



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.

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.

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.

Exhibit 4: Nutrition & Supplements

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

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.

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.

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.

Exhibit 9: Work & Maternity Leave

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

Exhibit 10: Childbirth Classes

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

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.

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.

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:

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:

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:

List oils that you will purchase and start cooking with:

Medium Heat: _____

Medium to High Heat: _____

High Heat: _____