



Weight Gain



**Being Active
Feeling Good**



**Nausea, Heartburn or
Constipation**



Eating during Pregnancy



How to Feed My Baby



**I'm Thinking about
Breastfeeding...**

Nausea, Heartburn and Constipation

Questions:

- Why did you choose this one?
- End the conversation with: How will you use this information?

Suggestions:

- Eat foods high in fiber such as beans, whole grains and fruits and vegetables.
- Drink plenty of liquids, especially water.
- Eat small frequent meals.
- Avoid spicy and/or greasy foods.

Handouts:

- "Common Problems During Pregnancy"

Weight Gain

Questions:

- Why did you choose this one?
- End the conversation with: How will you use this information?

Suggestions:

- Eat a healthy diet for you and your baby.
- Gradual weight gain is best. It is normal to gain one or two pounds in the first trimester and gain more weight later in pregnancy.
- 25 pounds is the average recommended weight gain for pregnancy.
- Gaining a lot of weight during pregnancy makes it harder to lose weight later.

Handouts:

- "Give Your Baby a Healthy Start"

Being Active, Feeling Good

Questions:

- Why did you choose this one?
- End the conversation with: How will you use this information?

Suggestions:

- Check with your doctor before beginning an exercise program.
- Walking 20-30 minutes daily can be incorporated into your day and is usually safe for most pregnant women.

Handouts:

- List of local resources if available

How to Feed My Baby

Questions:

- Why did you choose this one?
- End the conversation with: How will you use this information?

Suggestions:

- Breast milk is the natural way to feed your baby.
- It is important to tell your doctor and hospital about your plans to breastfeed your baby.
- Hold your baby skin to skin after birth for his first feeding.
- Mom and baby will need time to learn how to breastfeed.
- WIC provides formula to moms who do not breastfeed.

Handouts:

- "What to Expect in the First Week"
- "You can Make Plenty of Breastmilk"
- List of Breastfeeding support services

Eating during Pregnancy

Questions:

- Why did you choose this one?
- End the conversation with: How will you use this information?

Suggestions:

- Eat a healthy diet including fruits and vegetables, low-fat milk, and whole grains.
- Drink plenty of liquids especially water.
- Eat small frequent meals.
- Limit high-calorie foods such as cakes, cookies, sweetened drinks, and fried foods.

Handouts:

- "Give Your Baby a Healthy Start"

I'm Thinking about Breastfeeding...

Questions:

- Why did you choose this one?
- End the conversation with: How will you use this information?

Suggestions:

- Breast milk is the natural way to feed your baby.
- It is important to tell your doctor and hospital about your plans to breastfeed your baby.
- Hold your baby skin to skin after birth for his first feeding.
- Mom and baby will need time to learn how to breastfeed.

Handouts:

- "What to Expect in the First Week"
- "You Can Make Plenty of Breastmilk"
- List of Breastfeeding support services