

Discomforts of Pregnancy

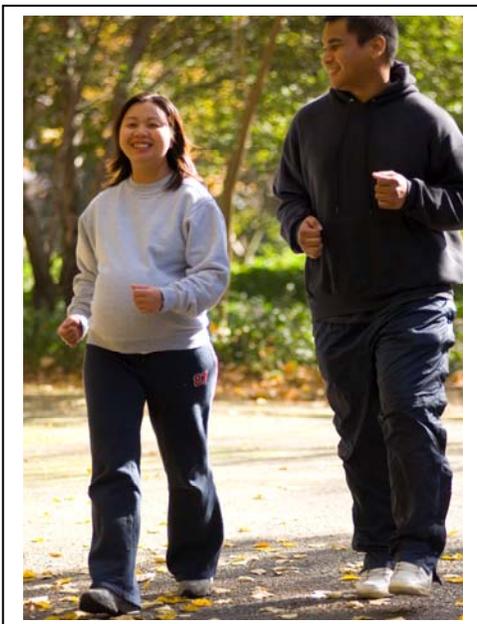
“I’m feeling nauseated.”
“I have heartburn.”
“I’m constipated.”



Weight Gain



Being Active Feeling Good



What to Eat During Pregnancy



Weight Gain

Questions:

- What questions do you have about weight gain during pregnancy?
- What do you eat on a typical day?

Facts:

- Eat a healthy diet.
- **25-35** pounds for **normal** weight woman
- **15-25** pounds for **overweight** woman
- **25-40** pounds for **underweight** woman

Handouts:

- “Give Your Baby a Healthy Start”

Discomforts of Pregnancy

Questions:

- What questions do you have about feeling sick or uncomfortable while you are pregnant?

Facts:

- Eat foods high in fiber.
- Drink plenty of liquids.
- Eat small frequent meals.
- Avoid spicy and/or greasy foods.

Handouts:

- “Common Problems During Pregnancy”

What to Eat During Pregnancy

Questions:

- What questions do you have about what you should eat while you are pregnant?
- What do you eat on a typical day?

Facts:

- Eat 5 or more servings of fruits/vegetables each day.
- Drink plenty of liquids.
- Eat small frequent meals.

Handouts:

- “Give Your Baby a Healthy Start”

Being Active Feeling Good

Questions:

- How do you feel about being active while you are pregnant?
- What do you do now to be active?

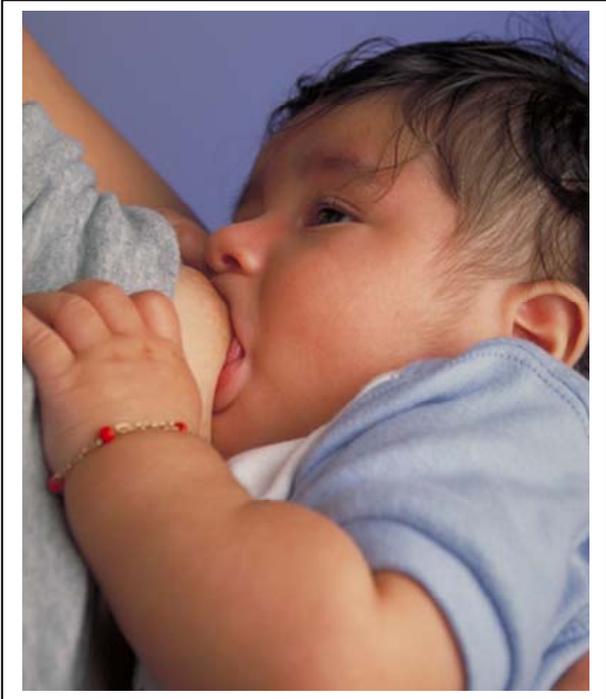
Facts:

- Check with your doctor before beginning an exercise program

Handouts:

- “Let’s Get Moving”
- List of community resources
- List of family activity ideas

Infant Feeding



“I’m craving...”

“I can’t stand...”



“I’m craving...” “I can’t stand...”

Questions:

- What questions do you have about food cravings or changes in your tastes?

Facts:

- Pregnant women often have food cravings or changes in their tastes.

Handouts:

- “Give Your Baby a Healthy Start”

Infant Feeding

Questions:

- How do you plan to feed your baby?
- What questions do you have about breastfeeding?

Facts:

- Breastmilk is the best food for your baby.

Handouts:

- Information about breastfeeding
- Breastfeeding support services