

Clinica Family Health Guide for a Healthy Pregnancy

2nd Trimester – 14-27 weeks



My Name: _____

My Baby's Due Date: _____

DANGER SIGNS in the 2nd Trimester

(14-27 weeks)

IF ANY OF THESE SIGNS OCCUR DURING PREGNANCY, CONTACT YOUR DOCTOR OR SOMEONE IN THE CLINIC IMMEDIATELY

Call CFH and ask to speak with a nurse if any of these things happen to you.

(303) 650-4460

1. Any bleeding from the vagina, no matter if it's only a little bit.
2. A strong pain or cramping in the abdomen (belly) and/or strong pain in the vagina.
3. A strong headache or a headache that does not want to go away.
4. Dimness or blurring vision.
5. Chills or fever.
6. Severe or continuous vomiting.
7. Pain, burning, or itching when you urinate, have intercourse, or cramping in the abdomen that doesn't go away.
8. In the second half of your pregnancy, if the baby (fetus) moves less than you are used to or stops moving.
9. Sudden escape of fluid from the vagina.

Pregnancy: Month-to-Month

4th Month (Weeks 16 to 20)

This month marks the midpoint in pregnancy.

Your baby starts a growth spurt in length and weight, and will be about 10 inches long and weigh about 3/4 pound by the end of this month.

Hair begins to grow on its head and downy hair called lanugo (luh-noo-goh) covers its body. Eyebrows and eyelashes also start to grow.

The skin starts to fill out with fat and the kidneys make urine.

The amniotic fluid increases a lot this month. Your baby enjoys moving about in the amniotic sac, so you may feel its movements this month.

The heartbeat will be heard with a special stethoscope called a fetoscope (fee-toh-scope) or doppler.

Your Body

Your pregnancy is beginning to show. You gain 3/4 to 1 pound a week or 3 to 4 pounds this month. Your nipples, the area around them, and the line on your abdomen (linea negra {lin-ee-uh nay-gruh}) darken. Your placenta releases hormones that help to soften some of your joints and muscles to make labor and delivery easier. Your uterus will be just below your navel by the end of this month.

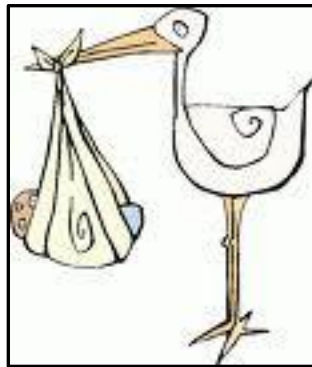
You are less tired and you may begin to find you enjoy being pregnant. You may be hungry more often and feel cravings for some foods.

The chance of urinary tract infection may increase this month, so make sure to drink 6-8 glasses of fluid each day.

Your Responsibility

- Get your prenatal checkup this month
- Eat a balanced diet with lots of fruits and vegetables
- Take your prenatal vitamins and iron

- Avoid caffeine drinks, alcohol, cigarettes and drugs
- Get daily exercise
 - Work up to walking at least a mile
- Learn and practice the Kegel and pelvic rock exercises
- Lie down and put your feet up at least 30 minutes a day
- Choose comfortable clothes to fit your changing size
- Fit seatbelts low over your hips
- Talk about what the baby will be like and about your new responsibilities with your partner



5th month (Weeks 20 to 24)

Your Baby

Your baby will begin to move a lot and you will feel its arms and legs moving. There will be more active times and more quiet times.

The skin is wrinkled and red and is protected by a white cheesy secretion as the baby moves in the amniotic fluid. It is also filling out with fat.

The eyelids are still closed, the fingernails are growing, and the heartbeat is easy to hear with a special stethoscope.

Your baby will be about 12 inches long and weigh about 1 1/2 pounds by the end of the month

Your Body

You feel good most of the time and people tell you that you look good, you have the “bloom of pregnancy.” Your breasts grow larger, softer, the veins

start to show, and colostrum (kuh-loss-trum) may leak from them. Your hair may also feel thicker and more oily.

You will gain about 3/4 pound a week or 3-4 pounds a month.

You can feel the uterus at the navel or just above, and constipation may begin to be a problem until the end of your pregnancy.

Sometimes you may find it hard to cope, though this can happen almost anytime during your pregnancy.

Your Responsibility

- Continue your prenatal checkups
- Eat a balanced diet,
 - Include plenty of milk and milk products
- Drink 6-8 glasses of water and other fluids every day
- Avoid smoking, alcohol, drugs, caffeine drinks and junk food
- Buy well-fitting support bras
- Find a class for expectant couples
 - Learn how to breathe and how to relax (it will help you during labor)
- Walk and do Kegel and pelvic rock exercises everyday
- Take time for a rest period every day
 - Lying on your left side may be more comfortable
- Discuss your concerns about parenting with your partner
- Share your good and bad feelings about having the baby with friends and family

6th Month- Weeks 24 to 28

Your Baby

Your baby is big enough to be felt when your abdomen is examined.

The skin is still wrinkled and red and the fingerprints are forming. The eyes are almost developed and the eyelids can open and close.

Your baby can kick, cry, and hiccup. Noises from the outside may cause the baby to move or become quiet.

Your baby will be about 15 inches long and weigh about 2 1/2 pounds by the end of this month.

Your Body

You continue to gain about 3 to 4 pounds a month. You may develop stretch marks on your stomach, hips and breasts.

The uterus may be felt above the navel. Tightening and relaxing muscles in your uterus (Braxton-Hicks contractions) are preparing you for labor.

Your appetite is good and nausea is rare (though heartburn may follow heavy, greasy or spicy meals).

You look healthy, your skin has a special glow and your eyes sparkle.

Your sex drive may increase or decrease and change from week to week. You feel more involved with the baby growing inside you and you may be concerned about things that can go wrong with your baby. Most women are at some time during pregnancy.

Your Responsibility

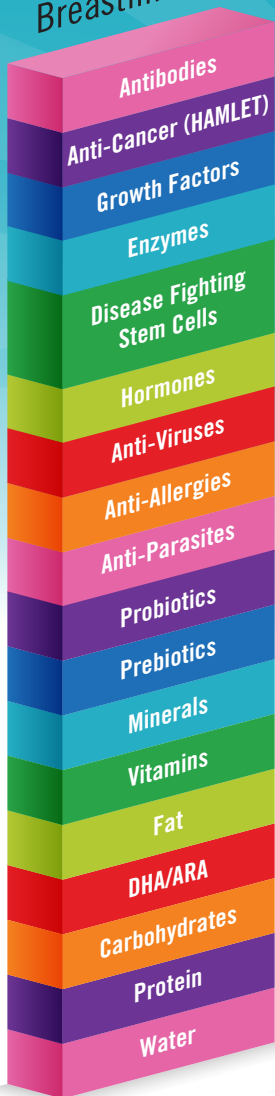
- Get your prenatal checkup on schedule even if you feel great
- Eat a good diet with plenty of fruits, vegetables and whole grains
- Take needed rests lying on your left side
- Talk about childbirth experiences with other parents
- If they scare you, write down questions to ask your doctor or clinic
- Discuss feelings about your changing body
- Start collecting things for the baby's first weeks
 - Make a list for family and friends
- Prepare for breast or bottle feeding



Breastmilk

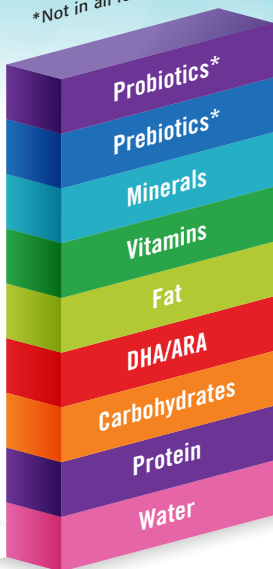
has **more** of what babies need.

Breastmilk



Formula

*Not in all formulas



California Department of Public Health,
California WIC Program

1-800-852-5770  #920095 Rev 2/14



A bright yellow sun with rays is partially obscured by white clouds against a blue background with radiating lines.

Breastmilk provides what babies need to be strong, healthy and smart.

Breastmilk:


- Is always ready
- Is easy to digest, so —less spit up, diarrhea, and constipation
- Helps protect against asthma, allergies, diabetes and obesity
- Will change to meet your baby's growing needs
- Helps your baby's brain develop

When you breastfeed...

Your baby:

- Is healthier.
- Doesn't have as many ear infections.

You:

- Are less likely to have post-partum depression.
 - Lose weight more quickly.
 - Share a special bond with your baby.
- 
- A collection of colorful 3D rectangular blocks in shades of purple, blue, cyan, green, red, orange, and pink, arranged in a cluster at the bottom of the page.