

PREGNANCY AND HEALTH SKILLS

SKILL ASSESSMENT

The following questions will help you identify the skills in which you excel and target those which you need to develop. By yourself or with your team, try to answer each of the questions as honestly as possible. After completing this independent living skill assessment, review it with your team and identify those skills you would like to strengthen.

	<i>I do not know about this</i>	<i>I need to know more about this</i>	<i>I know about this</i>
1. Understand why early and regular pre-natal care (going to the doctor is important for a healthy normal baby.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Understand that on the first visit to the obstetrician, he/she will ask for the mother's complete medical history and father's history, if known.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Understand why the doctor will ask the patient questions about herself and father, if they smoke, drink, take any medications/drugs, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Understand why the obstetrician will monitor a woman's weight during pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Understand how the doctor can estimate when the baby will be born.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Understand why it is so important for the mother-to-be to go to the doctor/clinic for regularly scheduled check-ups.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Understand why a woman must immediately report to the doctor any unusual pain, bleeding, or swelling.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Understand what physical changes will occur in a woman's body during pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Understand why it is normal for a woman to experience many different emotions (joy, fear, pride, sadness, guilt, etc.) during pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Understand why it's important for a woman to talk about these feelings with someone she trusts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Understand why some exercise is good for a mother-to-be and her baby.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Know that schools have special programs for pregnant teens.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Know where to go to get free or low-cost pregnancy testing and pre-natal care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

You have now completed the assessment section and identified those pregnancy and health skills that you would like to strengthen in order to make better decisions on your own. The following guide can help you in planning how you can learn about and practice these skills. Choose a few skills that you want to develop and, with your team, write down your plan of action. Remember, once you accomplish these goals you can go back to you assessment tool and select new goals to build your new skills.

EXAMPLE

GOAL:

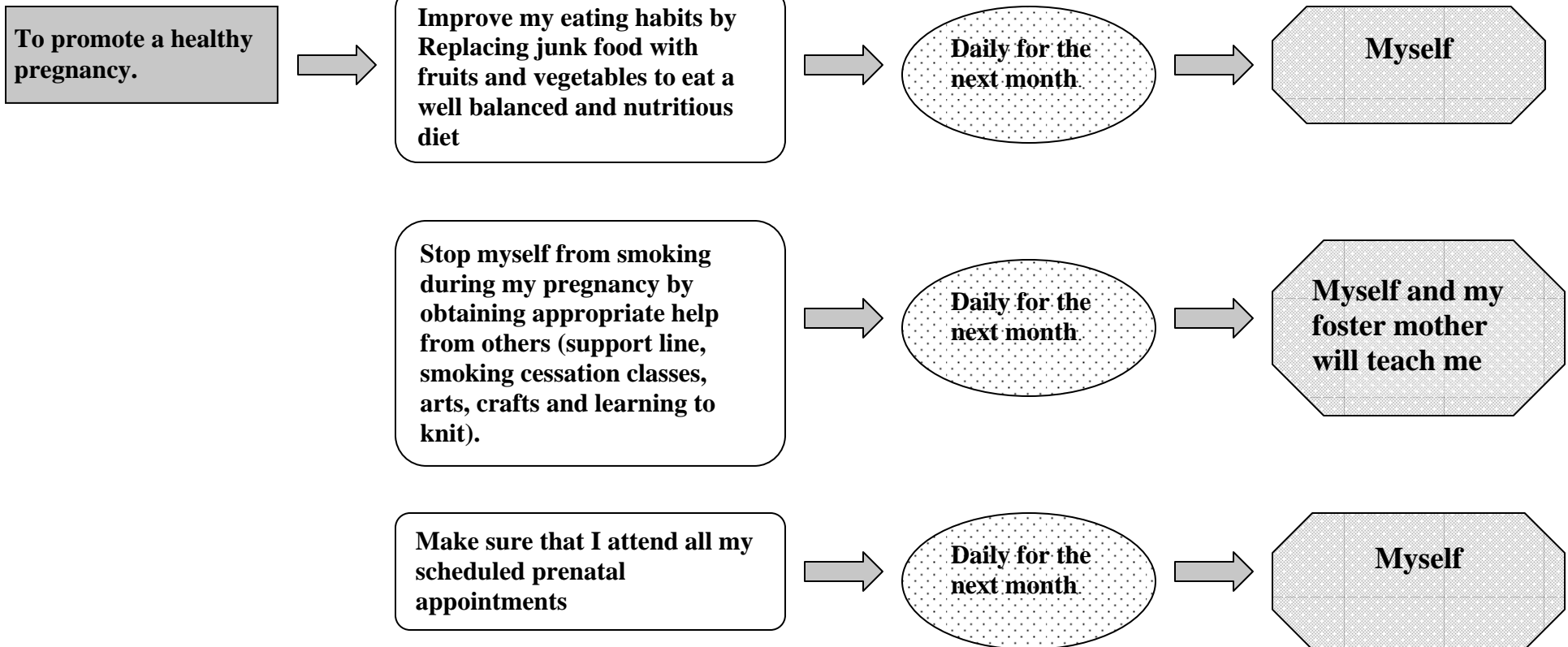
IMPROVE PRE-NATAL CARE SKILLS

State Skill 1:

Plan:

When:

Who:



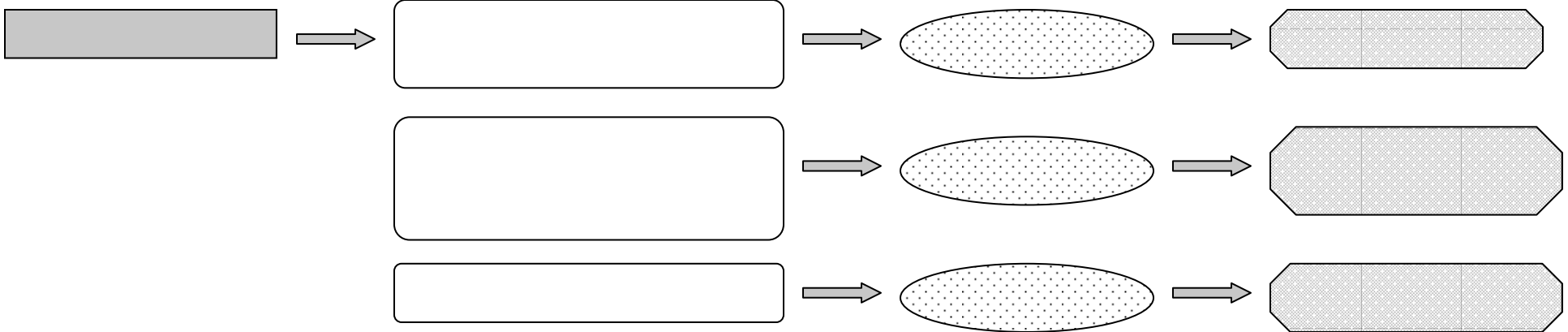
GOAL: WORK ON PRE-NATAL CARE SKILL

State Skill 1:
To be developed
and/or improved.

Plan:
How do you plan to learn,
develop and improve this skill?

When:
When, where, and how often will you
work on this skill and by when will you
have mastered this?

Who:
Who will assist you?

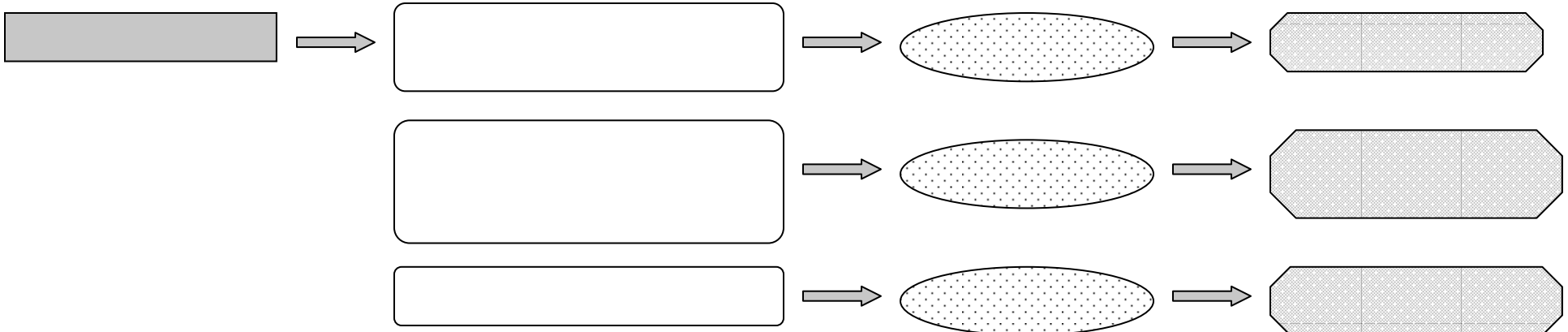


State Skill 2:
To be developed
and/or improved.

Plan:
How do you plan to learn,
develop and improve this skill?

When:
When, where, and how often will you
work on this skill and by when will you
have mastered this?

Who:
Who will assist you?



TAKING CARE OF YOURSELF AND YOUR PARTNER DURING PREGNANCY

Taking care of yourself and/or your partner is vital in promoting a healthy pregnancy and reducing the risks of complications and birth defects. Mothers-and fathers-to-be must learn about healthy diets, regular prenatal appointments, rest, and all other factors that contribute to physically taking care of oneself. In addition, it is important for both parents to know what to expect and how to deal with thoughts, feelings and challenges that may come up during this time. Finally, it is important to prepare for the birth of your child by making all necessary arrangements, which include skills that range from care-taking to obtaining furniture and baby items. This is also a time to think about what kind of changes you will have to make (i.e. day care, living situation) to accommodate a child's needs. There is much work ahead of you. But don't get discouraged! If you organize yourself, use supports offered, and take one step at a time, you will get a lot accomplished. In addition to each of the individual sections on pregnancy and birth, you also must begin to work on skills targeted in the caretaking, parenting and safety sections of this module to obtain skills and knowledge needed to care for your baby.

Let's look at tasks, expected changes and necessary accomplishments for both mother and father, a trimester (3 months of pregnancy) at a time.

FIRST TRIMESTER (1-3 months)

PHYSICAL CHANGES/SYMPTOMS THE MOTHER-TO-BE SHOULD EXPECT

- Breasts will grow (until about the fifth month of pregnancy) and as they get larger, they may feel tender. Expect the brownish circle around each nipple (areola) to get darker also. Make sure you wear a bra that gives you good support because you don't want your breasts to sag later.



ACTIVITY

If necessary, you will need to buy a new, larger size bra that fits you properly and offers sufficient support.

Father: Remember, it is your responsibility to financially assist your partner in purchasing maternity clothes. You may want to accompany your partner to the store or mall and assist her financially in obtaining bras.

- You may notice that you have to go to the bathroom more often. During the first few months, the growing fetus and the uterus press on the bladder where the urine is stored. Even if you are bothered by frequent urination, it is important to drink 6-8 glasses of fluid every day.
- You may feel nauseous or have to vomit. That is called morning sickness, although it does not only occur in the morning.



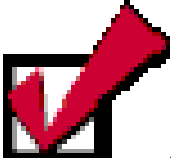
ACTIVITY

If you have morning sickness, try eating a few crackers before getting up in the morning, or when you feel sick. For breakfast, try eating dry toast. Eating 4-6 small meals a day, or light snacks between meals, may also help you. If certain smells bother you, get some fresh air.



Father: Morning sickness is no fun! You may want to help out by being supportive and carrying crackers with you and eating small meals with your partner.

- You may feel tired and more sleepy than usual.

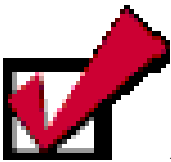


ACTIVITY

During pregnancy, you will need 8 to 10 hours of sleep each night. It is also a good idea to rest during the day. The amount of sleep and rest you need will depend, in part, on how active you are. So, look at your schedule and make sure to adjust all your activities in order to get plenty of rest.

Father: You may want to run errands, help with chores and task, etc. to assure that the mother-to-be is getting enough rest.

- While doctors agree that there is no medical reason to stop having sexual intercourse when pregnant (except if you have pain, bleeding, or cramping during or after making love—and in such cases, you should see a doctor), it is possible that your feelings about sex may change while you are pregnant. You may be more or less interested in it.

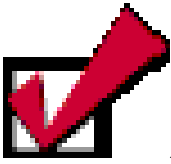


ACTIVITY

Whatever your feelings or changes in your sexual desires, talk them over with your partner.

Father: You must be understanding and supportive of any changes in her sexual desires.

- It is common for pregnant women to feel faint or dizzy after they have been standing for long periods of time or when they stand up too quickly.

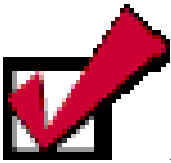


ACTIVITY

Try and remember to stand up slowly. If you feel dizzy, sit down and put your head between your knees. This should make you feel better. If you feel faint or dizzy frequently, consult your doctor.

Father: Remind your partner to stand up slowly and not to stay on her feet too long. Offer her a hand to support her when she gets up. Ask her frequently how she feels.

- Having a heavy discharge (white stuff) in your underpants is normal.



ACTIVITY

Take frequent baths or showers to help you feel clean. If the discharge gives you a burning sensation, itchy feeling, or has a bad smell, call your doctor.

Father: You may feel uncomfortable about some physical changes that come along with pregnancy, but remember—so may she. Talking about it and becoming educated will make it easier for both of you.

PREGNANCY



ACTIVITIES

- I. Answer True or False to each of the statements below. (Answers follow the questions.)**
1. The developing baby is protected and can move freely within the fluid-filled amniotic sac inside the mother's body.
 2. The placenta is a sponge-like sac, which transmits nourishment and oxygen from the mother to the baby and gets rid of waste.
 3. Sugar or albumin (protein) in the urine is normal during pregnancy.
 4. A simple blood test can give the doctor necessary information about a patient's blood type and Rh factor. It can also determine whether or not the patient is anemic or has a sexually transmitted disease (STD).
 5. Colostrum is a clear or yellowish liquid which may drip from a woman's breasts during pregnancy.
 6. Constipation and heartburn never occur during pregnancy.
 7. Most pregnant teenagers gain more than 30 lbs. during pregnancy.
 8. A woman may feel more tired than usual during pregnancy.
 9. Eating foods with lots of calcium is very important for mothers-to-be.

ANSWERS:

1. TRUE. Between the wall of the uterus and the baby is a bag of water (the amniotic sac). The water is called the amniotic fluid. This fluid protects the baby from bumps and falls. The fluid in the bag is cleaned about eight times a day. No one knows for sure how this happens. A mucus plug blocks the opening in the cervix to protect the baby.
2. TRUE. The placenta forms during the first 3 months of pregnancy. In the early stages of pregnancy, it is small and flat and looks like a pancake. It is attached to the wall of the uterus. The umbilical cord grows out of the placenta and connects to the baby at his or her navel (belly button).
3. FALSE. If a urine test reveals sugar or albumin in the urine, this may be a sign of a problem.
4. TRUE. The doctor needs to know if the mother's blood type is O, A, B or AB and whether she has a positive (+) or negative (-) RH factor. The doctor will also test her blood for anemia. All this information will help the doctor to better plan for both mother and the baby during pregnancy. An STD (Sexually Transmitted Disease) can be harmful to mother and her baby. It is important to treat or take the necessary precautions with such diseases immediately.

5. TRUE. This liquid is a sign that a woman's body is getting ready to produce milk for the baby. It is normal.
6. FALSE. Constipation and heartburn are common during pregnancy. Eating and exercising properly can help alleviate these problems.
7. FALSE. A normal weight gain for most pregnant teens is approximately 24 to 30 pounds.
8. TRUE. As the uterus gets larger, a mother-to-be has more weight to carry around. However, she may feel more tired during some months of pregnancy than others.
9. TRUE. Find out why calcium is so important to pregnant teens and the developing baby in the food and nutrition section.

II. How many of the following questions can you answer correctly? Select the correct term from the choices below.

1. When a woman is 2 weeks pregnant, the developing baby is called a/an _____.
2. Twelve weeks into pregnancy, the developing baby is called a/an _____.
3. A baby's growth within the mother's body is separated into time periods called _____.

Choices:

- A. Circumcision
- B. Fetus
- C. Crowing
- D. Hemoglobin
- E. Embryo
- F. Trimester

Answers

1. E 2. B 3. F

III. Circle the letter that corresponds to the correct answer in the multiple-choice questions below (answers follow).

1. Doctors can tell what the sex of the developing baby is at
 - a. 4 weeks.
 - b. 8 weeks.
 - c. 12 weeks.
 - d. 16 weeks.
 - e. 20 weeks.

2. A pregnant woman will feel the baby move for the first time during the
 - a. 1st month.
 - b. 3rd month.
 - c. 5th month.
 - d. 6th month.
 - e. 8th month.

3. In utero, the developing baby is able to do the following during the 4th month:
 - a. Kick
 - b. Roll over
 - c. Turn from side to side
 - d. Wave arms and legs, wake and sleep
 - e. All of the above

4. The developing baby (in utero) is able to do the following during the 7th month:
 - a. Hear the sound of loud voices and other loud noises
 - b. Recognize mother by the sound of her voice
 - c. Suck on his/her thumb
 - d. Cry and hiccup
 - e. All of the above

5. Bleeding from the vagina during pregnancy, especially if it happens in the first 12 weeks, is a possible indication of
 - a. cholestasis
 - b. Pressure from the developing baby
 - c. A big baby
 - d. Miscarriage

6. Drugs can hurt a developing baby by
 - a. Causing serious birth defects
 - b. Retarding the developing baby's growth
 - c. Impairing the baby's brain development
 - d. A and B
 - e. All of the above

7. If a mother-to-be smokes during pregnancy, the developing baby may be
 - a. Born with cancer
 - b. Smaller to the point that his health and life can be endangered
 - c. Less smart
 - d. All of the above
 - e. B and C

8. A pregnant woman who drinks alcohol can damage her baby's
 - a. Looks
 - b. Brain
 - c. Growth
 - d. All of the above

9. Which of the following can be very dangerous to the unborn baby if the mother gets it during the first 3 months of her pregnancy?
 - a. The flu
 - b. Sinusitis
 - c. German Measles
 - d. All of the above

Answers:

1. a
2. c
3. e
4. e
5. d (refer to note)
6. e
7. e
8. d
9. c

NOTE: Bleeding from the vagina may not be anything to worry about, but it is a danger sign during pregnancy which should be immediately reported to the doctor.

What do we need to do to promote a healthy pregnancy during this trimester?

1. HAVE A REGULAR PRENATAL CARE

To assure a healthy start for the mother as well as the baby, it is very important that you set up an appointment with your gynecologist or clinic as soon as you find out that you are pregnant. The doctor will perform tests to rule out any early complications. He/she will most likely prescribe vitamins and talk to you about all issues related to pregnancy.

It is also very important to have your doctor’s name, address, and telephone number with you at all times in case of complication or later on, when labor begins. You may also want to give his/her name to the father-to-be.

Note to fathers: While the mother carries the baby, fathers assume responsibility during pregnancy as well. Every doctor will be happy to answer any questions you may have. Most mothers-to-be welcome fathers to accompany them to prenatal appointments and to be part of the decision-making process regarding labor and birth. Fathers can also assist mothers by reminding them to take their vitamins and helping with transportation to appointments, etc.

Doctor’s/Clinic’s Name
Street
City/Town
Telephone #
Emergency

ACTIVITY

If you haven’t already done so, set up an appointment with your doctor or clinic.

My appointment is on:

Date _____

Time _____

Your doctor will schedule regular appointments. It is important that you post them and keep track of them.

2. EAT WELL DURING PREGNANCY

The food you eat supplies your growing baby with all the things s/he needs to build the whole body. Bones, organs, muscles, and the brain are formed from the food you eat while you are pregnant. It's also good for you to remember that you, too, as a teenager are still growing. When you become pregnant, you are eating for your own health as well as the baby's. So it is especially important for you to eat well.

How do you eat a well-balanced diet? The best way to make sure you are getting the right nutrients is to eat a variety of foods every day. To help you choose the foods you and your baby need, we have provided two charts which give you information about the different food categories and examples of foods in each of these groups, including their nutrients and recommended daily portions. We have also provided a fact sheet, which explains nutrients.

Before you turn to the charts and fact sheet, consider the following:

Mother Who Eat Well

- Are stronger for delivery
- Have a normal weight gain
- Have a better chance of being able to nurse their babies
- Are better able to deal with their emotions
- Get their figures back more easily

Babies With Mothers Who Eat Well Have a Better Chance of

- Developing needed brain cells
- Having a well-formed and healthy body
- Attaining normal weight



In order to be sure to eat right, mothers- and fathers-to-be have to be familiar with basic nutritional information. So to learn about a healthy diet, let's start with a closer look at the four food groups.

THE FOUR FOOD GROUPS

Milk and Milk Products:

Whole, skim, powdered, buttermilk, cottage cheese, ice cream, ice milk, yogurt, and other foods made with milk.

Benefits for you and your baby:

Calcium:

Needed to build strong bones and teeth; helps nerves and muscles work well.

Protein:

The building block of the body, brain, and blood; needed to build a strong body and mind and keep them healthy;

Vitamin D:

Helps the body use calcium; prevents rickets

Vitamin A:

“Good Looks Vitamin” needed for eyes, skin, hair, and normal body growth.

Meat and Other Protein Foods:

Meat, fish, chicken, eggs, menudo, liver, pinto beans (all beans), dried peas, nuts, soybeans, chitlins, and peanut butter.

Benefits for you and your baby:

Protein:

The building block of the body, brain, and blood; needed to build a strong body and mind and keep them healthy;

Folic acid:

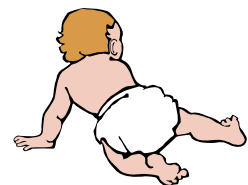
B Vitamin needed to help the body use iron.

Iron:

Needed for red blood cells, which carry oxygen through the body; prevents anemia. The baby's body stores iron during pregnancy for use after birth.

B Vitamins:

Needed for healthy nerves, good appetite; helps body use other nutrients.



Fruits and Vegetables

Vitamin C: Oranges, lemons, grapefruit, strawberries, green chilies, tomatoes, brussel sprouts, broccoli.

Vitamin A: *Choose at least one serving of Vitamin C each day.
Green or red chilies, carrots, spinach, greens, cantaloupe, pumpkin, any dark yellow or green fruits or vegetables.

Benefits for you and your baby: *Choose at least one serving of Vitamin A each day.

Vitamin C: Helps keep body healthy; needed for teeth, gums, bones, body cells, and blood vessels.

Vitamin A: “Good Looks Vitamin” needed for eyes, skin, hair, and normal body growth.

Breads and Cereals: Whole grain or “enriched” bread, cereal, muffins, tortillas, rye bread, buns, rice, pasta.

Benefits for you and your baby: Needed for healthy nerves, good appetite; helps body use other nutrients

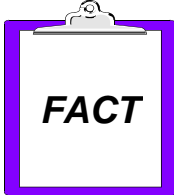
B Vitamins: Needed for red blood cells, which carry oxygen through the body; prevents anemia. The baby’s body stores iron during pregnancy for use after birth.

Water: Alone or in other fluids

Benefits for you and your baby: Helps the body use the food you eat and carries wastes out of the body.

Note to fathers: This section is also important for you. While it is true that mothers carry the children, it is a father's responsibility to help mothers eat healthy! Fathers should adjust their diets and habits, too, to support their partners.

In addition, it is important to know the following basic facts about nutrients:



Facts About Nutrients

Protein

Protein is needed for growth of new tissues of mother and baby and for repair of body cells. Extra amounts are needed during pregnancy. Proteins come from animal sources, such as meat, fish, chicken, turkey, eggs, milk, and cheese, or vegetable sources, such as cooked dried beans, peas, nuts, and peanut butter.

Fats

Foods that contain fats are high in calories. Fats supply energy and make food taste good. In addition, some fats provide Vitamins A, B, E, and K and other essentials for good health.

Fats from vegetable sources include cooking and salad oils, margarine, and vegetable shortenings, butter, bacon and lard are major sources of animal fats. Meats, poultry, fish, whole milk, and cheese contain smaller amounts of fat.

Carbohydrates

Carbohydrates include both sugars and starches, which the body changes into energy. Some starches contain minerals, vitamins, and small amounts of protein. Carbohydrates are found in breads and cereals, dried beans and peas, rice, flour, sugars and fruits and vegetables.

Minerals

Many minerals are needed to maintain good health. Here are some of them:

Iron is used for building blood. Foods that are good sources of iron and other minerals include lean meat, liver, dried peas, dried beans, dark green leafy vegetables, enriched bread and cereals, dried fruits such as prunes and raisins.

Calcium and **Phosphorus** are needed for the development of bones and teeth. Milk and milk products such as cheese are major sources of calcium and phosphorous and some other minerals.

Vitamins

Vitamins are nutrients that are needed by the body in very small amounts to help the body cells work. Each vitamin plays a different role. When daily meals do not contain enough vitamins, body cells do not develop and work properly.

Vitamin A must be present in the foods you eat for normal growth and normal vision. It is mainly found in dark green leafy and yellow vegetables.

Vitamin C is needed for healthy gums, bones, and teeth. It is found in oranges, tangerines, grapefruit, tomatoes, and dark green leafy vegetables.

Vitamin D works with calcium and phosphorus to develop bones and teeth and keep them healthy.

Thiamin, riboflavin, and niacin are B complex vitamins needed for healthy cells. Thiamin is found in whole-grain and enriched breads and cereals, meat, poultry, and eggs. Milk and cheese are particularly rich sources of riboflavin. Meat, poultry and cooked dried beans are good sources of niacin.

Folic acid, which helps protect the body against anemia, is especially important before and during pregnancy. It is found in dark green leafy vegetables, liver, and many other foods.

For good health your body needs small amounts of other vitamins and minerals. These are supplied by the foods that make up balanced meals.

Food Products/Ingredients to Avoid

You should avoid chocolate, coffee and all foods and beverages containing caffeine. It is strongly recommended that you not ingest any artificial sweeteners. That means no diet sodas! MSG (Monosodium Glutamate), which is often used in Chinese cooking, should also be avoided during pregnancy.



ACTIVITY

Find someone to quiz you on the information about the food groups and nutrition. How did you do?

Now that you know about general information related to nutrition, let's take a closer look at daily requirements.

DAILY FOOD GUIDE*

FOOD GROUP

Milk and milk products:	Size of Serving	Foods
(4-5 servings per day)	1 cup	Milk
	2 slices	Cheese
	2 cups	Cottage Cheese
	1 ½ cups	Ice cream
	1 cup	Yogurt
	1 cup	Pudding
	<hr/>	
Meat and other protein foods:	Size of Serving	Foods
(3 or more servings per day)	2	Eggs
	1	Patty
	2 thin slices	Beef, pork, or lamb
	1 leg or ½ breast	Chicken
	½ cup	Tuna salad
	1 cup	Cooked beans
	¼ cup	Peanut butter
	½ cup	Nuts or seeds
<hr/>		
Fruits and vegetables:	Size of Serving	Foods
(4 or more servings per day)	1 cup	Raw vegetables
	¾ cup	Cooked vegetables
	½ cup	Fruit juice
	1 medium	Fruit

Breads and Cereals

Size of Serving

Foods

(5-6 servings per day)



- 1 slice
- 1/2
- 1
- 1
- 1/2 cup
- 3/4 cup
- 1/2 cup

- 1 cup

- Bread
- Hotdog or hamburger bun
- Dinner roll or biscuit
- Tortilla or taco shell
- Hot, cooked cereal
- Ready-to-eat cereal
- Cooked rice, noodles, or spaghetti
- Popped popcorn

Other Foods:

Vary amount eaten based on caloric (energy) needs.

- Margarine, butter, cooking oil, salad dressing, mayonnaise, jams/jellies

Water:

8 oz. glasses

Alone or in other fluids



(6-8 glasses per day)



ACTIVITY

Evaluate your present eating habits. Do you eat food from all food groups? Do you get enough nutrients, vitamins and minerals? Why? Why not?

The following sample menus may help you in establishing a healthy daily diet.

MENU 1

Breakfast	Orange juice, read-to-eat cereal with sliced banana, milk, and toast with margarine or butter.
Snack	Glass of milk, peanuts
Lunch	Cheeseburger with bun, coleslaw, milk
Snack	Vegetable sticks with cottage cheese dip
Dinner	Tuna-noodle casserole, lettuce and tomato salad, roll with margarine, apple pie, milk
Snack	Orange

MENU 2

Breakfast	Grapefruit juice, two scrambled eggs, muffin with margarine, milk
Snack	Yogurt
Lunch	Pizza with cheese and meat, vegetable salad, milk
Dinner	Baked fish, rice spinach, milk, biscuit with margarine
Snack	Apple

YOUR DAILY MENU



ACTIVITY

Plan your own menu.

If you are pregnant, remember that you will need 300 more calories a day than women who are not pregnant.

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

SNACK

THE FATHER'S DAILY MENU

ACTIVITY

Fathers, plan your menu.

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

SNACK



ACTIVITY

If you need additional practice in establishing daily menus, plan meals for a week.



ACTIVITY

Test your knowledge of food and nutrition by matching the following statements with the foods listed in the right-hand column.

- | | |
|--|----------------------------|
| 1. A food product which has Vitamin C | Spinach* |
| 2. A food product which has protein | Yogurt* |
| 3. A food product which has calcium | Beans* |
| 4. A food product which has iron | Macaroni* |
| 5. A food product which has Vitamin A | Whole grain enriched bread |
| 6. A food product which has Vitamins C and A | Cheese |
| 7. A food product which has B Vitamins and iron | Eggs |
| 8. A food product which has fats and calcium | Lean meat |
| 9. A food product which has protein and B Vitamins | Milk |
| 10. A food product which has protein and B Vitamins | Oranges |
| 11. A food product which has protein, calcium, Vitamins A & D | Peanut butter |
| 12. A food product which has protein, iron, B Vitamins, and folic acid | Juice |
| 13. A food product which has water | Fish |
| 14. A food product which has protein and fats | Butter |
| 15. A food product which has fats | Broccoli |

Note: Food products with (*) may contain more than the single nutrient listed.

Answers

1. orange
2. beans
3. yogurt
4. macaroni
5. spinach
6. broccoli
7. whole grain/enriched bread
8. cheese
9. eggs
10. lean meat
11. milk
12. peanut butter
13. juice
14. fish
15. butter

ACTIVITY

From the groupings provided below, select the more healthful food.

- | | |
|----------------------------|---------------------------------|
| 1. A pear | Bag of potato chips |
| 2. Non-fat frozen yogurt | Ice cream cone |
| 3. Glass of milk | Chocolate chip cookies |
| 4. Cheese and crackers | Strawberry milkshake |
| 5. An apple | Chocolate pudding |
| 6. Canned fruit cocktail | Fresh peaches |
| 7. Non-fat yogurt | Bagel and cream cheese |
| 8. Carrot sticks | Granola bar |
| 9. Cream Of Wheat™ | Sugared Frosted Flakes™ |
| 10. Peanut butter sandwich | Hot dog |
| 11. Canned green beans | Fresh garden salad |
| 12. French fries | Baked potato |
| 13. Hot chocolate | Cottage cheese with fresh fruit |
| 14. An orange | Bag of cheese curls |
| 15. Pizza | Fluffer nutter sandwich |

Answers

- | | |
|-------------------------------------|---|
| 1. A pear | A pear has fewer calories and more nutritional value than a bag of chips |
| 2. Non-fat frozen yogurt | This is your best choice for nutrition and weight-watching |
| 3. Glass of milk | Milk has more nutritional value |
| 4. Cheese and crackers | You get calcium and protein without the sugar! |
| 5. An apple | Fruits are a necessary staple of your diet |
| 6. Fresh peaches | Always choose fresh fruits and vegetables when you can. They have no preservatives or artificial ingredients |
| 7. Non-fat yogurt | It's a healthy way to get part of your requirements of calcium |
| 8. Carrot sticks | An alternative health food to junk food |
| 9. Cream of Wheat™ | Cream of Wheat™ has less sugar and more vitamins |
| 10. Peanut butter sandwich | A peanut butter sandwich has more protein, less salt, and if you use a multi-grain bread, more fiber |
| 11. Fresh garden salad | A fresh garden salad (with oil and vinegar, perhaps) is lower in sodium, has fewer calories and more nutritional value. Canned foods are generally high in sodium |
| 12. Baked potato | Better to get your carbohydrates without extra fat |
| 13. Cottage cheese with fresh fruit | Cottage cheese with fresh fruit has a better variety of nutrients |
| 14. An orange | An orange is a good source of Vitamin C as opposed to cheese curls which have "empty calories" |
| 15. Pizza | If you selected pizza, you're right! Pizza gives you selections from 3 of the 5 food groups. |

It is also helpful to read labels on all groceries to make sure that they are healthful and provide the nutrients you need. For example, not all cereals are healthful. Some contain a lot of sugar, artificial (chemical) ingredients or food coloring. Some fruit drinks may not contain any fruit.

Let's look at the following two cereals. Read the information on the labels carefully and decide which one is more healthful.

Brand A: Quaker Flavor Crunchy Rice Bran

Ingredients: Brown rice flour with rice bran, rice bran, sugar, salt, sodium bicarbonate, and natural flavor. Vitamins and minerals: reduced iron, niacin amide B vitamin, zinc oxide, calcium pantothenate B vitamin, pyridoxine hydrochloride B Vitamin, riboflavin, folic acid, thiamine mononitrate, vitamin B 12.

<u>Cereal</u>		<u>With ½ cup Vitamins A & D fortified skim milk</u>
Calories	100	150
Protein	2	7
Carbohydrates	22	28
Fat	1	2
Cholesterol	0	0
Sodium	250	320
Potassium	120	330

Brand B: Kellogg's Corn Flakes

Ingredients: Corn, sugar, salt, malt flavoring, corn syrup, vitamins and minerals: vitamin C (sodium ascorbate and ascorbic acid) niacin amide, iron vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin A (Palmate), vitamin B1 (thiamine hydrochloride), folic acid, vitamin D.

<u>Cereal</u>		<u>With ½ cup vitamin fortified skim milk</u>
Calories	100	140
Protein	2	6
Carbohydrates	24	30

My choice is: _____.



ACTIVITY

Go to the grocery store and practice label reading. Compare brands of food items you regularly buy.

WIC

WIC is a special food supplement program which offers pregnant women and children less than 5 years of age nutritious foods such as eggs, milk, peanut butter, cereal, etc. If you are WIC eligible, you will be given 4 vouchers per month, one for each week. It's like going grocery shopping. Every week, you go to the grocery store and using the WIC food vouchers, pick up the food you need.



ACTIVITY

To find out more about the WIC program, call the Office of Transitional Assistance nearest you or ask your obstetrician or baby's doctor.

3. AVOID SMOKING AND USING ANY SUBSTANCES

Pregnant women **must** refrain from smoking, using alcohol and drugs. Smoking and use of alcohol and drugs, (including prescription pills, inhalants, etc.) can cause serious birth defects (i.e. blindness, deformation, mental retardation) and other complications like premature delivery, low birth weight, etc. In some cases, use of substances can lead to miscarriage, still born babies, or death of an infant. It is, therefore, vital to refrain from use of any harmful substances throughout pregnancy.

During the first month as a baby develops, the use of alcohol or drugs can be devastating. It therefore, is crucial that you refrain from use of substance as soon as you think you might be pregnant.

Smoking

Smoking can cause birth defects, low birth weight and premature birth. If you are pregnant, you owe it to your child and yourself to give up smoking as soon as possible. Quitting smoking takes a lot of commitment and you have to believe you can do it for the sake of yourself and your child. The physical symptoms of withdrawal disappear relatively quickly (3 days to 2 weeks) and then you will have to work on habits and coping skills. Smoking, like most other addictions, has to be tackled one day at a time. Fathers/partners of pregnant women must be supportive of their effort to quit. If fathers smoke, they should quit as well—to help encourage mothers-to-be and because **second-hand smoke is harmful to babies and children.**

If you do want to stop smoking, the following organizations provide information and assistance:

Smoking Hotline 800-952-7644

American Lung Association of Boston, 1015 Commonwealth Avenue, Brighton, MA (617) 787-4501

Department of Public Health, 150 Tremont Street, Boston, MA 727-2700



ACTIVITY

If you do smoke, develop reasons and strategies to quit smoking.

My reasons and strategies to quit smoking are:

People who will support me:

ALL DRUGS ARE HARMFUL TO YOU AND YOUR CHILD!

Alcohol and all drugs are harmful and can often have devastating or even deadly consequences for you and your child. Children born to drug addicted mothers most often have serious birth defects and delays. Some babies are very premature and thus subject to serious complications and others may die from complications of their mother's drug use. Mothers who abuse alcohol often give birth to children who have fetal alcohol syndrome and other problems. Unfortunately, alcohol and drugs are available in too many places. Some people may try persuading you to take drugs, or circumstances in your own life might make you more vulnerable to the temptation of alcohol and drugs. Therefore, it is essential for you to think about how you can resist and avoid drugs.

Note to fathers: Avoiding and resisting drugs is vital for fathers as well. Besides supporting the mother, fathers will be role models to their children and will have to provide for their needs. Alcohol and drugs will very much interfere with those responsibilities.



ACTIVITY

Fill out the chart below:

I will say no to drugs by:

My strategies to avoid drugs are:

If you need more information or if you think you may have an alcohol or drug problem, call:

Alcoholics Anonymous
617-426-9444
Call to find the nearest youth group

Cocaine Hotline: 800-262-2463

Narcotics Anonymous: 800-884-7709

Alateen and Alanon Family Groups: 800-356-9996
For referral to groups for partners and teenagers in families of substance abusers.

AVOID POTENTIALLY HARMFUL SUBSTANCES AND CHEMICALS

- Pregnant women should avoid handling cat litter, which may contain infectious parasites.
- Doctors also warn pregnant women to avoid touching the mucous membranes of their mouth and eyes after handling raw meat or vegetables. They should wash their hands thoroughly after touching raw meat and vegetables.
- Some chemicals in household cleaners, bug sprays and other products like hair dye may be harmful. Always read the labels for special warnings.
- Some over-the-counter medications should be avoided during pregnancy. Again always read the labels and let all medical personnel know that you are pregnant, particularly when you need x-rays or medication of any kind (including psychotropic medications for depression, bipolar disorder, anxiety, hyperactivity, etc.)
- **Don't take any medication without first asking your obstetrician.**

Fathers: Help you partner in finding out which substances may be dangerous for the baby.



ACTIVITY

Establish a list with medications and household cleaners you use that may be harmful.

KEEP FIT

Exercising is good for your mind and body, **and** your baby. Exercise helps you sleep well, keeps your appetite under control and tones your muscles. Walking and swimming can be good for you during pregnancy. It is better, however, for pregnant women to stop playing rough sports like football or skiing. Ask your doctor for recommendations for exercise during pregnancy.

Fathers: Exercising together or simply taking a daily walk will be fun and healthy for both of you.



ACTIVITY

Establish an exercise plan according to your doctor's advice and your preferences.

DATE	EXERCISE
------	----------

TAKE CARE OF YOUR MENTAL HEALTH

Pregnancy can cause a lot of pressure on the mother- and father-to-be. Becoming a parent is a huge responsibility. You may feel overwhelmed and uncertain about your new responsibilities. You will have many questions, doubts and hopes that you will need to address. One of the best ways to reduce stress and worries is to prepare you for the upcoming challenge. You will need thorough information on childbirth, parenting, etc. to feel confident to successfully meet the needs of your child. You will also need a support system comprised of friends, family, professionals and medical personnel to assist you in preparing for parenthood. So let's think for a minute about the people in your life who could assist you.



ACTIVITY

Establish a list of people, organizations and professionals who can help you prepare for the birth of your child.

NAME	PEOPLE/PROFESSIONALS	CAN HELP WITH
------	----------------------	---------------

In addition, it is also important for you to work on decision-making skills so that you won't become overwhelmed.

PLANNING FOR LABOR AND BIRTH

Mothers and fathers-to-be have to acquire information and make decisions about labor and birth.

You will have to decide whether or not you want to participate in child birth classes that will teach breathing and relaxation techniques to help you through labor. These classes are usually offered in clinics, hospitals, and doctors' offices. If you cannot pay for them, you may receive a voucher or be able to pay a minimal fee. Mothers also have to decide who (if anybody) they would like to have stay with them while they are in labor.

Note to fathers: Many fathers decide to participate in classes and to be present during their child's birth. If you decide that you do not want to participate, you can still help with transportation or assist in practicing breathing techniques, etc.



ACTIVITY

Research child birth classes in your area; find out the cost, dates/times, and registration deadlines.

Have you decided to enroll or participate in classes? Why? Why not?

HOSPITAL

Another issue to be thinking about is the hospital the mother will give birth in. Most doctors have privileges (are able to practice and deliver) in one or two hospitals. Therefore, you may not have a choice as to where you will deliver. Doctors strongly recommend delivery in a hospital equipped with emergency facilities rather than home delivery with a mid-wife, as the risk for you and your baby may be too high. (This is particularly true in the case of teens that are giving birth for the first time.)



ACTIVITY

Talk to your doctor about which hospital you will deliver in. Arrange for a hospital tour so you will be familiar with the facility. Establish a transportation plan for both day and night time.

Based on your research and experience, fill out the chart below:

Name of Hospital	Transportation Plan for a.m.	Transportation Plan for p.m.
-------------------------	---	-------------------------------------

**Name of Birthing
Coach**

**Maternity Ward
Location (name of
building, floor)**

**Other Information: (important
telephone numbers, medical
information)**

Some hospitals and health insurance plans require that you register before giving birth.



ACTIVITY

Find out at your hospital and with your health insurance plan whether or not you have to pre-register.

PLANNING FOR OBTAINING NECESSARY BABY FURNITURE ITEMS AND CLOTHES



ACTIVITY

Establish a list of all necessary baby items including clothes and furniture you will need for the first six months.

FURNITURE	COST	CLOTHES	COST	OTHER	COST
-----------	------	---------	------	-------	------

TOTAL:

TOTAL:

TOTAL:



ACTIVITY

Research the costs of each item you listed and record each one on the chart. Take into consideration which items may be given to you or which ones you can buy cheaper at a second hand store. (Many baby items and clothes are available at a third of the original price at second hand stores. Most of them look and feel brand new!) After completing your list, estimate how much money you will need to obtain all necessary baby items.

The estimate is: \$ _____.
(Total)



ACTIVITY

Based on your estimate, develop a budget/purchase plan as to how you will save for and obtain all items on your list. You may want to save for the most expensive items (e.g. crib) first. Smaller items are obtained much more easily!

Note to fathers: Whether or not you plan to be involved with your child, your financial obligations begin right here! You will have to provide financial assistance to the mother to ensure that the baby's basic needs for food, clothing and shelter are met.

Item	Cost	Amount to save each month	Purchase Date
-------------	-------------	--------------------------------------	----------------------

Great job! You've done a lot of work! Don't forget, however, to work on skills in the caretaking, parenting and safety sections of this module.

What can we expect during the second trimester?

SECOND TRIMESTER

Let's look at tasks, expected changes and necessary accomplishments for both the mother and father in the second trimester (3-6 months).

WHAT ARE SOME OF THE PHYSICAL CHANGES AND SYMPTOMS THE MOTHER-TO-BE SHOULD EXPECT?

The good news for those pregnant women who have morning sickness is that nausea and vomiting usually end by the third month of pregnancy. By that time your body is generally used to all the changes pregnancy brings. Also, if you have been feeling very tired, you may begin to re-coup some of your energy in the second trimester.

While your belly won't grow significantly until the third month, your abdomen will grow larger during the fourth month and your regular clothes may not fit any longer.



ACTIVITY

You need to wear loose fitting, comfortable clothes. If you don't have any (e.g. jogging pants, etc), you may want to go shopping for some loose fitting or maternity clothes. Keep in mind that you will grow larger and may want to buy clothes that will accommodate you in the third trimester as well. Use the following chart and take an inventory of the clothes you already have and those you'll need to get.

	HAVE		NEED TO OBTAIN	
	How Many	Size	How Many	Size
Pants			Pants	
Blouses,			Blouses,	
Shirts			Shirts	
Sweatshirts,			Sweatshirts,	
Sweaters			Sweaters	
Underwear			Underwear	
Dresses			Dresses	
Jacket/Coat			Jacket/Coat	
Other			Other	



Maternity clothes can be very expensive. You, therefore, may want to buy them secondhand or buy regular items in larger sizes.

Father: You can accompany the mother-to-be shopping and assist her financially in obtaining the necessary clothing.

- As you grow larger and your weight increases, you may become a little unsteady on your feet. Therefore, you should not wear high heel shoes. Instead, you need to wear flats or low-heeled shoes that give your feet more support and are less dangerous than high heels.



ACTIVITY

Take a look at your shoes and make sure that you have flat, supportive shoes. If not, you must obtain a pair.

Father: Help her in this process by accompanying her to the shoe store and assisting her financially.

- You may develop heartburn, which is a form of indigestion that causes a burning sensation in the stomach and esophagus (the portion of the digestive tract that lies between the throat and stomach).



ACTIVITY

If you have developed heartburn, eat smaller amounts of food more often. Don't lie down after eating and stay away from fried foods and desserts. Drinking milk may also be helpful. Do not take any medicine for heartburn without consulting your doctor first.

Father: You may want to adjust your diet and eat frequent small meals with her.

- The position of the uterus puts a strain on your back, particularly later in your pregnancy, and may lead to back pain.



ACTIVITY

Try to develop the habit of standing up straight and doing pre-natal exercises. If you are not already familiar with them, ask your medical provider to show you the exercises most helpful to you.

Father: You may want to help the mother-to-be by reminding her of the importance of good posture and assisting her with exercises.

- Some women develop hemorrhoids (swollen veins around the rectum) during pregnancy. Hemorrhoids can be quite uncomfortable and painful. After you deliver the baby, hemorrhoids often go away.



ACTIVITY

If you have hemorrhoids, sitting in a tub of warm water will make them feel better. Tell your doctor. He/she may give you medicine to use. Remember; don't use any medication without consulting your obstetrician first!

Father: Again remember that she will be very uncomfortable with some changes that come along with pregnancy. Talking about them and becoming educated will make it easier for both of you.

- It is common for pregnant women to be constipated (not having a bowel movement as often as you did before pregnancy).



ACTIVITY

If you are constipated, eat plenty of fresh fruits and vegetables. Whole grain breads, cereal, and prunes help as well. Drinking lots of water also helps you become more regular. Do not take laxatives, medicines or enemas without consulting your doctor!

Father: You can help by buying her fruit and vegetables.

- You may feel bumps and movement in your uterus during this trimester. That is the baby kicking and moving. As the baby gets larger, you will feel or even see kicks.



ACTIVITY

Put your hand over your belly and try to feel the baby's movements. Don't be alarmed if you don't feel anything until the fifth month. That is quite normal. However, some expectant mothers feel movements earlier than that.

Father: Put your hand on her belly and find out if you can feel your child move.

WHAT CAN WE DO TO PROMOTE A HEALTHY PREGNANCY DURING THIS TRIMESTER?

- You need to continue to eat well, not use any alcohol or harmful substances, including cigarettes, and take your pre-natal vitamins. You need to continue to get plenty of rest and drink a minimum of 6-8 glasses of water a day. You also must avoid cat litter and potentially harmful cleaners, household items, paints, medications, caffeine, etc.
- You must wear loose fitting clothing and may continue with certain exercises, but stay away from dangerous sports and activities.

Evaluate your habits:

Are you continuing to eat well, rest and avoid substances, etc.?

For Fathers: Do you support the mother-to-be in maintaining healthy habits? In what way(s)?

For Fathers and Mothers: Do you need to change and/or improve some of your habits? Describe which ones and establish strategies as to how you will change.

HABIT

HOW WILL I CHANGE IT?

WHO WILL HELP?

- You must also continue to attend your pre-natal appointments regularly. Remember, it's a good idea to write down any questions you may have and bring your list of questions to your appointments. There will be several tests and appointments scheduled for this trimester. You need to attend **all** of them. If you have to miss one (due to an emergency), you need to reschedule as soon as possible.

Most mothers and fathers will hear their baby's heartbeat for the first time during their 12th or 13th week check up. It is very fast and faint; some people think it sounds like a train.

- In about the 18th week of pregnancy, many women will have an ultrasound. Prior to that, mothers- and fathers-to-be have to make the decision about whether or not they want to know the sex of the child prior to birth, because in many cases you and the ultrasound technician can see the sex of the baby on the screen.

Let's evaluate the pros and cons of each option.

KNOWING THE SEX OF YOUR CHILD BEFORE BIRTH

PROS

CONS

Have you made a decision? Have you discussed your decision/preference with the father-/mother-to-be?
The decision is

During the ultrasound, the technician takes several pictures of the baby and may give you one or two. These are the first photos of your child. Also, during this trimester, doctors will perform a blood test to exclude fetal anomalies, such as Down's Syndrome or spina bifida (birth defects).

Fathers: It is important that you come along to these appointments, as they are vital to your child's health. You can also help with transportation and establish a list of questions you may have prior to each visit. In addition, you may research additional information on the computer or in the library they may be helpful to you and the mother-to-be.

- Sometimes pregnant women may experience certain complications during pregnancy. Therefore, you will have to learn the warning signs of such complications so you can get medical attention as soon as possible.



ACTIVITY

Memorize the warning signs listed below:

Fathers: You, too should memorize these warning signs so you can be of assistance in case of possible complications.

WARNING SIGNS DURING PREGNANCY

IF YOU HAVE ANY OF THESE SYMPTOMS, CALL YOUR DOCTOR IMMEDIATELY:

SWELLING IN YOUR FACE, HANDS OR FEET

BLURRING OF VISION OR SPOTS BEFORE YOUR EYES

ANY BLEEDING FROM THE VAGINA

SEVERE OR CONSTANT VOMITING

FEVER OR CHILLS

BURNING AND PAIN WHEN YOU URINATE

SHARP OR CONSTANT PAIN IN YOUR ABDOMEN

SUDDEN GUSH OR STEADY TRICKLE OF WATER FROM THE VAGINA

The more parents are prepared for labor and the caretaking of their infants, the more confident and relaxed they will be. It is important, therefore, to learn the skills necessary to help you prepare for the birth of your child. Also, look at the skills listed in the caretaking, parenting and safety sections to prepare for parenting responsibilities.

For the first trimester, we talked a lot about labor/birth and all the preparations and decisions that go along with that process. So, let's review how you feel about giving birth before we move on.

Do you feel comfortable and prepared for labor and the birth process? Why? Why not?

If you do not feel ready, develop strategies as to how you will continue to prepare for labor and birth.

Good! Now we can move on to learning how to take care of a newborn baby. The first and very important issue we must discuss is that:

A newborn human being is very helpless and depends completely on his parents and other caregivers for survival.

It is, therefore, extremely important that you learn how to take care of your child and meet all of his/her needs. Your desires, wishes and needs will always have to come **after** those of your child. For example, if you are tired and do not feel well, you will still have to feed, change, and tend to your baby. In consequence, your life style will change a lot. In order to prepare for these changes, complete the following exercise.

For Mothers:

What you might do before becoming a parent and what you do after the baby's birth may be *very* different.

What a non-parent might do:

Lily enjoys talking to her best friend on the telephone for hours. She does not like to be interrupted.

What I will have to do as a parent:

Her friend asks her to go to a dance with him/her on Friday evening. She accepts right away.

She enjoys listening to very loud music and cranks up the stereo often.

She likes to sleep in on Saturdays and Sundays.

She likes to buy nice clothes and often spends all her money for new outfits.

Can you think of 3 additional situations where your life style will change as a parent?
Write them in the chart below.

Not a parent

Parent

Situation 1:

Situation 2:

Situation 3:

For Fathers:

What you might do before becoming a parent and what you do after the baby's birth may be very different.

Situation of a non-parent

What will I have to do as a parent?

Derek is putting all his money towards the expenses of his car. He enjoys riding around with his friends

He is trying to make the varsity football team and spends every available minute training.

He is offered a full scholarship to a good college out of state.

Can you think of 3 things that you do now that will have to change when you become a parent?

Not a Parent

Parent

Situation 1:

Situation 2:

Situation 3:

How do you feel about these changes? What are you feeling about the responsibility of taking care of a child and the fact that a baby will completely depend on you at all times?



ACTIVITY

It is very normal to feel excited and yet somewhat afraid and overwhelmed. Talk with people you trust about your feelings. Also, you may want to talk to other teen parents about their experiences.

COPING

As we established, parenthood can be both a wonderful and challenging experience. It is very normal for all parents to feel frustrated and overwhelmed at times. However, it is very important to deal with frustration in an appropriate way. Coping with difficult situations in a positive and productive way is essential to becoming a good parent. However, some people cope with stress negatively. For example, a smoker may smoke a cigarette, some people will eat a bag of potato chips, and others may start yelling.

Mothers- and fathers-to-be:



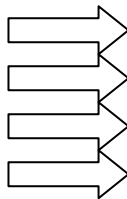
ACTIVITY

Examine your coping skills. Are some of the negative? Describe. What do you do when you're stressed/frustrated?

Think about how you can replace negative coping skills with positive ones.

Negative Coping Skill

Positive Coping Skill



Your way of handling stress will greatly impact the well being of your child.

Let's look at the following example:

Dina has a two-month-old baby. He is colicky and cries often. Dina has tried to sooth him, but nothing has worked. She has not slept well for the past three days and is very tired and frustrated.

What do you think Dina could do to handle her frustration and stress?



ACTIVITY

Can you think of situations that may be stressful to you as a parent and how you would cope with them in a positive way?

Situation

copng

We will continue to work on additional exercises on coping skills throughout this module to address the ongoing needs to deal with various parental and life stressors successfully.

HEALTH INSURANCE

During this trimester, you should also find out how to obtain health insurance for your child. If the mother or the father is working and has health insurance, the baby can usually go on either parent's health insurance plan for an additional fee (even if the father is not married to the mother) or they can apply for MASS Health or the Medical Security Plan if the father and mother do not have insurance and meet the income guidelines. For information, you can call MASS Health at 1-800-841-2900.



ACTIVITY

Research how you can obtain health insurance for your child. Identify time frames and steps necessary to assure that your child will be insured once he/she is born. Fill out the chart below:

HEALTH INSURANCE TO BE OBTAINED	STEPS INVOLVED (E.G., APPLICATIONS, INCOME VERIFICATION, ETC.)	TIME FRAME	COSTS (IF ANY)
---------------------------------	--	------------	----------------

FINDING THE RIGHT PEDIATRICIAN

Next you will have to find a pediatrician. Make a list of pediatricians in your area who will accept your health insurance. You may want to call them and ask if they accept new patients. You also may want to ask people you know if they can recommend a pediatrician. Finally, if you narrowed your choice to 3, you can try to set up a meeting with a potential pediatrician to see if you like him/her. You may want to establish a list of questions to ask the doctor prior to your appointment.

Sample Questions:

Does your practice have 24-hour, 7-day-a-week coverage?

Will I always see a doctor when I schedule an appointment?

Do you have a separate waiting room for children who are sick to keep them separate from the children who are well and have check-up appointments?



ACTIVITY

What other questions would you want to ask the doctor? List them below.



ACTIVITY

Choose a pediatrician based on the criteria above and write his/her name, address and telephone number below:

NAME: _____

ADDRESS: _____

TELEPHONE #: _____

HOURS: _____

Note to Fathers: You should definitely participate in the process of choosing a doctor for your child, as health care is one of the very important needs of a child.

I/we choose this pediatrician because

Remember, you should choose a pediatrician **before** your baby is born. The pediatrician usually examines the baby shortly after he/she is born. Once you and your baby leave the hospital, you should schedule regular visits according to your doctor's advice.

EDUCATIONAL PLANNING

Being pregnant or becoming a parent is **not** a reason to disrupt your education or drop out of high school. Actually, to continue your education becomes vital in order for you to be able to support your child. Only a good education will provide you with the skills necessary to obtain a good job. As we established earlier, you can only receive DTA benefits for a limited time before you are required to work. You should use this time carefully to continue your education. So, let's evaluate different options that will support you in your efforts to continue your education with minimal absences.

High School

If you are enrolled in high school, you can continue to attend until close to your due date. As your pregnancy will begin to show this trimester, you may want to anticipate questions your peers and teachers might ask.

How do you feel about possible questions and comments by peers and teachers?

How do you think you will respond?

You may want to talk to your guidance counselor about your credits and how you will be able to make up for missed time during maternity leave. You may even consider the possibility of being home tutored during the last few weeks of your pregnancy. You may also want to talk to your gym teacher about physical education. While you may be able to exercise until close to your due date, you may not want to participate in all activities because of the risk of injury.



ACTIVITY

Talk to your guidance counselor and teachers about these issues and describe the results below.

You should be able to return to school 6-8 weeks after the baby is born. You may still feel tired. Try to rest as much as you can. Eat healthy foods and make use of your supports. If you feel overwhelmed or cannot finish your work on time, talk to your teachers and/or guidance counselor.



We certainly have worked on a lot of skills during this trimester. However, there is still a lot of work ahead of you! Also, don't forget to learn skills targeted in the care-taking section!

How can we prepare for the third trimester?

**THIRD TRIMESTER
PHYSICAL CHANGES A MOTHER CAN EXPECT DURING THIS
TRIMESTER.**

- Leg cramps are common during the last months of pregnancy because the pressure of your uterus slows down the flow of blood in your legs.

Suggestion: Some things that may help are rubbing your legs, applying a heating pad or a warm water bottle and bending your foot forward with your hands. Drinking more milk can help, too.

- Lines may appear on your breasts or abdomen. These are called stretch marks. They are caused by hormonal changes and stretching of your skin. Stretch marks will turn a light color after your baby is born.

Suggestion: If your skin is dry and itchy, try using body cream. Don't scratch!

- The farther you get along in your pregnancy, the harder it might be for you to breathe. During the last two weeks of pregnancy, you might notice that it will become easier to breathe again. When the baby drops back down into the pelvis, the uterus moves away from your lungs and you get more air once again.

Suggestion: If you feel shortness of breath, you can try sleeping on your left side or propped up with extra pillows. This will help the baby get more oxygen, too!

- Late during the pregnancy, you will have to go to the bathroom more often. During the ninth month, the baby drops within your pelvis. This pressure will make you feel like you need to urinate frequently.

Suggestion: If you are away from your home, you may want to be aware of the location of the closest bathroom.

- While you are pregnant, the enlarged uterus puts pressure on the blood vessels and slows the flow of blood in the legs. This results in stretched blood vessels or varicose veins.

Suggestion: If you have varicose veins, you can help the flow of blood in your legs by not wearing tight clothing or socks/stockings. Also, try not to sit with your legs crossed and try to move around a lot. You may find it helpful to elevate your feet and legs.

- You may feel very tired and have difficulty moving around.

Suggestion: Try and get plenty of rest and at least 8-10 hours of sleep every night.

Note to Fathers: The last three months of pregnancy can put great physical strain on a mother-to-be. Make sure that you ask her how you can help.

NAMING YOUR CHILD

If you haven't already done so, it is time to think about what you would like to name your child. If you do not know the sex of your baby, you will have to think about names for boys and girls. When picking out names, you may want to consider the following:

- A name will always be part of a child's identity.
- Names can reflect your cultural heritage.
- Long and/or very unusual names may result in difficulty with pronunciation and may cause other children to make fun of your child.
- Naming a child is both the mother's and father's responsibility. Therefore, both parents should be involved in the process and agree on a name.
- Family traditions and/or religious beliefs are often reflected in names and may be of importance to extended family members.
- If you are not sure about possible names, you may want to obtain a book of names from your local library or bookstore.



ACTIVITY

For fathers- and mothers-to-be:

Make a list of your favorite names. Discuss your choices of names and narrow them down to a few possibilities.

Describe your choices below.

MOTHER		FATHER	
I would like to name child:		I would like to name child:	
<i>BOY</i>	<i>GIRL</i>	<i>BOY</i>	<i>GIRL</i>

Reasons:	Reasons:
_____	_____
_____	_____
_____	_____
_____	_____

If you haven't agreed on a name, continue your discussion for the next few weeks. If you cannot agree on one name, a compromise might be for one parent to choose the child's first name and the other parent, the child's middle name.

OUR CHOICE IS:

For a girl.

For a boy.

If the mother and father of a child are not married, they will also have to think about whose last name the baby will have. You will be asked to provide that information for the baby's birth certificate while you are at the hospital.



ACTIVITY

If you are not married, discuss whose last name the baby will have and describe the result below.

The baby's last name will be _____ because _____

REVIEWING YOUR BUDGET

As you get closer to your due date, you need to make sure that you have the financial resources to obtain all the items you will need. Therefore, let's review the budget and purchase plan you established during the first trimester.

Have you obtained any of the baby clothes, items and furniture you listed? If so, describe below.

I have obtained:

Which items do you still need to purchase/obtain?

Item	Cost	Amount to Save Each Week	Purchase Date
-------------	-------------	-------------------------------------	----------------------

Note to fathers:

Again, a reminder that the budget and purchase plan must include financial contributions from fathers.

Also, don't forget to plan carefully for large and expensive items!

GETTING READY FOR DELIVERY

You must also learn how to recognize the signs of labor in order to know when to get to the hospital.

Fathers: You, too, should learn about the signs of labor so you can help the mother-to-be get medical assistance on time.

SIGNS OF LABOR

1. A pink or light red discharge from the vagina is a sign that labor is beginning or soon approaching. The pink or light red discharge is the plug of mucus blocking the cervix during pregnancy.
2. If you have a sudden gush or a trickle of water from the vagina (birth canal), it is a sign of the beginning of labor and you need to call your doctor immediately.
3. The start of contractions is a sign that labor is beginning. There are three parts to labor. The first part is the longest. The uterus contracts (cramps). The labor pains usually begin in the back and move to the front. Labor may last from 8 to 15 hours **after** the pains come regularly, about four to five minutes apart. But the birth experience will be different for each mother). Ask your doctor how to time your contractions and when you should call him/her. The contractions cause the mouth of the uterus to open and the baby's journey from the birth canal out to the delivery room begins. The third part of labor is the shortest. It is the passage of the placenta (afterbirth) out of the mother's body through the birth canal.

WHAT TO EXPECT DURING LABOR AND BIRTH

As stated before, labor and birth are different for every woman. Many women report the process is very painful, while others don't think it is all that bad. Many women request pain medication or an epidural (which takes away feeling from the waist to the thighs and is given during the hardest part of labor). Others make the decision to not receive any medication. Fathers and mothers should talk to their doctor about what option may be the best for them.

In some instances, the doctor may need to perform an episiotomy, which is an incision to make the vaginal opening larger so that the baby can fit through without tearing the mother's skin. Usually, the mother will receive a local anesthetic if she hasn't had an epidural. An episiotomy is much less painful and heals better than a tear.

Although labor and birth are inevitably painful, giving birth is also an amazing experience. Trust yourself and your body to do what comes naturally. Rely on medical personnel and your support system to help you through.

Fathers: You may want to help the mother-to-be preparing for labor and reducing pain and anxiety by:

- Talking to the doctor about pain medication together
- Helping her in assessing her pain threshold
- Bringing/preparing relaxing music, etc.
- If you are the birthing coach and decide to be in the deliver room, you can also help her by:
 - Talking/reading
 - Holding her hand
 - Helping her with breathing and relaxation exercises

Also, be prepared yourself! Seeing somebody in pain is not easy. Plan in advance what may help you both through the delivery.

Caesarean Section

Sometimes, however, a regular (vaginal) birth is not possible and the doctor has to perform a C-section. Babies are delivered by C-section if they cannot pass through the mother's birth canal. This happens, for example, if a baby is breech (legs down instead of head), if the baby's umbilical cord is wrapped his/her neck and contractions restrict blood and/or oxygen flow (which can be checked by monitor), or if the mother has vaginal herpes outbreak that could cause the child to become infected and subsequently experience developmental delays or die. The doctor performs a C-section (after the mother has received an epidural) by making an incision (cut) in the mother's abdomen/uterus and then lifting the baby out.

Apgar Score

When babies are born, medical professionals will perform a test called the Apgar Score immediately after delivery and again five minutes later. The test determines whether the baby is okay or if he/she needs medical attention. They test for color of the skin, respiration and heart rate, reflex and temperature. Many babies, when they are born, may look blue. It is also normal for both boy and girl babies to have swollen genitals for a few days after birth. All babies have a soft spot on top of their heads. So, if you notice any of these things, don't be alarmed. They are all normal. Also, the baby's umbilical cord will be attached when he/she is born. The father or doctor will cut it. But don't worry! The baby won't feel a thing.

Women who deliver vaginally usually stay in the hospital for 48 hours and recover quickly. Most women are able to take a shower 1-2 hours after birth. If an episotomie was performed, it takes about 1-2 weeks to heal. Some who have a C-section stay in the hospital for 4-5 days. Recovery often takes several weeks, as the incision needs to heal. Women who have had a C-section also may be restricted for a certain time from climbing stairs, lifting, etc., after being released from the hospital.

Fathers: Plan to take time off from work if you can to help the mother after the delivery and to bond with your child. Many employers offer paternity leave and/or will let you

take personal/vacation days. Inform your supervisor as soon as possible about the due date.

BREAST FEEDING

Another decision mothers and fathers have to make is whether or not they want to have their child be breast or bottle fed. Doctors agree that unless women are infected with HIV/AIDS or take substances, including some prescription medication that can be passed on to the baby, breast-feeding is beneficial for the infant. Mothers pass their antibodies to their children and protect them from diseases while strengthening their immune system. However, breast-feeding is not for everyone. Many people think that breast-feeding is time consuming and complicated. They also feel uncomfortable and, therefore, prefer to bottle-feed. You have to decide which is best for you.

ACTIVITY

Evaluate advantages and disadvantages of breast/bottle feeding and establish a preference for either. Discuss the issue with the father-/mother-to-be.

Did you decide? Will your baby be breast- or bottle-fed? Why?

CIRCUMCISION

Circumcision is the removal of the loose fold of skin that covers the end of the penis. Although most baby boys are circumcised at birth, the parents must decide if they want circumcision for the baby or not. If you are uncertain about this decision, your doctor can help you decide.

If you have a boy will you have him circumcised? Why? Why not?

PREPARING FOR LABOR AND BIRTH

(How will you get to the hospital?)

ACTIVITIES

- I. Answer True or False to the statements below. (Answers follow the questions).**
1. If you have a sudden gush or a trickle of water from the vagina (birth canal), it is a sign of the beginning of labor.
 2. There are more than three stages of labor.
 3. Pink or light red discharge from the vagina is not a sign of labor beginning.
 4. The third part of labor is the passage of the placenta (afterbirth) out of the mother's body through the birth canal.
 5. The small cut the doctor makes at the mouth of the vagina to help the baby's birth is called an episiotomy.
 6. A Caesarian birth occurs through the mother's birth canal.
 7. The length of labor is the same for everyone.
 8. A common form of anesthesia given to pregnant women for delivery is the epidural.
 9. All baby boys are circumcised at birth.

ANSWERS:

1. TRUE. If the bag of water breaks, go to the hospital or call your doctor!
2. FALSE. There are three parts to labor. The first part is the longest. The uterus contracts (cramps), the mouth of the uterus opens, and the baby's journey from birth canal out into the delivery room begins. The third part of labor is the shortest. It is the passage of the placenta (afterbirth) through the birth canal.
3. FALSE. It is a sign that labor is beginning or is soon approaching. The pink or light red discharge from the vagina is the plug of mucus blocking the cervix during pregnancy.
4. TRUE.
5. TRUE.
6. FALSE. A doctor performs a Caesarian section when the baby cannot be born through the mother's birth canal. The doctors will operate and remove the baby. S/he makes an incision (cut) in the mother's abdomen and uterus and then lifts the baby out.
7. FALSE. Labor may last from 8 to 15 hours after the pains come regularly 4 to 5 minutes apart. But the birth experience will be different for each mother.
8. TRUE. It is given in the lower back during the hardest part of labor. The epidural takes away the feeling from the waist to the thighs.

9. FALSE. Circumcision is the removal of the loose folds of skin that cover the end of the penis. Although most baby boys are circumcised at birth, the parent(s) must decide if they want circumcision for the baby or not. If you are uncertain about this decision, your doctor can help you decide.

II. Test your knowledge of the following information. Select either “a” or “b” to match each of the statements below. (Answers to follow.)

- a. True Labor Pains
b. False Labor Pains

1. You will usually feel these labor pains strongest in the front. _____
2. These usually begin in the back and move to the front. _____
3. If you walk around, these contractions (cramps) may let up. _____
4. You may find that there is a regular pattern with these contractions getting closer and lasting longer. _____
5. If you walk around, these contractions get stronger. _____
6. You may find that there is no regular pattern over a long period of time and these pains may just stop. _____

ANSWERS:

1. b
2. a
3. b
4. a
5. a
6. b

III. What Was It You Expected?

Now that you have delivered you baby, think back to your pregnancy and delivery. How would you describe the experience? Were there any surprises?

Do you have any questions now that you would like some help in answering? If so, write them here.

What advice would you give to another teen awaiting the birth of her baby?

PHYSICAL AND HEALTH CARE

SKILL ASSESMENT

The following questions will help you identify the skills in which you excel and target those which you need to develop. By yourself or with your team, try to answer each of the questions as honestly as possible. After completing this independent living skill assessment, review it with your team and identify those skills you would like to strengthen.

	<i>I do not know about this</i>	<i>I need to know more about this</i>	<i>I know about this</i>
1. Know why babies may look blue for the first few days of live.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Know why a baby will have a soft spot on top of his/her head.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Know that newborn babies have an inch or more of umbilical cord still attached after birth and that it will turn black and fall off by itself in the first 2 weeks of life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Know that it is normal for both boy & girl babies to have swollen breasts & genitals for a few days after birth.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Know why a newborn human being is very helpless and depends completely on his/her parents or other caregivers for survival.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Know what happens to a baby's weight during the first 2 or 3 days after birth.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Know why newborn babies, even when not crying will hiccup, shake and startle.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Know why parents should keep track of their babies' bowel movements.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Know what babies are able to do at birth.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Know when babies can see clearly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Know what foods newborn babies can digest.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Know how to dress babies.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Know when parents can put their babies in bath water.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

14. Know what colic is.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Know which sounds are comforting to babies and which are disturbing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Know approximately how many times each day a baby's diaper should be changed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Know the difference between a baby spitting up and vomiting.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Know how to take a baby's temperature.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Know that infants should drink only breast milk or infant formula for the first 12 months of life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Know why babies need to be on a feeding schedule and why it's important for parents to follow it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Know what is required to prepare formula.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Know why cow's milk is not recommended for infants during the first 12 months.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Know what baby formula is and that a variety of formulas are available.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Know why breast milk is the natural food for infants.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. Know why nutrition is so essential during the first year of life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. Know how to hold the baby's bottle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. Know at what age babies should begin eating solid foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. Know why babies need solid foods at this age.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. Know which solid food is the best one to offer baby first.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. Know why babies who are just beginning to eat solid foods should be given only one new food each week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31. Know why babies might enjoy their food better if parents mix their fruit and vegetables.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32. Know why parents should provide their babies with a varied and nutritious diet.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33. Know why it is so important for parents to follow the immunization schedule for their babies.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34. Know the names and schedule of vaccinations given to babies.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35. Know how to determine if a baby is sick and when a call or visit to the doctor is necessary.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36. Know how and when to burp a baby.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

You have now completed the assessment section and identified those physical and health care skills that you would like to strengthen in order to make better decisions on your own. The following guide can help you in planning how you can learn about and practice these skills. Choose a few skills that you want to develop and, with your team, write down your plan of action. Remember, once you accomplish these goals you can go back to your assessment tool and select new goals to build on your new skills.

EXAMPLE

GOAL:

IMPROVE PHYSICAL AND HEALTH CARE SKILLS

State Skill 1:

Plan:

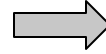
When:

Who:

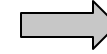
To make sure my baby eats the proper foods and gets the necessary nutrients



Get information from the doctor regarding my baby's feeding schedule – what and how often s/he should be fed.



Each time I go to an appointment



Myself

I will buy the necessary quantity and variety of food for my baby using the prepared menu.

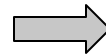


Once a week when I get groceries

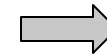


Myself and my foster mother.

Plan a menu for my baby which includes healthy snacks.



Twice a week - Sunday and Wednesday



Myself with some help from my foster mother



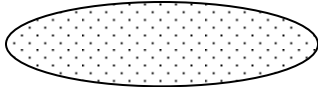


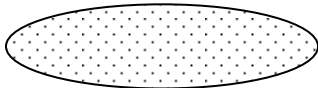

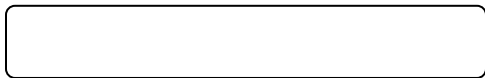
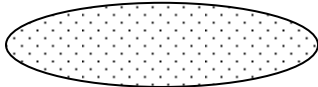

GOAL: WORK ON PRE-NATAL CARE SKILL

State Skill 1:
To be developed
and/or improved.

Plan:
How do you plan to learn,
develop and improve this skill?

When:
When, where, and how often will you
work on this skill and by when will you
have mastered this?

Who:
Who will assist you?








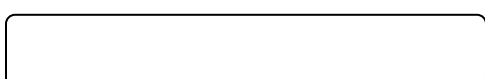
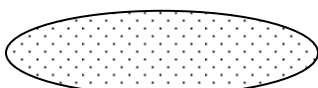

	→		→		→	
			→		→	
			→		→	

State Skill 2:
To be developed
and/or improved.

Plan:
How do you plan to learn,
develop and improve this skill?

When:
When, where, and how often will you
work on this skill and by when will you
have mastered this?

Who:
Who will assist you?

	→		→		→	
			→		→	
			→		→	

Now that we have established that a baby will depend completely on his/her parents at all times, let's learn about what is involved in caring for a newborn.

CARING FOR YOUR NEWBORN

In this section we will focus on skills necessary to care for your newborn, such as feeding and burping. The “Responding to Your Child’s Needs” section in this module focuses on parenting and child development of infants, toddlers and children.

Section I: Feeding

Breast-Feeding

As we discussed previously, while bottle-feeding will be fine, breast-feeding has certain advantages.

- Breast milk is the most natural food for babies
- It is easier for babies to digest.
- It has all the nutrients needed by an infant.
- It may protect against the development of allergies.
- It provides temporary protection against many diseases an infant might contract.

If you have made the decision to breast-feed, take a look at the following information.

- Talk to your doctor or nurse about how to best prepare yourself for nursing.
- Once the baby is born, you should wear nursing bras that provide you with sufficient support as nursing mothers have large and engorged breasts. Nursing bras make breast-feeding easier because of the design of the bra.
- It will take an average of three to six days after the baby is born until the milk comes in. During this time babies will feed on Colostrum liquid that is released from the breasts prior to the mother’s beginning to produce milk. Colostrum has wonderful nutrients for the baby.
- Mothers who breast-feed should try to relax and find a position they are comfortable with. Most choose a sitting up position while supporting the baby.
- Don’t get discouraged if it doesn’t work on the first, second or third try. Ask the nurses in the hospital to help you and try again.
- Women who are breast-feeding have to eat healthy food and make sure that they include calcium rich foods (milk, cheese, yogurt, etc.) in their diets. Nursing

mothers also have to eat more calories than women who are not breast-feeding and drink plenty of fluids.

- Remember that if you are breast-feeding, you will pass on whatever is in your body to your baby. Therefore, you must stay away from harmful substances such as alcohol, cigarettes, drugs, certain medications, etc. You cannot breast feed if you are infected with HIV.
- Every baby (and mother) is different. Some babies nurse every four hours for a big feeding. Other babies nurse every two hours for a smaller meal.
- Mothers should breast-feed as often as their baby is hungry. If you feel overwhelmed by your baby's demand, your nipples are sore, or you wish to implement a feeding schedule, talk to your doctor or nurse for advice.
- Breast-feeding will not necessarily interfere with your work/school schedule. Breast milk can be pumped and stored in the refrigerator or freezer and fed by bottle later on. Also, if mothers need a good night's sleep, dads can feed breast milk from a bottle during regular feeding times.
- Remember, your baby should be drinking only breast milk or formula until the pediatrician tells you to begin feeding his/her first food, usually rice cereal.
- It is difficult to know whether or not the baby is getting enough breast milk. Therefore, it is important to check the baby's weight regularly. However, during the first 2-3 days of a baby's life, he/she will lose weight.

Note to fathers: You can be very much involved in feeding your baby, even if the baby is breast-fed. You can be present while the mother is nursing.

Help her and the baby to feel comfortable.

Bottle-feed with breast milk.

Burp the baby after nursing.

Hold the baby while the mother is switching from one breast to the other.

ACTIVITY

Ask your doctor for additional information and a brochure on breast-feeding. Or, contact La Leche League at (617) 469-9423.

BOTTLE-FEEDING/FORMULA

You will find different kinds and styles of bottles and will have to evaluate which best meets your needs, budget and your baby's needs.

1. Disposable bottles (with disposable nipples) containing prepared formula.

Advantages: Easy to use; great for travel; don't have to be cleaned.

Disadvantage: They are very expensive.

2. Bottles with thin plastic liners that can be purchased in rolls.

Advantage: You only have to clean the nipple and bottle ring (the part that holds the nipple and liner in place).

Disadvantage: You have to purchase the liners to use in the bottles.

3. Plastic bottles that come in all different shapes and colors.

Advantage: They're cost effective as you can reuse the bottle, nipples, and bottle rings.

Disadvantage: They have to be thoroughly cleaned each time they're used.

ACTIVITY

Go to a supermarket and/or drug store and evaluate and compare the different kinds of bottles.

Which kind of bottle do you think will best meet your needs?

Unless you chose disposable bottles (which most people do not because they are too expensive), you have to thoroughly clean the bottles, nipples and rings before and after each feeding. You do not have to boil the bottles any more because almost all towns have clean water, free of dangerous bacteria. So, unless you have well water, you can wash bottles, rings and nipples thoroughly with hot tap water, dishwasher detergent and a brush. Use a bottle brush for the inside of the bottle, nipple brush for inside of the nipple. You also can put the bottles in the dishwasher, but use only dishwasher detergent, not any of the special rinses.

Baby's Choice

Be prepared to change your choice of nipple or bottle if your baby seems to be getting a lot of gas. Some nipples and bottles are designed to reduce gas build up for infants.

FORMULA

Formula is a liquid food especially made for babies. It has about the same nutritional value as breast milk, but it does not provide protection against infant diseases. There are basically two different kinds of formula. Regular formula made of cow's milk and protein formula made from soybeans. If babies are sensitive to regular formula and develop colic, eczema, etc., doctors often advise mothers to try soybean formula. Most babies, however, usually start with regular formula first and pediatricians usually recommend a brand. There are many different brands of formula and it is offered in various forms.

Let's evaluate which is best.

1. Already prepared formula comes in cans or bottles.

Advantage: You do not have to dilute it or prepare it in any way. It is great for when you travel.

Disadvantages: It is the most expensive kind of formula. Also, after you open it, you have to use it within a certain period of time.

2. Concentrated formula that comes in cans. You have to add water.

Advantage: It is easy to prepare by just adding water.

Disadvantage: It is in the middle price range for formula. Once you have opened a can, you can only use it for a certain period of time.

3. Powdered formula

Advantage: It is the cheapest of all options. You can prepare as little or as much as you like. You can store the powder for long periods of time.

Disadvantage: You have to prepare it by adding water. It is not very practical for travel.

ACTIVITY

After evaluating this information, go to the supermarket and compare the different brands, prices and types of formula. Decide which one will be the best for your needs.

My choice is _____
because _____
_____.

ACTIVITY

Obtain a bottle and formula of your choice and practice preparing a bottle. Follow all directions carefully.

UNUSED FORMULA

You can store unused formula in the refrigerator. You have to cover it with wrap to keep bacteria, mold, etc. out. You should not use formula that is more than 24 hours old (even if it has been stored appropriately).

- If a bottle has been at room temperature more than one hour, you should not use it.
- Do not reuse formula left over from a feeding.

FEEDING

ACTIVITY

Talk to your doctor/nurse about how much formula you should give to your child and how often. Also, ask for advice regarding a feeding schedule. (Feed the baby at the same time each day.)

Before feeding the baby, make sure the formula is not too hot for him/her. It should be warm or room temperature for young babies. Always test the temperature before feeding and **NEVER heat bottles in the microwave**. Even though a test drop of formula feels okay to you, there may be a “hot spot” in the middle of the bottle so that when your baby sucks the formula, he/she could burn his/her mouth or esophagus.

When feeding you baby, you should always hold him/her. Holding is a way of bonding with your baby and makes her/him feel secure and loved. When you feed your baby, make sure you tilt the bottle so that the nipple is filled with formula. Also make sure that the hole in the nipple is not too big/small. Do not prop up bottles as that leads to ear infections, tooth decay, and difficulty weaning from the bottle at age one. Offer the baby the bottle only until he/she stops sucking. Do not force a baby to finish a bottle.

Note to fathers: You can and should be equally involved in preparing formula and bottles and feeding your child. It is very important, particularly during the first few months when the baby does not sleep through the night, that you take over some feedings to allow the mother to rest. It also will be an enjoyable experience that will make you feel close to your child.

BURPING

When a baby feeds, he/she will swallow air along with formula/breast milk. The air will become uncomfortable for the baby and, therefore, it is important to burp him/her. You burp a baby by placing him/her over your shoulder and gently patting or rubbing his/her back. It is also a good idea to have a cloth on hand just in case the baby spits up.

Note: Remember that infants should not eat/drink anything other than breast milk or formula. They are too sensitive and their digestive systems are not developed enough to handle anything else! Cows' milk is not recommended during the first 12 months. Pediatricians usually inform parents when they can begin feeding their babies milk.

Sometimes food can go the wrong way and the baby will choke. This is often very frightening for parents, but it is important that you stay calm and follow the procedure described on the next page.

HELPFUL HINTS FOR FEEDING FORMULA TO BABIES

ALWAYS:

- **Hold the baby in an upright position to prevent choking.**
- **Make sure that the nipple is full of formula. If the baby sucks in too much air, s/he is likely to spit up.**
- **Offer baby the bottle only until baby stops sucking. Do not force a baby to finish a bottle.**
- **Burp baby by placing him or her over your shoulder or lap and gently patting or rubbing the back. It is a good idea to have a cloth on hand—just in case!**
- **Father or other family member can also share in the feeding, thereby encouraging a child's additional attachments.**

Emergency Choking Aid for Infants

The following emergency procedures, as recommended by the American Red Cross and the American Heart Association, should be implemented if an infant suddenly cannot breathe, cough or make any sounds. Rapid transport to a medical facility is urgent if these emergency procedures fail.

1. Lay baby face down, straddling your arm, with the head lower than the chest. Support baby's head with your hand around the jaw and under the chest. Rest your arm on your thigh. Give 4 back blows rapidly between the shoulder blades with the heel of your hand.
2. (A) If the foreign object is not relieved, carefully turn baby over. Place your free hand on the baby's back and sandwich the baby between your hands and arms. One hand supports the chest, neck, and jaw, and the other hand supports the back, neck, and head. (B) Holding the baby between your hands and arms, turn it face up. Rest your arm on your thigh, so the head is lower than the chest.
3. Push on the chest 4 times with your fingertips—one finger width—below an imaginary line between the nipples. Your hand should come in from the side so that your fingertips run up and down the sternum, not across it.
4. If the baby is conscious, keep repeating 4 back blows and 4 chest thrusts until the object is expelled or the baby becomes unconscious.
5. If the infant loses consciousness, immediately call for emergency medical assistance (ambulance, paramedics, etc.). Place the infant back down, straddling your arm. Tilt the infant's head back gently, open your mouth wide and make a tight seal around the infant's mouth and nose, then give two slow breaths (1-1 ½ seconds each). The proper amount of air to give is just enough to make the infant's chest rise. A puff of air held in the cheeks should be sufficient. If the infant's chest does not rise, try repositioning the head to attempt to rescue breathing a second time. If the infant's chest still does not rise, maneuvers outlined above to remove any obstruction should be repeated until an open airway is achieved or emergency assistance arrives. Check after each series of back blows and chest thrusts for an expelled object in the infant's mouth. If you see an object, remove it with a finger. Don't poke straight in—sweep in from the side. Do not sweep unless you see an object. Repeat until you obtain an open airway.
6. If an open airway is obtained, put your ear close to the infant's mouth and nose. "Look" at the chest and abdomen for movement, "listen" for exhaled air, and "feel" for exhaled air flow. If there is no sign of breathing, open your mouth wide and make a tight seal around the mouth and nose of the infant. Give 1 slow breath every 3 seconds. Continue giving breaths until the baby begins breathing on his/her own, or emergency medical assistance arrives.

WHAT TO DO IF SOMEONE IS CHOKING

Heimlich Maneuver (to be used for adults and older children—approximately age 9 and up).

Method 1: Victim standing or sitting, rescuer standing.

- I. The rescuer stands directly behind the victim and wraps his arms around the victim's waist.
- II. The rescuer makes a fist with one hand and places his fist thumb side against the victim's navel and rib cage.
- III. With one hand on top of the other, the rescuer places the heel of the bottom hand on the victim's abdomen, slightly above the navel and below the rib cage.
- IV. With a sharp upward thrust, the rescuer presses his hand into the victim's abdomen.
- V. The rescuer should repeat the maneuver several times until the victim stops choking.

Method 2: Victim lying face-up, rescuer kneeling.

1. The rescuer should position the victim on his back.
2. The rescuer kneels, facing the victim and straddling him with one knee on either side of the victim's hips.
3. With one hand on top of the other, the rescuer places the heel of the bottom hand on the victim's abdomen, slightly above the navel and below the rib cage.
4. With a sharp upward thrust, the rescuer presses his hand into the victim's abdomen.
5. The rescuer should repeat the maneuver several times until the victim stops choking.