

## When to Call the Provider

### How do I know if I am in early labor or is it just Braxton Hicks?

You want to call your provider right away if you think you are in early labor. You can get medicine to stop the labor. Babies born early are very small and can have health problems. If you have any of the warning signs below call your provider:

- Uterus starts to tighten, it feels hard. This happens every 15 minutes or more often. These may be real contractions.
- Cramps in your stomach like starting your period.
- Pressure in your pelvis that feels like the baby is pushing down.
- Dull lower back pain.
- Thick discharge from your vagina with some blood.
- Fluid leaking from your vagina.
- Feeling like something is just not right.



## Why Should I Breastfeed My Baby?

Breastfeeding may be a good choice for you and your baby.

### Here are some reasons why:

- Breastfeeding is good for your baby.
- Breast milk matches the good diet needs of your growing baby.
- Breast milk is always the right temperature and ready for your baby.
- Breastfeeding helps with good tooth and jaw development.
- Breastfeeding helps in bonding between you and your baby.
- Breast milk helps protect your baby against sickness and allergies.
- The risk of SIDS (Sudden Infant Death Syndrome) is lower in babies who are fed breast milk.

### Good for you:

- Breastfeeding helps you get back in shape sooner.
- Breastfeeding protects against breast cancer later in life.
- Hormones released while nursing relax you.
- You have a special time with just you and your baby.
- You get the comfort of knowing you are feeding your baby a food designed for growth and health.

### If you have more questions about breastfeeding, here are people who can help.

- Your local Women, Infants and Children (WIC) clinic
- Lactation specialist in the hospital
- La Leche League in your community
- Molina Healthcare Health Education

## When Do I Want my Next Baby?

This may seem like an odd question but it is best to plan ahead. You can get pregnant right away after giving birth and many women actually do without wanting to. Most providers think you should wait at least 13 months to give your body time to heal after having a baby. Many parents want to wait longer than this in spacing their children. The choice is yours. Talk to your provider about methods to prevent pregnancy.

### Don't Forget to...

- Make plans now for who will drive you to the hospital or birth center.
- Pack a small suitcase to take with you. Make a list of the things that need to be added at the last minute.
- Make a list of family and friends (with phone numbers) you will want to tell of your baby's birth.
- Choose a provider for your baby.
- Make a safe, quiet place where your baby can sleep.
- Tell your caseworker of your baby's birth.



## Your Body is Growing a Beautiful Baby

It's likely your body is changing too...What discomfort might I feel in late pregnancy? What can I do about them?

**Heartburn and indigestion** - Eat smaller meals throughout the day and do not lie down shortly after eating.

**Swelling/fluid retention** - Lie on your left side, elevate your legs, and wear support hose and comfortable shoes.

**Constipation** - Increase fluids, get regular exercise, and increase the fiber in your diet.

**Hemorrhoids** - Try to not get constipated and do not strain.

**Headaches** - Rest, eat healthy foods and drink enough fluids.

**Backaches** - Keep proper posture by standing tall and do not lift heavy things (If you must lift use proper lifting techniques).



## Months 1-3

### Congratulations!

You're going to have a baby. We at Molina Healthcare wish you a happy and healthy pregnancy!



You might not look pregnant but you may have already started feeling pregnant. You might have already noticed feeling a little pregnant. You might have already noticed feeling a little more tired than usual, tender breasts, or that "queasy" feeling in the morning.

### What can you do to have a healthy baby?

The best thing you can do is to see a provider while you are pregnant. **It's called prenatal care.** There are reasons to have early and regular prenatal visits.

1. Your provider will keep a record on how you are doing and how the baby is growing.
2. Most pregnant women have questions. You can ask anything. Maybe you want to know about exercise, weight gain, what foods to eat, or the effects of smoking and alcohol.
3. Women who get prenatal care have babies with a healthier weight than women who don't get prenatal care.

**DO NOT** put off making your first appointment with your provider. Your health and your baby's health are important! If you need help finding a provider, call Molina Healthcare Member Services.

### In This Issue

Congratulations!	pg 1
Eating Well	pg 2
Morning Sickness	pg 2
Smoking and Preterm Labor	pg 2
Warning Signs	pg 3
Changes & More Changes!	pg 3
Aqua...H2O...Water	pg 3
Weight Gain	pg 4
Heart Burn: What to do	pg 4
Your Baby's First Provider	pg 4
When to Call the Provider	pg 5
Why I Should Breastfeed	pg 5
When do I Want My Next Baby	pg 6
Your Body is Growing a Baby	pg 6

If you do not want the Motherhood Matters newsletter sent to your home, just let us know. Please call Molina Healthcare Member Services at the phone number listed on your ID card.

All material in this newsletter is for information only. This does not replace your provider's advice. Ask your provider if you have questions.

### Smoking and Pregnancy Do Not Mix

Would you like help to stop smoking? Molina Healthcare can help you. Call Molina Healthcare Member Services to learn about stop-smoking programs near you.

## Eating Well for You and Your Baby

Eating well means that you and your baby get the right kinds of foods in your diet. Next time you feel like a snack, try the following:

- Dried or fresh fruit
- Juice
- Veggies
- Peanut butter on crackers
- Pizza
- Yogurt
- Tortilla with cheese
- Bowl of high fiber cereal
- Cheese Sticks
- Pretzels
- Light popcorn

Remember that beer, wine or mixed drinks can hurt your baby. If you drink while you are pregnant, your baby is more at risk for brain damage and other major health problems.

## Smoking and Preterm Labor

Smoking while you are pregnant can cause many problems for you and your baby. Preterm Labor is one of these problems. A normal pregnancy is 40 weeks long. Preterm labor might cause your baby to be born more than 3 weeks early.

Preterm labor can cause many problems to babies born between 6 to 8 months of pregnancy. In this case, the baby's body may not have grown all the way.

The baby is small and many of the organs do not work on their own. The baby may need help staying warm, breathing, eating, and fighting infections. Sometimes the problems will last the baby's life time. There is a chance the baby may even die.

## Quick Tips for Morning Sickness

Morning sickness is an upset stomach during pregnancy. Even though it is called "morning" sickness, it can happen at any time of the day or night.

These tips may help reduce morning sickness:

- Eat a few crackers before you get out of bed.
- Get out of bed slowly.
- Eat healthy foods like fruits, vegetables, and whole-grain breads.
- Eat five or six small meals during the day. Don't eat three big meals.
- Don't eat fried, greasy or spicy foods.
- Drink small amounts of water or juice between meals.
- Stay away from smells that make you feel sick.

If these tips don't help, talk with your provider. Tell your provider if your morning sickness lasts more than the first three months of your pregnancy.

Also tell your provider if you are losing weight.

### Preterm labor may cause the following:

- Contractions, more than four in one hour.
- Menstrual-like cramps.
- Pressure in the pelvic area.
- Backache.
- Loss of blood, water or mucus from your vagina.

Smoking and the use of street drugs increases your chance of having preterm labor. It is very important for the health of you and your baby that you quit smoking and/or using.

For help quitting, call your Molina Healthcare Services Team. You can reach them at the phone number listed on your member ID card.

## Warning Signs to Watch for:

- Bleeding from your vagina.
- Water or fluid leaking from your vagina.
- A low backache that won't go away.
- Pressure that feels like your baby is pushing out.
- Cramps, like your period.
- Your tummy gets hard every 15 minutes or more. It might feel like your baby is balling up inside you.
- Running a fever.
- You just don't feel well.

### What should I do if I have any of these signs?

Call your provider right away. Never be afraid to call your provider if you have a question or concern.

## 4-6 Months

### Changes & More Changes!

During the next few weeks, you will notice lots of changes! Your breasts are larger. You no longer have a waistline. Your moods change quickly. Sometimes you are happy and other times you are sad without knowing why.

### Here are some tips to help you manage all these changes:

- Talk about your moods with your partner, family, friends, and your provider.
- Visit the hospital where you will deliver your baby. Find out about classes to help you deliver and take care of your baby during those first few days.
- When your moods go up and down, do something that makes you feel better. Some ideas are to take a walk, read a book, or call a friend.
- Get prenatal care. Your health and your baby's health are important!

Your provider will help you make sure your pregnancy is going as it should. You will learn how to care for yourself and your unborn baby. You will learn what signs to watch for so that problems can be taken care of quickly. If you need help finding a provider call Member Services.

## Aqua...H2O...Water

No matter how you say it, water is important for everyone, especially if you're pregnant.

### Try to drink 8 glasses of water a day.

- Water helps prevent urinary track infections and constipations.
- Water helps prevent preterm labor (labor that starts before 37 weeks).
- Water helps keep your body working the way it should. It helps keep the blood flowing well to your organs to feed them and carry waste products from them.

### Some tricks for getting enough water:

- Keep a bottle or cup of water with you all the time. Drink small amounts all day long.
- Drink a glass of water when you first get up in the morning.
- Drink a glass of water before each meal.
- Use a squeeze of lemon in your water if you want to change the taste.
- Decrease your intake of soda, coffee or tea by drinking water instead.



## How Much Weight Should I Gain?

Months of pregnancy	Total Weight
4th	3 to 4 pounds
5th	About 8 pounds
6th	10 to 12 pounds

## Heart Burn: What it is and What to Do

You may have a stomach ache after eating. This is caused because you have less room for your stomach to expand as your baby grows. Try eating smaller meals such as five or six small meals a day. Do not lie down after eating. Wait about one hour. Drink fluids between meals rather than with meals.

If you have heartburn, eat yogurt or drink milk. Ask your provider before taking any medicine.

## 7-9 Months

### Choosing Your Baby's First Provider

The provider who cares for your baby can make a big change in how well things go for you and your child. You need someone you can trust. You need someone you can talk to easily and who listens to you. Because this is so important, you will want to choose your provider with care. Ask friends and family about providers they know. Visit the provider's office and talk with the staff. You may want to talk with the provider in person before your baby is born. Take this time to choose the right provider for you and your baby.

### Here are some things to think about:

- Is the provider easy to talk with?
- Does the provider welcome your questions?
- Does the provider let you explain what you are thinking or feeling?
- Is the office staff friendly and helpful?
- Does the provider answer your questions and explain things in a way that you can understand?
- Do you share the same ideas about parenting?