

YOUR PREGNANCY

at 18-22 weeks,

you may...

- feel gentle bumps or flutterings when the baby moves
- notice that your uterus is approximately at your navel
- notice your waistline disappearing; mixed feelings may come with this
- notice stretch marks and a dark line running from top to bottom of your abdomen
- feel pain in your lower abdomen on one or both sides as ligaments around your uterus stretch
- have vivid dreams - frequently about unusual things

Suggestions...

- talk and sing to your baby, and pat it when it moves!
- keep a record of kicks and wiggles and share with someone who cares about you and your baby
- write a note to your baby
- wear comfortable clothing & low heeled shoes
- understand that mixed feelings about changes in your body are normal
- be aware of skin changes and know they will slowly fade after pregnancy
- rise slowly. Avoid quick changes of position.
- squat to pick things up instead of bending
- bend toward pain to relieve it
- relaxation exercises may be helpful
- be aware that dreams are a common part of pregnancy & help you prepare for your baby

Watch Me Grow.....

I am 9"-12" long and I weigh 1 pound

My hair is starting to grow

I have a waxy substance called vernix to protect my skin from water

I can see, hear, and am starting to wiggle and kick

I like to have you massage your tummy and talk to me in a soothing voice



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Remember.....call your doctor if you have:

- Vaginal bleeding or fluid leakage
- Nausea or vomiting that does not stop
- Headache - severe, frequent or continuous
- Vision changes....blurring, double vision or spots
- Swelling of the face or fingers
- Pain in abdomen.....severe or unusual
- Chills and fever



If You Travel.....

- Walk around and stretch every 1-2 hours
- Wear comfortable clothing that doesn't bind
- Take crackers or light snacks to help prevent nausea

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

Just A Thought.....

This is a good time to sign up for your prenatal classes. The information in these classes can help you have a healthier pregnancy and prepare you for birth, breastfeeding and postpartum. They can be lots of fun too! Classes fill up fast, so don't delay! Call **Health Access** at **1-800-248-6777**.

WIC (Women, Infants and Children) provides milk, eggs, cheese, juice, cereal and peanut butter for pregnant and nursing women and children ages 1-5. It also provides formula, juice and cereal for infants. A family of four (4) that earns less than \$38,203 per year may qualify. Call **(231) 547-0295** or **1-800-432-4121** for more information.

Helpful information is available at the following websites...

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

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

For **nutrition** information, please visit:

www.eatright.org
www.mypyramid.com
www.wichealth.org

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

www.helppregnant smokersquit.org
www.smokefreefamilies.org

For **dental** information:

www.ada.org

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

Northern Michigan Hospital, Chippewa County Health Department,
District Health Department No. 4, Luce-Mackinaw-Alger and Schoolcraft Health Department
and the 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 **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**