



The Second Trimester

Weeks 13-27



Your Pregnancy in the Second Trimester

Weeks 13 to 16

The fetus should now weigh about four to six ounces and be about four-and-a-half inches long. Its head may appear very large compared to the rest of its body and account for half the baby's total length. Muscles have developed. The baby can move all its arm and leg joints.

Your appetite should increase as morning sickness subsides. Your belly is probably beginning to show now and you will probably need to switch to maternity clothes and larger bras.

Fetal Movement

An embryo may begin to make spontaneous movement by the seventh week of pregnancy, but most women won't be able to feel it at that time. However, sometime between 18 and 22 weeks, you'll begin to feel your baby move. This is called "quickening," and is the beginning of what may be one of the greatest sources of joy during your pregnancy.

It's difficult to explain to a first-time mother exactly what she can expect to feel. Some women say it feels like a flutter in their lower abdomen or butterflies in their stomach. Others describe it as a bumping or nudging, a twitch, a growling stomach or a bubble bursting. Some first-time mothers mistake the first sensations of fetal movement for a gas bubble.

Women who have had a baby before and recognize the sensation of fetal movement or women who are very thin may feel their baby's first movement earlier than 18 weeks into their pregnancy. In addition, a miscalculated due date can also make it appear as if the first movements are coming earlier in the pregnancy than normal.

As your pregnancy progresses, your baby will be moving almost continuously, although you won't feel every movement. The position of the fetus and your own activity can make your baby's movements indiscernible. You may also be asleep when your baby is most active – as many babies are at a their peak of activity in the middle of the night.

Between the 24th and 28th weeks, fetal movement becomes more consistent and expectant mothers can keep track of fetal activity. If you'd like, or if your physician recommends that you do so, you can keep a "kick chart" that will track your baby's movements.

Mood Swings and Emotions

Mood swings during pregnancy are very real and you may also experience feelings of "strangeness." Hormonal changes in your body are the major cause of both. You can expect to be on an emotional roller coaster with the changing phases of your pregnancy.

Can you feel your baby?

If you haven't felt your baby moving around all day and you want to bring out some movement, try this in the evening:

- Have a glass of milk or a snack.
- Lie down for an hour or two.

The combination of your inactivity and the food may get your baby going. If this doesn't work, you can repeat the steps, but don't worry if it doesn't work. Expecting moms may not feel movement for a few days at a time.

Weeks 17 to 21

By the end of the fifth month, the fetus may be eight to 10 inches long and weigh between a half-pound and one pound. It has begun to grow hair on its head and its eyebrows and eyelashes begin to appear. A thick coating, called vernix, covers and protects the baby's skin. The baby is becoming very active, and kicks. It can also open and close its eyes, and blink.

Your uterus has grown to the height of your belly button, and you should now be able to feel your baby moving around inside.

Communication

Because this is a very sensitive and emotional time, it's important to be aware of your feelings and not bottle them up. Good communication with your partner, family and healthcare professionals can help alleviate your fears. So if you're afraid of something, talk about it.

Stocking Up

In just a few months a new baby will be joining your household, so now's a good time to start planning and gathering the items you will need for your baby's first weeks at home.

We recommend prewashing everything that will touch your baby for many reasons. Anything given to you that's been gently used by a family or friend, as well as items purchased, have been in storage of one sort or another. And fabrics are treated with chemicals that can irritate a baby's skin. Good sense, good cleaning and sanitizing everything can help your baby stay healthy. Prewash baby's things with mild, unscented detergent. And be careful that you don't use toxic cleaners while you're pregnant. If you need to use bleach, ask a friend, family member or your mate to take on that chore. And look for organic and natural cleaners in stores where you buy other baby items. There are new products on retail shelves all the time.

Equipment

- Crib with snug-fitting, waterproof-covered mattress and bars that are close together
- Changing table that's high enough so you won't have to bend over
- Infant seat/swing
- Bathtub
- Laundry hamper
- Dresser or bin to store clothing
- Carryall or tote bag for necessities on outings

Clothing (Prewash everything except disposables)

- Three to four dozen cloth diapers with six diaper pins or diaper wraps, or two to three dozen disposable diapers
- Three pairs of waterproof plastic pants
- Six undershirts in the 12-month size
- Six pairs of socks or booties
- Three sleepers that are snug-fitting and labeled "flame resistant"
- One sweater
- One cap

Linens (Prewash everything except waterproof goods)

- Four crib-size sheets
- Two quilted mattress pads
- Two covered waterproof pads
- Two waterproof sheets
- Four infant bath towels
- Four washcloths
- Two machine-washable crib blankets
- Four receiving blankets

Toiletries

- Mild baby soap
- Baby comb and brush
- Rectal thermometer
- Petroleum jelly
- Rubbing alcohol
- Diaper rash ointment
- Cotton balls
- Baby oil and lotion

Feeding Supplies

- Eight bottles, caps, nipples – or only two sets if you plan to breastfeed
- One nipple jar
- Breast pump
- Formula (if you're not breastfeeding)

Miscellaneous

- Electrical outlet covers
- Pacifiers
- Safety gate
- Playpen
- Stroller
- Highchair
- Car seat
- Camera
- Bedtime storybooks
- Music for you and your baby



Weeks 22 to 27

The rapid growth of your baby continues. The fetus should now weigh about one pound and be 11 to 14 inches long. Its skin is red and wrinkled and covered with a fine soft hair. Finger and toe prints are developing.

You may feel your baby's strong kicking and the skin on your belly is probably starting to itch. (Try cocoa butter or coconut oil.) You may also be experiencing pain down the side of your belly as your uterus stretches. Talk with your doctor about best remedies for pain. Don't take any medications or supplements without consulting your doctor. What you take goes to your baby, too.

Your Comfort and Safety

Maintaining your comfort and safety is important while you're pregnant, so be sure to take time to care for yourself. At the same time, be on the lookout for hazards that could potentially cause problems for you and your baby such as crowded stairways or hallways, or indoor or outdoor environments that have been cleaned or treated with toxic chemicals.

Comfort During Pregnancy

By the end of the second trimester, your baby will begin to grow more rapidly and will demand a great deal of energy from your body. Here are a few tips to help you relax and replenish your energy:

- Take a break every day for half an hour. For your break, gather six to eight pillows. Make a stack of four or five pillows in front of you. Make another stack of two or three pillows and sit on them, facing the larger stack. Lean forward onto the larger stack with the smaller stack supporting you. This will help take the weight of your uterus off your back and restore your energy.
- Lying on your side can be an ideal resting position. This is especially important after your fifth month of pregnancy, when lying on your back can cause the weight of your enlarged uterus to impede the flow of blood and oxygen to you and your baby. For comfort, bend your knees and elbows. Then place several pillows under your knees, head and back.

- Try semi-sitting to ease nausea and indigestion or make reading and relaxing more enjoyable. Lean back on pillows at about a 45-degree angle. Then put a pillow or a few rolled towels under your knees to give them support and keep them flexed.

Play it Safe

When you are pregnant, it's more important than ever that you be careful and avoid the hazards we can encounter everyday.

- Wear your seatbelt when in moving vehicles. Make sure you keep the lap portion of the belt under your belly, low and across your pelvic area. The shoulder harness should come down over your shoulder, between your breasts and over the top of your belly to fasten on the side. Follow your auto manufacturer's recommendations for seatbelt and air bag safety. If you are driving, try to sit about 10 inches away from the steering wheel. And be sure to keep objects off your lap and the dashboard.
- Watch out for workplace, household and garden chemicals. Fumes from paint, varnish, garden or home pesticides and cleaning fluids may contain dangerous chemicals you could inhale. This is a great time to make your home and gardens green spaces.
- Stay away from hot tubs and saunas. The heat from these can damage your baby's developing brain and spinal cord.

- Avoid lead. Lead can be breathed or swallowed when found in paint, water and crystal.
- Let someone else clean up after your pets. Cat feces can carry diseases that bring about birth defects.
- Make a no-smoking rule in your house. Even second-hand smoke can hurt your baby.
- Avoid caffeine, often contained in soda, coffee and tea.
- Do not drink alcohol while you are pregnant or breastfeeding. It can result in serious mental and physical defects known as fetal alcohol syndrome.
- Get your physician's approval before taking any prescription or over-the-counter medications or home remedies.
- Watch your step. You are not as well-balanced as you were before you became pregnant. Make sure your rugs have skid-proof bottoms and be careful getting out of the tub or shower.
- Wear sensible shoes. Don't wear high heels, sloppy slippers or thongs that could cause you to slip and fall.

Getting Comfy in Maternity Clothes

Today's maternity clothes are more stylish than ever as well as being practical. Here are a few tips to help you make wise choices with your pregnancy wardrobe.

- Buy as you grow and buy only what you need. You may be tempted to go on a whirlwind shopping spree the first day you can't button your pants, but don't. You still have quite a way to grow!
- Don't feel limited to maternity wear. If it fits, buy it. Also, look at your current wardrobe for clothes that may fit you later in your pregnancy.
- Don't rely on the pregnancy pillows used in maternity dressing rooms. It is difficult to predict how you will carry your baby.
- Maintain your sense of style. If you're a tailored dresser, don't let your maternity hormones steer you towards a frilly wardrobe to look the part of a mother-in-waiting. You will probably regret it.
- Focus on accessories. They can make up for fashion compromises you may have to make while you are pregnant.
- Accept all offers to borrow maternity clothes, even if you're not sure it's your style. You can always accessorize. Reciprocate and lend others your maternity clothes after you have your baby.
- Don't forget the other side of the closet! Your husband's clothes, like T-shirts, sweatpants, sweaters and dress shirts are there for the borrowing.
- A well-fitting, supportive bra is an essential when you are pregnant.

Childbirth Education

Couples and families often benefit greatly from prepared childbirth classes. Women who are fully informed about pregnancy, labor and birth can frequently handle the situation better and recover more quickly than those who are not. Take a prepared childbirth class during the seventh or eighth month of your pregnancy. Classes fill up quickly, so it's a good idea to register early and ensure a spot in your preferred session.

Find a schedule of childbirth classes at www.stmarysregional.com. Or call Direct DoctorsSM Plus at 580-249-3741.

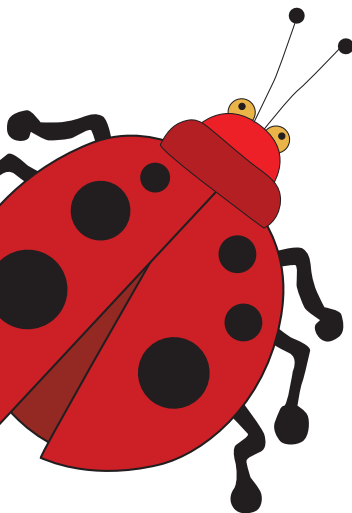


Nutrition

Even though you’re eating for two, unfortunately you can’t eat whatever you want. You’re going to need to pay attention to everything you eat because your baby relies on you and your body.

This is also not the time for a diet. You and your baby need at least 300 more calories a day than you did before you were pregnant. Because all calories are not the same, focus on eating the foods that will supply your developing baby with the nutrients he or she needs for growth. Your goal during pregnancy is to eat highly nutritious foods while avoiding excess calories, fat, sugar and sodium.

Some nutrients are particularly important and should be incorporated into your diet. Here are some foods you should make sure to include.



Foods that have a high calcium content

Pregnant mothers should get at least 1200 milligrams of calcium each day. Calcium is essential for the development of healthy bones in your baby. If you do not consume enough calcium, your body will draw on the calcium in your own bones to supply your baby and that could leave you at risk for developing osteoporosis in the future. You can get a lot of the calcium you need in a number of foods such as milk, yogurt, cheese, salmon, sardines, soy-based foods like tofu, Chinese cabbage, bok choy, nuts and seeds, turnip greens and collard greens. If your diet doesn’t provide enough calcium, your doctor may prescribe a dietary supplement. REMEMBER that vitamin B in your diet is essential to absorbing and processing calcium. Try dark, leafy greens such as spinach, chard, kale and collard greens.

Iron-rich foods

Iron is another essential nutrient because it helps carry oxygen to cells throughout your body and your baby’s body. If you have too little iron in your diet, you may become anemic. That could make you tired and weak, cause headaches and slow your baby’s development. Foods that are high in iron include beef, spinach, dried fruits and legumes, such as beans and peas. To increase the absorption of iron by your body, eat foods that contain vitamin C at the same time you eat iron-rich foods.

Vitamin C

Food rich in vitamin C are oranges, grapefruit, strawberries, honeydew melon, papaya, broccoli, cauliflower, Brussel sprouts, green peppers, tomatoes and mustard greens.

Folic acid

Folic acid is found in dark green leafy vegetables and legumes (lima beans, black beans, black-eyed peas and chickpeas).

Vitamin A

Carrots, pumpkin, sweet potatoes, spinach, water squash, turnip greens, beet greens, apricots and cantaloupe are rich in vitamin A. Be careful to not overdo vitamin A. Excessive intake may be associated with fetal malformations. Ask your doctor.

Healthy snacks

When you’re in the mood for a little snack, try this: Freeze a couple of bags of blueberries. When your increased blood volume and hormones make you hot, snack on a handful of cooling antioxidants.

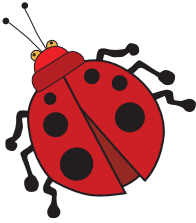
Foods that contain protein

Amino acids, a substance found in protein, are considered to be the building blocks of life. To help ensure proper tissue development in their babies, pregnant women should consume between 60 and 75 grams of protein-rich foods daily. Such foods include nuts and seeds, whole grains, many legumes, hard-cooked eggs, as well as yogurt, cheese and some other dairy products.

Water and other fluids

Pregnant women should drink at least 12 eight-ounce glasses of water or other fluids every day. It’s important you stay hydrated because your blood supply will increase by as much as 40 to 50 percent to provide for your baby’s blood supply.

Basic food groups and recommended servings



Fats & sugars	sparingly
Dairy	2 – 3 servings
Fish, poultry and meats	2 – 3 servings
Veggies	3 – 5 servings
Fruits	2 – 4 servings
Whole grains	6 – 11 servings

Healthy tips

Eating healthy isn’t always easy. It takes planning. Here are a few tips that can help you stay on track.

- Think before you eat. Most dietary indiscretions happen on the spur of the moment. Carry dried fruits, nuts, rice cakes, carrots, bananas, single-serving applesauce cups ... Use your imagination.
- Eat on a regular schedule. Don’t eat your way through little stresses.
- Don’t use artificial sweeteners, especially saccharine and aspartame. Try the tiniest drop of honey or a drizzle of carrot juice.
- Avoid foods that contain chemicals such as MSG, additives, artificial colorings and flavorings, nitrates and other preservatives.
- Purchase organic produce when possible and carefully wash all fruits and vegetables.
- Vary your diet to have fun and eat well.
- Make a plan each day of how you are going to eat all your food groups and nutrients.
- Don’t eat a lot of canned tuna fish. Some fish contain high levels of mercury.
- Measure everything with measuring cups and spoons until you know what a good serving size is just by viewing it.

Important phone numbers

OB/GYN _____

Pediatrician _____

Pharmacy _____

My prenatal appointments

Date _____ Time (am/pm) _____

My weight (pounds) _____ Fetal heart rate _____

Questions and answers _____

Date _____ Time (am/pm) _____

My weight (pounds) _____ Fetal heart rate _____

Questions and answers _____

Date _____ Time (am/pm) _____

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