



My Pregnancy

at 13-17 Weeks

2nd Trimester!

- ♥ You may be more comfortable and have more energy.
- ♥ Early pregnancy discomforts may be disappearing.

Healthy Food Choices

- Breads and Cereals: 9 servings each day
- 4 Vegetables and 3 Fruits each day
- Proteins: 2-3 servings each day
- Milk and Dairy: 2-3 servings each day
- Healthy snacks like fruits/vegetables/ yogurt and cheese

Unsafe Food Choices

- Raw or undercooked eggs or meat
- Unpasteurized milk, cheese, juice
- Unheated deli meats and hotdogs

A healthy pregnancy starts with you!

- Drink 8 glasses of water a day.
- Avoid caffeine.
- Exercise is great for you and your baby.
- Take prenatal vitamins.
- There is a lot to learn about breastfeeding.
- Have your teeth cleaned and checked at the dentist's office.
- Is it time for a flu shot?

When you smoke, your baby smokes!

Instead of smoking, try:

- Going for a walk.
- Chewing gum, celery or carrots.
- Closing your eyes and breathing deep.

You can:

- Pick a quit date and stick to it!
- Contact the Michigan Tobacco Quit Line at 1-800-784-8660.



You May

- ♥ Gain $\frac{3}{4}$ to 1 pound per week
 - Eat a variety of healthy foods
- ♥ Have renewed interest in sexuality
 - Sex is safe
 - If pain or bleeding occurs, talk to your doctor
- ♥ Have an increase in vaginal discharge
 - Wear cotton underwear
 - Report itching and foul odor to your doctor
 - Check with your doctor before using over-the-counter treatments

Watch me grow!

- I am 6-7 inches long and weigh 4-5 ounces by the end of the 4th month.
- I am as long as a carrot!
- My eyebrows have formed.
- My skin is pink and transparent.
- You can hear my heartbeat.
- I depend on you to keep me healthy!

Smoking Cessation Facts

- If you quit, your baby quits.
- Your blood pressure and pulse return to normal within 20 minutes.
- Your baby's health is the best reason to say "No!" to second-hand smoke.

Check out these websites and apps for FREE info!



Text4Baby.org
<https://text4baby.org>



WIC Nutrition Website
www.michigan.gov



Baby Center: My Pregnancy Today app
<http://www.babycenter.com/my-pregnancy-today-app>



GooglePlay: BabyBump Pregnancy



GooglePlay: Cessation Nation



Michigan Tobacco Quit Line
<https://michigan.quitlogix.org/>



Smokefree.gov Smartphone Apps
<http://smokefree.gov/apps-quitstart>



Health Tips

- When you smoke...baby smokes! You both can quit by doing these things instead of smoking:
 - Brush your teeth.
 - Ask a non-smoking friend for help.
 - Drink water, eat celery, carrots or fresh fruit.
 - Each day try to put off lighting your first cigarette
- Eating food with calcium, such as milk, cheese, and yogurt helps your baby's bone development.



Motherhood Myths

- Mothers always need to handle all baby care themselves.
- Mothers should be with their infants 24 hours a day the first three months.



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- (1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights
 1400 Independence Avenue, SW
 Washington, D.C. 20250-9410;
 - (2) Fax: (202) 690-7442; or
 - (3) Email: program.intake@usda.gov.
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