



Early Pregnancy

PRE-NATAL CLASS
SYDNEY ADVENTIST HOSPITAL



The Sydney Adventist Hospital logo represents our heritage and our future. The logo is in the form of a cross, made up of three stylised symbols: the serpent on the pole, symbolising healing; the book, representing the story of God's care recorded in the Bible; and the flame, representing the Spirit of God.

Taken together these symbols represent the activity of God in the world. His generosity toward vulnerable people restores them to physical and mental health, and places them in a community of compassionate people, who support each other. God's example inspires us to reach out to others in the same way. The book is open, the flame is alight, the serpent is spiralling, representing our welcome to you to join us in our mission of seeking wholeness, and the richness of life.

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INTRODUCTION

Sydney Adventist Hospital's Early Pregnancy Website has been designed to give you an introduction to pregnancy and to help you start your preparation for the arrival of your new baby. We realise that many couples today have little experience with babies, or the changes that occur in lifestyle, during pregnancy and following the birth.

Pregnancy is a period of growth for you as an individual and as a couple, as well as for your baby. Now is the time to acquire the knowledge to prepare yourself adequately for your new arrival. There are some skills you will need to develop, and significant changes will occur in your thinking.

PREPARING FOR YOUR BABY'S ARRIVAL

BABY'S FIRST CLOTHES

Your baby will need a small wardrobe of basic daily clothes. you will probably be able to supplement this basic wardrobe with clothes you receive as gifts after your baby is born. Buy 0 or 00 size clothing as 000 lasts only a few weeks. Friends may also offer you clothes that their baby has quickly outgrown.

Here are some suggestions:

- 4-6 cotton singlets.
- 6 pairs of pilchers or waterproof pants. Plastic ones may aggravate nappy rash in new born babies, so avoid these for at least the first three months.
- 36 towelling or fleecy cotton nappies. This should be enough to last 18 months.
Terry towelling nappies are the most absorbent; fleecy cotton nappies are less absorbent but are made larger for more absorbent multi-layered folding.
- Nappy liners. These can help in dealing with soiled (cloth) nappies.
- Nappy pins or clips.
- Disposable nappies. It is a good idea to have some of these handy, or you may choose to use them all the time.
- 6 nighties or all-in-one jump suits (buy to suit season). The jump suits are

suitable for day or night wear.

- 1 or 2 "going out" outfits. You may get some as gifts.
- 4 (or more) pairs of booties or socks.
- 2-4 jackets or cardigans, for going outside in winter.
- Summer hat for sun protection. Avoid those with too many ribbons or frills.
- 4-6 muslin or cotton wraps for summer.
- Cloth nappies are also good to use when burping baby in case of small vomits.

New nappies and baby clothes should be washed before use.

BABY'S TOILETRIES

You will need:

- Baby bath solution (optional). Most babies' skin is sensitive to perfumed soaps, so only buy products suitable for their use.
Not all babies need to be bathed in soap, water is fine.
- If your baby's skin is dry baby oil or olive oil can be used to massage onto baby's skin after the bath.
Do not put in the bath, as baby will become too slippery. Sorbolene is also good and can be rubbed in as massage after bathing.

- Cotton wool buds. (These are only for cleaning around the umbilical cord site in the first weeks **not for cleaning ears**)
- Flannel/washer.
- Baby hairbrush and comb.

BABY'S LINEN

- 4-6 sheets. You can buy bassinette size, or you may prefer to buy cot size which can be folded to fit a bassinette or cradle.
- Blankets: open weave, wool, microfibre or cotton blankets are fine. Doonas or quilts are not recommended.
- 2 towels (older thin towels make it easier to handle baby).
- Mattress protector - preferably, opt for one without plastic. The protector should be placed only under the baby's lower half. Never cover the mattress with plastic or a plastic bag.
- Baby's sheepskin. Suggested use: for floor time and play time. Do not use in a cot or pram. Always cover sheepskin with a sheet to prevent baby inhaling the tiny fibres.
- When deciding on appropriate equipment for baby look for Choice Guide to Baby Products for information. When buying, look for the Australian Standards logo. Other sites for useful information include Department of Fair

Trading and Kidsafe. Contact details page 19 and 20.

OTHER EQUIPMENT

- A nappy bucket with a firmly fitting lid, if using cloth nappies.
- Baby bath.
- Change table or area - should be stable and at a comfortable height. Always do up harness/restraint.
- For maximum safety, choose a high chair fitted with a suitable harness system.
- From July 1998, all new and second hand cots sold in Australia must comply with the Australian Standard AS 2172.
- Provide a safe sleeping environment for baby. Refer to the SIDS & KIDS safe sleeping brochure or website www.sidsandkids.org.au
- Bassinette, cradle or cot. The recommended distance between the side bars is 50-85 mm to prevent limb entrapment. Check for Australian Standards label. Make up as per Sudden Infant Death Association recommendations (see Sids and Kids leaflet).
- A firm well fitting mattress. It should fit the bassinette or cradle snugly, so that little limbs can't get caught between the

mattress and bassinette sides.

- Pillows are not recommended - they can be dangerous in the first 2 years. Babies should be put to sleep on their back as recommended in the Sids and Kids brochure.
- Toys should encourage development and be without sharp edges or small detachable parts. Toys should not be placed in the cot with the baby.

- Do not use bumpers, nets, wedges or soft toys in the cot or cradle.
- A stroller. These are expensive and care should be taken to find one that is safe and appropriate to your needs. Look for the **Australian Standards logo**.

SAFETY - PLAN AHEAD

Babies develop quickly and time will pass rapidly once baby arrives. You need to be aware of your new responsibility and help your child grow safely. Safety in the home is very important - most accidents happen in the home. Consider doing a First Aid course - contact Red Cross or St John's Ambulance for course details.

HOME SAFETY

FLOORS

- Check for worn patches, loose edges and rugs that may cause you to trip or slip when carrying baby or when carrying hot liquids.
- Secure rugs and mats.
- Stairs - do you need a safety gate?

HOT LIQUIDS

It is safer not to drink hot liquids while breastfeeding or bottlefeeding your baby.

- Turn saucepan handles to the back of the stove. Place cups of tea/coffee out of baby's reach and away from the edge of tables.
- Always check the temperature of bath water.
- Baby's bottles should not be heated in a microwave as they heat unevenly.
- Ensure small children can't turn hot water taps in the bath.

TAKE CARE WITH ELECTRICAL APPLIANCES

- Cords of electrical appliances should be out of reach.
- Always turn off and unplug electrical appliances when not in use.
- Remove electrical appliances from the bath area when not in use, eg shavers and hair dryers.
- Place safety plugs in spare powerpoints.

FIRE

- Place a guard around wood or gas fires.
- Check the flammability of your child's clothing.
- Plan an escape route from your home in case of fire.
- The Fire Department recommends smoke/heat detectors in every home.
- Have a fire blanket available near the kitchen.

WATER

- Always check the temperature of baby's bath water.
- Never leave a small child unattended in the bath, shower or anywhere around water.
- Have non-slip mats in the bath.
- Swimming pools should be properly fenced.
- Cover fish ponds etc. securely.
- Keep nappy bucket lids firmly in place and up off the floor.
- Check outside that buckets or containers have not filled with water after a rainy day.

REMEMBER: A SMALL CHILD CAN DROWN IN A FEW CENTIMETRES OF WATER.

FURNITURE AND EQUIPMENT

- Never leave your child unattended on a change table, bed or high chair.

- Baby walkers are not recommended.
- A bouncinette should be used on floor level only and under adult supervision.
- When using a stroller or high chair the restraining straps should be firmly adjusted. Supervise your child at all times.
- Fit latches for doors, cupboards and drawers.

POISONS

- These include medicines, alcohol, cleaning liquids, dishwashing machine detergents, etc.
- All dangerous substances should be stored out of reach or locked away. (Don't forget that children can climb).
- Cupboards should be secured with child-proof latches.
- Garages and tool sheds should be securely locked, and weed killers, fertilisers and tools should be inaccessible.
- Keep all dangerous products in their original containers, not in anything that would normally hold food or drink.
- Avoid taking medicines in front of your children. Do not call medicines 'lollies'.
- Before giving medicines to your children, **READ THE LABEL** and give the prescribed dose.

REMEMBER: CHILDREN CANNOT BE POISONED BY SOMETHING THEY CANNOT REACH.

Phone the Poisons Information Centre immediately if you suspect your child has swallowed a non-edible substance.

POISONS INFORMATION CENTRE:



**Poisons
Information**

13 11 26
24 hours

SAFETY IN THE CAR

- You must continue to wear a seat belt while pregnant. For comfort place the lap section across your hips.
- It is compulsory by NSW law to have your child restrained in an approved child restraint.

Information is available from Motor Registry Offices and the Roads and Traffic Authority - see their website for more information.

Most cars will have anchorage points in them for fitting the restraints. There are approved fitting stations to assist in the fitting of restraints, and rental plans are available. Call the RTA for the location of your closest fitting station.

- Install a child restraint before your baby is born.
- It is illegal in NSW to put a child restraint in the front seat that is fitted with an airbag.
- Never leave your child unsupervised in a parked car.
- Remember that the interior of cars become very hot, so provide suitable protection from heat and glare, but not directly over the capsule or car seat. Sun protectors for car windows are a better option.
- Babies and children can quickly become dehydrated in a hot car.

HOW WILL YOU FEED YOUR BABY?

The Sydney Adventist Hospital encourages and supports breastfeeding. During the antenatal period, it is an ideal opportunity to find out about this unique gift that you can give your baby. Breastfeeding is a learned skill that sometimes takes time and perseverance initially, but becomes a very rewarding experience. Knowledge about how breastfeeding works and support during the early weeks will ensure the best possible outcome for you and your baby.

WHAT CAN I DO TO PREPARE FOR BREASTFEEDING?

- **Attend the antenatal breastfeeding class at the San.** This is a class that covers the benefits of breastfeeding; anatomy and physiology of the breast; attachment and positioning of a baby to the breast; how to overcome problems that you may encounter, and what to expect in the first few weeks.
- **Websites that you may find helpful:**
www.breastfeeding.asn.au
www.swahs.nsw.gov.au/karitane
- **Recommended text for breastfeeding:**
Australian Breastfeeding Association, (2003). *Breastfeeding...naturally*. Merrily Merrily Enterprises Ltd. Australia.
Cox, S. (2004). *Breastfeeding with Confidence: A do-it-yourself guide*. Finch Publishing, Sydney.

- **There is no special nipple preparation required for breastfeeding.** Please contact the lactation consultant at SAH if you wish to discuss any concerns with your breasts prior to having your baby. The lactation consultant is available for up to 6 weeks after discharge for any problems with breastfeeding.

STAGES OF MILK DEVELOPMENT

- From about the third month of your pregnancy your breasts start to produce a thick, sticky substance which is often referred to as pre-colostrum. A few women see this substance leaking from their nipples late in the pregnancy.
- The first milk the breasts produce is colostrum. Colostrum is a thick, sticky, rich looking substance which is yellowish in colour. Although small in volume colostrum is high in nutrients, supplying the baby with all it needs.
- Between the second and fifth day after delivery your milk will start to come in. The timing does depend on how much stimulation your breasts have had from baby and your own state of well-being. Most people notice their milk is coming in because their breasts feel a little heavier or fuller. Mature milk looks thin and is a bluish-white colour. It may take about 6 weeks to fully establish breastfeeding.

BREAST MILK IS UNIQUE FOOD

Babies needs change depending on their age. The composition of breast milk changes continually to meet these needs. These changes occur depending on the time of day or night, as well as on a day-to-day and month-to-month basis, making your breastmilk a unique food.

ADVANTAGES OF BREASTFEEDING

Breastfeeding has advantages for your baby and for you:

- Breastfeeding promotes bonding between mother and baby.
- Breastmilk is species specific. It contains ingredients that are not found in any formula, making it a complete food for the first 6 months (NSW Health 2004).
- It is easily digested and absorbed. Breastfed babies rarely get constipated.
- It is portable and always available at the right temperature.
- Babies who are breastfed show a reduced incidence and severity of symptoms for eczema and asthma, inner ear and respiratory tract infections and gastro-intestinal upsets (NSW Health 2004).
- The American Academy of Pediatrics strongly endorses breastfeeding for infants and non-introduction of cow's milk protein in infants in families with a strong history of insulin dependant diabetes. (NSW Health 2004).

- There is some protective effect of breastfeeding against different childhood cancers. (Davis, 1998).
- There is a reduced incidence of osteoporosis with breastfeeding. (Davis, 2001).
- A recent study, (Karson et al, 2002), indicates that women who spend a cumulative two or more years breastfeeding were 50% less likely to develop rheumatoid arthritis.
- In adults, cholesterol levels appear to be lower in those who had been breast-fed compared to those who were formula fed. (Owen et al, 2002).
- Several studies have shown a possible protective effect of breastfeeding against obesity. (NSW Health, 2004a)
- Mothers who breastfeed have a reduced risk of developing ovarian cancer and premenopausal breast cancer. (Labbok 1999).
- Breastfeeding provides a positive economic advantage for families. Formula can cost up to \$1,400 per year.

Remember that breastfeeding, like most aspects of parenting, is not necessarily instinctive, and needs to be learned. Most mothers can breastfeed successfully if they understand the process and are prepared to seek help if difficulties arise.

CAN BREAST MILK UPSET MY BABY?

Certain substances such as alcohol, nicotine and caffeine are known to pass into breast milk. However, little scientific evidence is available as to whether

foods such as oranges, spices, onions or cabbages will upset your baby.

Everyone is different. If you find that there is a constant relationship between a food you eat and your baby being upset, then it is a good idea to avoid that food, but beware of restricting your diet unnecessarily because of a once-only episode. It is often hard to work out why your baby is having a difficult day - don't always blame food.

BREASTFEEDING AND THE WORKING MOTHER

Some women will return to work whilst their baby is still young. It is possible to work and to continue breastfeeding. While you are in hospital, learn the correct way

to express and store breast milk. You will need to express and store regularly while at work, and the milk will need refrigeration. Milk can be stored in the back of a refrigerator for 3-5 days or frozen for later use.

BREASTFEEDING THE PRE-TERM OR SICK BABY

Babies born early, or those who are not well after birth, may not be able to breastfeed from you immediately. Initially breast milk may need to be given via a tube that is placed through the baby's nose or mouth into their stomach. The midwives will show you how to express breast milk and help you to establish your feeding as your baby learns to suck.

EARLY CHILDHOOD HEALTH SERVICES

Services provided include:

- Assistance and support with infant feeding.
- General advice on such matters as immunisation, sleep behaviours and nutrition of infants and young children.
- Assessment of growth and development, including hearing and vision.
- Information on post-natal issues, availability of resources and health information.

- Pre-school screening.
- Referral to other services if required.
- Settling Classes.

Most centres run 'parent' groups to encourage networking between parents. Appointments are necessary for your first visit and it is requested that you have your baby's Blue Book available for each visit. For your closest and most convenient group, look under 'Early Childhood Centres' in the phone book.

THE CHANGES THAT COME WITH A BABY

Expectations about the baby and how you see yourselves as parents will depend on factors such as:

- The memories of your own upbringing, both positive and negative.
- The other demands on your energy, such as personal interests, finances, social commitments and available time.
- Your view of yourself - will you be at home, juggling careers or sharing the career role? Are you feeling happy or constrained?

You may be eager to read some of the books available, and adjusting to, your new role as parents.

The costs involved in pregnancy extend beyond the hospital and doctors' expenses. They may include loss of income, leisure time, spontaneity and self-confidence. Keep in mind that day-to-day practicalities continue to make demands on you, and don't stop the day your baby is born. Other activities such as career advancement and further studies may come to a halt.

Being a patient can be a new experience - a stay in hospital affects your privacy and may give you a feeling of being not quite in control. Your labour and delivery will be unique. It may be a time of mixed emotions, of having your baby, but not fully knowing what to expect next. While you are in hospital, you will learn a great deal.

Speak to the staff and take the opportunity to attend demonstrations, videos, and ask questions. Let the staff know your concerns.

It takes a great deal of time to get the household into some sort of pattern when there is a new baby in it. There is often an expectation that everyone will settle into a routine - yet it is a routine that will need to change frequently to accommodate baby's changes in sleep, eating and growth. As your confidence and familiarity grow, it should become easier to plan, decide and act.

The hardest decisions can be to ask for help and take advice. Often new parents seem to criticise themselves for not knowing by instinct how to cope with their baby. Much of baby care is a learned process. If you have a multiple birth, there is all the more reason to source information on available resources, for both equipment and advice.

At home, you can be unaware that your difficulties are similar to many other parents. You may feel that it is only you that has hassles and can't get organised. Make the effort to develop and maintain a new social network that can accommodate the needs of you and your baby. Seek out information and support from formal and casual sources, for example, Health Centres, Home Help agencies, study and recreational groups, and play groups.

For some mothers, post-natal depression can become an issue. It is a lot more common than people think. Its symptoms can range from fatigue, disorganisation and disinterest, to depression that can be crippling in its intensity. Should this happen to you, help should be sought through your doctor, hospital or health centre.

GOING HOME WITH A NEW BABY

When you return home with your baby, you will be trying to balance a range of needs and demands:

- The baby's physical care and security;
- Your own physical and emotional needs;
- Your partner and relationship;
- Contact with extended family and social groups (or lack thereof);
- Many of you will have commitments to return to paid employment.

Therefore try to establish and maintain:

- Time each week that is for YOU, eg library, sport, craft.
- Time to share with your partner, both baby and non-baby interests, and the opportunity to continue your previous relationship.
- A new social network that includes your baby's timetable, needs and activities.
- New friends - go along to play groups, discussions and child-minding groups.

- Your confidence - be aware of how vulnerable you are to the comments and criticisms of others. Consider their suggestions and if they suit you and your baby, use them. If not, trust yourself and your feelings, and do otherwise.
- Knowledge of the resources, activities and services in your area. Some are listed in this brochure and much more information is available through Community Information Centres and Early Childhood Health Centres.

HEALTHY EATING DURING PREGNANCY AND BREASTFEEDING

[Source: Dietitians Association of Australia]



FOOD GROUP	ONE SERVE =	PREGNANCY	
Dairy Products <i>(preferably low fat)</i>	250ml milk/ soy milk	2-3 serves	
	250g yoghurt	BREASTFEEDING	
	30g cheese	3-4 serves	
Breads and Cereals <i>(preferable wholemeal)</i>	2 slices of bread	4-6 serves	
	1 cup cooked rice/ pasta	BREASTFEEDING	
	1 cup cereal	6-10 serves	
Meat/Meat Alternatives	60-90g lean meat	1-2 serves	BREASTFEEDING
	2 eggs		2 serves
	1 cup cooked beans		
Fruit/vegetables	½ cup cooked veg	4 fruit	4 fruit
	1 cup salad veg	4-5 vegetables	4-5 vegetables
Fats/oils		1-2 tablespoons	1-2 tablespoons
Alcohol/caffeine drinks		No alcohol	No alcohol
		2-3 cups tea	2-3 cups tea

RECOMMENDED DAILY INTAKE DURING PREGNANCY AND BREASTFEEDING

Dairy

Dairy products are essential to provide calcium for the development of strong teeth and bones. Low fat varieties are the best way to keep your fat intake down yet still giving your baby the amount of

calcium it needs. Other food sources that contain calcium include - fish bones in sardines and salmon, you can also get smaller amounts of calcium from plant sources such as broccoli, legumes/tofu, almonds and fortified soy and rice milk. Breastfeeding mums have the highest calcium needs of all people. If you find it hard to eat the large amount of dairy products recommended, discuss the use of a calcium supplement with your doctor.

Breads and Cereals

Higher fibre breads and cereals such as wholemeal and wholegrain varieties are best. Fibre helps to prevent constipation and may also help lower blood cholesterol levels and improve blood sugar control. It is also satisfying and can help prevent hunger and assist with weight management.

Iron

Meat is a rich source of iron and protein - both essential during pregnancy and breastfeeding. Red meat is the richest source followed by chicken and fish. For those who choose not to eat animal products, iron is found in legumes, green leafy vegetables, nuts, fortified cereals and dried fruit. The iron from non-meat foods is absorbed more readily if a food containing Vitamin C is eaten at the same meal, eg. citrus fruits, fresh fruit juice, tomatoes or capsicum.

Fruit/Vegetables

Fresh fruit, vegetables and fortified breakfast cereals are an important source of folic acid, as well as fibre and minerals. Include as wide a variety as possible, including fresh fruit and raw vegetables or salad at most meals.

Fats and Oils

Use margarine or avocado sparingly on bread and keep to small amounts of olive or canola oil for cooking. Remember saturated fat is often hidden in foods such as dairy products, pastries, cakes, biscuits and take-aways. Use low-oil, no-oil, or fat free dressings.

EXTRAS

ALCOHOL - Women are advised to avoid alcohol during pregnancy, and to limit caffeine consumption. Both caffeine and alcohol are known to pass into breast milk.

HERBAL TEAS - During recent years, herbal preparations have become increasingly popular in Australia and in other Western countries. Many herbs have medicinal effects and may act like drugs in your body. It's important to learn about the herbal teas before you try new ones.

- Some herbs contain toxic compounds and may also be contaminated with other herbs, weeds, seeds, lead or arsenic.
- If you choose to drink herbal teas, then choose a reputable brand and consume in small quantities eg. chamomile, peppermint, rosehip, lemon and ginger.
- It is not recommended that herbal teas be given to babies or young children.

LISTERIOSIS

Listeriosis is an illness caused by eating food contaminated with the organism *Listeria Monocytogenes*. Healthy adults are not normally susceptible to *Listeria* infection, as they have a more mature immune system but unborn babies and new born infants may develop meningitis.

Listeria contamination can be minimised by good hygiene practices and adequate refrigeration of all prepared foods (especially salads, meat products and

dairy products).

Special advice to pregnant women:

- 1 Eat only freshly prepared foods.
- 2 Avoid eating dips.
- 3 Avoid high risk foods such as:
 - pates, pre-packed sliced meat products, cooked diced chicken (as used in sandwich shops)
 - soft cheeses (such as brie, camembert and ricotta). These are safe if cooked and served hot.
 - previously prepared coleslaws and salads and all unpasteurised dairy products eg. soft serve icecream.
 - uncooked smoked fish, smoked shellfish and any food where the standard refrigeration shelf life has expired.
 - raw eggs eg. egg flips
 - raw seafood such as oysters and sashimi.
 - sprouted seeds and raw mushrooms.

Please note: a pamphlet on Listeria is available from San Nutrition.

MERCURY

Given the unresolved concerns regarding mercury exposure and pregnancy it is recommended that pregnant women limit their consumption of certain types of fish:

Shark (flake), broad bill, marlin and swordfish should be limited to no more than one serve per fortnight. For orange roughy (sea perch) and catfish, the advice is to consume no more than one serve per week. In both cases no other fish is to be consumed. For other fish/seafood two-three serves per week is safe as well as recommended. (FSANZ 2004).

FOOD ALLERGY

If a strong family history of allergies exist please consult your allergy specialist regarding the avoidance of particular foods during pregnancy and breastfeeding.

EXTRA NEEDS FOR PREGNANCY AND BREASTFEEDING

The additional kilojoules recommended each day in the last months of your pregnancy is 600KJ ie 150 calories. This can be provided by:

- A piece of fruit and a glass of low fat milk, OR
- A small piece of cheese and a slice of bread, OR
- A carton of natural yoghurt or low fat fruit yoghurt.

For breastfeeding you need an extra 1900 KJ (450 cal).

WEIGHT GAIN DURING PREGNANCY

The average weight gain 10-13 kg during your pregnancy. If you are overweight at the beginning of your pregnancy, it is not advisable to diet strictly.

Most women gain an average of 1½ - 2 kg a month over the last six months, although there is some variation from person to person. Strict diets are not recommended while pregnant or breastfeeding.

SIDE EFFECTS OF PREGNANCY

During the first 3 months of your pregnancy it is normal to feel tired at the end of the day. Your body is working hard to adapt to the demands of pregnancy. By the time you are 12 weeks pregnant all of your baby's major organs have been formed. Baby has grown in length from 5mm (a grain of rice) at 6 weeks of age to the size of your little finger by 12 weeks of age. From now on baby grows in size and parts of it's body mature.

CONSTIPATION

Constipation may occur as a result of hormonal changes which relax the muscle of the bowel. It can be aggravated by iron tablets. Increasing your fluid and fibre intake, together with regular exercise, can help.

To increase fibre intake, eat more:

- Wholegrain breads and cereals, including wheat or rice bran.

Don't expect to return to your previous weight as soon as your baby is born. Remember that new mothers are not meant to look like teenage models! Healthy food choices, breastfeeding and regular exercise can help you to return to your normal weight after birth.

- Fruit and vegetables.
- Legumes and nuts.
- Try adding one tablespoon of psyllium husks to your breakfast.

HEARTBURN

Heartburn or indigestion is a common problem, especially in the second half of pregnancy. The following ideas may help:

- Have small, frequent meals.
- Avoid greasy, spicy foods.
- Drink fluids between meals, not with them.
- Have sips of milk or peppermint tea.
- Avoid bending or lying down one-two hours after eating.
- Raise the head of your bed.

PHYSICAL PREPARATION

Preparation for childbirth involves both physical and psychological adjustments. Pregnancy is a time to maintain a level of fitness rather than to suddenly increase activity or focus on weight loss. Although light to moderate exercise in pregnancy is ideal for most women, there are occasionally conditions which preclude you from exercising. Always check with your Doctor before embarking on an exercise program. Do not despair if he/she considers it unsuitable for you to exercise as you can still practice pelvic floor exercises, breathing and relaxation techniques.

GENERAL EXERCISE

Exercise is recommended 3-4 times a week or on alternate days rather than once a week or daily.

SUITABLE EXERCISE

- 1 Walking
- 2 Swimming
- 3 Pregnancy exercise class - on the land or pregnancy aquafitness

Always remember that if you cannot continue talking throughout your exercise you are working TOO HARD.

If you experience pain or any other unexplained symptoms you must cease exercise and if problems persists consult your Doctor.

UNSUITABLE EXERCISE

Exercise that involves high impact, high intensity, overheating or hypothermia.

Remember drink plenty of water.

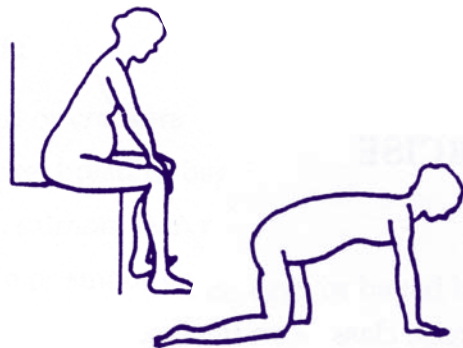
SPECIFIC EXERCISE

The hormonal changes experienced during pregnancy allow stretching of the abdominal wall and the perineum necessary to accommodate the baby during pregnancy and then at delivery. They also allow stretching of other soft tissues such as ligaments supporting the joints of your pelvis.

Pelvic Floor

Learning control and awareness of these muscles is very important. They must support the baby and pelvic organs during pregnancy and stretch at delivery.

Position for Pelvic Floor Awareness.



BACK MUSCLES

As your pregnancy progresses you will notice your back is not comfortable in any one position for a long time.

If you are still working it is important that you regularly change your position. The way you move is also important as the hormonal changes affect the stability of your low back and pelvic area. You may find you will have to alter the speed at which you change positions or walk.

Your physiotherapist will discuss aspects to be aware of when using:

Static Positions

- Lying
- Sitting
- Standing

Dynamic Positions

- rolling over
- bed to stand
- sit to stand
- getting out of the car

Be aware of your back and "try before you buy" nursery equipment. Remember to care for your posture as there is less strain on our muscles and ligaments when your body is in good alignment.

RELAXATION

You may use the time during your pregnancy to practice your relaxation which will have benefits during your pregnancy, labour and as a mother.

During pregnancy women are encouraged to continue in their normal lifestyle. However, there are changes which need to be respected by both partners. You need to find a balance between rest and activity that is comfortable for you.

Pregnancy Aquafitness Classes are also available.

Phone the San Physiotherapy Department on 9487 9350 if you have any queries about pregnancy fitness, exercise classes or treatment of any musculo-skeletal problems.

RESOURCE CENTRES

Early Childhood Centre - Look in the phone book for your local centre - a source of practical and emotional support, information on community resources and activities.

Family Care Cottages - Part of the Area Health Services - for attention to specific issue, eg settling baby, long standing feeding problems, sibling rivalry.

Tresillian/Karitane - Offers a range of services - 24 hour advice by phone, day centres and residential mothercraft hospital. Karitane Mothercraft Hospital: www.swsahs.nsw.gov.au/karitane

Occasional Child Care - Usually a maximum of 12 hours per month; can give you the opportunity to relax, shop, attend appointments, etc, while baby is cared for. Enquire at Childhood Health Centre and Community Information Centres.

Australian Breastfeeding Association - For encouragement and information concerning breastfeeding and baby issues. 24 hour phone advice and email counselling service. www.breastfeeding.asn.au

Playgroup Association of NSW - Playgroups offer mothers good social contact and the opportunity to see children at different growth stages. Playgroups give children the opportunity to play, learn and relate to their peers. www.playgroupnsw.com.au

Home Help Agencies - For long term arrangements or to help through crisis times, try Home care Service (Government run scheme - means test), or private agencies eg Dial-An-Angel and Nanny Service, Home Nursing/Midwifery Service, to name a few.

The Children's Hospital at Westmead See their website - www.chw.edu.au

Breastfeeding Clinic - Available at Sydney Adventist Hospital Monday to Friday on an outpatient basis, for up to 6 weeks after your baby is born. (There is a fee charged for outpatient consults). Contact Maternity staff for details.

RESOURCE CENTRES

Sydney Adventist Hospital Emergency Care - 24/7 state-of-the-art private emergency care facility with dedicated paediatrics beds. Phone: 9487 9000

The Childrens Hospital at Westmead www.chw.edu.au/parents

Kidsafe NSW www.kidsafe.com.au Phone: 9845 0890

First Aid - www.stjohnnsw.com.au Phone: 1300 360 455
www.redcross.org.au Phone: 1300 367 428

Department of Fair Trading www.fairtrading.nsw.gov.au

Roads and Traffic Authority - www.rta.nsw.gov.au

Poisons Information Phone: 13 11 26

Social Workers

There is a lot of joy in taking your new baby home. There is also a lot of effort and learning involved. Feel free to contact Sydney Adventist Hospital's Social Work Department on 9487 9660 about any concerns you may have.

Other Resources

Numerous other groups exist - Neighbourhood centres, Twin Clubs, Baby-sitting Clubs, Music Groups, Tapestry Groups, Technical Colleges, Kindergartens, Toy Library, etc. These numbers can be found in your telephone book.

SYDNEY ADVENTIST HOSPITAL

IMPORTANT CONTACT NUMBERS

SYDNEY ADVENTIST HOSPITAL	9487 9111
DELIVERY SUITE	9487 9111
LACTATION SPECIALIST	9487 9111
SOCIAL WORKER	9487 9660
SPECIAL CARE NURSERY	9487 9111
CASE MANAGER	9487 9449
OBSTETRICIAN	_____
PAEDIATRICIAN	_____
PHYSIOTHERAPY	9487 9350



SYDNEY
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185 Fox Valley Road, Wahroonga NSW 2076

Telephone: 02 9487 9111 Facsimile: 02 9487 9266

Website: www.sah.org.au