



# My Pregnancy

## at 18-22 Weeks

### Half-way Through!

- ♥ Can you feel me move?
- ♥ I like it when you rub your tummy and talk to me in a soothing voice.

### Call your health care provider if you have...

- Bleeding or fluid leaking from vagina
- Nausea or vomiting that will not stop
- A severe, frequent or continuous headache
- Vision changes...blurring, double vision or spots
- Swelling of the face or fingers
- Severe or unusual pain in the abdomen
- Chills and a fever

### Keep up the good work and stay or become smoke-free!

- Your baby will be a healthier weight.
- Your baby's risk of SIDS will be lower.
- Your baby will be less likely to have colds, bronchitis, ear infections, allergies and asthma.
- Your baby will have a lower risk of learning and behavior problems.
- Your baby will be protected from harmful chemicals when you avoid secondhand smoke.

### YOUR BABY THANKS YOU!

### Smoking Cessation Facts

- If you quit, your baby is more likely to be born on time.
- Your oxygen levels return to normal within 8 hours of quitting!

### You May

- ♥ Feel gentle bumps or flutterings when the baby moves
  - Talk and sing to your baby
- ♥ Notice your uterus is at your belly button
- ♥ Notice stretch marks and a dark line running from top to bottom of your abdomen
  - Skin changes are normal and will slowly fade after pregnancy
- ♥ Feel pain in your lower abdomen on one or both sides as the ligaments around your uterus stretch
  - Rise slowly. Squat to pick things up.
- ♥ Have vivid dreams



### Watch me grow!

- I am 10 inches long and weigh about ½ to 1 pound. I am as long as an eggplant.
- My hair and fingernails are starting to grow.
- I have a waxy substance called vernix covering me to protect my skin.
- I can see and hear, and I'm starting to wiggle and kick.
- I like to be read to and can recognize a familiar story.
- You can tell if I am a boy or girl.

### It's time to...

- Think about when to take Childbirth Classes.
- Frequent rest stops during long car rides are necessary.
- Keep up with brushing and flossing your teeth. It keeps your baby healthy.

# Check out these websites and apps for FREE info!



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



WIC Nutrition Website  
[www.michigan.gov](http://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>

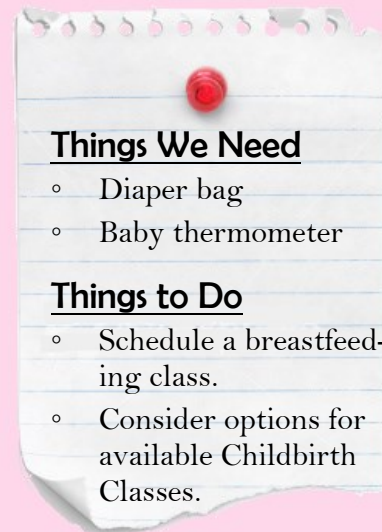


## Health Tips

Eating red meats and green leafy vegetables helps to build baby's red blood cells and decrease the risk of premature delivery.

## Kicks and Wiggles

- Keeping track of baby's movements and how you were feeling with each movement is fun!



### Things We Need

- Diaper bag
- Baby thermometer

### Things to Do

- Schedule a breastfeeding class.
- Consider options for available Childbirth Classes.



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