

Healthy Baby

Month 1

Your Body

You were already two weeks pregnant when you missed your first period. By now, your breasts may begin to feel tender. You may feel nausea, called “morning sickness,” off and on all day. **For most women, eating several small meals throughout the day can ease the queasy feelings in early pregnancy.**

Your Lifestyle

Make an appointment right away to start prenatal care for yourself and your baby. **If you exercise regularly, keep it up, but talk to your healthcare provider about how much is too much.** Taking good care of yourself, both by eating well and exercising safely, will help you provide for your baby’s good health for the next nine months.

Your First Exam...What to Expect

Pregnancy is a time of many changes for your lifestyle and your body as you prepare for your baby’s birth. Regular visits to your doctor help make sure you and your baby stay healthy.

Your first appointment is likely to last longer than any other, since your doctor will ask about your health history and your lifestyle.

If you have health insurance, find out what expenses are covered. If you don’t have health insurance, check with ConnectCare at 1-800-275-1131 (www.seeyourdoc.org) or ARKids First at 1-888-474-8275 (www.ARKidsFirst.com) for additional help during your pregnancy.

A few things to expect at early prenatal care visits:

- Physical exam – including pelvic and breast exams; checking your heart, lungs, eyes, ears, nose and throat; measuring your height and weight.
- Tests of your blood and urine, checking of your blood pressure and a Pap test.
- Setting a plan of care (including schedule of appointments, diet, exercise and special things to do) designed to help you and your baby stay healthy.
- You will be asked questions about your health, the baby’s father’s health and maybe even questions about the baby’s grandparents.
- You will also be checked for several conditions that can harm you and your baby. These can include: anemia, bladder infections, syphilis, gonorrhea, HIV, cervical cancer, hepatitis B, vaginal infections and other problems.

HIV is the virus that causes AIDS. A mother can unknowingly pass this disease on to her baby before it is born. But today there is medicine that reduces the chances of this occurring, so it is even more important to know if you are infected with HIV. Talk to your doctor or nurse about your HIV status.

My mother was the most beautiful woman I ever saw. All I am I owe to my mother. I attribute all my success in life to the moral, intellectual and physical education I received from her. – George Washington