



### ABOUT YOUR GROWING BABY

Your baby is on its way. At the early stages after conception, the blastocyst, which later develops into the embryo, placenta and amniotic fluid, is formed. About 24 days after you conceive, your precious little one will already have a heartbeat of its own. By the end of the first month tiny arms and legs begin to appear, and the brain, spinal cord, heart, lungs, eyes and nervous system start to form.

### HOW YOU MAY BE FEELING

It has probably been about 2 weeks since your last period and your body is already going through changes. You may experience a lot of physical and emotional changes all at once. The least pleasant is the morning sickness that as many as 50% of pregnant women experience in the early stages of pregnancy, combined with food cravings or a loss of appetite. Some women suffer from bouts of heartburn, gas, indigestion and constipation.

Your body will change too. Many women go up a breast size or two, which can be delightful, but you might experience a little tenderness due to increased estrogen and progesterone levels. The areolas on the breast darken a little. Some women get dark patches on their faces, which fade away after the delivery. The extra weight might make you feel a little sluggish and you may find that you tire easily. Mood swings, cramps and the need to urinate more often are natural during this time so don't worry too much about these things happening.

### NUTRITION TIPS FROM LUNA

You might have a new found liking for things you couldn't stand to eat earlier and may be put off by things you loved. Pregnancy cravings and a loss of appetite are both equally likely side effects of the changes your body is going through.

Ensure that your diet includes at least 6 to 8 glasses of water, a prenatal vitamin and a folic acid supplement. Avoid drinking too much coffee and restrict your intake of caffeine.

Folate and folic acid are a type of vitamin B essential in the time leading up to the pregnancy and during the first trimester. It is important to get at least 600 mcg in your diet to avoid neural tube defects arising from folate deficiency. Since the synthetic version – folic acid – is actually better absorbed by your body, it is advisable to supplement your diet with the synthetic vitamin. Mushrooms, legumes, green vegetables, organ meat, poultry, citrus fruits, beans, bananas and brewers yeast are some foods rich in folate ("55 mcg). You can also try eating some folic acid-fortified cereals or health bars, but ensure your daily intake does not exceed 1000 mcg.

### FITNESS TIPS

- We now know that exercise is good for both mom and baby. Make sure to get your doctor's approval to exercise during pregnancy.
- Keeping fit will help you cope with and avoid conditions like constipation, gestational diabetes, back pain, cramps and swelling.
- Keeping up about 30 minutes of exercise every day helps with getting your body back in shape after the birth.
- Get some fresh air every day – it can work wonders for your mood. After a walk in the park you're sure to come home refreshed and energized.



### ABOUT YOUR GROWING BABY

Your little one is now growing from the size of a tiny sesame seed to the size of a kidney bean and it is hard to imagine that a few months down the line he/she will be a little baby. The brain and nervous system start to develop and the little tadpole-like tail of the previous month has all but vanished. Tiny eyelids folds have formed and the appendix and pancreas too. In week 5 heart chambers begin to develop and start beating and pumping blood. It is hard to believe, but the tiny heart pumps blood twice as fast as the adult heart!

### HOW YOU MAY BE FEELING

Your hormones will start to go into overdrive making you a little moody. Remember, 'morning' sickness may linger even as the day progresses. Often, women feel a little off color all day and even seemingly healthy food can trigger nausea.

If you experience cramps or spotting, do let your doctor know without delay. Though some women experience minor spotting during a normal pregnancy, it is safer to rule out the possibility of an ectopic pregnancy (with the baby in an abnormal position) or a miscarriage.

Fatigue may creep up on you easily due to the high progesterone levels in your system. Try to get some rest whenever you can even if you are unable to sleep through the night.

### NUTRITION TIPS BY LUNA

Work out what foods don't upset your sensitive stomach and go ahead and indulge a little. If you find white rice goes down better than whole wheat bread, then stick with that. Drink plenty of water and stay hydrated with juices, fruit and vegetables through the day.

Try and fit in several mini meals instead of just 3 large meals. This will help keep your blood sugar levels constant, give you an energy boost every few hours and may keep the nausea at bay.

Have meals that combine proteins with a little carbohydrate to beat the hunger pangs and keep blood sugar at steady levels. Avoid fatty foods. Here are some healthy mini meal options – pears with string cheese, small glasses of smoothies, whole wheat toast with hard boiled eggs, dried fruits, mixed nuts, crackers with soup, salsa and chips, hummus with carrots, almond butter toast, peanut butter and apples, oatmeal with raisins, walnuts and flaxseed added in, cereal with fat free yogurt, low fat chocolate milk.

### FITNESS TIPS

- Ensure your exercise regimen is now part of your daily routine. Consistency is very important during pregnancy.
- It's best to listen to your body. Exercise may help with morning sickness.

### TIPS FOR EXPECTANT MOMS

- Set up an appointment with a well qualified doctor or midwife whom you will consult for the rest of your pregnancy. This should be someone you can trust to see you through to the delivery.
- Find out about the medical history on your side of the family as well as your partner's before your first trimester screening tests begin in week 11. This will help you prepare for any genetic conditions that may impact the birth or the baby.

### ABOUT YOUR GROWING BABY

This month the baby's facial features begin to take shape and position themselves. He/she weighs in at half an ounce and is now the size of a lime.

Your baby also develops its most vital features this month — reflexes. Fingers start to open and close, toes curl up, muscles of the eye scrunch up and the tiny mouth begins to make a sucking movement. The brain, kidneys, liver and lungs have all formed and keep developing. Your baby's skin at this point is likely to be quite transparent. As the muscles and bones start to form the webbing on the fingers goes away.

During your next visit to the doctor the Doppler stethoscope may allow you to listen to your little one's rapid heartbeat — a moment you're sure to cherish for a long time.

### HOW YOU MAY BE FEELING

Your doctor will now be able to feel the top of your uterus at the bottom of your abdomen even though you haven't begun to 'show' just yet. Your clothes get a little snug around the waist. You may have indigestion/heartburn or constipation due to the hormonal changes. If you're lucky though, the nausea will reduce!

Mood swings may kick in with a vengeance; try and schedule some relaxing aroma therapy or pick up some music that is soothing.

### NUTRITION TIPS BY LUNA

Nausea might have made eating difficult, but don't worry too much about insufficient weight gain at this point — your appetite will soon return and the pounds will begin to add up in the next trimester.

The simplest thing to do is to balance eating what you can hold down with eating healthy. Some women find it easiest to keep a food diary with the consumed portions from each food group being crossed off after each meal from the allowance for the day.

Remember, your development, weight gain and requirements may vary from your friends' since no two pregnancies are alike.

### FITNESS TIPS

- You can start an exercise program at any stage of your pregnancy. What's most important is to start slow and build up gradually.
- Exercise should energize you and not exhaust you.
- Your body creates relaxin during pregnancy to assist in joint mobility for childbirth. Be careful not to stretch beyond pre-pregnancy levels.

### TIPS FOR EXPECTANT MOMS

- You need to decide if you want to schedule an amniocentesis for next month to check for chromosomal disorders like Down's Syndrome.
- Check on maternity leave rules at work. If your doctor says you're a high risk pregnancy then you may need to make arrangements to work from home.

### ABOUT YOUR GROWING BABY

Your baby now has fingerprints of its own. Your little one's body is beginning to grow larger and is closer to proportions at birth. The ears have taken their final positions, the legs have developed, toenails have started to grow and taste buds too. At the end of this month you will see a sudden spurt in growth. Though the baby's eyelids are still shut, it is capable of sensing light. The baby's kidneys produce urine, which is released into the amniotic fluid until birth. A fine downy layer of hair (lanugo) now covers the tiny body.

If you could peek in and see your baby, you would find a face alive with expressions as facial muscles begin to develop.

If you have a scan done at this point, you will be able to tell the sex of your baby. This does, however, depend on the clarity of the scan and the position your baby is in.

### HOW YOU MAY BE FEELING

Your risk of miscarriage is much lower now that you are past the first trimester. Symptoms of nausea may begin to reduce, your breasts feel less tender and you may find your energy levels coming back. You may even develop the glow of pregnancy as you get used to the changes and your new body. A tiny bump will make an appearance and you will begin to see visible signs of pregnancy. Bask in the joy of this wonderful time in your life!

You will soon start to feel the movement of your baby, one of the most exhilarating experiences of pregnancy. At first, you may feel like tiny popcorn is bursting in your navel or little gas bubbles are gently popping; later, the movements get more noticeable and frequent.

### NUTRITION TIPS BY LUNA

You need to ensure your diet is on track for the weight gain you need to have during your pregnancy. Sometimes knowing what not to eat can be as important as knowing what to eat.

In general some foods that are strictly forbidden are processed foods, alcohol, raw fish, raw eggs, unpasteurized dairy products and cheeses, canned tuna (albacore and white) and big fish (shark, swordfish, tilefish and king mackerel).

Fish and shellfish in general are avoided by pregnant women due to the risks of brain damage from consumption of too much mercury. However, fish also contain omega-3 DHA fatty acids which are not found in vegetables. Instead of cutting fish/fish oil consumption altogether take a mercury-free omega-3 supplement or eat low mercury level fish like crab, shrimp, cod, salmon or pollock.

### FITNESS TIPS

- There are concerns about exercising in extreme heat. Make sure to stay cool. Wear light and breathable clothing when exercising outdoors.
- Try and gain between 12 and 14 pounds during this trimester (out of a total of about 25 to 35 for the entire pregnancy). Depending on your individual medical history and type of pregnancy, your doctor may advise a variation on this number.

### TIPS FOR EXPECTANT MOMS

- Indulge in some retail therapy. Your bump will begin to show in earnest, so invest in some smart and sensual maternity wear and enhance that glow!



### ABOUT YOUR GROWING BABY

Your baby has now started to develop muscle and fat, and the internal organs are maturing. At this point a baby boy's testes start to descend into the scrotum and a girl's uterus and ovaries are formed.

As your baby's umbilical cord gets stronger, s/he begins to grow faster than before. By the end of the month your little one will weigh around a pound and be about 10 to 12 inches long.

Your baby now has a routine of waking and sleeping and starts hearing sounds from outside, so you can even start reading or playing music especially for your little one.

### HOW YOU MAY BE FEELING

With this sudden spurt of growth you may feel a little ungainly and it will take some time to get used to your new shape.

Your breasts and abdomen will continue to grow larger and your skin may feel a tad itchy. You might find your ankles and hands and feet swell up easily due to fluid retention. If the swelling is coupled with high blood pressure, check for preeclampsia.

Your facial skin may become patchy due to an increase in pigments and the areolas on your breast may darken – these will lighten after the birth. If your eyes feel dry put in some over the counter drops. Your blood pressure may drop so take care not to rush to sit or stand up because you may feel a little dizzy.

### NUTRITION TIPS BY LUNA

You're probably going to experience an increase in your appetite now as your body prepares for the big growth spurt.

Staying organic during your pregnancy is a sure-fire way to ensure that there's goodness in every bite! Organic food is good for both you and your baby and cuts your exposure to pesticides to one-sixth. The absence of chemicals, fertilizers, pesticides, hormones and antibiotics in specially cultivated vegetables and fruits reduces the risk of side effects from eating fresh salads and juicy fruity desserts. Studies have also shown that organic food is often also richer in nutrient content of vitamins and minerals – great for you and your little baby!

### FITNESS TIPS

- You're now halfway through your pregnancy! You will gain about a pound a week from now on. Do your best not to do exercises on your back after the first trimester. Try to sleep on your side to prevent compression of a major vein connecting the uterus and the heart. Prop a pillow below your hip for better rest.
- Get started with some simple kegel exercises – these help make your pelvic muscles stronger, help in the second stage of labor, increase blood circulation to the vagina and rectal area (which helps reduce the chances of hemorrhoids) and reduce the chances of bladder control problems.
- Traditional crunches are not efficient at this stage of the pregnancy but that does not mean you should not work your core. It's more important than ever to have strong abdominal muscles.

### TIPS FOR EXPECTANT MOMS

- Start to look in to birthing classes. There are many alternatives beyond what may be offered at your hospital. Recommended reading: *The Birth Book* by Dr. Sears to help you create your birth plan.



### ABOUT YOUR GROWING BABY

Your baby is now beginning to make its presence felt every now and then with a kick here and a nudge there.

Eyebrows and eyelids have developed and tiny tooth buds have formed below the gums. The baby's brain and lungs are well on their way too.

The sounds your baby hears now will become familiar even before the birth, so that when the noises are heard in the world outside they won't bother him/her.

### HOW YOU MAY BE FEELING

You may have a few minor challenges to cope with, like varicose veins. Due to the increase in pressure to your legs coupled with spikes in progesterone levels, the walls of your veins start to relax. If spider veins form, don't worry since they cause little discomfort and vanish after delivery.

Stretch marks may now show on your abdominal areas as the skin expands to accommodate your little one. There's no evidence that lotions can actually help prevent them, but staying well moisturized may help cope with itchiness.

You may find some extra hair sprouting on your face, arms and legs due to hormones called androgens. Simply tweeze, wax or shave them off when they pop up.

### NUTRITION TIPS BY LUNA

Calcium is an all important ingredient of a healthy diet when you're pregnant. If your body isn't getting the amount it needs from your food, it will start to use the calcium from your bones to nurture your baby. To prevent this from happening, get 3 to 4 portions of calcium-rich food a day. Milk, cottage cheese, calcium fortified orange juice and yogurt are good sources of calcium.

Iron is required to ensure your baby gains weight and also to keep your blood healthy. It is a carrier of oxygen and helps with energy production in your organs. Deficiency can increase fatigue and make the pregnancy much harder on your body. Ensure you get about 27mg every day from foods like eggs, lean red meat, enriched whole grains, spinach or lentils and beans.

### FITNESS TIPS

- To cope with varicose veins, get some regular exercise like walking. Prop up your feet on a couple of pillows as often as you can. Wearing maternity hose helps.
- While it's ok to stay active throughout pregnancy, many sports may no longer be appropriate. Be careful of sports where you could fall or experience abdominal trauma.
- Many changes will take place in the pregnant woman's body that if not addressed will remain thereafter. The kyphotic lordotic posture so often seen with pregnancy may remain even after the baby is born if not cared for during and after pregnancy. It is important to strengthen the muscles that are weakened during pregnancy and stretch what is tightened. Your strength and flexibility program in Fit4Baby is designed with these things in mind.

### TIPS FOR EXPECTANT MOMS

- People may tell you that you are growing at too fast or slow a rate. Don't worry about this — every woman has her own pace of growing. Schedule regular check-ups with your doctor to monitor whether your baby's development is on track.



### ABOUT YOUR GROWING BABY

By the end of the month your baby will weigh 2.5 pounds or so and be almost 15 inches long. Those tiny eyes will have lashes and your baby can now blink. Body fat is added on in preparation for arrival into the world and the brain has a network of billions of neurons that are growing and developing. The little one has also begun to 'breathe' amniotic fluid through the tiny lungs to strengthen them for inhaling and exhaling after birth.

Your baby may even have hiccups at this stage! You will feel a short tickling sensation inside you when this happens.

### HOW YOU MAY BE FEELING

The final trimester is here at last! It is time to start scheduling appointments with your doctor every fortnight. The restless legs syndrome might strike you, making you feel an odd creepy crawly sensation when you're sleeping or trying to rest. Cut out caffeine and get massages. Also get checked for iron levels and take a supplement if needed – it helps with some of the symptoms. Leg cramps may become more common during the day and night; a gentle stretch and massage is the best way to cope.

It's important to understand the signs of labor even at this stage. Call your doctor immediately if you have any of these before week 37: increased vaginal discharge; bleeding or spotting; a change in discharge to watery, with mucous or tinged pink or red; increased pressure on your pelvic area (as if your baby is pushing downwards); cramps like you used to have during your period; or over 4 contractions per hour. Your contractions may be the harmless Braxton Hicks contractions or false labor, but you'll be better off having your doctor check anyway.

### NUTRITION TIPS BY LUNA

It is more important than ever to stay hydrated! Did you know that a pregnant or breastfeeding mother needs as much as 60 ounces of fluid every day? And while it sounds like a lot, the fluid is needed to keep the body working well. Your energy and nutrient needs are upped due to the pregnancy and water and fluids help keep your system supplied with both. Water may also help with your general feeling of well being. Get plenty of water or high water-content foods like 100% organic fruit juice, sparkling water or soup.

### FITNESS TIPS

- You may feel like the last trimester is a time to take it easy. In fact, research shows that you should do your best to keep up with your exercise program throughout your pregnancy.
- Your feet may be growing a full size during pregnancy. It's important to exercise with good foot wear. Go shopping now if you need to!
- Practice squatting exercises that may help strengthen legs and prepare you to be "fit for labor".

### TIPS FOR EXPECTANT MOMS

- Get your glucose screening test done this month so your doctor can treat you if you have pregnancy linked diabetes (gestational diabetes). If you don't get treated and have the condition it can lead to complications during the birth since your baby may grow too large or may have low blood sugar after birth. If your glucose screening test is positive you will need to have a glucose tolerance test to check if you have gestational diabetes.
- If you are Rh negative you will have to take a shot of Rh immunoglobulin so your body doesn't create antibodies to harm your little one's blood.



### ABOUT YOUR GROWING BABY

It's time for your baby to get tough! Your baby's bones now start to harden, the brain is developing at a rapid pace, responsiveness to sound and light increases, the lungs are fully formed but continue to develop, the soft hair layer called the lanugo has all but vanished and the vernix that protects the skin of the fetus gets thicker.

Your baby will weigh around 3.75 pounds now and even has a little hair on his or her head. The baby can turn its head from one side to the other and kicks much more than before.

### HOW YOU MAY BE FEELING

You will be gaining an average of a pound a week, half of which goes towards the weight of the baby. Your uterus pushes upwards on your stomach and diaphragm, which may make you feel heartburn and slight breathlessness.

If you develop sudden backache at this stage, check with your doctor since it could be an indicator or preterm labor. Hormonal changes also loosen ligaments and joints in the pelvic area, making it harder to walk, pick up things and to sit or stand for any length of time.

Your baby's activity levels are now on the rise, so you will feel several tiny kicks and movements — all a good sign that your little one is doing well. You may also on a rare occasion feel irregular 30-second long, painless contractions known as Braxton Hicks contractions or false labor. If you have contractions regularly check with your doctor to rule out preterm labor.

Some women also find pre-milk called colostrum leaking from the breast. Wear a nursing pad and a nursing bra one size larger than your current size to be more comfortable.

### NUTRITION TIPS BY LUNA

You have probably finally got your appetite back, so it is time to bring fruits and vegetables back to your diet. Fiber is a vital ingredient that keeps you full and helps digestion and yet most of us get only half the amount we need every day. You need to get about 20-30 gm a day, so pack in the greens and fibrous fruit and vegetables. Eat lots of whole grain foods that have 3 gm of fiber or more per serving.

Remember! When you're eating a high fiber diet, water and fluid intake needs to be upped to help the fiber pass through your system.

### FITNESS TIPS

- If you plan to have a natural birth without any pain medication, then you should ideally start preparing for this by learning relaxation and breathing techniques designed to help cope with the pain of the delivery.
- You may need to get more supportive workout gear at this stage of your pregnancy. Some moms feel a belly band helps give support during exercise.

### TIPS FOR EXPECTANT MOMS

- Start working on your birth plan. Decide if you will have someone present during labor and whether or not you want an epidural. Finalize the arrangements with your hospital or the place you have chosen to give birth. Also work out who will come to help you right after the birth — perhaps your parents or your partner's family or hired help. Make a list of things you will need in your hospital bag. Don't pack yet, but keep the list handy just in case.



### ABOUT YOUR GROWING BABY

Your little one weighs about 6 pounds and is around 1.5 feet long as your due date approaches.

The bones of the head remain soft to ease the passage through the birth canal. Sometime this month your baby will turn and get into a head down position in preparation for birth and can be born anytime between now and week 42.

### HOW YOU MAY BE FEELING

Your center of gravity continues to shift, so take care and avoid trying anything that requires a test of agility!

When the baby drops to your pelvic cavity you will feel what is known as 'lightening'. You may have a little discomfort walking and may need to pee more often. Near your due date your cervix might start to dilate in preparation for delivery.

### NUTRITION TIPS BY LUNA

With your baby occupying so much space within you, your stomach capacity is reduced greatly, making it easier to have several small meals rather than a few big ones.

You might experience heartburn after meals and this is harmless but uncomfortable. You can control heartburn by avoiding spicy food, carbonated drinks and acidic food. Have beverages after a meal rather than before or during. Eat smaller meals and sit up for at least a couple of hours after eating your meals to help ease digestion.

### FITNESS TIPS — WHAT TO EXPECT DURING LABOR

Many changes will take place in the pregnant woman's body that if not addressed will remain thereafter. The kyphotic lordotic posture so often seen with pregnancy may remain even after the baby is born if not cared for during and after pregnancy. It is important to strengthen the muscles that are weakened during pregnancy and stretch what is tightened. Your strength and flexibility program in Fit4Baby is designed with these things in mind.

You may be experiencing new aches and pains as you progress in your pregnancy. Alert your instructor to how you are feeling so that we may adjust your workout and offer some exercises to provide more comfort.

### TIPS FOR EXPECTANT MOMS

- Confirm your support system for after the birth. Pack a hospital bag for yourself, your partner and your baby.
- You may need to mentally prepare for a caesarian even if you have planned a vaginal birth. In case your cervix doesn't dilate enough or your baby doesn't move along the birth canal your doctor may need to prescribe an emergency c-section.
- All new moms need support. You may want to look in to a lactation consultant and a mom's support group. Stroller Strides classes offer LUNA Moms Clubs which are a great way to meet other new moms and bond with your baby.



### ABOUT YOUR GROWING BABY

CONGRATULATIONS! The newest member of your family is here at last! As your baby gets used to being out in the big, wide world, he/she might appreciate being swaddled snugly in a nice soft and warm blanket. Food is the number one priority in a baby's life and meals need to come no more than 2 to 3 hours apart. Your baby will eventually develop a set pattern of eating and sleeping, but until then give in to the baby's needs! Newborns sleep in spurts for about 16 to 17 hours every day. Take care to ensure your baby is on its back when asleep to avoid the risk of SIDS (sudden infant death syndrome). Use the baby's sleep time to catch up with your own sleep.

### HOW YOU MAY BE FEELING

About 6 weeks after the birth your uterus shrinks to its pre-pregnancy size and position. If you had a c-section you will need to spend 3 to 4 days in the hospital in recovery from the surgery. The doctor will remove the stitches after 3 to 4 days and if all is ok, you can go home. You will have lost about 12 pounds of weight after the birth and will lose about 4 pounds of water via production of urine and heavy sweating as fluid retention eases.

### YOUR BABY AND YOU

Your little one is completely dependent on you for food, care and love. Your partner, family and close friends can all help ease your life in the initial month after the delivery. Your breasts start producing milk as a result of hormonal changes experienced during the birth. You may have abdominal contractions during the first feed. Your breasts may feel too full for a day or two, but nursing helps this feeling subside.

### NUTRITION TIPS BY LUNA

Avoid crash diets. Your system needs to recover and revive itself and needs all the nutrition it can get. Don't skip meals and try and eat organic.

Stay hydrated! Your thirst is a poor barometer of your hydration. Keep water with you at all times, especially if nursing.

Avoid consuming decongestants and mint if nursing as they reduce milk supply.

### FITNESS TIP

- Get plenty of rest after the birth, but do some slow walking around in the house — it helps circulation, prevents clots and hastens healing.
- Start your kegels right away, even in the hospital. You can do abdominal bracing and deep breathing exercises daily.
- Wait for your doctor's approval to begin traditional exercise (about 6 weeks). In the meantime, take baby steps and slowly increase walking and gentle stretching exercises. An increase in bleeding is a sign that you are doing too much. Take it easy! We have plenty of time to help you restore your strength and fitness level.