

# BOOKLET 1

## CHANGES IN YOU AND YOUR BABY!

You will notice many changes during your pregnancy. It is amazing what your body can do! Your baby is changing too. Do you know that by week 7 your baby's tiny heart is beating strongly? You can read more about changes in you and your baby in this booklet.



# BOOKLET 1

## CHANGES IN YOU AND YOUR BABY!

**Pregnancy usually lasts for 9 months**

**Your body changes shape as your baby grows inside you**

**Your feelings can be up and down when you are pregnant**

**Talk to people that you trust about your pregnancy**

**Start thinking now about breastfeeding, the labour and birth, and caring for your baby at home**

Pregnancy usually lasts 9 months (40 weeks). It is divided into 3 parts. **These are called trimesters.**

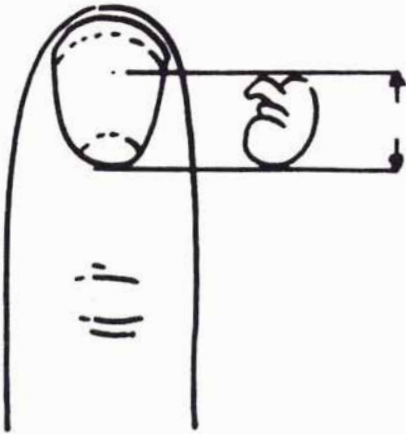
Weeks 1 to 12 are called trimester 1

Weeks 13 to 26 are called trimester 2

Weeks 27 to 40 are called trimester 3



## Are you in the first trimester (1-12 weeks) of your pregnancy?



At 6 weeks your baby is a bit smaller than your little fingernail, from its head to its bottom.

© NSW Health Department 2001

You may have only just discovered that you are pregnant!

Who do you want to tell?

Some women want the whole world to know.

Others want to keep the news to themselves – at least for a while.

## Your Body Is Changing

In the first 12 weeks of your pregnancy you may feel tired and emotional. A lot of women also feel sick. This is called morning sickness. Ask your doctor for things you can do to feel better.

**Some women have morning sickness in the afternoon or even at night!**

**Your baby is growing fast!**



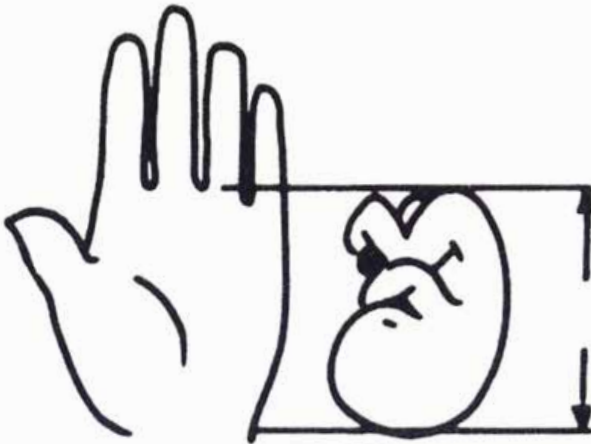
Did you know that your baby has all of his or her fingers and toes by the end of trimester 1?

**But there is still a lot of growing to do.**

## THINGS YOU CAN DO

- **Look after yourself** – eat healthy food and rest when you feel tired – look at **Booklet 3: Caring for you and your baby**
- **Talk** to someone who has had a baby. This might be a friend or family member. Ask them: “*What was pregnancy like for you?*”
- Talk to your partner about how you are feeling. If you do not have a partner, **talk to someone you trust.**
- Talk to your doctor about **where you want to have your baby**, and about pregnancy care.
- **Booklet 2** is about **Pregnancy care**

## Are you in the second trimester (13-26 weeks) of your pregnancy?



At 16 weeks your baby is about the size of your palm, from its head to its bottom.

© NSW Health Department 2001

Now you can really see that there's a baby growing inside! You and others can notice the roundness of your tummy. Your old clothes probably feel tight.

In the second trimester, most women feel a whole lot better. You might have more energy. This is a good thing because you probably have to make more trips to the bathroom!

## **You might be able to feel your baby move!**

Most women begin to feel their baby move when they are about 18 to 20 weeks pregnant. When you first feel your baby move it might feel like a butterfly fluttering inside you.



By the end of trimester 2 your baby has eyebrows, eyelashes and fingerprints.

**Your baby can even suck his or her thumb.**





**Tick any changes you have noticed**

I feel more healthy and active

My breasts are bigger

I wake up during the night

I can feel the baby moving

**Write or draw any other changes**



---

---

---

---

---

---

---

---

---

---

## Breast Or Bottle Feeding?

Now is a good time to think about how you want to feed your baby.

Some women breastfeed and others bottle feed. Breastfeeding is recommended. Your breast milk is perfectly designed for your baby, you can take it with you wherever you go, and it doesn't cost anything!



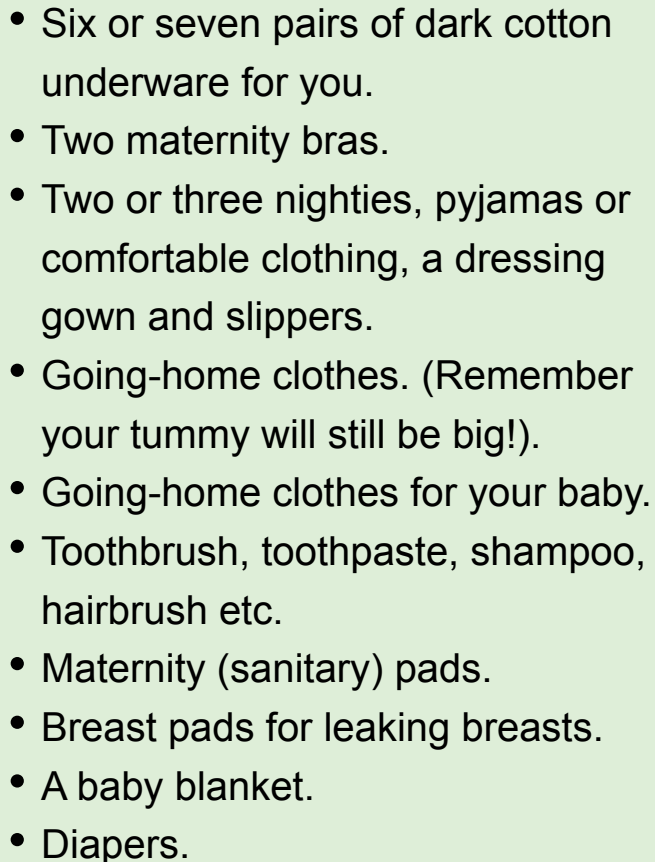
**Talk with your doctor about how you would like to feed your baby.**



## What Should I Take To The Hospital?

This is a good time to think about what you'll need to take with you to the hospital when your baby is born. Your midwife or doctor might give you a list of things to pack.

**Here are just a few ideas.**

- 
- Six or seven pairs of dark cotton underwear for you.
  - Two maternity bras.
  - Two or three nighties, pyjamas or comfortable clothing, a dressing gown and slippers.
  - Going-home clothes. (Remember your tummy will still be big!).
  - Going-home clothes for your baby.
  - Toothbrush, toothpaste, shampoo, hairbrush etc.
  - Maternity (sanitary) pads.
  - Breast pads for leaking breasts.
  - A baby blanket.
  - Diapers.

## THINGS YOU CAN DO

- Wear **comfortable**, loose clothing
- Buy a more **supportive bra**
- Try **sleeping on your side**
- **Drink** plenty of **water**
- **Eat** more **fruit** and **vegetables**
- Go for **regular walks**
- Keep your **pregnancy care appointments**
- **Ask** your doctor about **pregnancy classes**
- **Talk** to your doctor about how you **feel about becoming a mother**
- **Talk** to your doctor about **how you would like to feed your baby**
- Talk to your **employer** about **maternity leave**

## Are you in the third trimester (27-40 weeks) of your pregnancy?

Your tummy will be getting quite big. People will certainly notice that you are pregnant. Strangers may ask you, “*How long before your baby’s due?*”



At 32 weeks your baby is about the length from your elbow to the base of your fingers, from its head to its bottom.

© NSW Health Department 2001

At this time, you might feel excited about the birth of your baby. You might also be worried, and maybe a bit scared. It can help if you talk to your doctor or nurse about how you feel, and learn more about childbirth.

**Ask your doctor about pregnancy classes.**

In the last 12 weeks of your pregnancy, your baby will more than double in size. There's not much room for your baby to move now. **Can you feel your baby kick?** Your baby will change positions. **He or she is getting ready to be born!**



**Tick any changes you have noticed**

My back aches and I can't sleep at night

I need to pee more often, both day and night

My hands and feet are a little bit puffy

It's hard to poo (constipation)

I get a pain after I have eaten (indigestion or heartburn)

I feel dizzy or faint – tell your doctor

## Things You Can Do About Back Aches

- Don't sit or stand for long periods of time
- Bend from the knees when you lift things (not from the waist)
- Try not to twist your body around
- Wear flat, comfortable shoes
- Relax in a warm bath
- Use a heat-pack or hot-water bottle
- Tell your nurse or doctor



## Things You Can Do About Constipation

- Go for regular walks
- Drink plenty of water - at least 8 glasses every day
- Eat more fruit and vegetables
- Eat more foods that are rich in fibre, like porridge, muesli and wholegrain bread
- **Don't take any laxatives without talking to your doctor about it first**



## Things You Can Do About Heartburn

- Eat smaller meals – but eat more often
- Don't eat spicy, fried or fatty foods
- Try foods such as milk or yoghurt
- Try not to curl up on the couch – don't squash your tummy
- Ask your doctor for an antacid that is OK for you



**Now** is a good time to start getting all the things you'll need to have at home. You can save a lot of money if you can:

**Borrow** things like a **baby bath**, a **stroller** and a **crib** from family or friends

**Ask family or friends** if they have any **clothes** that their baby has grown out of

**Buy** things from a **charity store** or '**thrift store**', like those run by The Salvation Army





## Tick off any items that you already have at home

- A crib with a firm, well-fitting mattress
- Crib sheets
- Baby blanket
- A baby bath
- Diapers & wipes
- Clothes for your baby
- A stroller
- Baby car seat
- Baby bag to carry all the things your baby needs when you go out
- Breast pads
- Maternity (sanitary) pads

## If you are bottle feeding, you will need:

- Feeding bottles and nipples
- Equipment to sterilise the bottles
- Baby formula
- Baby bottle bag for when you and your baby go out
- **Remember – Do not give your baby cow's milk until he or she is at least 12 months old**

## THINGS YOU CAN DO

- **Rest**
- Go for **walks**
- **Drink** plenty of **water**
- Eat **smaller meals**, but eat **more often**
- **Eat** more **fruit** and **vegetables**
- **Talk** to your doctor about **any worries you have**
- **Plan** how you are going to **get to the hospital or birthing centre** when you are in labour
- **Plan** who will be there to **support you through your labour and birth**
- **Pack a bag.** Ask your doctor for a list of what to bring to the hospital for you and the baby
- **Prepare** for when you **take your baby home.** What are you going to need?
- **Talk to a friend** or a **family member** about how they can **help and support you** (and your partner) when you **first come home**



**Tick any questions that you would like to ask your midwife or doctor**

- Why do I feel happy sometimes and weepy other times?
- When should I feel my baby move?
- How will I know when my baby is moving?
- When can I hear my baby's heartbeat?
- How can I get comfortable for sleeping?
- How do I stop it hurting after I eat (indigestion and heartburn)?
- What can I do for back ache?
- Can I stop stretch marks?
- What can I do about constipation?



---

---

---

---

---

---

---

---

# CHANGES IN YOU AND YOUR BABY!

## FIND A WORD FUN

W	H	M	N	U	R	C	T	B	D	B	N	S	P	L
V	D	O	C	T	R	L	B	C	V	A	S	A	B	G
B	X	R	V	W	C	R	F	A	Y	C	K	K	R	V
S	T	N	E	E	Y	T	O	Y	H	K	E	X	E	D
T	R	I	M	E	S	T	E	R	G	A	C	I	A	S
S	O	N	O	K	L	S	Q	L	C	C	N	E	S	S
G	N	G	T	S	Z	C	O	N	C	H	B	L	T	Y
S	T	S	U	N	Y	A	F	A	E	E	W	E	F	I
J	D	I	W	A	B	T	E	U	F	M	K	B	E	Q
Y	H	C	H	A	N	G	E	S	G	A	E	D	E	K
V	S	K	B	B	V	S	L	K	H	B	L	T	D	H
R	R	N	S	W	K	G	I	E	J	R	E	C	U	F
E	C	E	H	M	G	P	N	X	F	C	X	S	V	T
O	Y	S	E	A	V	K	G	G	A	Y	U	K	X	B
B	M	S	A	Q	U	O	S	D	L	G	H	F	Q	I

Pregnancy is a time when there is lots of change – your body changes and also your feelings can be up and down. It is good to talk to people that you trust.

Try to find these **8 words** hidden in the puzzle above.

**trimester**  
**changes**  
**feelings**  
**breastfeed**

**morning sickness**  
**weeks**  
**back ache**  
**growing**

# ACKNOWLEDGEMENTS



Healthy Start for Me and My Baby is one element of Healthy Start: A national capacity building strategy which aims to improve health and wellbeing outcomes for children whose parents have learning difficulties [www.healthystart.net.au](http://www.healthystart.net.au).

Healthy Start is an initiative of the Australian Supported Parenting Consortium (ASPC). The ASPC is a collaboration between the Parenting Research Centre and the Australian Family and Disability Studies Research Collaboration (Faculty of Health Sciences, University of Sydney). Healthy Start is funded by the Australian Government under the Family Support Program (previously Stronger Families and Communities Strategy).



[www.sydney.edu.au/health-sciences/afdsrc](http://www.sydney.edu.au/health-sciences/afdsrc)



[www.parentingrc.org.au](http://www.parentingrc.org.au)

Edited for use in Canada by the Family and Disability Studies Initiative

[www.fdsa.ualberta.ca](http://www.fdsa.ualberta.ca)