and footboard should not have fancy cut-outs or carvings that could trap the baby's head, hands or feet.
- There should be no rough edges on the hardware that can come in contact with the baby.
- The manufacturer's name and the model or code number should be permanently labeled on the crib.



If you cannot afford a new crib right now, consider a used crib. It is more important to check the safety of used cribs than new ones.

Cribs are not a must for newborns. Infant beds can be made from a bureau drawer or laundry basket placed on the floor. Be sure to cover all rough edges with layers of blankets.

The Cooperative Extension Service can provide up-to-date information on clothing, housing, consumer education, food and nutrition, and other areas of family and consumer sciences. Please call us if you have any questions.

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PUTTING KNOWLEDGE TO WORK

The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. The Cooperative Extension Service, the University of Georgia College of Agricultural and Environmental Sciences offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, sex or disability.

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Gale A. Buchanan, Dean and Director

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This newsletter is provided to you by:

County Extension Agent

Well on Your Way



FOURTH • MONTH

When Gaining
is Good

COOPERATIVE EXTENSION SERVICE
The University of Georgia
College of Family and Consumer Sciences and
College of Agricultural and Environmental Sciences cooperating

Well on Your Way

F O U R T H • M O N T H



FOURTH MONTH: When Gaining is Good

Having a healthy baby means gaining weight. If you are presently on a weight loss diet, stop. The recommended total weight gain during pregnancy is 25 to 35 pounds for the average weight woman. That means you should gain 3 to 4 pounds per month until your baby is born. If you were underweight before your pregnancy, you should gain a total of 28 to 40 pounds. Women carrying twins should gain 35 to 45 pounds.

Where does all this weight go? Your weight gain includes the fetus (baby), the placenta (organ that feeds the baby), the uterus (womb), amniotic fluid (bag of water), extra fluid in other tissues, increased blood and finally an increase in breast size.



Remember, an adequate supply of nutrients and calories for both mother and baby is a must. A variety of foods is the key to be well on your way!

BABY'S GROWTH

Your baby is growing rapidly. The fetus will be 8 to 10 inches long by the end of the fourth month. You may feel your baby move at this time. This is called "quickening." The kicks may fool you at first, but they will become more obvious with time.

MATERNITY WEAR

Attractive, comfortable maternity clothes will help you look and feel your best during pregnancy. Your body's changing size and shape as well as your activities will determine what clothing is best for you. You may have adjusted your wardrobe the first few months by wearing loose styles or leaving zippers and buttons undone. As your waist and bust increase, maternity wear will be needed. Here are some helpful hints for putting a maternity wardrobe together.

- Select colors, fabrics and styles that can be worn for more than one season.
- Choose clothes that can be mixed and matched.
- Comfort, fit and room for growth are more important than quality because clothes will be worn for a short time.
- Look for clothes with elastic or draw-string waists, stretch panels or adjustable fasteners. Or you can alter your own clothes!
- Borrow clothing from friends or relatives.

TIME FOR DAD

The father-child relationship is very important. One way to get Dad involved is to let him hear the baby's heartbeat and feel the kicking on your stomach. He could also attend your prenatal check-ups and ask the doctor questions. The more he understands about the pregnancy, the more supportive he can be. Dad should start planning time with the baby once she's born. Can he take some time off from work? Talk about what his new role will be.

TWINS

Doctors can usually diagnose twins early in pregnancy by using ultrasound (sonogram). This early detection helps parents to plan emotionally, financially and physically. It also allows your doctor to closely monitor the development of the fetuses. More frequent visits, special attention to proper nutrition and plenty of rest is important. Twins are more likely to be small at birth and need extra attention during delivery to avoid complications.

You are probably wondering how you will cope with two infants at once. One "trick of the trade" is to ask family or friends for help, especially during the first few months. Talking to parents of twins may also help. See if your community has a Mothers of Twins Club near you. Twins may mean double the work, but they also bring double the pleasure!

