

## GIVE YOUR BABY A HEALTHY START

### WHAT TO AVOID DURING YOUR PREGNANCY

- Alcohol
- Cigarettes
- Vaping
- Illegal drugs
- Marijuana
- Uncooked seafood and raw shellfish
- Rare or undercooked beef or poultry
- Deli meat (unless you heat until it is steaming)
- Fish with high levels of mercury – shark, tilefish, swordfish, and king mackerel
- Smoked seafood
- Raw eggs
- Unpasteurized milk
- Soft cheeses – feta, brie, gorgonzola, Mexican-style cheeses (unless made from pasteurized milk)
- Caffeine
- Talk to your doctor about all prescription and over-the-counter medications



### NEVER TOO EARLY TO START – READ TO YOUR BABY WHILE PREGNANT

Your baby can hear and respond to external sounds as early as the second trimester, and by reading to your baby during pregnancy, you provide them with a head start in developing language skills. The soothing rhythm of your voice and the diverse range of words you expose your baby to stimulate their brain and lay the foundation for early learning. Babies exposed to language before birth

tend to have larger vocabularies and better cognitive development later in life. By fostering a love for books and language from the very beginning, you can give your child a gift that will fuel their curiosity, imagination, and learning potential throughout their entire life.

## PROGRAMS FOR PREGNANCY AND PARENTING

Healthy Start.....(813) 307-8016  
Healthy Families..... (813) 514-0730  
WIC .....(813) 307-8074  
Medicaid.....(850) 300-4323  
abcProgram .....(813) 673-4646 x1127  
Safe Baby Plus.....(813) 868-7384  
Boot Camp for New Dads ..... (813) 673-4646 x1128  
Children’s Board Family Resource Centers:  
Visit [www.familysupporthc.org](http://www.familysupporthc.org) for a location near you.



*Open your camera on your cell phone and scan this QR code for more resources.*

## PREGNANCY

*Before Your Baby is Born*



**CONGRATULATIONS ON YOUR PREGNANCY!**

*Having a baby is a wonderful, life-changing experience. We hope that you will find this information helpful as you prepare for your baby’s arrival. Always talk with your doctor about any questions or concerns you may have during your pregnancy.*

### HEALTHY FOR TWO

Nutrition, Food Guide, Starters, and Exercise

### TRIMESTERS

The First, Second, and Third Trimesters

### GIVE YOUR BABY A HEALTHY START

What You Should Avoid During Pregnancy, and Programs for Pregnancy and Parenting

**813.233.2800**  
[www.healthystartcoalition.org](http://www.healthystartcoalition.org)

## HEALTHY FOR TWO



### NUTRITION

Eating healthy during pregnancy is important for the growth and development of your baby. To ensure that you and your baby are getting the nutrients you both need, you need to eat food from a variety of food groups.

An extra 300 calories is needed for pregnant women that were at a healthy weight before pregnancy.

Fruits and vegetables contain many important nutrients needed during pregnancy, especially folic acid and vitamin C. Four hundred milligrams of folic acid and at least 85 milligrams of vitamin C is recommended daily.

### PREGNANCY FOOD GUIDE

- **Fruits:** 2-4 servings per day
- **Vegetables:** 3 or more servings per day
- **Dairy:** 3-4 servings per day (at least 1,000 mg of calcium daily)
- **Protein Sources:** 2-3 servings per day
- **Breads and Grains:** 3-6 servings per day (depending on weight and dietary needs)



### START

- Taking prenatal vitamins
- Eating healthy and exercising
- Reducing your stress levels
- Building your support systems
- Getting regular prenatal care

### EXERCISE

Walking, swimming and yoga are all exercise options during pregnancy. Research has shown that exercising 30 minutes a day on most days during pregnancy reduces the risk of:

- Pregnancy discomfort
- Gestational Diabetes
- Preeclampsia
- Hypertension



## TRIMESTERS



### THE FIRST TRIMESTER (Weeks 1 through 13)

During the first trimester, you may notice nausea, vomiting, breast changes, constipation, fatigue, frequent urination and heartburn.

- During week three, the brain, spinal cord, heart and gastrointestinal tract begin to develop.
- By week seven, every essential organ has begun to form.
- During week eight, bones start to form and facial features continue to mature.
- By the end of week 13, your baby is now three inches long and weighs almost one ounce.

### THE SECOND TRIMESTER (Weeks 14 through 26)

You may notice less nausea and more energy but may experience heartburn and constipation.

- By week 16, the baby's fingerprints have developed and you may now feel flutters as your baby starts moving more.
- Eyebrows, eyelashes, toenails and fingernails begin to grow in.
- By week 20, your baby's gender can be determined by sonogram.
- By the end of this trimester, the baby will weigh almost 2¼ pounds and measure 14 inches long.



### THE THIRD TRIMESTER (Weeks 27 through 40)

You may notice abdominal aches, Braxton Hicks contractions, fatigue and frequent urination. Be aware of signs of preterm labor (contractions, leaking fluid or blood, backache, cramps and pelvic pressure) and call your doctor right away if you are concerned.

- The baby's bones are fully developed during this trimester.
- Your baby's eyelids are now open after being closed since week 13.
- Baby is gaining weight quickly and starting to move in the head down position.
- By the end of this trimester, your baby will measure between 19 to 21 inches long and will weigh anywhere from 6 to 10 pounds.

