

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 you 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...pat him/her when he/she moves!
- keep a record of kicks and wiggles and share it 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 and help you prepare for your baby
- keep track of dreams about 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
- Stay well-hydrated

Please inform us if your name or address changes or if you wish to stop these newsletters by calling (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 1-989-731-2124 or 731-2112.

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 \$42,643 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.lllusa.org
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.gov
www.wichealth.org

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

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

For **dental** information:

www.ada.org

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