

# Wellness During Pregnancy

## *Second Trimester*

### Introduction

Welcome to the Virtual Self-guided **Wellness Exhibit Wellness During Pregnancy, Second Trimester**. This learning module contains 16 posters and takes approximately 20 minutes to complete.

Before you get started, print the **Passport to Maternal Health: Wellness During Pregnancy, Second Trimester** which is on the next page of this Virtual Exhibit. Answer the questions on the Passport as you go through the Virtual Exhibit to reinforce your learning.



# Passport to Maternal Health: Wellness During Pregnancy, Second Trimester



Name: \_\_\_\_\_

Answer these questions as you go through the virtual educational exhibit to reinforce your learning.

## Exhibit 1: Healthy Lifestyle During Pregnancy

List 3 or more examples of healthy habits you would like to continue or improve during your second trimester. Be specific about your plans.

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## Exhibit 2: Guidelines for Exercise

List 2 or more physical activities that you plan to continue or incorporate into your life during pregnancy to maintain fitness.

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## Exhibit 3: Stress Management

Identify a discussion that would be productive to have with your partner or others in your life that would help reduce stress or improve communication.

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## Exhibit 4: Nutrition & Supplements

Identify 3 ways you can improve your nutrition and consume the additional calories during your second trimester of pregnancy.

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## Exhibit 5: Weight Gain Throughout Pregnancy

Note your category for weight at pre-pregnancy (Underweight, Normal Weight, Overweight, Obese) \_\_\_\_\_.

Note the recommended range of weight gain total for your weight category \_\_\_\_\_.

Note the recommended weight gain per week for your weight category \_\_\_\_\_.

## Exhibit 6: Healthy Hydration

List ways you can improve your hydration so you can consume more water and hydrate well.

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## Exhibit 7: Medical Care in the Second Trimester

Review the list of what to expect at your second trimester prenatal exams. Write down 3 questions you can discuss with your healthcare provider related to your history, chronic medical issues, diagnostic tests or screening, Rh status, or general pregnancy concerns.

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## Exhibit 8: Fetal Movement & Heartbeat

The second trimester is when many women begin to feel movements from their growing baby. Have you experienced these movements? When you go to your doctor's visit, ask to listen to your baby's heartbeat and note the rate.

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## Exhibit 9: Work & Maternity Leave

List 3 issues that you need to research regarding your employers' family leave policy.

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## Exhibit 10: Childbirth Classes

Identify 2 reasons that you would be interested in childbirth classes.

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## Exhibit 11: Managing Discomforts of Later Pregnancy

Identify 3 tips that you are willing to try to avoid the symptoms of later pregnancy that you are experiencing.

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## Exhibit 12: Environmental Exposures

It is recommended that women who travel during the second trimester get up and walk every \_\_\_\_ to \_\_\_\_ minutes when flying, on a train, or bus. Review the guidelines to limit your exposure to environmental toxins and chemicals. List any that you need to eliminate or modify.

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### Exhibit 13: Food Selection & Safety

List the ways you can improve your food selection: \_\_\_\_\_

List the ways you can improve food safety: \_\_\_\_\_

### Exhibit 14: Guide to Buying Organic Produce

List any non-organic items that you can currently purchase from the “Dirty Dozen” so you can make note to begin purchasing organic for these items that test high for pesticide use:

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### Exhibit 15: Guide to Buying Fish

The recommended weekly fish consumption is \_\_\_\_\_ ounces of safe fish.

List any of the unhealthy fish you currently consume:

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### Exhibit 16: Healthy Fats and Oils for Cooking

List any oils that you currently use to cook with that you will want to substitute for healthier options:

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List oils that you will purchase and start cooking with:

Medium Heat: \_\_\_\_\_

Medium to High Heat: \_\_\_\_\_

High Heat: \_\_\_\_\_

# HEALTHY LIFESTYLE DURING PREGNANCY



## 2nd Trimester



There are no known safe amounts of alcohol, tobacco, marijuana, and recreational drug use during pregnancy. Reduce caffeine intake and discuss all medications with your doctor. Get more sleep as needed.

### Avoid Altogether

- Alcohol
- Tobacco
- Marijuana
- Recreational Drugs

### Use Cautiously

- Caffeine
- OTC Medications
- Prescriptions
- Supplements

### Continue Healthy Habits

- Physical Activity
- Healthy Eating
- Healthy Hydration
- Sleep
- Stress Management

# GUIDELINES FOR EXERCISE



## 2nd Trimester



Women with uncomplicated pregnancies are encouraged to exercise to maintain fitness and enhance well-being. Utilize your new-found energy to add stretching and balance exercises to prepare your body for the months ahead. Listen to your body and modify as your center of gravity changes.

### Safe Activities

- Walking
- Swimming
- Stationary cycling
- Low-impact aerobics

### May be Safe Activities

- Yoga & Pilates
- Running
- Racket sports
- Strength training

### Unsafe Activities

- Ice Hockey
- Boxing
- Soccer
- Basketball
- Scuba & Sky Diving
- HOT yoga & Pilates
- Surfing
- Gymnastics
- Horseback riding



# STRESS MANAGEMENT

## 2nd Trimester



### **Pregnancy adds another element of stress:**

1. Identify your stress trigger
2. Determine those areas of stress that you can control
3. Employ stress management practices

### **Second Trimester Tips:**

- Good communication with your partner reduces stress
- Share household responsibilities
- Planning and shopping for the nursery is a fun couple's activity

### **Pregnancy Stress Reduction Practices**

- Exercise is a great stress buster
- Write down your thoughts or keep a journal
- Meditate
- Stretch to relaxing music
- Carve out 15 minutes of time for yourself each day
- Look for opportunities to laugh
- Scale back on obligations
- Get enough sleep
- Talk to a trusted friend, family member, or mental health provider
- Find a support group



## NUTRITION & SUPPLEMENTS

### 2nd Trimester



#### Supplements

Take a high-quality prenatal vitamin with 600 mcg of folic acid, 300 mg DHA, and 450 mg choline. Aim to obtain 1000 mg of calcium daily through calcium rich foods or supplements.

### A woman's nutrition during pregnancy affects her baby's health

- Consume 300-400 additional calories daily per baby
- Average weight gain is typically 1 pound a week
- Your weight and an estimation of your baby's weight will be checked at each doctor's visit

### Simple Rules to Eat By

- Consume whole foods
- Minimize packaged and processed foods
- Avoid sugar-sweetened beverages and fruit juice
- Aim for variety
- Avoid skipping meals
- Eat with others — make your meals a social event
- Take time to eat a meal — not at a desk, while on the phone, or driving
- Slow down — eat slowly and enjoy your food
- Cook at home — minimize take-out
- Control portion sizes

# WEIGHT GAIN DURING PREGNANCY

Pregnant Weight Category	Body Mass Index*	Recommended Range of Total Weight (lb)	Recommended Rates of Weight Gain** per week in the Second and Third Trimesters (lb) and Mean Range (lb/week)
<b>Underweight</b>	Less than 18.5	28-40	1 (1-1.3)
<b>Normal Weight</b>	18.5-24.9	25-35	1 (0.8-1)
<b>Overweight</b>	25-29.9	15-25	0.6 (0.5-0.7)
<b>Obese (includes all classes of obesity)</b>	30 and greater	11-20	0.5 (0.4-0.6)

## Monitor your weight gain throughout your pregnancy

### Determine Your Weight Category

- Normal weight women gain about a pound a week in the 2nd and 3rd trimesters.
- Underweight women gain more weight while overweight and obese women gain less weight during pregnancy.
- Consume an additional 300-400 calories a day in the 2nd and 3rd trimesters to support your growing baby.
- For a twin pregnancy an additional 600 calories a day are recommended.



# HEALTHY HYDRATION



Human body tissues are more than 70% water.  
Water is the healthiest beverage.

## Tips to Hydrate Well During Pregnancy

- Aim for eight 8-ounce glasses of filtered water daily.
- Replace sugar-sweetened drinks and juice with water.
- Limit or eliminate artificial sweeteners and diet drinks.
- Limit caffeine to 200 mg per day, or 12 ounces of brewed coffee.
- Sip your drinks of water and pace them to prevent feeling uncomfortably full.
- Flavor water with mint, citrus, or cucumber to lessen nausea.
- Avoid alcohol.

*Eat your calories.  
Don't drink them.*





## MEDICAL CARE IN THE SECOND TRIMESTER

### Second Trimester Prenatal Exams

Your weight and blood pressure will be checked, your abdomen and uterus will be measured, and your urine checked for protein or sugar.

### Second Trimester Screening & Diagnostic Tests\*

- Screen for gestational diabetes between 24-28 weeks
- Women with Rh negative blood will be tested for antibodies at 28 weeks
- Ultrasound between weeks 16-20 to:
  - Confirm due date
  - Determine twins or more
  - Monitor fetal growth and movement
  - Assess amount of amniotic fluid
  - Measure cervix
- Chorionic villus sampling or amniocentesis may be suggested

# FETAL MOVEMENT & HEARTBEAT



## Common Questions about Your Baby's Movement and Heartbeat

### 1. When can I feel my baby move?

Women may feel their baby move as early as 13-16 weeks from last period. First time moms may not feel movement until 18-20 weeks.

### 2. What does it feel like?

Most likely your baby's early movement will feel like a flutter or gas.

### 3. When can I hear my baby's heartbeat?

It is common to hear a baby's heartbeat at 12 weeks in your doctor's office using a Doppler device (a specialized stethoscope).

### 4. What is a normal fetal heart rate?

Normal fetal heart rate is 120-160 beats per minute.

# WORK & PARENTAL LEAVE



Most people begin to think about and their family leave plans in the 2nd trimester and finalize them in the 3rd trimester after a discussion with their employer.

## Federal and State Laws that Protect Pregnant Workers and New Parents

**Pregnancy Discrimination Act (PDA):** Forbids discrimination based on pregnancy when it comes to any aspect of employment.

**Occupational Safety and Health Act:** Employers must provide employees with an environment free from hazards.

**Family and Medical Leave Act:** Entitles eligible employees who are new parents to 12 weeks of leave within one year of birth or placement for adoption or foster care.



# CHILDBIRTH CLASSES



The best time to start childbirth classes is between 28-32 weeks of pregnancy. Childbirth classes are often covered by health plans and require advanced registration.

## Childbirth Classes Help You:

- Learn what happens to your body during delivery
- Develop a birthing plan
- Learn about pain management options
- Address your specific concerns or fears
- Learn about possible complications during delivery
- Review breastfeeding and newborn care

# MANAGING DISCOMFORTS OF LATER PREGNANCY



## Symptoms

## Tips to Avoid

Swollen or bleeding gums

Maintain dental health.

Food Cravings

Drink lots of fluids since thirst may be confused with hunger.

Dizziness

Keep hydrated. Avoid overheating and standing for long periods.

Heartburn

Eat small meals more frequently. Avoid eating 2 hours before bed. Do not lie down 30-60 minutes after meals. Use extra pillows to raise your head in bed. Avoid citrus fruits, spicy and fried foods, and chocolate.

Constipation and Hemorrhoids

Eat fiber: fruits, whole grains, vegetables, beans, and bran cereal. Drink lots of water or prune juice. Exercise helps digestion.

Mood

Anxiety and depression are common during pregnancy. Speak with your doctor if these feelings last more than 2 weeks.

Muscles and Bone

Sleep with a pillow between the knees. Get off your feet.

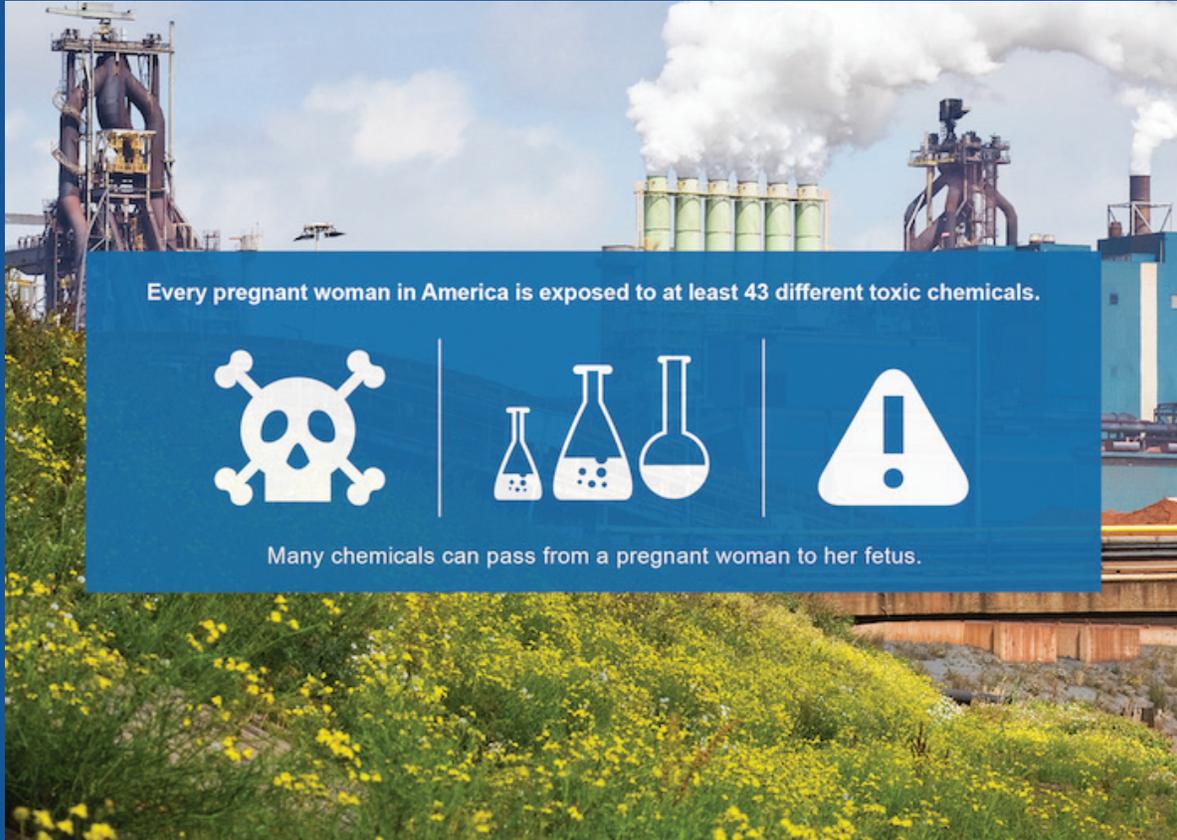
Swelling

Drink plenty of water to flush fluids from your body.

Sleep

Use multiple pillows to support your tummy and extra pillows to raise your head in bed. Take naps.

# ENVIRONMENTAL EXPOSURES



Exposure to chemicals can cross the placenta and result in miscarriage, stillbirth, birth defects, childhood cancers, and impaired brain development.

## Tips to Reduce your Exposure to Toxins and Chemicals

- Drink filtered water
- Avoid microwaving in plastic food containers
- Look for canned food products that are BPA-free
- Use glass, porcelain, or stainless-steel for hot food and hot beverages
- Avoid high-temperature cooking methods
- Avoid “non-stick” cookware coated with Teflon or PTFE s
- Use personal-care products that are phthalate-free
- Avoid pesticides, chemicals, and solvents
- Ask someone else to clean the cat litter box
- Avoid heat from hot tubs, saunas, tanning beds, and electric blankets
- Take your shoes off when entering your home
- Don't travel to places that have the Zika virus
- When flying, or on a train or traveling by car, walk every 30-60 minutes to promote good blood circulation in your legs

# FOOD SELECTION & SAFETY



Follow these guidelines for food selection and food safety while pregnant.

## Food Selection

- Avoid highly processed meats
- Choose milks and cheese made with pasteurized milk
- Avoid unpasteurized cheeses: Camembert, brie, blue cheese, goat cheese, queso, Roquefort, gorgonzola

## Food Safety to Avoid Food Poisoning

- Avoid eating raw poultry, fish, eggs, and milk
- Do not eat undercooked meat
- Avoid pickled or smoked seafoods
- Use hot soapy water to clean food preparation surfaces
- Wash raw fruits and vegetables before peeling or eating them
- Wash your hands before cooking and eating
- When camping treat or boil your water

# GUIDE TO BUYING ORGANIC PRODUCE

**When pregnant, it's important to eat as healthy as possible.**

The **Clean Fifteen** helps shoppers seek out conventionally grown fruits and vegetables that tend to test low for pesticides.

The **Dirty Dozen** helps shoppers seek out organic fruits and vegetables whose conventional versions test high for pesticides.

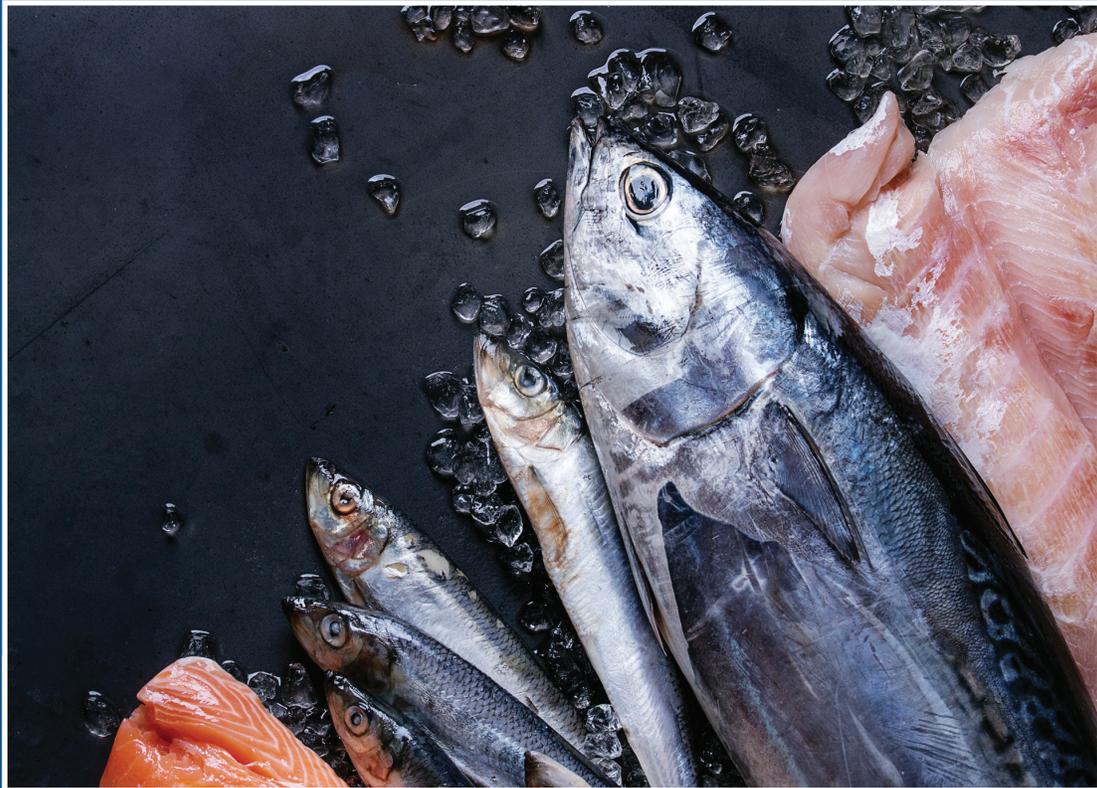


## The Clean Fifteen: OK to Buy Non-Organic

1. Avocados
2. Sweet Corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet Peas (frozen)
7. Eggplant
8. Asparagus
9. Broccoli
10. Cabbage
11. Kiwi
12. Cauliflower
13. Mushrooms
14. Honeydew Melon
15. Cantaloupe

## The Dirty Dozen: Buy Organic

1. Strawberries
2. Spinach
3. Kale, collard & mustard greens
4. Nectarines
5. Apples
6. Grapes
7. Cherries
8. Peaches
9. Pears
10. Bell & Hot Peppers
11. Celery
12. Tomatoes



# GUIDE TO BUYING FISH

The “Best Choices” for consuming fish during pregnancy have the lowest levels of mercury.

- Reduce exposure to mercury up to 1 year prior to pregnancy.
- Nutrition guidelines recommend that adults consume 12 ounces of fish a week.

## **Fish to Avoid that Have Highest Mercury Levels**

- King mackerel
- Marlin
- Orange roughy
- Shark
- Swordfis
- Tilefish (Gulf of Mexico)
- Bigeye tuna

# HEALTHY FATS AND OILS FOR COOKING



**20-35% of daily calories should come from healthy fats.**

## Choosing the Right Oils for Cooking

Oils can be destroyed by heat and create free radicals that are damaging to your health. This happens when an oil reaches its “smoke point” — the temperature at which the oil begins to give off smoke. Beyond the health effects, it also does not taste very good. Oils labeled unrefined or virgin are unprocessed oils. Refined oils are highly processed and have a higher smoke point. **AVOID** cooking with these oils: corn, safflower, sunflower, soybean, canola, cottonseed.

## Choose the oil that suits your needs by temperature of cooking:

High Heat Oil (frying, sautéing)	Medium to High Heat Oils (medium to high-heat sautéing, baking)	Medium Heat Oils (low-heat sautéing, sauces, salad dressing)	No Heat Oils (cannot withstand heat, use for salad dressings, sauces only)
Almond	Extra Virgin Olive	Extra Virgin Olive	Macadamia
Toasted Sesamee	Virgin Olive	Virgin Olive	Walnut
	Ghee (clarified butter)	Ghee (clarified butter)	Flaxseed
	Virgin Avocado	Virgin Avocado	
		Unrefined Coconut	

**Tip:** Drizzle olive oil on dishes just before serving to bring out their flavor. Olive oil is also a great choice for salad dressing and sauces.

# Wellness During Pregnancy

## *Second Trimester*

Close

We hope you enjoyed the Virtual Self-guided Wellness Exhibit **Wellness During Pregnancy, Second Trimester**. The Exhibit shared a wide range of healthy lifestyle, nutrition, medical, and environmental practices. These practices will help you to make more informed decisions and lifestyle changes that will help you on your pregnancy journey. You are now ready for the **Wellness During Pregnancy, Second Trimester** Challenge to put these practices into daily living.