

my calendar and diary

The

Childbearing

Year



NORTHWEST HOSPITAL
CHILDBIRTH CENTER

How to Use Your Calendar

Congratulations on your pregnancy! The maternity planner is your pocket guide for the months ahead. Inside, you'll find information about pregnancy health, nutrition, and exercise along with highlights of fetal development. The monthly calendar helps you keep track of appointments, tests, and other important dates. You may also want to jot down notes about your feelings and thoughts during this time. The calendar with your personal notes makes a nice keepsake from your childbearing year. Feel free to tuck this in your purse and carry it with you!

Estimated Due Date

Most pregnancies are about 40 weeks long. To estimate your due date, use the simple formula on page eight.

Personal Information

My name _____ Phone number _____
My health care provider _____ Phone number _____
Baby's health care provider _____ Phone number _____
My birth date _____ My blood type _____
Insurance provider _____ Subscriber # _____
Phone number _____ Plan _____

Call (206) 364-BABY for a referral to a health care provider (obstetrician/gynecologist, midwife, family practice physician, or pediatrician).

You will be asked for the name of your baby's health care provider upon your admission to Northwest Hospital, so make your choice as early in pregnancy as possible (*see page 20*).

Health Checklist

During the coming months you will be experiencing many changes as your baby grows and develops. This checklist will help you learn how to make this a healthy time for you and your baby.

- See a health care provider to begin prenatal care as soon as possible.
- Eat healthy foods every day.
(See *"Eating Right for Baby and You"* on page five.)
- Exercise daily.
(See *"Exercise and Conditioning During Pregnancy"* on page six.)
- Make healthy lifestyle decisions, such as:
 - * Avoid smoking, chewing tobacco, and secondhand smoke.
 - * Stop any illegal drug use including cocaine, crack, speed, heroin, and marijuana. All of these drugs can have very harmful effects on your developing baby.
 - * Avoid alcoholic beverages such as beer, wine, and hard liquor.
 - * Avoid or limit caffeine intake including coffee, tea, soft drinks, and chocolate.
 - * Check with your health care provider about taking any prescription or over-the-counter medications including aspirin, cold medicines, and ibuprofen.
 - * Always wear a seat belt when riding in a car. Buckle the lap belt under your abdomen and use the shoulder belt.
 - * Talk with your health care provider about the use of hot tubs or tanning beds.
 - * Avoid exposure to toxoplasmosis, a disease carried by cats and in raw meat and fish. Wear gloves when working in the garden. Do not change cat litter boxes. Cook all meats and fish thoroughly before eating.

- Seek help when you are feeling stress or are having difficulty coping with a situation.
- Be alert to the danger signs during pregnancy (*see page 18*). Call your health care provider immediately if you experience symptoms.
- Ask your baby's father or a support person to accompany you to classes and support you in your healthy lifestyle decisions. Share your feelings as you progress through these months.

If you have questions or would like more information about any of these areas, consult your health care provider or call the Childbirth Center case manager at (206) 368-1304.

Planning for Changes

As you anticipate and plan for the ways a new baby can change your life, it helps to take the following steps:

1. Identify your personal resources and support systems, such as baby's father or your partner.
2. Gather information about community resources.
3. Identify and anticipate your needs. Learn ways to meet those needs.
4. Use the checklist on page four to help you with your planning.



Checklist: Planning for Changes

This is an important time to take good care of yourself—both physically and emotionally.

Review the following list of potential stresses, and check all that apply to you

- Poor communication with partner or other family members.
 - Limited support system (family, friends).
 - Illness in myself, or other family members.
 - Financial concerns.
 - Drinking, smoking, or drug use during pregnancy.
 - Single parenting.
 - Child care and housekeeping following baby's birth.
 - Child care if I decide to return to work.
 - Working and breastfeeding.
 - Balancing work and family.
 - Adoption.
 - Pregnancy loss.
- Other concerns: _____

During your childbearing year you may need information about community resources.

Check the resources you may need or are concerned about.

- Choosing a health care provider for yourself and your baby.
- Health insurance coverage for your pregnancy and for baby.
- Financial assistance (*First Steps, WIC*).
- Childbirth and parenting education.
- Support groups (pregnancy, postpartum depression, parenting, multiple births, parents of premature infants).
- Child care resources.
- Counseling.

If you'd like more information regarding any items you may have checked, we can help. A list of resources can be found in the prenatal binder you received from Northwest Hospital or from your health care provider. You may also want to speak to a Northwest Hospital case manager or social worker about those issues. Please call (206) 368-1304 for assistance.

Eating Right During Pregnancy

Pregnant women need approximately 2,100 calories per day, or 300 to 500 calories per day in addition to their normal requirement. Most of these calories should come from the five food groups—1) milk and dairy products; 2) meat, poultry, fish, eggs, beans, and nuts; 3) vegetables; 4) fruit; and 5) bread, cereal, rice, and pasta. Pregnant and nursing women need additional calcium, so consider having at least four servings from the milk and dairy products category, or talk to your health care provider about alternative sources of calcium. You should drink six to eight glasses of fluid daily. Eliminate or reduce your caffeine intake to no more than two cups daily (coffee, espresso, tea, soft drinks).

Gaining weight during pregnancy is healthy. It is not a time to try to lose weight. Weight gain should happen at a steady pace. Report any sudden or unexpected weight changes to your health care provider. If you begin pregnancy at a normal weight, you can expect to gain between 25 and 35 pounds. Be sure to talk to your provider about how much weight you should gain. This weight gain is not all from the baby itself. Above is a chart that gives you an idea of how your weight gain is distributed.

Baby	6.5 - 8.5 pounds
Amniotic fluid	2 pounds
Placenta	2 pounds
Blood volume increase	4 - 5 pounds
Breast changes	1 - 2 pounds
Maternal stores*	4 - 6 pounds
Tissue fluid	4 - 8 pounds

***Maternal stores are necessary reserves of fat and a little protein that serve as energy for pregnancy, labor, delivery, and milk production.**

Exercise and Conditioning During Pregnancy

Exercise helps your physical and mental well being, and it helps relieve many of the uncomfortable symptoms of pregnancy such as leg cramps, low backache, and breathlessness. Exercise also helps you relax and sleep better. It increases your energy level during the day.

By keeping your muscles in shape during pregnancy you are in better condition for labor, and will recover more easily after delivery. Walking and swimming are good exercises during pregnancy, but you should check with your health care provider before beginning a new exercise program.

As your abdomen gets larger, your center of balance changes. Wearing flat, supportive shoes will help you avoid backaches and falling.

Relaxing and Conditioning Exercises

Pelvic Tilt *(helps prevent lower back pain)*

- * Lie on back with knees bent.
- * Tighten abdominal muscles. Tuck in buttocks until back is flat against the floor.
- * Hold and slowly count to five. Relax.
- * Repeat 10 times.

Standing Side Lunge *(strengthens the groin area)*

- * Stand with your feet slightly wider than shoulder-width apart.
- * Holding on to a chair or countertop for balance. Gently lunge to one side until you feel a stretch in the upper inner thigh of your straight leg.
- * Hold position for 20 seconds without bouncing.
- * Follow same process on your other side.
- * Repeat sequence three to four times on each side.

Kegel (*strengthens the pelvic floor*)

- * While standing or sitting, tighten the pelvic floor muscles as if trying not to urinate.
- * Hold for five to 10 seconds, while trying to hold tighter and tighter.
- * Relax and repeat five to 10 times.
- * Repeat this exercise throughout the day (at stoplights, while watching television, while doing dishes, etc.).

Attend "Baby Your Back" Prenatal Class

Studies have shown that between 48-56% of pregnant women experience lower back pain. The "Baby Your Back" class is designed to help by educating women about:

- * Why low back pain occurs.
- * What you can do to help relieve it.
- * What you can do to ensure the best postpartum recovery.

This 1.5 hour class is offered monthly (except December). Spouses and partners are welcome to attend. In addition, one-on-one therapy is available from Northwest Physical Therapy Services. Please call (206) 368-6032 for a registration packet or for more information.

Month 1

0 - 4 weeks

Baby

I'm called an embryo during this beginning development period. By seven to 10 days after conception, my cells are attaching to the uterine wall. Through this month, I'll grow to 1/5 of an inch as the placenta and umbilical cord are developing.

Mom

You have missed your period, and your breasts might feel a little tender. You may feel tired and want to sleep more, and you may feel sick to your stomach at times.

How I am feeling, physically and emotionally:

Questions to ask my health care provider:

* How can I manage nausea and maintain a healthy nutritional intake?

Use this formula to calculate your estimated due date:

1st day of last period

minus three calendar months

plus one week

plus one year

equals expected due date

Month _____

Year _____

of last menstrual period

1

*Note the first day of
your last period.*

2

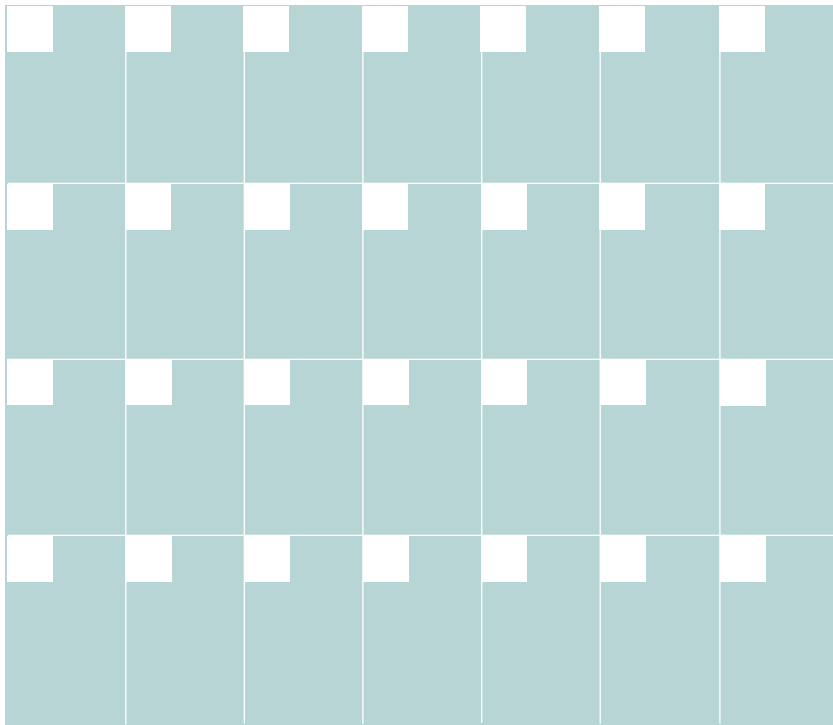
*Egg is ripening
in ovary.*

3

*Egg is fertilized
by sperm.*

4

*To help prevent
nausea, eat a few
crackers 10 minutes
before getting out of
bed in the morning.*



Baby

My body organs are beginning to form during this month. So much is happening! My heart and blood circulation are starting to develop.

Mom

You may need to urinate more frequently and may have vaginal spotting. You also might be crying or getting upset more easily. Your nausea and fatigue may be continuing.

How I am feeling, physically and emotionally:

Questions to ask my health care provider:

* Is my vaginal spotting normal?

Your baby at six weeks of age is only about one inch long. His or her nervous system, spine, brain, and tooth buds begin to form. Eyes and ears also start to develop.



Month _____

Year _____

5

Check with your provider about vitamin use.

6

Register now for Northwest Hospital's free class, "Expecting Changes."

7

Avoid fatty, greasy foods.

8

Frequent, small meals may help relieve nausea.

Baby

My heart is beating 110 to 160 beats per minute, and I've grown to about three inches in length. My sex organs are forming during this month.

Mom

Your clothes may be getting tighter and your sexual desires might be changing (either by increasing or decreasing). Your gums might be sore due to increased blood volume.

To Do: Register for Northwest Hospital's childbirth classes. For details, review our prenatal education brochure or go to www.northwestbabies.org for a listing of classes.

How I am feeling, physically and emotionally:

Questions to ask my health care provider:

* Do I need to see my dentist?

Baby will begin to move at eight weeks, but you won't feel it for several more weeks. Tiny fingers and toes are apparent by the end of this month.

This is an exciting time for baby's father too. Share information about baby's development with him, and discuss your feelings and plans together.



Month _____

Year _____

9

*Exercise daily
(see page 6).*

10

*Drink six to eight
glasses of fluid
every day.*

11

*Nap whenever
you can.*

12

*Take half a vitamin
in the morning and
half at night to help
with nausea.*

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Baby

At this stage I can smile, suck, and swallow. I'm about six inches long and weigh about four ounces. By the end of the month you might be able to feel my movements.

Mom

Your nausea will usually decrease or disappear at this stage and your appetite will probably increase. You may begin experiencing backaches.

How I am feeling, physically and emotionally:

Questions to ask my health care provider:

* What is an AFP test? Why might I need it?



Your baby may be able to hear your voice and heartbeat. You may be able to hear your baby's heartbeat by using a fetal Doppler.

Month _____

Year _____

13

*Begin to practice
conditioning
exercises
(see page 6).*

14

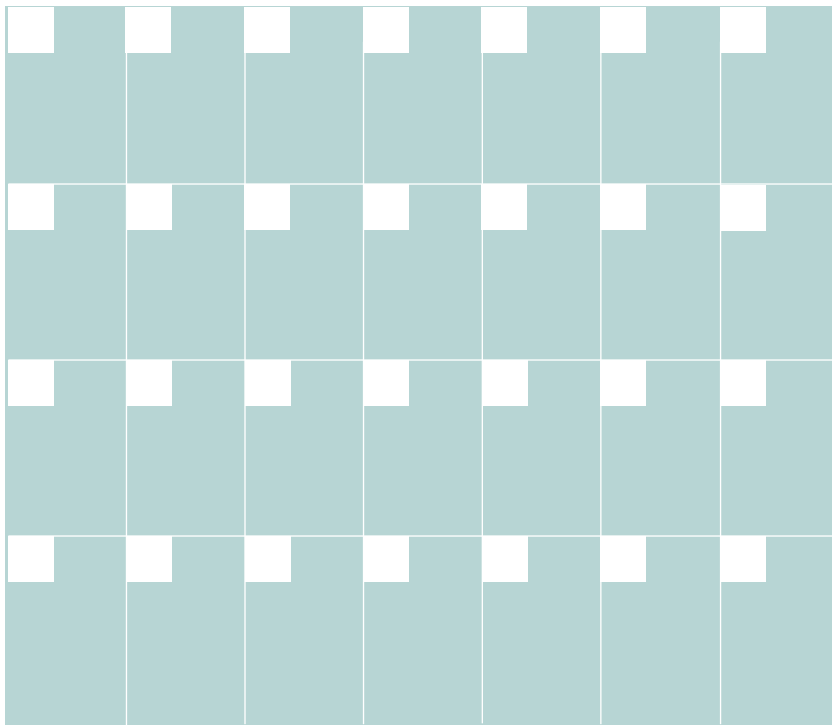
*May hear baby's
heartbeat at your
appointment.*

15

*Prevent or minimize
backache.
Call about "Baby
Your Back" class.*

16

*To help prevent
leg swelling,
wear support hose
and avoid
knee-highs.*



Baby

At this point, I'm beginning to grow my fingernails and toenails. A white coating called "vernix" protects my skin from the amniotic fluid. I can hear Mom, and I know the sound of her voice.

Mom

The top of your uterus is about as high as your belly button. You may notice increased clear or white vaginal discharge. If you're experiencing leg cramps, check with your health care provider. Now's the time to review the "Planning for Changes" section on pages three and four. Plan to complete any major changes, such as moving to a new home, by 33 weeks or postpone changes until baby is three months old.

How I am feeling, physically and emotionally:

Questions to ask my health care provider:

Baby is now about half the length he or she will be at birth.

Hair, eyelashes, and eyebrows are beginning to grow.



Month _____

Year _____

17

*Baby can hear you
and knows the
sound of your voice.*

18

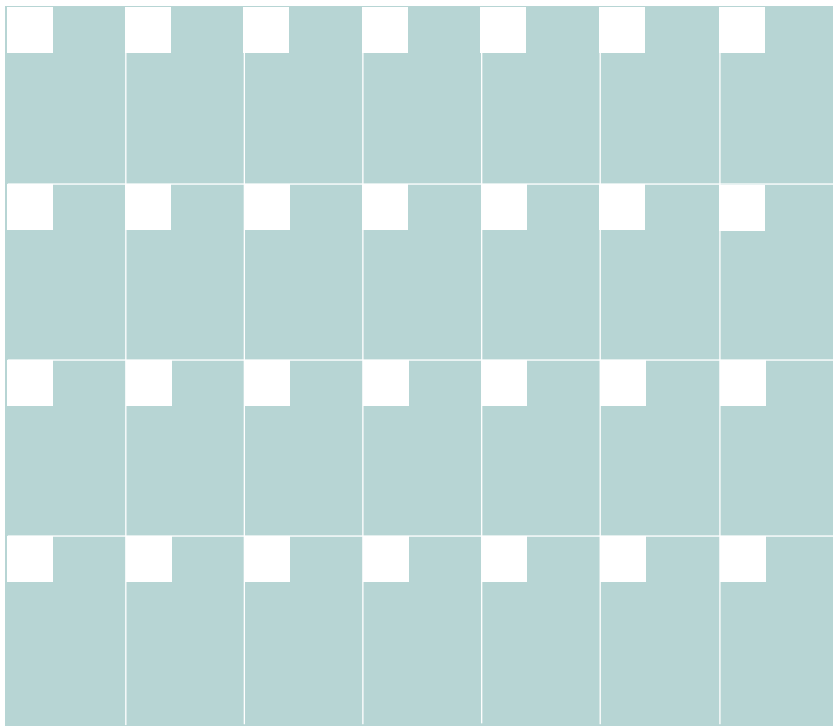
*Begin to plan
for help at home
with baby.*

19

*Your center of
balance is
changing.
Wear low heels
or flats.*

20

*Childbirth classes?
Visit www.northwestbabies.org
or call 206-368-1784
for a brochure.*



Baby

My muscles are getting stronger, I'm forming buds for my permanent teeth. I've grown to about 11-14 inches in length and I weigh about one to two pounds.

Mom

Changes in your sexual drive are common. You may begin feeling contractions as your uterus tightens and relaxes. These are normal contractions that will happen through the rest of your pregnancy. Your health care provider might do blood tests for anemia and sugar intolerance.

To Do: Attend Northwest Hospital's childbirth preparation classes. Get a copy of the prenatal education brochure, or visit www.northwestbabies.org for details.

How I am feeling, physically and emotionally:

Questions to ask my health care provider:

* **What is pre-term labor?** _____

* **Are my contractions normal?** _____

Discuss any concerns about intercourse during your pregnancy.

Call Your Health Care Provider Immediately If You Have:

- * Vaginal bleeding.
- * Swelling or puffiness of the face, fingers, or feet.
- * Severe or continuous headache.
- * Disturbances of vision: double vision, blurring, spots, or flashes.
- * Unusual or severe abdominal pain.
- * Persistent vomiting or nausea.
- * Chills or fever over 100 degrees Fahrenheit.
- * Pain or burning sensation when urinating.
- * Leaking fluid (not mucus) from the vagina. Note the time, amount, and color.
- * Noticeable reduction in baby's activity.
- * Dizziness, lightheaded feeling.
- * Irritating vaginal discharge, genital sores, or itching.

If you don't have a care provider, call the nearest hospital emergency room or 911 and report your symptoms.

Month _____

Year _____

21

*Are you getting
enough calcium?
(See page 5.)*

22

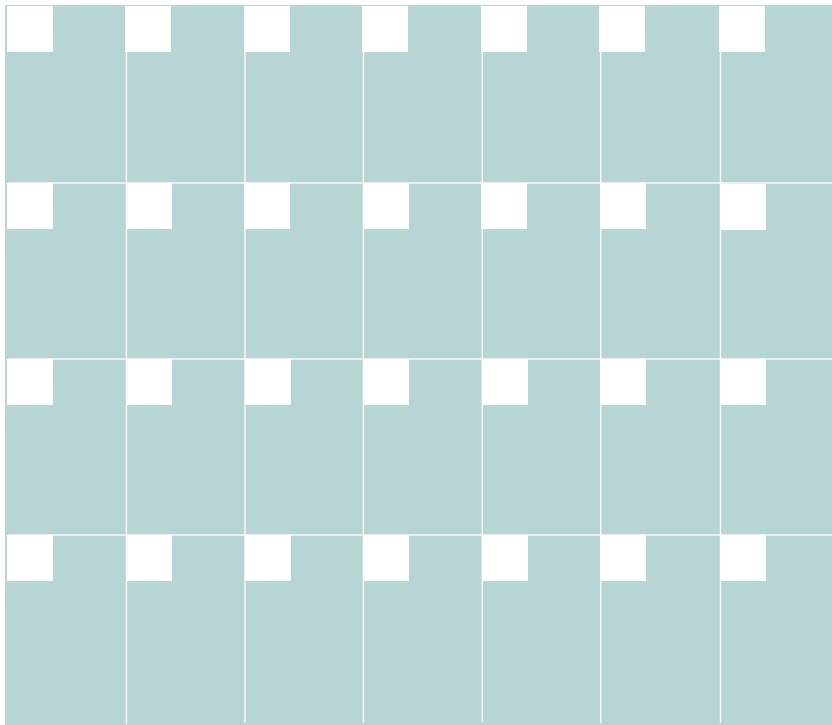
*Plan time to tour
the Childbirth
Center. Call
(206) 368-1784.*

23

*Are you doing Kegel
exercises every day?
(See page 6.)*

24

*Health care provider
may do blood tests
for sugar
intolerance and
anemia.*



Baby

I'm now able to suck my thumb and hiccup. During this month I'll open my eyes for the first time. I've grown to about 14-17 inches in length and weigh about two to three pounds.

Mom

You may notice stretch marks on your skin around your stomach, breasts, and hips. They usually fade after delivery. Your ankles and feet may swell; pregnant women often need to wear shoes a half-size larger than normal as a result. Elevating your feet above your heart during resting times will help decrease the swelling. If you aren't already exercising, begin a walking or aqua-aerobics exercise routine.

To Do: Take Northwest Hospital's "Preparation for Childbirth" or "Refresher" courses. For details, visit www.northwestbabies.org or get a Northwest Hospital prenatal education brochure.

Sign Dad up for Boot Camp (see page 30).

How I am feeling, physically and emotionally:

Questions to ask my health care provider:

Choose your baby's health care provider.

Think about:

- ❖ Are you comfortable talking with the provider?
- ❖ Is the provider's office location convenient for you?
- ❖ Does your insurance cover the provider?
- ❖ Does your provider offer evening and weekend coverage?



Month _____

Year _____

25

*Elevate your legs
when sitting.*

26

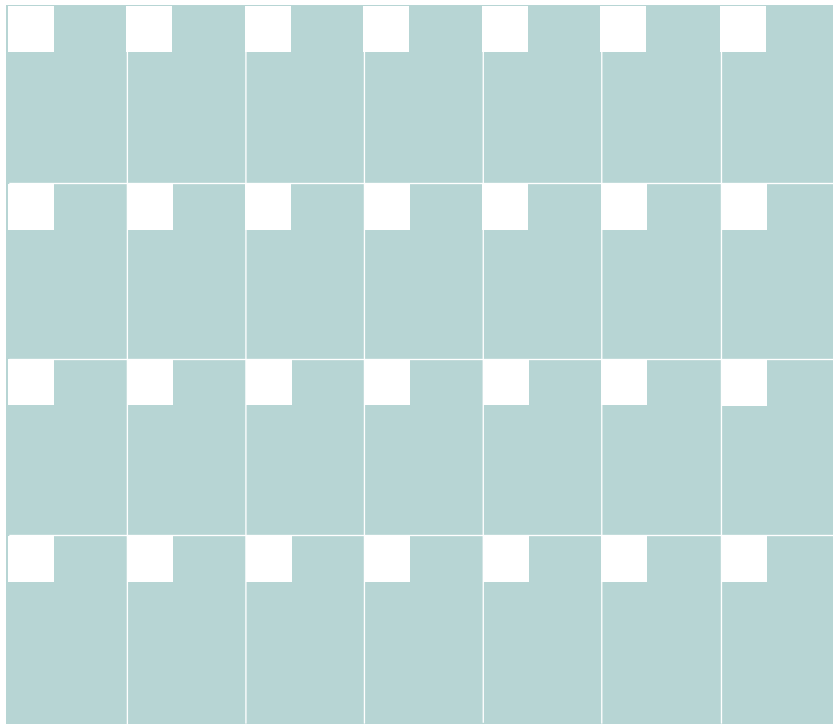
*Send
pre-admission form
to the Northwest
Hospital business
office.*

27

*Read about
breastfeeding.*

28

*Talk with your
health care provider
and create a
birth plan.*



Baby

By now I'm usually moving actively every day. I'm also developing more fat under my skin to help my body adjust to temperature changes after I'm born. I've grown to about 16 inches in length, and weigh about three to five pounds.

Mom

Your breasts may begin to leak colostrum in preparation for breastfeeding. Sleeping on your side is often the most comfortable position, but remember to support your abdomen and legs with pillows. You may experience shortness of breath as your uterus presses against your rib cage. Increased frequency of urination is also common at this time.

To Do: Complete your childbirth preparation classes and consider taking parenting classes.

For details go on line at www.northwestbabies.org, or get a prenatal education brochure. Talk to your health care provider and, if you've already chosen one, to your baby's provider about circumcision. Make your decision part of your birth plan.

How I am feeling, physically and emotionally: _____

Questions to ask my health care provider: _____

Preparation for delivery

- ❖ There is a lot to learn before you go home from the hospital. It is best to limit visitors and calls while you are in the hospital.
- ❖ Plan for help at home (meal preparation, laundry, house cleaning, child care) for two to three weeks following delivery.
- ❖ Pack your suitcase for the hospital.
- ❖ Bring the following information to fill out the birth certificate:
 1. Your birth name, birth date, birthplace, and social security number.
 2. Father of the baby's birth name, birth date, birthplace, and social security number.

Note: single parents may have additional paperwork for paternity. Call (206) 368-1829 for information.

Month _____

Year _____

29

*Prepare suitcase
and items to take to
the hospital.*

30

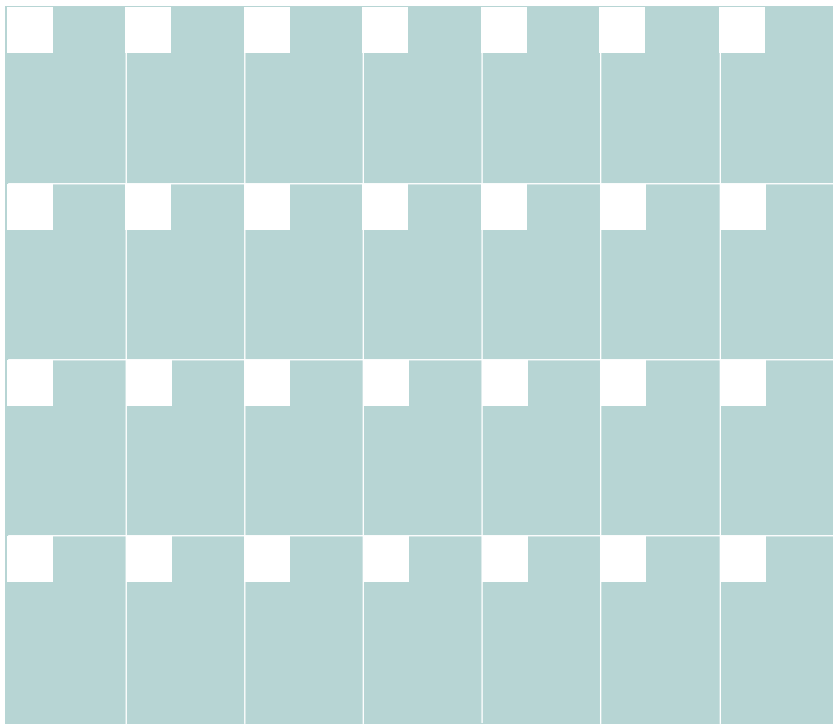
*Plan for the care of
your other children
while you are in the
hospital.*

31

*Decide about
circumcision.*

32

*Take a trial drive to
the hospital,
noting the best route
and the time.*



Baby

My brain cells are growing rapidly now and I'm continuing to gain weight. I've grown to about 18 inches in length and weigh about four to five pounds. By the end of the month, I will weigh six to nine pounds and will begin gaining about an ounce of weight per day.

Mom

Your baby may lower into your pelvis at this stage. After this “lightening” you will breathe more comfortably. Contractions may increase. (Discuss this with your health care provider.) Avoid stress. Lighten your schedule.

How I am feeling, physically and emotionally:

Questions to ask my health care provider:

When you arrive at Northwest Hospital for delivery:

6:30 AM - 8:30 PM

Enter through the hospital's surgery entrance and go directly to Childbirth Center. A nurse will greet you at the nurse's station.

8:30 PM - 6:30 AM

Enter through the Emergency Room only. Staff will take you to the Childbirth Center.

Note: Most insurance companies cover hospitalization after delivery for medical necessity only, usually 24 to 48 hours after the birth occurs. Plan to be at home during recovery for two to six weeks. Arrange with family and friends for help with child care and household tasks. A Northwest Hospital Childbirth Center postpartum follow-up nurse will contact you following discharge to discuss your recovery.

Month _____

Year _____

33

Freeze meals and plan for help at home for two to six weeks after the birth.

34

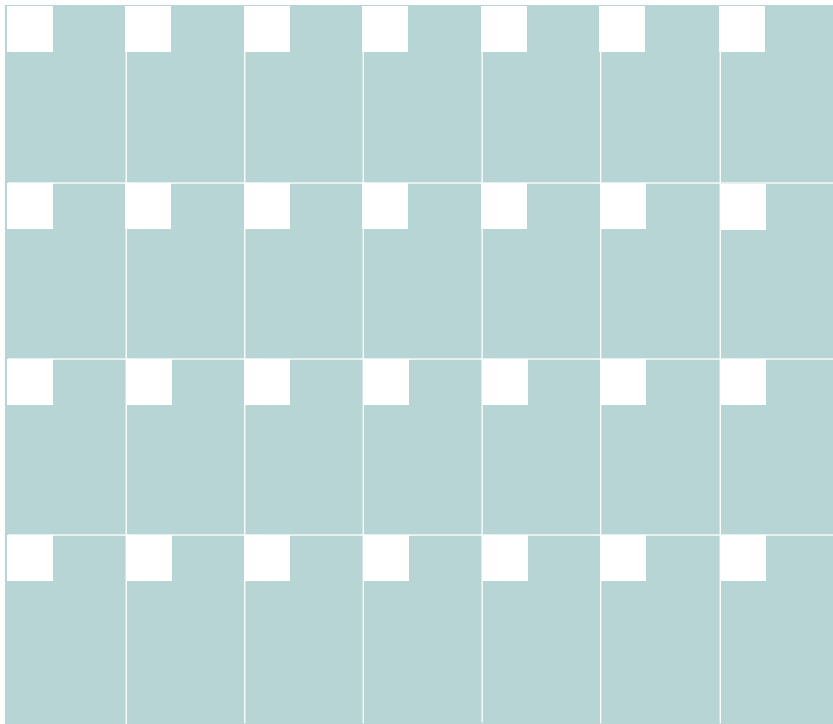
Practice putting infant car seat in your vehicle.

35

Continue to practice relaxation and breathing techniques learned in class.

36

Make a list of people to notify when baby is born.



Baby

I'm gaining about an ounce of weight every day. I probably weigh six to nine pounds now and am 18 to 22 inches long. What will you name me? _____

Mom

You need to prepare for energy needed during labor and delivery, so get plenty of rest and eat well balanced, regular meals. Your bladder will feel lots of pressure right now as baby continues to grow.

How I am feeling, physically and emotionally:

Questions to ask my health care provider: _____

Signs of Labor	Pre-Labor Symptoms	True Labor Symptoms
Bloody show	❖ Rare. It is often blood-tinged.	❖ Mucus plug is expelled.
Rupture of amniotic sac (water breaking)	❖ No, but you may experience an increase in vaginal discharge. Note color, amount, and time.	❖ May have gush of fluid or slow leak of fluid.
Uterine contractions	❖ May or may not be painful. ❖ Irregular contractions. ❖ Occur frequently in last weeks of pregnancy. ❖ Decrease or go away with walking, activity, or rest.	❖ Painful. Usually begin in the back and radiate around to the abdomen. ❖ Regular contractions. ❖ Increase in frequency, duration, and strength. ❖ Do not diminish with walking and activity.

Before you call your health care provider:

1. Write down the time each contraction begins.
2. Time the length of each contraction (15 seconds, 30 seconds, one minute, etc).
3. Walk around and do some easy activities while continuing to time contractions.

Time to call your health care provider:

- ❖ If your water breaks.
- ❖ If you have questions about contractions.

Month _____

Year _____

37

*Relax, slow down
your daily pace.*

38

*Have you packed
a suitcase for the
hospital?*

39

*Stock up on
groceries and
meals.*

40

*Ready for
birth soon.
(Relax. Sometimes
it takes another
week or more.)*

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Month 11 After Baby's Birth —

Baby

Breastfeeding provides immunity from some diseases and protection from other illnesses. It also lowers the risk of food allergies. By four days of age, baby needs to eat every two to three hours and should have four to six wet diapers and four dirty diapers per day.

Check your New Parent Guide for hints about newborn care.

Baby's umbilical cord will fall off by two weeks of age.

Mom

Rest whenever baby is sleeping.

Vaginal flow will gradually decrease over the three to four weeks following birth. If your flow increases, you need to rest.

How I am feeling, physically and emotionally:

Questions to ask my health care provider: * What birth control method is best for me?

Make a list of baby care questions to ask baby's health care provider.

Breastfeeding hints:

You will need fluids and well-balanced meals to get adequate nutrients for yourself and your baby. It is best to drink enough water so that your urine is pale yellow in color. Problems with breast engorgement? See your copy of **Northwest Hospital's New Parent Guide** for help with infant feeding, or call our **Postpartum Follow-Up and Breastfeeding Clinic** at (206) 368-1829. For assistance by phone on evenings and weekends, call our **364-BABY line**. In the first days following birth, colostrum from your breast supplies baby's nutritional needs. Mature milk production begins three to four days following birth.

Month _____

Year _____

Baby's first month

1

Get metabolic testing when baby is seven to 14 days old.

2

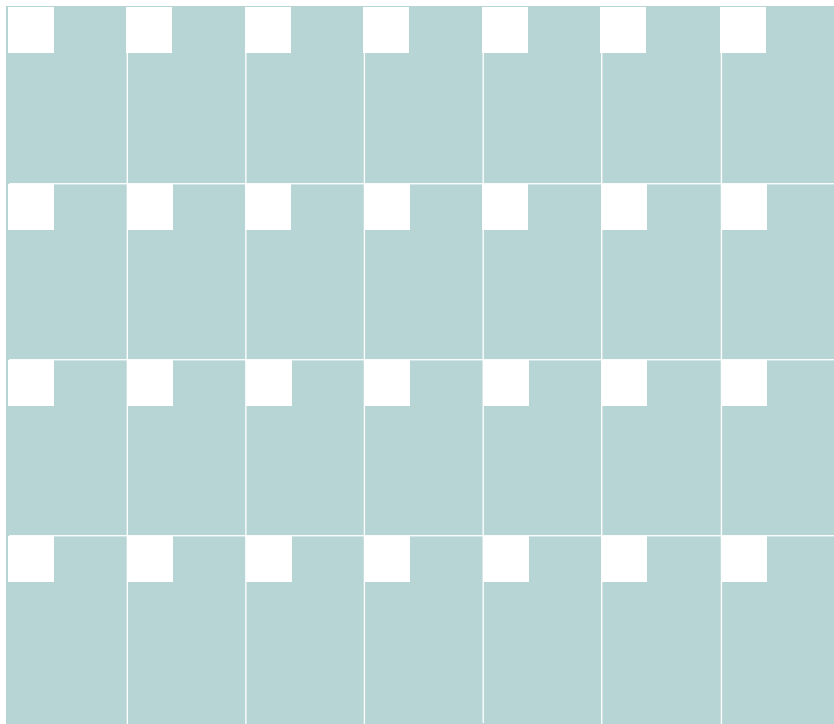
The Northwest Hospital New Parent Guide offers helpful information during this time.

3

Schedule a postpartum checkup with your health care provider.

4

Breastfeeding questions? Call (206) 368-1829.



Baby

- * Enjoys making eye contact.
- * Recognizes your voice.
- * Is often comforted by being held close to hear your heartbeat.
- * Likes to listen to you talk and sing.
- * Sleeps 10-20 hrs/day.
- * Likes to be touched and cuddled.
- * See your **New Parent Guide** for baby's immunization schedule.

Mom

This is a time of continuing physical and emotional readjustment. Check the "Mother Care" section of your New Parent Guide for suggestions.

How I am feeling, physically and emotionally:

Questions to ask my health care provider:

How's Dad doing?

He has new things to learn and may be overwhelmed with feelings and responsibilities. Remember, he's got a new baby too and may be wondering how this will change your lives. Dads can enlist in Boot Camp for New Dads workshop at Northwest Hospital in month eight and again after baby is born.



Month _____

Year _____

5

*Fertility might
return before
menstrual cycle
returns.*

6

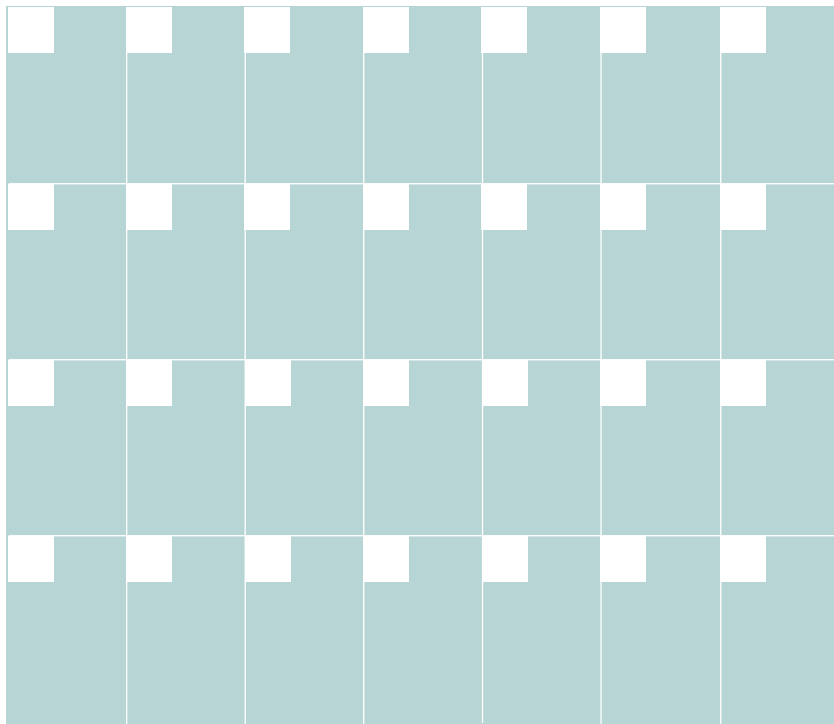
*See your health care
provider for
postpartum
checkup.*

7

*Do something
special for yourself.*

8

*Take Northwest
Hospital's
"Parenting Your
Infant" class.*





**NORTHWEST HOSPITAL
& MEDICAL CENTER**

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