

Wellness During Pregnancy

Third Trimester

Introduction

Welcome to the Virtual Self-guided **Wellness Exhibit Wellness During Pregnancy, Third Trimester**. This learning module contains 20 posters and takes approximately 25-30 minutes to complete.

Before you get started, print the **Passport to Maternal Health: Wellness During Pregnancy, Third 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, 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.

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.

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.

Exhibit 4: Decisions and Packing

List decisions that you still need to think through.

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

Exhibit 5: Nutrition & Supplements

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

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.

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.

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.

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.

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.

Exhibit 12: Benefits of Breastfeeding

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

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.

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.

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.

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:

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:

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:

List oils that you will purchase and start cooking with:

Medium Heat: _____

Medium to High Heat: _____

High Heat: _____

HEALTHY LIFESTYLE DURING PREGNANCY



3rd 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. Slow down, reduce commitments. Plan for and organize help from friends and family.

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



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Women with uncomplicated pregnancies are encouraged to exercise to maintain fitness and enhance well-being. As your baby and your belly grow in the 3rd Trimester, modify activity to keep yourself comfortable and prevent injury.

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

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Third Trimester Stress-Reducing Tips:

- Accept the fact that you physically cannot accomplish all that you used to do.
- Make a list of "Must Do" and "Optional To-Do" items.
- Be realistic.
- Start lightening up your list.
- Ask for help with current tasks.
- Plan for help with your newborn. Be specific about tasks, date, and time.

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



DECISIONS & PACKING

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There are many decisions to think through as you prepare for delivery.

Decisions to Think Through:

- Selecting a pediatrician
- Breast or bottle feeding
- Choosing cloth or disposable diapers
- Parental leave
- Childcare options

Pack to ensure you and your newborn are prepared for a comfortable stay.

Packing for Delivery:

- Health insurance card and birth plan
- Cell phone & charger, list of people to call
- Toiletries
- Comfortable clothing, slippers, and pillow
- Nursing bra and nightgown or robe that opens in front
- Snacks and money for vending/cafe/terea for you and your partner
- Outfits for you and your newborn to wear home
- Approved and installed car seat



NUTRITION & SUPPLEMENTS

3rd 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, weight may taper off in final weeks
- Your weight and an estimation of your baby's weight will be checked at each doctor's visit
- Eat small meals and eat more frequently to minimize indigestion

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)
Underweight	Less than 18.5	28-40	1 (1-1.3)
Normal Weight	18.5-24.9	25-35	1 (0.8-1)
Overweight	25-29.9	15-25	0.6 (0.5-0.7)
Obese (includes all classes of obesity)	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 **THIRD** TRIMESTER

Third Trimester Prenatal Exams

Expect a prenatal visit every 2 weeks. Each visit is an opportunity to ask questions and share fears and concerns.

- Weight, blood pressure, fetal heart rate checked
- Abdomen and uterus measured
- Urine checked for protein or sugar
- Legs, ankles, and feet checked for swelling
- At 36 weeks cervix will be checked

Third Trimester Screening & Diagnostic Tests*

- Screen for gestational diabetes if not yet screened
- CBC (Complete Blood Count) to test for anemia
- Rh Antibody Test for antibodies at 28 weeks
- GBS (Group B Streptococcus)
- HSV (Herpes Simplex Virus)

* The American College of Obstetricians and Gynecologists (ACOG)

CHILDBIRTH CLASSES, TOURS & SIBLING PREPARATION



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

Facility Tour:

- Become familiar with layout of facility
- Learn about resources and policies
- Review care plans for labor, delivery and post-delivery care

Sibling Preparation

Sibling preparation classes can help an older child prepare for the new family member. Classes typically use dolls to show the older child what a baby is like and demonstrate newborn care such as holding and feeding a baby and changing diapers. Often craft projects are part of these classes and children draw pictures or prepare a gift for the new baby.

YOUR BABY'S MOVEMENT



Some babies are acrobats while others are less active in the womb. Pay attention and get a sense of your baby's unique rhythm.

If You Detect a Sudden Decrease in Movement:

- Remember, babies sleep and are not active all of the time.
- Lie on your side and count any movement for 20 minutes.
- This is known as "kick counts."
- If you detect inadequate movement, call your healthcare provider. They can order a nonstress test (NST) to record fetal heart rate and activity.

MEDICAL ISSUES IN THE THIRD TRIMESTER



There are medical conditions that can develop in late pregnancy relating to a mother's health, a baby's health, and labor and delivery.

Preeclampsia: high blood pressure, swelling or fluid retention, and protein in the urine

ROM: rupture of the membranes (amniotic sac) is normal and results in a watery fluid leak. It can signify the beginning of labor

PROM: labor that does not begin soon after ROM is premature rupture of the membranes

Preterm Labor: regular contractions that lead to cervical changes before 37 weeks of pregnancy

Late and Post Term Pregnancy: late term refers to a pregnancy that is 41 weeks while post term refers to a pregnancy that lasts 42 weeks

Induction: use of medication to attempt to create labor or contractions

BENEFITS OF BREASTFEEDING



Breastfeeding is the natural way to nurture and sustain your baby. Breastfeeding can be challenging for a new mother and baby. Lactation consultants can help when challenges arise.

Benefits for Baby

- Breast milk has maternal antibodies that protect the baby
- Breastfed babies have less gas, constipation, and general feeding issues
- Proteins and fat in breast milk are easy to digest
- Breastfeeding has been found to reduce risk of becoming overweight
- Promotes mother-baby bonding

Benefits for Mother

- Convenient, available, and cost effective
- Helps the mother's body heal
- Reduces lifetime risk of breast cancer
- Promotes mother-baby bonding



VAGINAL DELIVERY



Call your healthcare provider:

- When your water breaks
- When you have contractions that are 45-60 seconds every 3-5 minutes for an hour if this is your first baby
- When you have contractions that are 45-60 seconds every 5-7 minutes for an hour if this is not your first baby

Pain management:

- Breathing and relaxation techniques
- Epidural: regional anesthetic that does not alter yet relieves pain by loss of sensation

Delivery and settling in after the birth

Assessments and treatments for the baby and mom after the birth. Mom and baby will be taken to a postpartum room at the appropriate time. Expect a 24-48 hour hospital stay for a routine delivery.

C-SECTION DELIVERY



Cesarean Sections or C-sections involve surgical removal of the baby and placenta. They can be planned or unplanned. Women who have an unscheduled C-section will go into labor.

Common Reasons for C-Section:

- Twins and multiple births
- Previous C-Section, cervix fails to completely dilate, fetal heart rate indicates distress
- Outbreak of genital herpes going into active labor
- Medical reasons that make a vaginal delivery unsafe for mother or baby

Surgery and Hospital Stay After Delivery

The C-Section surgery typically takes 1-2 hours of total time in the operating room. Small doses of pain medication may be needed to cover your post C-Section pain relief. Uncomplicated C-Section delivery typically requires a 2-4 day hospital stay. Full recovery takes 6-8 weeks.

PREPARE A SAFE ENVIRONMENT FOR BABY



Preparing a safe environment for your baby in advance of the delivery gives you a head start and peace of mind that your bundle of joy will be safe.

Car Seats & Strollers

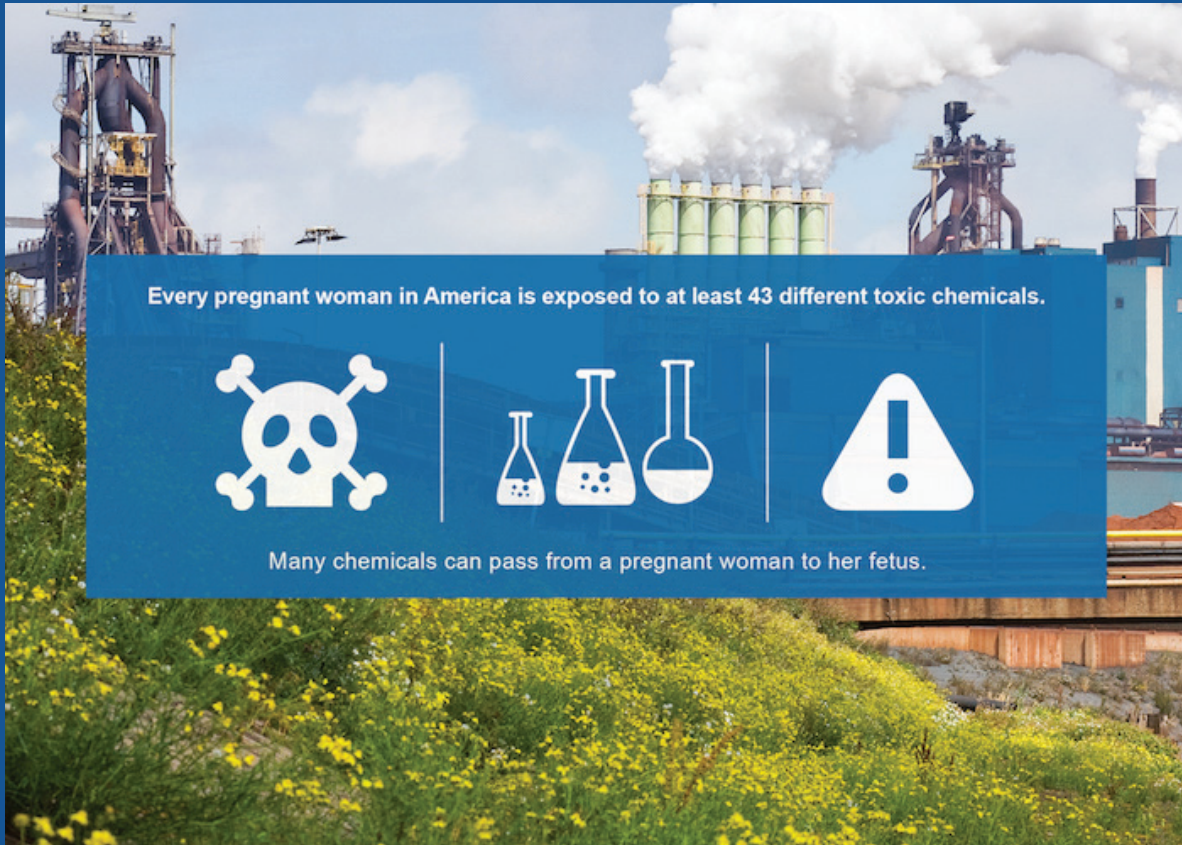
- You will need a properly installed rear-facing car seat in the back seat of your car to take your baby home.
- Many parents choose a travel system that includes a car seat that fits directly into the stroller.
- One size does not fit all with infant strollers and you may find that having multiple strollers is helpful for different situations.

Sleep Environment*

- The risk of SIDS is reduced by 50% when baby shares a bedroom with parents but not the same sleeping surface for the first 6 months.
- Put the baby down to sleep on their back.
- The crib should be bare except for a tight-fitting sheet.

* The American Academy of Pediatrics (AAP) recommendations

ENVIRONMENTAL EXPOSURES



Every pregnant woman in America is exposed to at least 43 different toxic chemicals.



Many chemicals can pass from a pregnant woman to her fetus.

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
- Air travel is not recommended after 36 weeks.



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

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
- Swordfish
- 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

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Close

We hope you enjoyed the Virtual Self-guided Wellness Exhibit **Wellness During Pregnancy, Third 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 the final stage of your pregnancy journey as you approach delivery. You are now ready for the **Wellness During Pregnancy, Third Trimester** Challenge to put these practices into daily living.

