



St. Luke's Lullaby Club

Baby Talk

3rd Month of Pregnancy

AS YOUR BABY GROWS

Within two weeks after conception, your baby — known now as an ovum — has moved down through the fallopian tube to the uterus, where it has implanted. The following week the baby — now graduated to status as an embryo — is cylindrical in shape. Its rudimentary heart already is beating; lungs, liver buds, rudimentary eyes, spinal cord and brain are present; the nervous system is beginning to develop.

In the fourth week after fertilization, the quarter-inch baby is curved and its nose and mouth begin to appear.

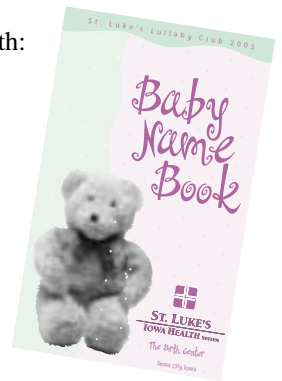
At the end of the second month of pregnancy, the embryo now becomes a fetus and looks distinctly human. It's 1 1/2 inches long. The eyes show color and begin to move. Limbs are growing rapidly and hands and feet lose that webbed look.

Welcome to Lullaby Club with TLC for Parents

As expectant parents, especially first-time parents, you've got a lot on your mind. You probably have questions on all kinds of topics. St. Luke's Lullaby Club is here to help you get answers to all your questions and help prepare you for the biggest change in your life: Becoming parents.

But hey, you're not alone! As a St. Luke's Lullaby Club member, you'll have St. Luke's with you every step of the way with:

- Newsletters for months 3-9
- 24-hour contact with registered nurses to answer your questions
- Baby Care and Parenting Manual
- Discounts on goods and services
- Baby's first bath video
- a free keepsake birth certificate
- telephone assistance from nurses
- a free "It's a Boy" or "It's a Girl" sign to announce your new arrival
- Free baby name book and totebag
- "Snack sack" to take home after your baby at St. Luke's Birth Center
- Discount on your hospital bill at St. Luke's



All these services are courtesy of St. Luke's Regional Medical Center when you have your baby here. Even if you're not having your baby with us, you can still join The Lullaby Club and enjoy these benefits: newsletters, free educational programs and seminars, Baby Hotline and baby name book.

Of course, there are many advantages to having your baby at St. Luke's Birth Center. They are listed in more detail in the St. Luke's Birth Center brochure that you should have received upon registration. Call 279-3333 for another copy if needed.

Questions? Check out TLC, My Nurse

Whether this is your first baby or your fifth, you can turn to St. Luke's for answers to any questions. Here are two ways to reach healthcare professionals with your pregnancy queries:



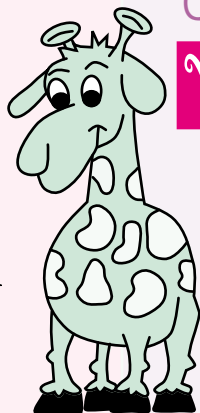
Call My Nurse, Iowa Health Information's free 24-hour health information service, to talk to a registered nurse, 24 hours a day. Call 279-3333 in Sioux City or toll-free, 1-877-242-8899, from elsewhere.

Visit St. Luke's Teaching Learning Center, 2616 Pierce St. (St. Luke's College), 8 a.m.-4:30 p.m. weekdays to talk to registered nurses about any healthcare issues, get help researching online, check out books and videotapes. Ph. (712) 279-8941.



ST. LUKE'S
IOWA HEALTH SYSTEM

The Birth Center



Choose St. Luke's: A Hospital Where Birth is Important

One of the many decisions you will make during your pregnancy is where your baby will be born. Look for a hospital that places top priority on obstetrical care and offers a full range of services to you, your baby and your family.

At St. Luke's Birth Center, our experienced staff has always placed top priority on the safe and happy delivery of babies and well-being of families. All of the options in birth, from traditional to modern, are available, augmented by warm, caring staff experienced in providing everything for you and your baby.

You can begin preparation for your baby's birth by attending a wide variety of free childbirth education classes at St. Luke's.

You and your support person will be guided through labor and delivery by a staff of nurses who have delivered thousands of babies! Your immediate family members are welcome to visit you right in the recovery room following birth, if you choose.

When you move into the mother/baby area, the same nurse cares for both you and your baby, so she can focus on helping the two of you get acquainted and well-cared for.

Should your new baby experience health problems, you can rest assured that the best care is only a step away in St. Luke's Neonatal Intensive Care Nursery with two on-staff neonatologists and a fleet of specially trained nurses experienced in the care of sick and premature infants.

To tour St. Luke's Birth Center, please call 279-3237.

You're Pregnant and Dressing for Two

Putting on that first maternity blouse or dress announces to the world that, yes, you are expecting! But when should you begin wearing maternity clothes, and what should you buy?

Make your decision on when according to your comfort. If your normal wardrobe can accommodate your expanding figure without cutting into your waist or bursting buttons, continue to wear those things. But don't wait to add roomier options to your wardrobe until you're so uncomfortable you can't bear it a moment longer.

On the other hand, slipping into maternity wear the moment you find you're pregnant may leave you looking baggy. Maternity clothes are cut with the fuller bustline and longer hems to accommodate your changing body during your pregnancy.

Most women begin wearing maternity clothes between the third and fifth months.

Clothing the pregnant woman has become a multi-million dollar industry. You can find maternity clothes for any activity for which the non-pregnant woman can dress.

Since your maternity wardrobe will serve you for only a few months, you'll probably want to purchase a limited number of items. Look through your closet for items you can continue to wear through most or all of your pregnancy. Plan what new items you will need and make each piece as versatile as possible.

To keep the cost of your maternity wardrobe in hand, consider borrowing clothes from friends. Because maternity clothes are cut to be roomy, you may be able to wear clothes that aren't really your size during at least part of your pregnancy. So if your friend is size 9 and you're a 12, it may still pay you to try her maternity clothes. Secondhand clothing stores are another option.

If you can sew, or know someone who does, you can take advantage of the wide range of maternity clothing patterns now available. That way you'll be able to get just the kind of clothes you want in the color you need and they will fit just right.



Your Tummy Is Your Own

With pregnancy comes the inevitable figure changes.

Initial changes are subtle — a thickening around the middle and a hint of a protruding stomach. You may be able to wear much of your regular clothing, with a little adjustment to the waistbands, until nearly the fifth month. Or you may opt for maternity clothes much earlier in pregnancy, either out of pride in being pregnant or for more comfort for the expanding waist.

Whether these changes come earlier or later in pregnancy, you're bound to get comments from friends and relatives. "So big already?" and "You hardly look pregnant" or "the baby's not due for how long?" are common remarks.

If you have concerns about your size reflecting normal development of your baby, ask your doctor. Once you get your physician's answer, don't let any comments from friends, acquaintances, co-workers or strangers worry you. Enjoy your pregnancy!

You and Your Baby Both Need Iron

Your doctor probably has given you a prescription for a special maternity vitamin and mineral supplement.

Key among the minerals supplied by this supplement is iron, which plays an important role in pregnancy.

Iron is essential for development of new blood cells and it helps transport oxygen via your blood to all the cells in your body. If you don't have adequate supplies of iron, the hemoglobin decreases and the oxygen supply to your cells falls below the optimum level. This condition is anemia.

When you are tested for anemia, it may be expressed grams of hemoglobin per 100 cubic centimeters of blood, or as hematocrit, which is percentage of red blood cells in whole blood.

A pregnant woman is considered anemic if her hemoglobin concentration is less than 10 grams per 100 c.c.s. or less than 30 percent hematocrit.

Pregnancy creates a larger-than-normal demand for iron in order to manufacture the increased amount of blood your body needs and to create your baby's own blood supply.

You need to increase your intake of iron because the baby will extract iron from your body's stores of the mineral if you don't consume enough in your diet.

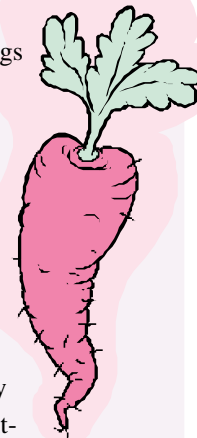


Eating Well Gives Baby Head Start

One of the most important things you can do for your baby right away is eating right.

Although you're in a sense "eating for two," that doesn't mean eating double portions of everything! It means eating sensibly according to good nutritional guidelines to provide you and your developing baby with all the essential nutrients.

In general, using a wide variety of nutritional foods, you will need to have each day:



Ribbon Parfait

Pamper yourself with this nutrition-packed dessert or snack that has plenty of eye appeal, too! Makes one:

Ingredients:

- 1 4-oz. container flavored yogurt
- 2 T. crunchy granola or other cereal
- 1/4 c. fruit (fresh, canned and drained, or frozen)
- Clear cup or longstemmed wine glass (holds 8 oz. or more)

Layer all ingredients, spoon by spoon, in this order: Yogurt, cereal, fruit. Repeat until glass is filled. Top with a sprinkle of cereal. Enjoy!

Good sources of iron in the diet are liver and lean red meats. Iron-fortified cereals, dark leafy greens, chicken and fish also are good sources.

Your body will absorb the iron from these foods better if you have a vitamin C-containing food, such as citrus fruit, at the same time.

FOOD GROUP	SERVINGS
Milk, milk products	4
Protein foods	2-3 (6-8 oz./day)
Fruits	2-4
Vegetables	3-4
Breads, Grains, Cereals	9+

It's very important for you to drink plenty of fluids a day — at least six 8-ounce glasses (caffeinated beverages don't count toward your total).

While your physician probably has you taking a vitamin and mineral supplement, it's wise to include lots of variety in your diet so you can obtain as many nutrients from food as possible.

If you're making extra effort to eat right during your pregnancy to give the little one a good start on life, why not continue doing so once baby arrives? That will help your new baby learn good nutrition right from the beginning.

If you have questions about what to eat during pregnancy, ask your doctor or call My Nurse at 1-877-242-8899.

It's Not Too Late: Quit Smoking Now

If you quit smoking this minute, you'll give your unborn baby the smoke-free environment both of you need to be healthy.

Your baby won't breathe before it is born, but it practices breathing motions by exercising certain chest muscles before birth.

When you smoke, the effects of the smoke are so powerful and so immediate that your baby's practice movements slow down after just two cigarettes. The more you smoke, the more you interfere with your baby's preparation for life.

Smoking increases risk of miscarriage, premature birth and stillbirth. Give yourself and your baby a break. Quit now.

For information on quit-smoking resources available in Siouxland, and for tips to quit on your own, call St. Luke's Teaching Learning Center at (712) 279-8941.



When is Baby Due?

There's no question you're pregnant, but how can you tell when your baby is due?

It's commonly said that a pregnancy lasts nine months. More precisely, an average pregnancy lasts 280 days, from beginning of last menstrual period to birth. It's often calculated in number of weeks since the last period, with birth expected at 40 weeks.

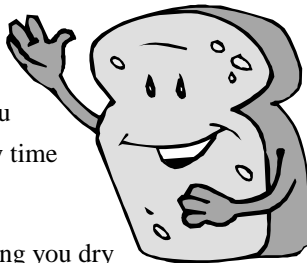
Your doctor also probably will examine your uterus manually to determine the baby's development. Your uterus will become noticeably bigger about six weeks from your last menstrual period. The top of the uterus will reach your navel at about 20 weeks.

A quick way to determine expected birth date is to subtract three months from the beginning of your last period then add seven days, if your cycle lasts about 28 days.



Coping With Morning Sickness

Feeeling seasick, and you haven't left the dock? You may have morning sickness, which can strike any time of day. Try these tips to feel like you're on solid ground:



- **Keep dry crackers** by your bed, or have someone bring you dry toast before you get out of bed. Eat slowly, and allow food to settle before getting up. Keep saltines in your purse or car to snack on when hunger or queasiness strikes.
- **Don't let your stomach go empty.** Stock up on quick, healthy bites, like yogurt, frozen fruit bars, almonds, raisins, granola bars, instant oatmeal and veggies to snack on when hunger or queasiness strikes. Make protein a part of every meal.
- **Slow down!** Don't make sudden moves, especially if you feel lightheaded when standing up. Get your bearings before heading out.
- **Keep well-hydrated.** Drink plenty of water, juice and milk (if your stomach tolerates them) and choose fruit and vegetables with high water contents, such as watermelon, oranges and green, leafy salads.
- **Watch out for greasy or fatty fried foods.** Make healthier choices instead, especially at fast food restaurants.
- **Hang in there!** Know that morning sickness is temporary, and do your best to make good nutritional choices to help you and your baby grow healthy and strong!

Baby's First Photo Could Be Ultrasound

As your baby grows and develops, your doctor may order an ultrasound examination.

The ultrasound machine directs high-frequency sound waves toward your uterus. The waves bounce off tissue in the area and produce an image of the baby.

The "picture" appears on a small TV-like screen and the images can be photographed for a permanent record.

The procedure is painless. You'll be asked to come for the exam with a full bladder to push your internal organs into a good spot for examination. The technician will spread a gel over your abdomen, then move the sound-wave transducer over your skin. The transducer emits unheard sound that produces the images. Be sure to ask the technician to point out the baby.

Ultrasound examinations help the doctor estimate your baby's size, sex and age, position and condition of the baby and placenta, whether any structural abnormalities exist, and if more than one baby is present.

In later pregnancy, ultrasound can diagnose a placenta implanted over the birth canal.

Just Say No to Litterbox, Dog Pickup Duty

Being pregnant has its perks — among them not having to change the cat's litterbox or pick up the yard after the dog! Pregnant women shouldn't come in contact with pet waste because it can contain toxoplasmosis, a disease that can cause birth defects. So turn those untidy tasks over to someone else for awhile, for the safety of your baby.

