

DVD Worksheet Key, Page 2

Constipation

The iron in your prenatal vitamins may cause constipation.

Consult with your doctor before taking a laxative or stool softener.

Heartburn

You can help to avoid heartburn by...

- Eating 6-8 small meals a day.
- Eating slowly and chewing food well.
- Avoiding deep fried, greasy, and spicy food.
- Drinking fluids between meals.
- Avoiding citrus fruits and juices.
- Going for a walk after meals.
- Avoiding lying down right after eating.
- Taking antacids (check with your doctor first).
- Raising the head of your bed with pillows.



Adding weight during pregnancy is natural - just keep track to make sure you are adding enough!

12. You should avoid ibuprofen or **aspirin** while you are pregnant.

13. Pregnancy is a time of intense **emotions**. Probably more so than any other time in your life.

14. **Hormones** and uncertainty can sometimes make you feel like an emotional yo-yo.

Pregnancy Diet

15. Eating a healthy **diet** is extremely important while you are pregnant.

16. Your doctor may recommend **prenatal** vitamins.

17. Gaining the right amount of **weight** by eating **healthy** food is extremely important in your pregnancy.

18. Women who are at a healthy weight before becoming pregnant should gain between **25** and **35** pounds. You're likely to gain **2** - **4** pounds in the first three months of your pregnancy, and about one pound a week after that.

19. Your doctor will help you to determine the **ideal** amount of weight to gain based on your situation.

20. Exercise during pregnancy has many benefits, including preparing you for **labor** and childbirth.

21. It's best to try and exercise at least **30** minutes a day.

22. What are some of the other benefits of exercise?

Answers may vary. Some should include: keep you from gaining too much weight; help ensure you and your baby get plenty of oxygen; reduce backaches, constipation, bloating, and swelling; improves sleep, mood, and posture. Can help or treat gestational diabetes.

23. Always talk to your doctor about **exercise** during your pregnancy.

24. What are some of the risks of smoking during pregnancy?

Answers may vary. Some should include: premature birth and pregnancy complications, keeps oxygen and nutrients from reaching the baby, women are more likely to have tubal pregnancies, vaginal bleeding, placental abnormalities, low-birth weight babies, and stillbirths.

25. Smoking can cause **low-birth**-weight babies. Low-birth-weight babies may have an increased risk for certain chronic conditions as adults.

