



# My Pregnancy

## at 0-12 Weeks

### Congratulations!

- ♥ Becoming a parent brings joy and change.
- ♥ Things to ponder—What kind of parent will I be? Who will help me?

#### Early Pregnancy Tips

- Take daily prenatal vitamins with folic acid.
- Stop drug, alcohol and tobacco use.
- Avoid caffeine.
- Eat nutritious food for baby's developing brain.
- Eat regular meals.
- Taking care of your mouth is very important; brush twice a day!
- Schedule a dental exam.

#### A healthy pregnancy starts with you!

You many have:

- Mood swings
- Anxiety
- Thoughts about how your body will change.

Remember, expectant fathers may also have fears and concerns.

#### When you quit smoking...

- You improve your health and protect your baby.

**You can do it!**  
1-800-480-7848

#### Other considerations...

- Get a flu vaccine.
- Schedule a prenatal/OB appointment.
- Keep a journal.
- Check with your OB provider before taking any over-the-counter medications.

#### You May

- ♥ Have tender, swollen breasts
  - Wear a supportive bra
- ♥ Feel tired
  - Rest when you can
- ♥ Become constipated
  - Drink 6-8 glasses of water a day
  - Eat fruits, veggies, and high fiber foods
- ♥ Have weight changes
  - Eat healthy foods
  - Keep active
- ♥ Have nausea, vomiting, or crave certain foods
- ♥ Notice gums bleeding



#### Watch me grow!

- **At 4 weeks:**
  - I am ¼" - ½" long.
  - My eyes, ears & nose are starting to form.
  - My heart is forming and begins to beat.
- **At 8 weeks:**
  - I am 2" long.
  - My brain grows rapidly and I start moving.
  - My ears, nose and mouth are taking shape.
  - My toes are becoming more distinct.
  - My heart beats with a regular rhythm.
- **At 12 weeks:**
  - I am 3" long and weigh 1 ounce.
  - My baby teeth are beginning to form.
  - I can open & close my mouth and swallow.
  - My kidneys are developed and starting to work.
  - My eyelids close to protect my developing eyes.

# Check out these websites and apps for FREE info!



Text4Baby.org  
<https://text4baby.org>



WIC Nutrition Website  
[www.michigan.gov](http://www.michigan.gov)



Baby Center: My Pregnancy Today app  
<http://www.babycenter.com/my-pregnancy-today-app>



GooglePlay: BabyBump Pregnancy



GooglePlay: Cessation Nation



Michigan Tobacco Quit Line  
<https://michigan.quitlogix.org/>



Smokefree.gov Smartphone Apps  
<http://smokefree.gov/apps-quitstart>



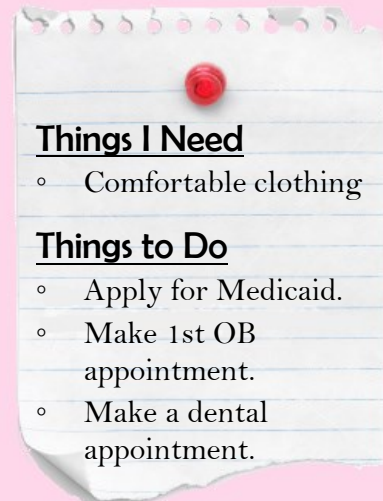
## Health Tips

Headaches may occur in early pregnancy. The following things may help relieve headaches:

- Eat regular meals and get adequate rest.
- Apply a cool cloth to your forehead and neck.
- Fresh air or a walk may help.
- Ask others to help with child care.
- Contact your doctor if headache persists and before taking any medication.
- Avoid hot tubs and saunas.

## Motherhood Myths

- Mothers have to be perfect.
- Mothers get three coffee breaks a day.



 Find us on Facebook!



Follow us on Twitter! 

N-164; 5/15



**nwhealth.org**  
**(800) 432-4121**



205 Grove St.  
 Mancelona, MI 49659

209 Portage Dr.  
 Bellaire, MI 49615

220 W. Garfield  
 Charlevoix, MI 49720

3434 M-199, Suite A  
 Harbor Springs, MI 49740

95 Livingston Blvd.  
 Gaylord, MI 49735

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 652-9992. Submit your completed form or letter to USDA by:  
 (1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights  
 1400 Independence Avenue, SW  
 Washington, D.C. 20250-9410;  
 (2) Fax: (202) 690-7442; or  
 (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).  
 This institution is an equal opportunity provider.