



My Pregnancy

at 0-12 Weeks

Congratulations!

- ♥ Becoming a parent brings joy and change.
- ♥ Things to ponder—What kind of parent will I be? Who will help me?

Early Pregnancy Tips

- Take daily prenatal vitamins with folic acid.
- Stop drug, alcohol and tobacco use.
- Avoid caffeine.
- Eat nutritious food for baby's developing brain.
- Eat regular meals.
- Taking care of your mouth is very important; brush twice a day!
- Schedule a dental exam.

A healthy pregnancy starts with you!

You many have:

- Mood swings
- Anxiety
- Thoughts about how your body will change.

Remember, expectant fathers may also have fears and concerns.

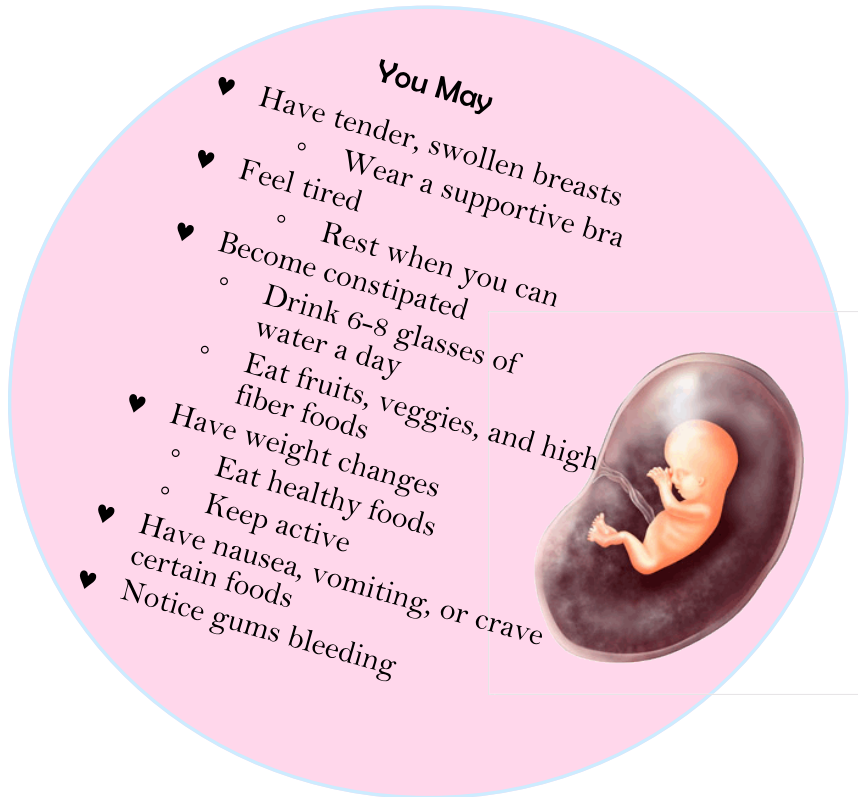
When you quit smoking...

- You improve your health and protect your baby.

You can do it!
1-800-QUIT NOW

Other considerations...

- Get a flu vaccine.
- Schedule a prenatal/OB appointment.
- Keep a journal.
- Check with your OB provider before taking any over-the-counter medications.



Watch me grow!

- **At 4 weeks:**
 - I am ¼" - ½" long.
 - My eyes, ears & nose are starting to form.
 - My heart is forming and begins to beat.
- **At 8 weeks:**
 - I am 2" long.
 - My brain grows rapidly and I start moving.
 - My ears, nose and mouth are taking shape.
 - My toes are becoming more distinct.
 - My heart beats with a regular rhythm.
- **At 12 weeks:**
 - I am 3" long and weigh 1 ounce.
 - My baby teeth are beginning to form.
 - I can open & close my mouth and swallow.
 - My kidneys are developed and starting to work.
 - My eyelids close to protect my developing eyes.

Health Tips

Headaches may occur in early pregnancy. The following things may help relieve headaches:

- Eat regular meals and get adequate rest.
- Apply a cool cloth to your forehead and neck.
- Fresh air or a walk may help.
- Ask others to help with child care.
- Contact your doctor if headache persists and before taking any medication.
- Avoid hot tubs and saunas.



Motherhood Myths

- Mothers have to be perfect.
- Mothers get three coffee breaks a day.

Things I Need

- Comfortable clothing

Things to Do

- Apply for Medicaid.
- Make 1st OB appointment.
- Make a dental appointment.



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Check out www.gtchd.org/1973 for additional resources for moms, dads, and babies.



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