



My Pregnancy

at 18-22 Weeks

Half-way Through!

- ♥ Can you feel me move?
- ♥ I like it when you rub your tummy and talk to me in a soothing voice.

Call your health care provider if you have...

- Bleeding or fluid leaking from vagina
- Nausea or vomiting that will not stop
- A severe, frequent or continuous headache
- Vision changes...blurring, double vision or spots
- Swelling of the face or fingers
- Severe or unusual pain in the abdomen
- Chills and a fever

Keep up the good work and stay or become smoke-free!

- Your baby will be a healthier weight.
- Your baby's risk of SIDS will be lower.
- Your baby will be less likely to have colds, bronchitis, ear infections, allergies and asthma.
- Your baby will have a lower risk of learning and behavior problems.
- Your baby will be protected from harmful chemicals when you avoid secondhand smoke.

YOUR BABY THANKS YOU!

Smoking Cessation Facts

- If you quit, your baby is more likely to be born on time.
- Your oxygen levels return to normal within 8 hours of quitting!



You May

- ♥ Feel gentle bumps or flutterings when the baby moves
 - Talk and sing to your baby
- ♥ Notice your uterus is at your belly button
- ♥ Notice stretch marks and a dark line running from top to bottom of your abdomen
 - Skin changes are normal and will slowly fade after pregnancy
- ♥ Feel pain in your lower abdomen on one or both sides as the ligaments around your uterus stretch
 - Rise slowly. Squat to pick things up.
- ♥ Have vivid dreams

Watch me grow!

- I am 10 inches long and weigh about ½ to 1 pound. I am as long as an eggplant.
- My hair and fingernails are starting to grow.
- I have a waxy substance called vernix covering me to protect my skin.
- I can see and hear, and I'm starting to wiggle and kick.
- I like to be read to and can recognize a familiar story.
- You can tell if I am a boy or girl.

It's time to...

- Think about when to take Childbirth Classes.
- Frequent rest stops during long car rides are necessary.
- Keep up with brushing and flossing your teeth. It keeps your baby healthy.

Health Tips

Eating red meats and green leafy vegetables helps to build baby's red blood cells and decrease the risk of premature delivery.

Motherhood Myths

Keeping track of baby's movements and how you were feeling with each movement is fun!



Things We Need

- Diaper bag
- Baby thermometer

Things to Do

- Schedule a breastfeeding class.
- Consider options for available Childbirth Classes.



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



2600 LaFranier
Traverse City, MI 49686
(231) 995-6112
www.gtchd.org

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