

## Resources for a healthy, happy baby

### Safe travel



A rear-facing car seat is the safest way for baby to travel until they're at least 1 year old or 20 pounds. Go to [ghsa.org](https://ghsa.org) to read about your state's child passenger laws.

### Baby's doctor



Your baby will have a lot of appointments, especially in their first year. Choose a doctor in your health plan's network to help you pay less out of pocket for care.

### Safe sleep



Putting baby in a crib or bassinet with only a tight-fitting mattress is safer than having them in bed with you. Visit the American Academy of Pediatrics website at [aap.org](https://aap.org) to learn more about safe sleep practices.

### Feeding



Discuss feeding options with your care team. While breastfeeding has many benefits, there are other healthy choices if you're unable or choose not to breastfeed. For additional breastfeeding support, visit the La Leche League website at [lilc.org](https://lilc.org) or call **877-452-5324** (877-4LA-LECHE).

## We're here to help

Pregnancy can be an exciting but sometimes overwhelming experience. We are here to answer your questions and provide support to help you remain confident through it all.



Call Member Services at the number on the back of your ID card if you:

- Need help finding a doctor for your prenatal visits.
- Have questions about childbirth and parenting classes or employer-offered incentives.
- Want to know how your health plan covers doula services or ordering a breast pump.
- Would like more information on the maternity programs you're eligible for during pregnancy.



Call 24/7 NurseLine to speak to a registered nurse anytime of the day or night if you have health questions or concerns.



Text "BABY" to **511411** to start receiving free health tips about pregnancy and children from Text4baby.



# Your first and second trimesters

Learn what to expect your first 28 weeks to help you prepare

# Congratulations, you're expecting!

Stay as healthy and comfortable as possible while you prepare for baby with these first and second trimester tips and to-dos.

## First trimester: first 13 weeks



### To-dos

- Start a prenatal vitamin to support your growing baby.
- Make an appointment with your dentist. Pregnancy puts you at higher risk for gum disease, so it's important to keep up with your regular cleanings.
- Talk to your doctor about how much weight is safe to lift during your pregnancy. This can be different for everyone.
- Make a plan for regular exercise. Low-impact activities such as walking, swimming, or yoga are great options.
- Schedule prenatal visits and write down questions to ask your doctor about pregnancy.



### Tips

- Eat foods rich in vitamins A, C, D, B6, B12, and folate, such as fruits, vegetables, whole grains, protein, and low-fat dairy.
- Add around 300 extra daily calories to your diet to meet baby's nutritional needs.
- Eat small meals and snacks throughout the day to prevent overfilling your stomach and causing heartburn.
- Add vitamin B6 or ginger products to your routine to help with morning sickness.
- Practice seat belt safety. Wear the lap belt under your stomach and put the shoulder strap between your breasts.



### Your expected prenatal appointment schedule:

**4 to 28**  
weeks  
once  
a month

**28 to 36**  
weeks  
every  
other week

**36 to 40**  
weeks  
once  
a week

## Second trimester: 14 to 28 weeks



### Tips

- Sleep on your left side when possible. It's usually more comfortable for you and can improve blood flow to your baby.
- Prevent constipation by drinking plenty of fluids and eating foods that are high in fiber.
- Increase your iron intake with foods like whole-grain cereal, enriched rice, beef, chicken, spinach, and beans.
- Continue frequent, low-impact exercise.



### To-dos

- Sign up for a childbirth class to prepare for labor and delivery.
- Talk to your employer about their maternity leave policy and the possibility of flexible work options when you return.
- Research your childcare options and make a decision. Ask for recommendations from family, friends, and neighbors.
- Prepare the nursery. Keep your and your baby's comfort and safety in mind when choosing furniture and other accessories.
- Discuss your delivery options with your care team, including where you want to deliver, whether you want to work with a doula, and who will deliver the baby.



### Plan for vaccinations

The following vaccines are safe and recommended during pregnancy:

- Influenza** — during flu season
- COVID-19** — anytime during pregnancy
- Tdap (tetanus, diphtheria, pertussis/whooping cough)** — around 28 weeks

