

A GUIDE TO YOUR Pregnancy

Caring for you and your baby while you're pregnant and beyond.



COMMUNITY HEALTH
CENTER OF RICHMOND

CHANGING LIVES DAILY

Pregnancy Roadmap

What to expect while getting ready for your baby's birthday.

A case manager will help guide you through your journey!

1st TRIMESTER

0-12 weeks (1-3 months)

You may experience

Tender breasts, fatigue, nausea, sensitivity to smell, and bloating
Need to urinate, higher body temperature, and more cervical mucus

Tests & checkups

Your doctor will do a complete checkup and order common tests
Baby will get an ultrasound test and Down's syndrome screening

Baby is growing

By 6.5-7 weeks, a heartbeat can usually be heard
By week 12, your baby's bones, muscles, and all organs have formed

Your baby is the size of a blueberry.



Your baby is the size of an avocado.



Tests & checkups

You'll be screened for gestational diabetes
Baby will get an anatomy scan, level II ultrasound



Our childbirth classes will help you prepare for labor & breastfeeding.

3rd TRIMESTER

28-40 weeks (7-9 months)

Tests & checkups

You should have 5 appointments with your healthcare provider between 30-34 weeks and weekly by 36-40 weeks

Baby is growing

Between weeks 18-20 baby's kicks can be felt
By week 27, baby could weigh 2 to 4 lbs

You may experience

Mild headaches, less nausea, swollen ankles and feet
Need to urinate more often, heartburn, mood swings

You may experience

Heartburn, hemorrhoids, shortness of breath, breast tenderness
Protruding belly button, difficulty sleeping, swollen fingers and ankles, Braxton Hicks (false contractions)

Baby is growing

Baby may grow hair, organs develop fully, baby can kick, grasp, and stretch
A full-term baby will weigh between 5-8 lbs



Your baby is the size of a watermelon.

This is a good time to meet with a doula, a trained labor coach who can provide support before, during, and after birth.

2nd TRIMESTER

13-27 weeks (4-6 months)



YOUR BODY
1st Trimester

Common symptoms:

- Tender and swollen breasts
- Fatigue and nausea
- Mild headaches
- Frequent urination
- Food cravings
- Occasional dizziness

To ease morning sickness:

- Eat crackers before you get up
- Eat small meals throughout the day
- Avoid greasy foods
- Get some fresh air
- Take deep breaths
- Sip water

Congratulations on your pregnancy!

Regular prenatal care is very important for your health and the health of your unborn child. At CHCR we will be here for you, every step of the way.

Primary Care

A healthy baby begins with a healthy mother

At your first checkup, we will order several routine tests to learn about your overall health. The most common tests include:

- Complete Blood Count (CBC)
- Serology (Syphilis)
- Blood Type, Rh Factor, and Antibody Screen
- Cervical and Vaginal Culture
- Urine Culture
- Urinalysis
- Rubella Screen (German Measles)
- Hepatitis B Screening
- HIV Test
- Pap Smear
- Toxoplasmosis Screening
- Adult Lead Screening
- Tuberculosis Test
- Hemoglobin Fraction & Hemoglobin A1C
- Cystic Fibrosis

Prenatal tests this trimester

ULTRASOUND TEST

This scan creates a picture of your uterus and developing baby. It's painless. First trimester ultrasound tests can confirm a pregnancy and establish the estimated due date.

DOWN'S SYNDROME SCREENING

This screening is done between 11 and 13 weeks. An ultrasound measures the back of the baby's neck. A finger-stick blood test measures two hormone levels in your blood.

VACCINATIONS

Vaccines against the flu and COVID-19 are considered safe for pregnant people.

Talk to your healthcare provider about other vaccinations you may need.

EXERCISE

Get plenty of exercise, but don't overdo it. Keep your pulse below 140 beats per minute and don't get overheated.

Food, Nutrition, Care

You really are eating for two. Make healthy choices



4 Servings

Calcium-rich foods, such as low-fat milk, cheese and yogurt.



3 – 5 Servings

Eat lots of fruits and vegetables. Fresh are best. And be sure to wash fresh produce.



2 – 3 Servings

Choose lean meats, chicken, eggs, fish, beans, and nuts.



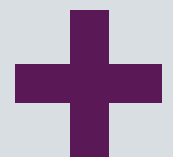
Every day take x 1 Prenatal Vitamin

Prenatal vitamin with 400 mg of folic acid.



8 Glasses

Drink lots of water – at least 8 glasses a day.



Get medical care right away if you have:

• A very severe headache, especially with nausea, dizziness, and vomiting

• Heavy bleeding

• Sharp abdominal pain

• A fever of more than 100° F

Unhealthy for You & Baby

DON'T

Do not drink alcohol, smoke, or do drugs.

These substances can harm the baby growing inside you. We can help you quit.

Check with your healthcare provider before taking prescription and over-the-counter medications and herbal remedies.

Cut the caffeine. No more than two cups of coffee, tea or soda a day.

Skip the junk food.

AVOID

X-rays can harm developing fetuses. Tell the technician you're pregnant if you must have an X-ray.

Cat litter boxes can harbor parasites and bacteria. Let someone else clean out the box or wear gloves and a mask.

Hot tubs and saunas are too hot to be safe for the fetus and can contain harmful bacteria.

WHY BREASTFEEDING IS BEST

Breast milk contains the perfect combination of nutrients for growth and development. It can help to protect your baby against infections. Those who breastfeed also get many health benefits – you're more likely to lose the weight you gained during pregnancy and less likely to get breast and ovarian cancer and diabetes later in life.



For your baby, eating a balanced diet is linked to good brain development, reduced birth defects, and healthy birth weight. For you, it can reduce symptoms of pregnancy and reduce risk of anemia.

Healthy eating also matters when you are breastfeeding.

While you are breastfeeding: "It is recommended that you breastfeed exclusively for the first six months of your baby's life and then breastfeed with complimentary food until age two or beyond. Your body will require 330 additional calories per day in the first six months of breastfeeding, and 400 additional calories in the subsequent months. It is important to eat a variety of different nutrient-dense foods and avoid restrictive dieting during this time. If you have certain dietary restrictions be sure to speak to one of our nutritionists so they can ensure you are getting enough nutrients.

CHCR BREASTFEEDING SUPPORT PROGRAM

At CHCR, we help you successfully breastfeed your baby. Our free services include:

- Certified Lactation Counselors:**
Our highly qualified team is here to provide you with all the guidance and techniques to get you started with nursing.
- One-On-One Lactation Support:**
We also provide one-on-one breastfeeding counseling and support. It can be in the hospital, at CHCR, at your home or place of work. Your partner/support person can join you.
- Group Lactation Support:**
CHCR provides free weekly breastfeeding support groups in English and Spanish. Here moms can bond with other moms, enjoy refreshments, and discuss breastfeeding.
- Breastfeeding Classes:**
Educational prenatal breastfeeding classes cover techniques, challenges, and offer help with common difficulties.
- Lactation Rooms:**
CHCR has dedicated nursing rooms at 2 sites. These rooms are available to all program participants.
- Breastfeeding Warmline:**
CHCR participates in a citywide breastfeeding warm line. This is a hotline that connects you to a lactation professional who will help answer questions and troubleshoot problems over the phone.
- Doulas:**
As part of the Healthy Women, Healthy Futures, CHCR provides free doula services to Staten Island families. Doulas provide breastfeeding support, both in the hospital and at home.
- Access to Breast Pumps:**
CHCR offers use of hospital-grade breast pumps in our lactation rooms. We also assist patients in getting manual and electric breast pumps through their insurance providers.
- Return to Work Support:**
CHCR will help you continue to breastfeed once you've returned to work. Help includes developing a pumping schedule, and providing information about your employee rights to rest breaks, nursing rooms, and more.

Congratulations on Making Good Choices!

Regular prenatal care during your second trimester is especially important to prevent complications and ensure that your unborn baby is developing well. We're here for both of you.



YOUR BODY 2nd Trimester

Common symptoms:

- Mild headaches
- Lessened nausea
- Swollen ankles and feet
- Frequent urination
- Heartburn

To ease symptoms:

- Drink enough fluids to avoid dehydration
- Reduce heartburn by eating smaller, more frequent meals
- Avoid greasy or spicy foods
- Avoid carbonated drinks

Symptoms of gestational diabetes:

- Increased thirst and urination, vision changes, vaginal and skin infections
- Gestational diabetes may be asymptomatic.

Primary Care

Second Trimester Prenatal Tests

SERUM SCREENING

A blood test done between 16 and 18 weeks to detect abnormal fetal chromosomes and screen for the birth defect, spina bifida.

LEVEL II ULTRASOUND

A scan, done between 18 and 20 weeks, to look at your baby's development. The test also may tell you if you're having a boy or a girl.

GESTATIONAL DIABETES SCREEN

A glucose tolerance test to measure the amount of sugar in your blood, usually done between 24 to 28 weeks. A second glucose tolerance test would be scheduled shortly after a failed glucose test to diagnose gestational diabetes.

AMNIOCENTESIS

An optional test, in which a needle is inserted into the abdomen to obtain amniotic fluid for genetic testing.

Mood, Sleep, Cravings

You are growing a human, be kind to your body.

- ✓ **Moody changes**
Hormones may take your emotions for a roller coaster ride. Talk to your family, friends and your healthcare provider about how you're feeling.
- ✓ **Exercise**
Keep it up, but don't overdo it. Practice stretches to reduce leg cramps.
- ✓ **8 – 10 hours sleep & rest**
Nap when you need. After 20 weeks, don't sleep on your back; the left side is best.
- ✓ **300 Extra calories a day**
Choose healthy snacks like an apple and a glass of milk.
- ✓ **Cravings**
Don't worry if you have them. It's normal.



Get medical care right away if you have:

- Vaginal bleeding, no matter how light
- Swelling of your hands or face
- Blurred or dimmed vision
- Severe headaches
- Fever over 100° F
- Abdominal cramps or pain
- Persistent vomiting
- Painful or burning urination
- A sudden gush of fluid or blood from your vagina



Ultrasound 10 or 12 weeks
Listen to your baby's heartbeat



Food, Nutrition, Care

How much weight should I gain?

It is recommended that most people gain between 25 – 35 pounds during pregnancy. Some people may need to gain more or less depending on their pre-pregnancy weight. Talk to your nutritionist for guidance on your specific needs.

Where do the pounds go?	
Uterus	2 lbs
Blood volume	4 lbs
Body fluids	4 lbs
Breasts	2 lbs
Maternal stores (body fat)	7 lbs
Fetus	6 to 8 lbs
Amniotic fluid	2 lbs
TOTAL	25-35lb

Make healthy choices for you & baby

Don't Eat

- Raw or undercooked meat, eggs, poultry, fish, or shellfish.
- Swordfish, Tilefish, King Mackerel, Shark, and other high mercury fish.
- Farm-raised salmon and fish caught in NYC waters.
- Hot dogs or luncheon meats, unless reheated until steaming hot
- Soft cheeses made from unpasteurized milk.
- Raw or unpasteurized milk and juices.
- Unwashed fruits and vegetables.

Eat

- Washed or cooked fruits and vegetables.
- Well-cooked lean meats, eggs, poultry.
- At least 3 servings of high-calcium foods, such as milk, yogurt, hard cheese, or sardines.
- 1 serving a week of fish lower in mercury such as Canned White Tuna, Salmon, Sardines, Shrimp or Tilapia.

Avoid alcohol, smoking or drugs

When you smoke, drink, or take drugs, your fetus does too.
If you need help we are here for you.



WHY WORK WITH A DOULA?

A doula is a trained birth coach who provides physical, emotional, and informational support to a mother before, during, and shortly after childbirth. They typically begin their work a few months before a birthing person's delivery date.

DOULAS EMPOWER FAMILIES

A doula is a family advocate, empowering you to take control of the birthing process. Throughout your pregnancy, labor and postpartum, she can help you by providing information as well as physical and emotional support.

DOULAS BENEFIT FAMILIES

Whether you're having a natural birth or a C-section, doulas can help de-stress the delivery, especially when emotions and hormones are running high. In fact, Doulas help the entire family through pregnancy, childbirth, and adjusting to their new lives.

DOULAS SUPPORT PARTNERS

Regardless of who is in the delivery room with you – partner, friend, or family member – doulas support them as well. Everyone can benefit from additional emotional support of a nurturing, experienced doula.

Welcome to Your Third Trimester

Prenatal care in the final trimester is very important to ensure that you have a safe delivery and healthy baby. Here's what to expect and how to prepare.

YOUR BODY 3rd Trimester

Weight Gain and Swelling:

Beginning in your second trimester you may gain a pound a week. Wear a supportive bra to accommodate growing breasts. Blood volume and body fluids increase by 50 percent so expect slight swelling in feet and ankles.

Stretch marks:

Are common and may get lighter or fade after pregnancy.

Shortness of breath:

Your expanding uterus rising up under your rib cage leaves less room for your lungs to expand.

Varicose Veins

Increased Urination & Bladder Pressure

Primary Care

THIRD TRIMESTER HEALTHCARE

Your healthcare provider will continue to monitor your blood pressure and check your urine at your regular checkup. She will also measure your belly to check the size of your growing baby. You will begin seeing your provider every other week now, and at 36 weeks, you'll see her every week until you deliver.

RH IMMUNE GLOBULIN

At 28 weeks, you'll receive a shot of Rh immune globulin if your blood type is Rh-negative and your baby's father's type is positive or unknown. This shot prevents your body from producing antibodies that might attack your baby's blood.

TDAP VACCINE

It is recommended that if you are pregnant, you receive a booster shot between 27 and 36 weeks. This vaccine protects you and your newborn from pertussis (whopping cough).

FETAL HEART MONITOR

Your health care provider will monitor your developing baby's heart rate.

GROUP B STREPTOCOCCUS SCREENING

Between 35-37 weeks, vaginal and rectal swabs are used to detect Group B Strep. If you test positive antibiotics will be prescribed during delivery to protect baby from potentially life-threatening complications.

SEXUALLY TRANSMITTED DISEASES

You may also be tested again for sexually transmitted diseases, including HIV, if you are at risk.

PRE-ECLAMPSIA

Testing of your blood pressure and urine for protein can help identify pre-eclampsia. If left untreated, pre-eclampsia can damage blood cells and organs leading to eclampsia which can be fatal. Symptoms of pre-eclampsia include, severe headache, sudden weight gain, swelling of the face, hands or feet, vision changes and abdominal pain.

Preparing for Your Baby

Baby Items You'll Need

Shopping for a new baby can seem overwhelming. Concentrate on the essentials such as:

- Crib, mattress and fitted sheet
- Infant car seat
- Carrier
- Onesies & Sleepers
- Baby clothes
- Baby blankets
- Cloth/disposable diapers
- Stroller
- Infant thermometer
- Baby lotion, soap, and shampoo
- Diaper rash ointment

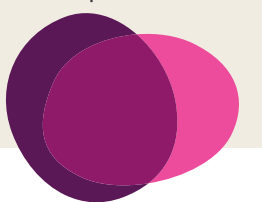
Pack Your Bag

Pamper yourself now by packing some of your favorite things in your hospital bag.

- Nightgown, robe, and slippers
- Underwear
- Socks for labor
- Street clothes for you
- Lip balm
- Nursing bra
- Toiletries
- Music
- A small pillow

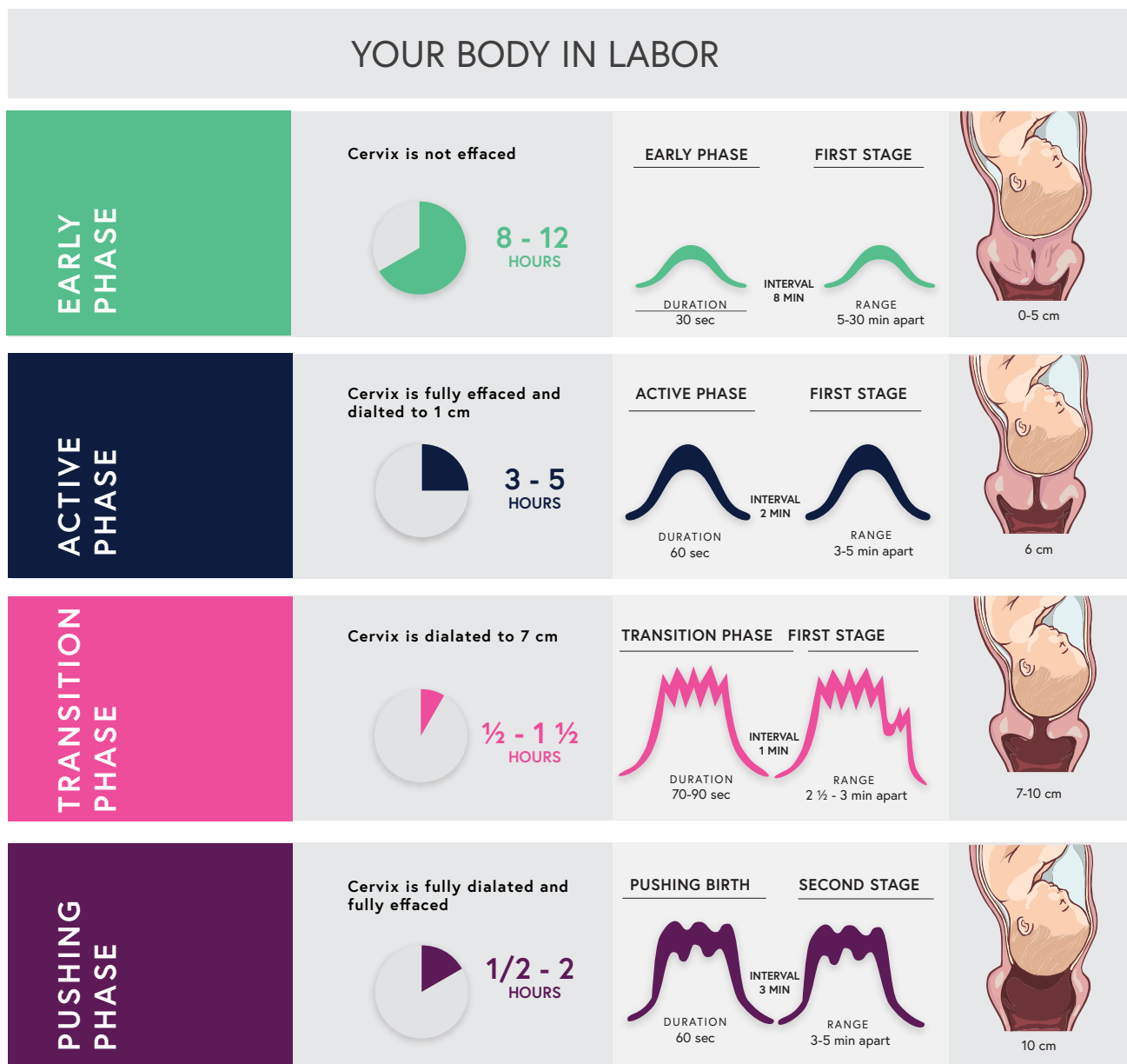
How do I know if I'm in labor?

TRUE LABOR	BRAXTON HICKS CONTRACTIONS
Bloody "show" (discharge)	No bloody show
Regular contractions	Irregular, weak contractions
Contractions increase in strength	Walking relieves contractions
Contractions occur closer together	No change in cervix
Cervix dilates	



Time to Go

When your water breaks or when your contractions are 5 to 7 minutes apart, call your provider and go to the hospital.



WHAT IS A LACTATION SUPPORT PROFESSIONAL?

A lactation support professional provides support to new moms throughout the breastfeeding process. They can help with nursing positions, clogged milk ducts, low milk supply, and breastfeeding pain.

WHY WOULD I NEED ONE?

With the help of a breastfeeding professional you may be able to breastfeed longer and have an easier time overcoming setbacks. Breastmilk is not only an excellent source of nutrition but also provides a natural way for you to bond with your newborn.

We can help you overcome common breastfeeding issues, such as:

- Problems with milk production
- Problems with latching or positioning of the baby
- Concerns about infant nutrition and weight
- Taking medications while breastfeeding
- Unsupportive home or work environment
- Lack of access to healthcare or parental leave
- No breastfeeding support at hospitals

Whether this is your first-time breastfeeding or not, our staff can help you reach your breastfeeding goals. They are supportive and understanding guides at a time when you may need it the most!

LACTATION SUPPORT SERVICES AT CHCR

Our highly successful Breastfeeding Support Program is free of charge. Here is what's offered:

- Certified Lactation Counselors (CLC)
- International Board Certified Lactation Consultants (IBCLC)
- One-on-One Lactation Counseling and Support
- Weekly Lactation Support Group
- Breastfeeding Classes
- Lactation Rooms
- Breastfeeding "Warmline" for Questions
- Doulas
- Access to Breast Pumps
- Community Education and Outreach

Safe Travels

Remember to bring your baby's car seat with you to the hospital as you should never ride with baby on your lap. Your rear-facing car seat should be buckled securely into the back seat.

Remember

Alcohol, tobacco and drugs can harm your baby in utero and after you've given birth. Substances can reach your baby through breastmilk or by secondhand smoke.

YOUR BABY'S FIRST YEAR

Congratulations! We're here for your new journey ahead.

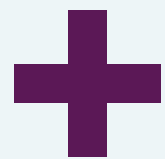
WHAT HAPPENS RIGHT AFTER BIRTH?

YOUR BABY'S FIRST EXAM WILL INCLUDE:

- Taking baby's measurements and temperature
- Measuring your baby's breathing and heart rate
- Antibiotic ointment to prevent eye infections
- A vitamin K shot to prevent the possibility of bleeding

Your baby will get a first bath, and the umbilical cord stump will be cleaned.

At CHCR, we're here to support you every (baby) step of the way.



WHEN SHOULD I CALL THE DOCTOR?

Call your doctor if you have any concerns about your newborn. Here are some common problems that may occur during the first month:

- **Blocked tear ducts**
Can cause tearing and eye discharge. Call your doctor if you suspect an eye infection.
- **Runny nose:** Can make it hard for a baby to breathe well, especially during feeding.
- **Fever:** Rectal temperature above 100.4°F or 38°C should be reported to your doctor right away.
- **Soft stool:** It's normal for newborns to have soft stools. If your baby is experiencing frequent watery stools, this is a reason to call your doctor.

WHAT HAPPENS NEXT?

It's important to choose your pediatrician before you deliver so you can prepare for your baby's first exam. Within 24 hours of birth a provider at the hospital or birth center will take a blood sample from your baby's heel to screen for diseases. In the first week that you are released from the hospital you can schedule your baby's first exam with your pediatrician at CHCR.



WELCOME TO CHCR PEDIATRICS

From well-child check-ups and immunizations to treating sick children, we're here to help your child stay healthy and happy.



YOUR BABY'S FIRST OFFICE VISIT

Your newborn will have an exam at our office within three to five days of birth. Here's what you can expect:

- Baby's measurements will be taken, along with a physical exam
- We'll check vision, hearing, and reflexes
- And we'll give results of the screening tests, if they're ready

Be sure to keep medical records of your baby's growth, immunizations and medicines. And do bring all your questions or concerns about caring for your baby so we can help!

HOW OFTEN SHOULD MY BABY GET A CHECKUP?

We recommend at least six well-child visits during your baby's first year. Then, between ages 12 and 24 months, your toddler should have three more.

WHEN DOES MY CHILD NEED SHOTS?

Your baby is born with some natural immunity against infectious diseases because your antibodies are passed through the umbilical cord, and continue to be passed through breastmilk. Infants should get their first shot of the hepatitis B vaccine in the hospital within 24 hours of birth. After that your baby's doctor will schedule all the vaccinations your child needs by age. Keep track of vaccinations in your Pregnancy Passport.

We're here for everybody involved in your baby's life.

WHAT ABOUT MOM AND DAD?

Having a baby can feel overwhelming so we put together a whole range of specialists who can help you. For a full list of services including postpartum depression experts, nutritionists and lactation specialists, see pages 18 and 19.

WE ARE HERE TO HELP YOU AND YOUR FAMILY

BREASTFEEDING YOUR BABY

Early support to help moms start and continue to exclusively breastfeed baby.

SERVICE

- Postpartum Doula Services
- Case Management
- Lactation Counseling
- Breastfeeding Support Group

DEPARTMENT/PROGRAM

- Healthy Women, Healthy Futures
- Healthy Start and MICHC Programs
- IBCLC and CLC
- Baby Cafe

HELPING MOM HEAL

You just brought a baby into the world! Whether vaginal birth or c-section **your body needs to recover.**

SERVICE

- Postpartum Health Education & Support
- In-home Postpartum Support

DEPARTMENT/PROGRAM

- Healthy Start and MICHC Programs
- Healthy Women, Healthy Futures

SLEEP AND NIGHTTIME PARENTING

We're here to help with a big challenge facing new parents—getting baby to **sleep soundly.**

SERVICE

- Safe Sleep Education
- Pack & Play Distribution
- Child Development/Home Safety

DEPARTMENT/PROGRAM

- Healthy Start and MICHC Programs:
 - Parenting Workshop
 - Newborn Care Workshop
 - Stress Management Workshop

MOOD AND EMOTIONAL WELL-BEING

Pregnancy and hormonal fluctuations can trigger mood swings, anxiety, and depression in some women. **We're here to help.**

SERVICE

- Perinatal Mood and Anxiety Disorders Screening, and Referrals

DEPARTMENT/PROGRAM

- Healthy Start and MICHC Programs
- Behavioral Health Staff

IMPORTANT CLINICAL VISITS

You waited nine months for your baby to come. **Let's schedule important upcoming visits.**

SERVICE

- Postpartum Visit
- Infant Wellness Visits
- Baby's First Dental Visit
- Weight and Body Image

DEPARTMENT/PROGRAM

- CHCR Medical Staff
- Nutritionists
- Behavioral Health Staff

EMPLOYMENT LEAVE, PARTNERS AND RELATIONSHIPS

Having a baby can be joyful—and stressful. **Help is here** if your partner, your family, or your job become overwhelming.

SERVICE

- Domestic Violence Support
- Parenting, Relationship, and Stress Management Education
- Assistance Navigating Employment Leave
- Fatherhood Support

DEPARTMENT/PROGRAM

- Healthy Start & MICHC Programs
- Warm-hand-offs to partner organizations and service providers

SEXUALITY, CONTRACEPTION, AND FAMILY PLANNING

Whether you choose to expand your family or not, we can help you achieve your goals, on your schedule.

SERVICE

- Family Planning Workshop
- One-on-One Family Planning Counseling

DEPARTMENT/PROGRAM

- Healthy Start and MICHC Programs
- Gynecological Staff

Community Health Center of Richmond is here for you

CHCR's maternal and child health programs offer free services to moms and their families.

To enroll in one of CHCR's programs, call (718) 876-1732

Our services include:

- Nutritional counseling
- Enrollment in Medicaid Obstetrical and Maternal Services (MOMS)
- Breastfeeding education and support
- Childbirth and postpartum care
- Parenting Workshops

HELP IS AVAILABLE

- Housing assistance
- Food resources
- GED and ESL classes
- Domestic violence prevention

Your CHCR Case Manager can put you in touch with local agencies.

My Case Manager is _____

Phone _____



www.chcrichmond.org

LOCATIONS:

235 Port Richmond Ave | Staten Island NY 10302 | 718-876-1732

439 Port Richmond Ave | Staten Island NY 10302 | 718-924-2254

135 Canal Street, Suite 300 | Staten Island NY 10304 | 917-830-1200