



# Passport to Maternal Health: Wellness During Pregnancy, Third 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 third trimester. Be specific about your plans.

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## Exhibit 2: Guidelines for Exercise

List 2 or more physical changes you are experiencing that may make it necessary to modify your activity in the third trimester.

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## Exhibit 3: Stress Management

To reduce your stress in the 3rd trimester, list ways you can scale back your obligations and name people who you can reach out to for help and define specific ways they can provide you with assistance.

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## Exhibit 4: Decisions and Packing

List decisions that you still need to think through.

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List some items that will make your hospital stay comfortable that you want to be sure to pack.

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## Exhibit 5: Nutrition & Supplements

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

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## Exhibit 6: 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 your total weight gain to date \_\_\_\_\_. Estimate your total weight gain by the end of your pregnancy if you continue to gain at the weekly rate you are gaining \_\_\_\_\_. How does this compare to the recommended range of weight gain \_\_\_\_\_ and discuss with your healthcare provider how you are tracking for weight gain throughout your pregnancy.

## Exhibit 7: Healthy Hydration

List ways you can improve your hydration so you can consume more water and hydrate well in the final trimester.

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## Exhibit 8: Medical Care in the Third Trimester

Review the list of what to expect at your third trimester prenatal exams. Write down 3 questions you can discuss with your healthcare provider related to diagnostic tests and screening, general pregnancy, or labor and delivery concerns.

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## Exhibit 9: Childbirth Classes, Tours & Sibling Preparation

Identify ways that childbirth classes, a facility tour, and sibling preparation classes can benefit you and your family.

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## Exhibit 10: Your Baby's Movement

The third trimester is when many women feel much more activity from their growing baby. Pay attention and get a sense of your baby's unique rhythm. Jot down what you notice about your baby's movements and times of day when your baby is most active.

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## Exhibit 11: Medical Issues in the Third Trimester

Review these common medical issues in the third trimester and list the ones that you are concerned about and want to discuss with your healthcare provider at your next visit.

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## Exhibit 12: Benefits of Breastfeeding

Identify 3 reasons that you are willing to try to breastfeeding.

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## Exhibit 13: Vaginal Delivery

A woman experiencing her first labor should call her provider when she is experiencing contractions every \_\_\_\_\_ - \_\_\_\_\_ minutes in an hour.

A woman **not** experiencing her first labor should call her provider when she is experiencing contractions every \_\_\_\_\_ - \_\_\_\_\_ minutes in an hour.

## Exhibit 14: C-Section Delivery

If you are having a planned C-section delivery or have a high-risk pregnancy that puts you at risk for having a C-section, list any questions you have for your healthcare provider about what to expect.

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## Exhibit 15: Prepare a Safe Environment for Baby

List “to-do” items to ensure that when your baby arrives, you have already prepared a safe environment for your newborn.

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## Exhibit 16: Environmental Exposures

Air travel is not recommended after \_\_\_\_\_ weeks. 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 17: Food Selection & Safety

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

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

## Exhibit 18: 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 19: 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 20: 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: \_\_\_\_\_