



BABIES AND YOU: A PRENATAL HEALTH PROMOTION PROGRAM

What is involved?

I. A BABY IN YOUR FUTURE? PREPARING FOR PREGNANCY

- A. Getting ready for a baby: physically, emotionally, and financially**
 - 1. Pre-conception nutrition: adopting the B-attitude**
 - 2. Exercise and good health**
- B. Tips on how to pick a health care provider that's right for you**
 - 1. Birth choices: the birth site**
 - 2. Birth procedures: low tech vs. high tech**
- C. What to expect at a preconception visit**

II. TAKING CARE OF YOURSELF DURING PREGNANCY

- A. How your habits and daily activities can affect the health of your baby**
- B. What you'll need to have on hand when your baby is born**
- C. How to dress for all occasions – and enjoy a fashion show just for you**

III. EATING FOR TWO: NUTRITION DURING PREGNANCY

- A. How nutrition relates to fetal health**
- B. How maternal weight gain relates to infant birth weight**
- C. Setting an appropriate weight gain goal and achieving it**
- D. Healthy eating**

IV. MAKING THE RIGHT CHOICES FOR A HEALTHY PREGNANCY

- A. How substances enter the fetal bloodstream**
- B. Effects of tobacco, drugs and alcohol on the unborn baby**
- C. Medications**
- D. Specific steps toward a positive lifestyle change**

V. EXERCISE AND STRESS DURING PREGNANCY

- A. Common causes of stress for pregnant couples**
- B. How to minimize and cope with stress**
- C. What types of exercises are good for pregnant women**
- D. Sneak a peek at a prenatal exercise class**

VI. ENJOYING MID-PREGNANCY

- A. Glowing and growing: physical changes during mid-pregnancy**

- B. Fetal development during second trimester**
- C. Key questions to ask your doctor**
- D. False labor or pre-term labor: learning the difference**
- E. Learning about birthing options**

VII. THE COUNTDOWN: LATE PREGNANCY

- A. Growing fast: fetal development during third trimester**
- B. Minimizing the growing pains**
- C. Discussions with your care provider**
- D. Choosing and communicating with your baby's doctor**
- E. Warning signs: when to call your care provider**
- E. Labor begins! Signs of true labor and when to call**

VIII. BREASTFEEDING AND CARING FOR YOUR NEW BABY

- A. The value of breastfeeding: starting out right**
- B. Getting the support you need**
- C. The ABC's of baby care: TLC**
- D. Saying YES to offers for help**
- E. Family involvement**
- F. Mother care**

IX. MEN HAVE BABIES TOO!

- A. Feelings during pregnancy**
- B. Time and priorities**
- C. Sex before and after baby**
- D. Parenting myths and realities**
- E. Making the marriage a primary focus**