

Staying Healthy Throughout Your Pregnancy



- Consult Your Doctor – Before you start exercising, see your physician. Your doctor should help you figure out how many extra calories you should be getting, how much weight you should gain throughout pregnancy, and how much exercise to participate in.
- Be Active! Staying active increases energy levels, boosts your mood and decreases bloating and constipation.⁹
- Eat Healthy – Fruits and Vegetables provide easy ways to get important nutrients to you and your baby.
- Everyone is Different. What is healthy for one person may not be healthy for someone else.

The Benefits of Breastfeeding

Breast milk provides many nutrients and antibodies (helps your immune system) to help the growth and health of baby.

Studies are linking breastfeeding to lowered rates of obesity among preschool age children.¹⁰

Current recommendations are to exclusively breastfeed for at least 6 months, however, US studies show a much lower rate.

- ✓ Nationally 74% women report breastfeeding initially, 43% still breastfeeding after 6 months.⁷
- ✓ Illinois: 72.5% women breastfed initially, 40.9% still breastfed at 6 months.⁷
- ✓ In Chicago, 66.5% initially breastfed, while 36.2% were still breastfeeding at 6 months.⁸
- ✓ The most common reason (54%) not to breastfeed was that the mother 'didn't like it'.⁸

Health and Wellness for Your Infant

- Know baby's hunger cues such as, increased alertness and activity and putting his/her hands to mouth. Crying often occurs at late stage hunger.
- Let Baby Move – rolling, lifting head, crawling, and tummy time are all great forms of exercise.
- For baby's first year, only breast milk and formula should be put in a bottle.



Key Nutrients During Pregnancy and Breastfeeding

Reference: 1-6

1. **Iron** – Deficiency can lead to low birth weight, excessive blood loss during delivery, and can delay baby/infants motor and brain development.

Sources: Red Meats, Egg Yolks (cooked), Spinach, Beans, Cereals/Grains (iron enriched)

2. **Calcium** – Increased bone loss for mother during pregnancy to help baby grow. It's also needed for breastfeeding.

Sources: Milk, Cheese, Yogurt, Spinach, Broccoli, Almonds, Tofu, Salmon

3. **Vitamin C** – Protects against infection, preeclampsia (steep rise in blood pressure) and pre-term delivery.

Sources: Fruits (Kiwi/Orange/Strawberries), Vegetables (Red Bell Peppers, Broccoli, Brussels Sprouts)

4. **Folic Acid (Folate)** – Decreases neural tube defects (NTD) in babies.

Sources: Beans, Broccoli, Bananas, Fortified Juices, Asparagus, Peanuts, Avocados

5. **Vitamin D** – Promotes bone health and helps to prevent rickets (softening of bones) in infants.

Sources: Sun Exposure (10-15 min), Fortified Dairy and Juice Products (milk/orange juice), Fish

6. **Omega-3 Fatty Acids** – Low levels have been associated with depression in mothers and brain development issues with baby.

Sources: Fish (salmon, cod, haddock, tilapia, sardines), Oils (flaxseed, canola, soybean), Walnuts, Flaxseed

Sources:

Ellyn Satter Associates – www.ellynsatter.com

La Leche League International – www.llli.org

www.kidshealth.org/parents

WIC (Women Infants and Children) Program - www.dhs.state.il.us/page.aspx?item=30513

www.mypyramid.gov

www.healthywomen.org

For More Info visit CLOCC at www.clocc.net or (312)-573-7759

References:

For a complete list of references please refer to the CLOCC Early Childhood Working Group webpage, located at www.clocc.net

Pregnancy Breastfeeding and Your Baby's Health

