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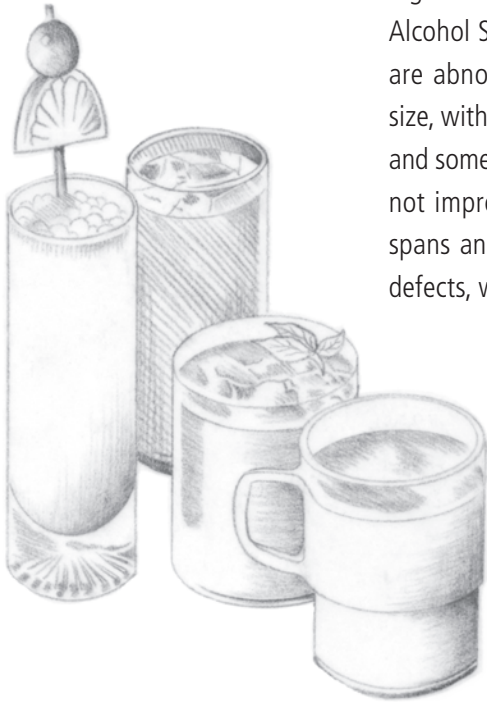
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Alcohol & Drinking Alternatives

When you drink, your unborn baby drinks too. While alcohol may not significantly harm the mother's body, doctors are concerned that a growing baby's delicate tissues may be damaged. Drinking alcohol during pregnancy can result in Fetal Alcohol Syndrome. Fetal Alcohol Syndrome babies are abnormally small at birth, especially in head size, with most of these babies having small brains and some amount of mental retardation which may not improve with age. They have short attention spans and behavioral problems. Some have heart defects, which may require surgery.



*The best advise is:
Do not drink any beer,
wine or liquor while
you are pregnant.*

Instead of drinking alcoholic beverages:

- Tell people you are not drinking at all while you are pregnant because you are growing one of the world's healthiest, smartest babies.
- When you are away from home, ask for soda water with a lime or a twist of lemon.
- Order fruit juice without the alcohol such as a Screwdriver without vodka, Bloody Mary without vodka (called "Virgin Mary"), or ask for a Shirley Temple, limeade or lemonade made with club soda.
- When you give up drinking, do not use any drugs as a substitute. Take medication only on the advice of your OB provider.
- If you feel the need to drink alcohol when you are pregnant, discuss this with your OB provider.

3rd Month (10-14 weeks)

Your baby measures about 6 inches long and weighs about $\frac{1}{4}$ pound by the end of this month.

Your Baby

Amniotic fluid around your baby equals about 1 cup. • Your baby swallows amniotic fluid and its tiny kidneys return the fluid back into the amniotic sac.



AT THE END OF
TWELVE WEEKS

- The umbilical cord is well formed and blood is circulating between your infant and the placenta.
- Your baby can move but it is still too tiny to be felt by the mother.
- Its heart beats 120 to 160 beats per minute
- Your baby's vocal cords are formed.
- The sex organs are developed.
- By the end of this month, your baby's ears, arms, hands, fingers, legs, feet and toes will be completely formed.

- Reflex movements allow your baby's elbows to bend, legs to kick and fingers to form a fist.
- Its taste buds are forming.
- Its neck is well defined and its head (still the largest part) can be held erect.

Your Body

Your weight gain has been small so far - probably about 2 to 3 pounds. • Your appetite may begin to increase by this time. • Your nausea begins to be more infrequent. • You may notice some tendency to become constipated as hormones of pregnancy cause your bowel activity to be more sluggish. • You may sweat more easily than usual. • Your uterus is now big enough to be felt above the pubic bone; you may even notice it gets hard from a contraction. • The placenta is now completely formed and hormones are produced in amounts needed to keep your pregnancy healthy. • You'll begin to feel more energetic by the end of this month. • Pregnancy may seem like a more stressful time of feeling all sorts of emotions; you may be happy and sad without any good reason.

Your Responsibility

Get your prenatal checkup this month. • Eat a balanced diet with plenty of protein, fresh fruits and vegetables. • Drink at least 6 to 8 glasses of water each day. • Avoid cigarettes, alcohol, caffeine, and any unprescribed medication. • Get some exercise every day - work up to walking 30 minutes each day. • Avoid using paints (except latex), pesticides and aerosol sprays during your pregnancy. • Examine your budget and begin to set aside some money for baby items. • Ask about any changes in your body that worry you. • Allow yourself and your partner to adjust to both negative and positive feelings about this pregnancy; besides your partner, you may want to have someone else you can share all of your feelings with who won't laugh at or judge you. • Decide on feeding method and start reading.

Labor Summary

The “normal” process of labor and delivery is what numerous women have reported as occurring to them. Many things “expected” to happen in labor and delivery may not. There may also be things that occur to you that are not covered in your classes or in this book. No two women are alike and no two labors that you may have are alike. It is very important to enroll in Prepared Childbirth Education Classes. The following labor information is meant to assist you in your learning and only supplements a formal class situation and your OB provider’s medical judgement.

The following changes may occur 2-4 weeks before delivery with a first pregnancy, or in later pregnancies, they may not occur until almost at the time of beginning labor.

- Settling of the baby deeper into the pelvis.
- Easier breathing.
- Frequency of urination.
- Discomfort from the contractions of the uterus.
- Slight mucus or blood-tinged vaginal discharge (known as “show”) may be a week or so prior to labor.

Signs and symptoms of the onset of labor:

- Rupture of membranes (breaking of bag of waters).
- Regular pattern of uterine contractions.



How to time the frequency of contractions:

To time the frequency of contractions, place hand on the uterus and feel when muscles start to tighten. Time from the beginning of one contraction to the beginning of the next contraction.

How to time length of contractions:

To time the length of the contraction, place hand on uterus when uterus is tense (it cannot be indented with fingers). Start timing when the uterus begins to tighten until it begins to soften.

When to go to the hospital:

- If you have a sudden gush of fluid or continual leaking of water from the vagina.
- If you have bright red bleeding.
- If you are experiencing contractions 5-8 minutes apart.