

YOUR PREGNANCY

at 0-12 weeks,

you may.....

- have breast tenderness
- urinate more often
- feel tired
- become constipated
- have minor changes in your weight
- have nausea and vomiting
- notice gums bleeding after toothbrushing
- experience mood swings and anxiety
- notice partner experiencing mixed emotions

Suggestions....

- wear a supportive bra
- go to the bathroom whenever sensation occurs
- rest when you feel tired
- eat fruits, vegetables and bran cereals
- drink 6-8 glasses of liquid/day
- take walks daily; talk to your physician about exercise
- eat foods from the (4) groups daily
- avoid having stomach completely empty
- avoid unpleasant odors
- talk to your dentist about dental care during pregnancy
- use a soft toothbrush and brush gums toward teeth. Floss gently
- understand changes in feelings (happy, sad, worried) are normal as you begin thinking about becoming a mother
- be aware that your pregnancy affects those close to you, and your relationship may change

Watch Me Grow.....

At 1 month: I am 1/4"-1/2" long. My eyes, ears, and nose are starting to appear. My heart is forming and begins to beat by the end of the month.

At 2 months: I am 2" long. My brain grows rapidly and directs my body's first movements. My ears, nose and mouth are taking shape. My arms and legs are getting longer and my toes are becoming more distinct.

At 3 months: I am 4" long and weigh 1 ounce. My baby teeth are beginning to form. I can open and close my mouth and swallow. My kidneys are developed and starting to work.

The things you do during your pregnancy can have lifelong effects on your baby. Remember.....to ensure a healthy baby it is important to:

- Eat nutritious food for you and for your baby's developing brain.
- Take daily prenatal vitamins and folic acid.
- Wear lap-shoulder seat belt. Place lap belt below abdomen.
- Have others change cat litter.
- Stop drug, alcohol and cigarette use.
- Avoid caffeine (coffee, tea, soda, or energy drinks).
- Avoid a high-risk sexual lifestyle.
- Keep all appointments: doctor, WIC, dental.
- Ask your doctor or nurse for more information on pregnancy and medication use.



Illustration copied with permission from the March of Dimes

If your name or address changes or you wish to stop receiving these newsletters, please call (231) 547-0295 or 1-800-432-4121.

Health Tips...

Headaches may occur in early pregnancy. The following things may help relieve headaches:

- Eat regular meals and get adequate rest
- Apply cool cloth to forehead and neck
- Fresh air or a walk may help
- Do an activity that is relaxing to you
- Massage neck, shoulders, face and scalp
- Ask others to help with child care
- Contact your doctor if headache persists and before taking any medication
- Avoid hot tubs and saunas



If you **smoke**....Remember, now is a great time to quit. You can do it, and you and your baby will be healthier.

Help is available. Call **Health Access** for information and/or classes at 1-800-248-6777.

Helpful information is available at the following websites...

For **pregnancy and newborn** information, please visit:

www.acog.com
www.lllusa.org
www.marchofdimes.com
www.michigan.gov/mdch
www.mywebmd.com
www.kidshealth.org

For **nutrition** information, please visit:

www.eatright.org
www.mypyramid.gov
www.wichealth.org

For **smoking cessation** information, please visit:

www.michigan.gov/tobacco
www.quitnet.com

For **dental** information:

www.ada.org

Health Department of Northwest Michigan
220 W. Garfield
Charlevoix, MI 49720

Northern Michigan Regional Hospital, Chippewa County Health Department,
District Health Department No. 4, Luce-Mackinaw-Alger and Schoolcraft Health Department
and Health Department of Northwest Michigan

Counties of:

Antrim - Bellaire
209 Portage Dr.
Bellaire, MI 49615
(231) 533-8670

Antrim
Mancelona
205 Grove St
Mancelona, MI 49659
(231) 587-5044

Charlevoix
220 W. Garfield
Charlevoix, MI 49720
(231) 547-6523

Emmet
3434 Harbor-Petoskey Rd.
Suite A
Harbor Springs, MI 49740
(231) 347-6014

Otsego
95 Livingston Blvd.
Gaylord, MI 49735
(989) 732-1794

For an appointment at one of these offices, please call (231) 547-0295 or 1-800-432-4121

In Chippewa County, please call 1-906-635-1566

District Health Department No. 4, please call 1-800-221-0294

Luce-Mackinaw-Alger-Schoolcraft counties, please call 1-800-562-4832