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Your Baby is Coming... It is time to get ready!

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Prenatal Care is Important

Take care of yourself now so that you and your baby will stay healthy. Doctor visits during this time are known as **prenatal care**. Make sure you go to each check-up. This lets your doctor find problems early.

What Will Happen at Your Visits

You will be asked many questions at your first visit. Make sure you are honest with your answers. This is important for your baby's health. After your doctor talks with you, you will have an exam.

This exam will include:

- Weight
- Blood pressure
- Blood test
- Urine test
- Tests for STDs (Sexually Transmitted Diseases)
- Pelvic or internal exam

Even if you feel good, you need to see the doctor. Your health and the health of your baby need to be checked. As long as you are doing well, your doctor visits will be:










- 1 visit a month for the first 7 months
- 2 visits a month during month 8
- 1 visit a week for month 9



Things I Need to Ask My Doctor:



How Your Baby Grows Month-by-Month

First Trimester - Month 1 to 3		
<p>Month 1</p> <ul style="list-style-type: none"> The baby is called an embryo Heart, brain, lungs, eyes and ears form  <p>Baby is ½ inch long</p>	<p>Month 2</p> <ul style="list-style-type: none"> Arms and legs form Head is larger than body  <p>Baby is 1 inch long</p>	<p>Month 3</p> <ul style="list-style-type: none"> The baby is now called a fetus Fingernails and toenails grow  <p>Baby is 4 inches long</p>
Second Trimester - Month 4 to 6		
<p>Month 4</p> <ul style="list-style-type: none"> May be able to find out the baby's sex  <p>Baby is 6 inches long Weights 5 ounces</p>	<p>Month 5</p> <ul style="list-style-type: none"> You may feel baby move Baby sucks thumb  <p>Baby is 10 inches long Weights ½ to 1 pound</p>	<p>Month 6</p> <ul style="list-style-type: none"> Red, wrinkled skin Opens eyes Hair grows  <p>Baby is 12 inches long Weights 1 to 1 ½ pounds</p>
Third Trimester - Month 7 to 9		
<p>Month 7</p> <ul style="list-style-type: none"> Baby moves to sound  <p>Baby is 14 inches long Weights 2 to 2½ pounds</p>	<p>Month 8</p> <ul style="list-style-type: none"> Bones and nails get hard Wrinkles go away and fat forms  <p>Baby is 17 inches long Weights 4½ pounds</p>	<p>Month 9</p> <ul style="list-style-type: none"> Most babies settle head down  <p>Baby is 20 inches long Weights 7 to 7½ pounds</p>

Genetic Disorders

“Will my baby be normal?” That is a question that all parents ask. Knowing the family history of both you and your baby’s father will let your doctor look for certain problems. With proper care, these problems can be fewer. Today, there are tests that can check to see that your baby is growing healthy.

Plan Ahead – Breastfeeding is Best

Choose to breastfeed your baby for all the right reasons. It is the best way of giving your baby what is needed for healthy growth in the first year of life.

Learn about breastfeeding and how it helps you and your baby. Here are some things to think about now:

For Baby

Breastmilk:

- Is the perfect food.
- Makes your baby healthy.
- Is easy for your baby to digest.

Breastfed Babies Have:

- Fewer colds, infections and even certain cancers.
- Strong teeth.
- Better health all through life.

For Mom

- Helps you get back in shape.
- Keeps your baby healthy so you will not miss as much school or work.
- Gives you special time with your baby.
- Helps you save money.

Skin-to-Skin with Your Baby

Keep your baby skin-to-skin with you and snuggle. This is good to know for a lot of reasons:

- You and your baby get to know each other.
- Your baby hears your heartbeat.
- Your baby stays warm when next to you.
- Helps your baby's blood glucose.
- Your baby will cry less.
- Your baby will be more alert.



Breastfeeding is a great choice for you and your baby.