

YOUR HEALTHY PREGNANCY

WE ARE HERE TO HELP YOU AND YOUR BABY BE HEALTHY



ALAMEDA
Alliance
FOR HEALTH

Dear Member,

At Alameda Alliance for Health (Alliance), we are your partner in health during your pregnancy and beyond. We created this care book to help you be ready for a healthy pregnancy and baby.

Best of Health,
Alliance Health Programs

CONTENTS

Before Pregnancy

What to Do Before Pregnancy.....	4
Quitting Harmful Habits	6

First Trimester (Week 1 to Week 12)..... 8

First Trimester To-Do List.....	9
Healthy Eating and Exercise.....	11
Pregnancy, Baby, and Your Mental Health	15

Second Trimester (Week 13 to Week 28) 17

Second Trimester To-Do List.....	19
Signs of Labor.....	21
Breastfeeding	23

Third Trimester (Week 29 to Week 40) 26

Third Trimester To-Do List	27
Prepare to Keep Your Baby Safe.....	29
Hey Dads and Partners!.....	31

Self-Care After Your Baby Is Born33

Pregnancy Resource List 35

IN THIS CARE BOOK...

You will learn ways to stay healthy and safe during your pregnancy. When you take care of yourself, it helps keep your baby healthy too!

Pregnancy lasts about 40 weeks, counting from the first day of your last normal period. The weeks are grouped into three trimesters. Find out what's going on in each trimester and some things to keep in mind to plan ahead and stay healthy.



Read about Dayna and how she got ready for her first baby:

I was so excited when I found out I was pregnant. My doctor told me how to stay healthy and comfortable in my first trimester. She even encouraged me to sign up for the WIC (Women, Infants, and Children) program to get healthy food. She said I shouldn't miss any of my pregnancy checkups.

At my next checkup, I had an ultrasound. I heard my baby's heartbeat! I also had an exam and tests done. I learned that I could take a tour of the hospital before the birth. They even have classes for expecting families at that hospital!

At my next WIC visit, my partner and I talked with a counselor about breastfeeding. It turns out that WIC and the hospital have breastfeeding experts, a helpline, and support groups. I can't wait to meet my new baby!





WHAT TO DO BEFORE PREGNANCY

If you are trying to have a baby or are just thinking about it, it is not too early to start getting ready for pregnancy.

The five most important things to boost your health before pregnancy are:

- 1** Take folic acid every day to prevent birth defects.
- 2** Stop smoking, vaping, drinking alcohol, and using drugs that you do not take for medical reasons.
- 3** Be sure any health issues you have, like asthma or diabetes, are under control.
- 4** Avoid contact with toxic substances at work or at home. Stay away from chemicals and cat or rodent feces.

5 Talk to your doctor about these topics and more:

- Any health issues you may have
- Any medicines you take
- Family health history
- How to reach and maintain a healthy weight
- Smoking, alcohol, or drug use
- Stress and other feelings
- Taking folic acid
- Toxic substances in your work or home, like lead
- Vaccines (shots) you should get before you become pregnant, like for whooping cough and flu

YOUR PARTNER'S ROLE:

- Plan and decide your pregnancy together.
- Screen for and treat any STDs (sexually transmitted diseases).
- Male partners can improve their reproductive health. They can limit alcohol, quit smoking and drug use, make healthy food choices, and reduce stress. They should also talk to their doctor about their own health, family health history, and any medicines they take.

QUITTING HARMFUL HABITS

Keep you and your baby safe by staying away from smoking, alcohol, and harmful drugs. You can get help to make a plan to quit. It's never too late!

IF YOU SMOKE

- Talk to your doctor about quitting and make a plan. You can also call Kick It California (formerly California Smokers' Helpline) toll-free at **1.800.300.8086**.
- Know what makes you want to smoke and learn ways to avoid these triggers.
- Make a list of things you can do when you're having a craving to smoke.
- Put aside the money you save by not buying cigarettes, and buy yourself or your baby something special.
- Do not use e-cigarettes. Quitting all forms of nicotine is best for you and baby.
- Tell friends, family, and loved ones that you're planning to quit smoking and how they can support you.



IF YOU DRINK ALCOHOL

- Stay away from alcohol during your pregnancy. There is no known safe amount.
- If you need help to stop, talk to your doctor. You can also call the Alameda County Substance Use Treatment and Referral Helpline toll-free at **1.844.682.7215**.
- If your friends tell you to drink, tell them, “No thanks. I want a healthy baby!” You could even say that drinking makes you feel sick – another great reason not to drink alcohol.

IF YOU USE DRUGS

- Talk to your doctor about any drugs or medicines you use, including marijuana. Ask whether they are safe and if there are other treatments you should use during pregnancy.
- If you need more help to stop, you can call the Alameda County Substance Use Treatment and Referral Helpline toll-free at **1.844.682.7215**.



Congratulations, you're pregnant! Even though it's just begun, the first 12 weeks are full of changes.

YOUR BABY'S GROWTH

Your baby's major organs and body structures all begin to form. You can hear your baby's heartbeat by week 8.

By the end of the trimester, your baby can make a fist. Your baby is almost 3 inches long and weighs almost an ounce.

CHANGES IN YOUR BODY

Meanwhile, your body is also changing. Hormones, chemicals produced by your body, affect almost every part of your body.

You may have:

- Constipation
- Cravings or distaste for certain foods
- Extreme tiredness
- Mood swings
- Tender, swollen breasts
- Upset stomach with or without throwing up

You might need to make changes to your daily routine, such as going to bed earlier or eating frequent, small meals. Most of these discomforts will go away as your pregnancy progresses. You might not feel any discomfort at all! Each pregnancy is different.



FIRST TRIMESTER TO-DO LIST

HEALTH CARE

- Choose a doctor or midwife for your pregnancy care.

To select a doctor or midwife, please call:

Alliance Member Services Department

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

People with hearing and speaking impairments (CRS/TTY):

711/1.800.735.2929

- Ask your doctor to connect you with a birth helper or doula (at no cost to you).
- Schedule your first pregnancy checkup. This is usually between weeks 7 and 12.
- Make sure any medicines you take are okay with your doctor or midwife.
- Talk to your doctor if you feel overwhelmed by your feelings or sadness.
- Tour birthing hospitals or centers.
- Schedule a checkup with your dentist. Dental health is also important for you and your baby.



Sign up for the WIC (Women, Infants, and Children) program for help with food and education. Find the nearest WIC at myfamily.wic.gov or call toll-free at **1.800.852.5770**.



SELF-CARE

- Stop any unsafe habits like smoking, drinking, or drugs. Ask your doctor for help.
- Make healthy changes to your diet. Eat plenty of fruits and vegetables.
- Brush and floss your teeth twice a day.
- Take a prenatal vitamin daily.
- Drink lots of water.
- Talk with your doctor if you want to continue or begin an exercise routine.
- Relax and get rest when you need to.
- Involve your partner in your pregnancy and spend time with them.
- Reach out to people around you for support.

PLANNING AHEAD

- Review your budget to plan for your expenses for pregnancy and baby.
- If you work, find out about maternity leave at your workplace. You might need to start looking at child care centers and getting on waitlists. If you need help finding resources, call **211** (interpreter offered).

HEALTHY EATING AND EXERCISE

Making healthy food choices along with staying active will help fuel your baby's growth and keep you healthy during pregnancy.

FIND YOUR HEALTHY EATING STYLE

Choose a variety of foods and drinks to build your own healthy eating style. Include foods from all food groups: fruits, vegetables, grains, dairy, and protein foods.



Making Healthy Food Choices

- Eat folate-rich foods like enriched grains, beans, peas, oranges, spinach, or other dark-green leafy vegetables.
- Make at least half your grains whole grains.
- Make half your plate fruits and vegetables.
- Move to low-fat or fat-free milk, yogurt, or cheese. Fortified soy beverages also count.
- Vary the types of protein foods you eat such as lentils, chicken, and fish.

Use the Nutrition Facts label and ingredients list to limit foods higher in sodium, saturated fat, and added sugars. Drink water instead of sugary drinks. Choose vegetable oils instead of butter.

Work with your doctor if you want to drink caffeine and take supplements like vitamins or herbs.

What Seafood Can I Eat?

Seafood is part of a healthy diet. Omega-3 fats in seafood can benefit both you and your baby. Salmon, sardines, and trout are some choices higher in omega-3 fats and lower in mercury.

- Eat 8 to 12 ounces of a variety of seafood each week from choices that are lower in mercury.
- Eat all types of tuna, but limit white (albacore) tuna to 6 ounces each week.
- Do not eat tilefish, shark, swordfish, and king mackerel. They are highest in mercury.
- Do not eat sushi or other raw fish.

DAILY FOOD CHECKLIST

The daily food list below shows slightly more amounts of food during the 2nd and 3rd trimesters because you have changing nutritional needs. This is a general list. You may need more or less amounts of food.*

Food Group	1st Trimester	2nd & 3rd Trimesters	What counts as 1 cup or 1 ounce?
<i>Eat this amount from each group daily.*</i>			
 <p>Fruits</p>	2 cups	2 cups	1 cup fruit or 100% juice ½ cup dried fruit
 <p>Vegetables</p>	2½ cups	3 cups	1 cup raw or cooked vegetables or 100% juice 2 cups raw leafy vegetables
 <p>Grains</p>	6 ounces	8 ounces	1 slice bread 1 ounce ready-to-eat cereal ½ cup cooked pasta, rice, or cereal
 <p>Protein Foods</p>	5½ ounces	6½ ounces	1 ounce lean meat, poultry, or seafood ¼ cup cooked beans ½ ounce nuts or 1 Tbsp peanut butter 1 egg
 <p>Dairy</p>	3 cups	3 cups	1 cup milk 8 ounces yogurt 1½ ounces natural cheese 2 ounces processed cheese

**If you are not gaining weight or gaining too slowly, you may need to eat a little more from each food group. If you are gaining weight too fast, you may need to cut back by decreasing the amount or change the types of food you are eating.*

Get a food plan designed just for you. Go to www.myplate.gov/myplate-plan.



How Much Weight Should I Gain?

The right weight gain depends on your weight when you became pregnant. If your weight was in the healthy range, you should gain between 25 and 35 pounds. Ask your doctor what weight gain is right for you.

Gain weight gradually. For most people, this means gaining a total of 1 to 4 pounds during the first 3 months. Gain 2 to 4 pounds each month from the 4th to 9th month.

How Much Exercise Do I Need?

Exercise about 150 minutes each week, unless your doctor tells you differently. You can try brisk walking, dancing, gardening, or swimming. It's best to spread it out over the week. Do activities that make your muscles work harder twice a week.

Exercise during pregnancy is safe, but avoid activities with a high risk of falling or injury. After the first trimester, avoid lying flat on your back. Work with your doctor to find out which exercises are best for you.

PREGNANCY, BABY, AND YOUR MENTAL HEALTH

Feeling down or anxious is common during pregnancy and in the first year after birth. These feelings and thoughts can go away on their own. Sometimes, they are more serious and stay for some time. But they can be treated and get better with help.

YOU OR SOMEONE YOU KNOW MAY HAVE:



Changes in your eating or sleeping habits



Difficulty caring for yourself or your baby



Extreme mood swings



Feelings of anger, worry, or sadness



Less interest in things you used to enjoy



Upsetting thoughts that don't go away

These are some signs of perinatal mood and anxiety disorders (PMADs). If this sounds like you, please get help right away. There is no need to suffer. Ask your doctor for advice. Some people find it helpful to go to therapy to talk about their problems. Others take medicines. Work with your doctor to decide the right treatment for you.



To find a therapist, please call:

Alliance Member Services Department

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

People with hearing and speaking impairments (CRS/TTY):

711/1.800.735.2929

If you need help right now, please call the National Maternal Mental Health Hotline toll-free at **1.833.852.6262** for support or call **9-8-8** or visit **988lifeline.org** in a crisis.

You made it past the first trimester! You know the basics of having a healthy pregnancy and are probably starting to feel better. Many find the second trimester easier than the first, but there is still a lot going on to stay informed about.

YOUR BABY'S GROWTH

Your baby has a more complete skeleton, and skin begins to form. Your baby can make sucking motions with the mouth and starts to move. At 20 weeks, your baby can hear and swallow.

By the end of the second trimester, your baby sleeps and wakes regularly. Your baby is about 12 inches long and weighs about 1 ½ pounds!

CHANGES IN YOUR BODY

Your body changes and your belly expands to make room for your growing baby.

You may have:

- Body aches
- Numb or tingling hands
- Patches of darker skin on your face
- Stretch marks
- Swelling of the ankles, fingers, and face





SECOND TRIMESTER
(WEEK 13 TO WEEK 28)

CALL YOUR DOCTOR OR MIDWIFE IF:

- You are having signs of labor.
- You have nausea, loss of appetite, vomiting, jaundice (yellow skin or eyes), or fatigue combined with itching. These can be signs of a liver problem.
- You notice sudden or extreme swelling or if you gain a lot of weight really quickly. This could be a sign of preeclampsia (high blood pressure in pregnancy).

If you cannot reach your doctor or midwife, please call:

Advice Nurse Line (toll-free)

Medi-Cal Members: **1.888.433.1876**

Group Care Members: **1.855.383.7873**

SECOND TRIMESTER TO-DO LIST

HEALTH CARE

- ❑ Keep going to your pregnancy checkups.
- ❑ Discuss your birth plan with your doctor or midwife.
Ask about your options for pain relief, labor, and birth.
- ❑ Learn about the signs of labor, since sometimes it can happen early.
- ❑ Decide if you want to find out the sex of your baby during your 20 weeks checkup.
- ❑ Talk to your doctor if you feel overwhelmed by your feelings or sadness.
- ❑ Decide where you would like to have your baby.
- ❑ Sign up for pregnancy, childbirth, breastfeeding, and baby care classes. Ask your birthing hospital or call Alliance Health Programs at **1.510.747.4577**.
- ❑ If you haven't seen your dentist yet, schedule a checkup.
- ❑ Choose a pediatrician (doctor for children) or family medicine doctor for your baby. Visit **alamedaalliance.org/help/find-a-doctor** or call:

Alliance Member Services Department

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

People with hearing and speaking impairments (CRS/TTY):

711/1.800.735.2929

SELF-CARE

- Continue with your self-care from the first trimester.
- Find maternity clothes that work for your budget.
- Keep wearing your seatbelt, even as your belly expands.

PLANNING AHEAD

- Continue or start working on your baby budget.
Start getting things that you need before baby arrives.
- Decide where your baby will sleep and start getting the space ready.
- Think about baby names.

BACK TO WORK

- If you work, talk to your workplace about maternity leave options and your return to work plan. Learn more at legalaidthatwork.org/wf (English, Spanish, Chinese).
- Continue or start planning for child care.
- Ask your workplace and child care provider about breastfeeding and pumping.





SIGNS OF LABOR

Labor usually takes place between weeks 37 and 42, but sometimes it happens early, called preterm or premature labor. Most of the time waiting until at least 39 weeks is best for healthy outcomes. During the last few weeks of pregnancy, the lungs, brain, and liver are still developing.

Watch for the signs of labor while you are pregnant and tell your doctor or midwife right away.

If it's early, they can check to see if you are really in labor and might give you treatment to help stop it or to improve your baby's health before birth. Among people who have preterm labor, only about 1 in 10 go on to give birth within a week.

TRUE LABOR VS. PRACTICE LABOR

Most people go through practice (or false) labor before the real thing. Learn how to tell what is true labor and what is practice labor.

Signs of **TRUE LABOR** include:

- Contractions that get stronger, especially when you walk. You can feel them all over your belly and in your lower back.
- Contractions that get regular and closer together. They should come every 5 to 10 minutes.
- Fluid or blood leaking from your vagina.
- Your water might break. This could be a slow trickle or a sudden gush, like you have peed!
- Pain or pressure in your lower back, or a sudden change in your back pain.
- Feeling like the baby is pressing down.
- Period-like cramps, with or without diarrhea.

Signs of **PRACTICE LABOR** include:

- Contractions that are not regular and do not get closer together.
- Contractions that go away when you change position.
- Contractions that are felt mostly in the front of your belly.

If you're having signs of labor:

- Rest on your left side for one hour.
- Drink 2 to 3 glasses of water or juice.

If the contractions do not go away after one hour, call your doctor or midwife right away. They will tell you what to do.



BREASTFEEDING

BREAST MILK: THE PERFECT FOOD

Breast milk is amazing food. It is custom-made to help your baby grow strong and healthy. It even changes when your baby's needs change! Since it's made for your baby, it is easy to digest.

Breastfeeding (also called nursing) helps both you and baby stay healthy. Doctors recommend feeding baby only breast milk for the first 6 months of baby's life, and then breast milk and food until 2 years of age or longer. Almost anyone can breastfeed.

If you cannot or choose not to breastfeed for any reason, formula will provide all the nutrients your baby needs. If you are interested, you can talk with your provider about ways to provide breast milk to your baby.

NURSE, NURSE, NURSE

The more you nurse, the more milk you will make. Newborns breastfeed at least 10 times a day. Nurse as soon as you can after your baby is born. For the first few days, you will make a thick, yellow milk called colostrum. This is full of antibodies that help keep your baby from getting sick (breastfeeding experts call it “liquid gold”!). That’s all baby needs until your milk comes in.

GET BREASTFEEDING HELP

All over the world, people learn how to nurse from those with experience. Here in the United States, we may not always have family or friends nearby to help us out. Thankfully, we have breastfeeding experts or lactation consultants instead! These are professionals who are trained to help with breastfeeding.



If you are at a birthing hospital, a breastfeeding expert there will help you learn how to position and get your baby to feed properly. After leaving the hospital, you can get breastfeeding help with the WIC (Women, Infants, and Children) program. Find the nearest WIC office at myfamily.wic.ca.gov or call toll-free at **1.800.852.5770**.

Learn about breastfeeding by taking a class or joining a support group. To connect with help, please call Alliance Health Programs at **1.510.747.4577** or visit “Breastfeeding” at alamedaalliance.org/live-healthy-library.

Going Back to Work or School

You can prepare for breastfeeding for when you return to work or school.

- Know your rights to breastfeed or pump. Discuss your schedule and where you can pump with your workplace. Learn more at legalaidthatwork.org/wf (English, Spanish, Chinese).
- Explore your child care options. Ask whether you can breastfeed at the child care site or provide pumped breast milk for your baby.
- If you need a breast pump, ask your doctor to request one from the Alliance.
- Start pumping when your milk supply is stable and several days or weeks before you have to return to work or school. You can freeze pumped milk to use later.
- Help your baby adjust to taking milk from a bottle or cup from someone else. Wait at least a month after birth before giving baby a bottle. Your baby may be able to drink from a cup at 3 or 4 months old.



THIRD TRIMESTER (WEEK 29 TO WEEK 40)

You're almost there! Get ready to count down the weeks to meet your new baby.

YOUR BABY'S GROWTH

In the last months, your baby is growing and gaining weight quickly. You also feel your baby moving around more. As you near your due date, your baby might turn around with the head down for birth. At birth, your baby may weigh around 6 to 9 pounds and be 19 to 21 inches long.

CHANGES IN YOUR BODY

Your baby is getting bigger and putting more pressure on your organs. Some of the same changes from the second trimester continue.

You may have:

- Frequent need to pee
- Heartburn
- Hemorrhoids (swollen veins around the anus)
- Swelling of the ankles, fingers, and face
- Tender breasts that may leak a watery pre-milk
- Trouble breathing

CALL YOUR DOCTOR OR MIDWIFE IF:

- You notice sudden or extreme swelling or if you gain a lot of weight really quickly.
This could be a sign of preeclampsia (high blood pressure in pregnancy).
- You are having signs of labor.

If you cannot reach your doctor or midwife, please call:

Advice Nurse Line (toll-free)

Medi-Cal Members: **1.888.433.1876**

Group Care Members: **1.855.383.7873**



THIRD TRIMESTER TO-DO LIST

HEALTH CARE

- Keep going to your pregnancy checkups.
- Make sure you get the Tdap vaccine, given between 27 and 36 weeks, to protect your baby from whooping cough (pertussis).
- Ask your doctor or midwife about kick counts.
- Talk to your doctor if you feel overwhelmed by your feelings or sadness.
- Discuss with your doctor which birth control method you will use after pregnancy and when you can start.
- Sign up for pregnancy, childbirth, breastfeeding, and baby care classes. Ask your birthing hospital or call Alliance Health Programs at **1.510.747.4577**.
- Take a pre-birth tour of your birthing hospital or center so you know where to go and where to park.
- If you haven't seen your dentist yet, schedule a checkup. Medi-Cal members get dental benefits for 12 months after the birth of your baby.

SELF-CARE

- Continue self-care from previous trimesters.
- Cook or buy meals that you can store in the freezer to eat later.

PLANNING AHEAD

- ❑ Pack a bag with clothes and personal items for yourself and a newborn outfit for your baby.
- ❑ Bring your photo ID. If you've written a birth plan, pack a few copies of that too.
- ❑ Get an infant car seat and install it in your car. Attend a car seat clinic if you need help. To find a clinic near you, please call Alliance Health Programs at **1.510.747.4577**. If you leave the hospital by car, you won't be able to bring your baby home without one!
- ❑ Make plans for your other children and pets for when you're in labor.
- ❑ Get anything else you still need for your baby and get your home ready for your newborn to arrive.
- ❑ If you work, please prepare for your leave.



PREPARE TO KEEP YOUR BABY SAFE



CARS

Your baby should ride in the back seat in a rear-facing car seat. Please make sure that the car seat is installed correctly.

For car seat resources, please call Alliance Health Programs at **1.510.747.4577**.

SAFE SLEEP AND CHOKING

Place your baby's crib and other furniture away from windows and blinds. Your baby is safer without any strings or cords within reach. A firm mattress and fitted sheet are all you need for your baby's crib. Remove blankets and toys. Always put your baby on their back when they are sleeping. Remember the "ABCs" of safe sleep: Babies should sleep **A**lone, on their **B**acks, in a **C**rib.

Never leave small objects or plastic wrappers and bags in your baby's reach that they can put in their mouth.

To learn about infant CPR classes please call Alliance Health Programs at **1.510.747.4577**.



FALLS

Do not leave your baby alone on changing tables, beds, sofas, or chairs. Put your baby in a safe place, like a crib or playpen, when you cannot hold him or her.

BURNS

Set your water heater to 120°F to avoid burns from hot water. Never carry your baby and hot liquids at the same time.

Make sure you have both a working smoke alarm and a carbon monoxide alarm on every level of your home and in all sleeping areas. Test the alarms often to make sure they work.



NEVER SHAKE YOUR BABY

Never shake your baby when they won't stop crying. Crying is how babies express their needs. For example, your baby may cry if hungry, too hot or too cold, or if in need of a diaper change.

Try calming your baby by seeing what they might need, like a diaper change or feeding. Rub your baby's tummy or back and hold your baby against bare skin. Gently rock your baby and sing or say "shhh" in your baby's ear.

If you feel like you are getting angry and might lose control, **take a break**. Place your baby in a safe place, leave the room, and let your baby cry alone for about 10 to 15 minutes.

Take a deep breath and count to 10. Ask someone else for support. Call your baby's doctor if your baby keeps crying.

For more support, please call the Family Paths Parenting Stress Helpline toll-free at **1.800.829.3777** (interpreter offered).





HEY DADS AND PARTNERS!

Dads and partners have an important role getting ready for baby and taking care of your partner during pregnancy and after birth.

BEFORE YOUR BABY ARRIVES

- Go to pregnancy checkups and classes with your partner.
- Help out around the house. If you have other kids, offer to take care of them.
- Ask how you can support with self-care. Remind your partner to eat healthy foods and walk together every day.

IN THE HOSPITAL

- Give encouragement. Talk about the baby and when you see that little head coming out.
- Help your partner relax. If you took childbirth classes, this is the time to try out all the tricks you learned.
- Keep your partner comfortable. Call the medical staff if needed.

YOUR BABY IS HERE! NOW WHAT?

- Hold and cuddle your baby on your chest, skin-to-skin.
- Talk, read, and sing to your baby.
- Give your baby a massage and bath.
- Change your baby's diapers.
- Ask your partner what you can do to help.
- Don't forget to take care of yourself.
- Ask family or friends for help.
- Go to the well-baby visits at the doctor's office.

To find support for new parents like workshops and groups, please call Alliance Health Programs at **1.510.747.4577**.

SUPPORT BREASTFEEDING

- Before leaving the hospital, ask a breastfeeding expert to show you what it looks like when your baby latches and feeds the right way.
- Watch baby for early signs of hunger like sucking fists or smacking lips. Bring your baby to breastfeed.
- Help get food and a tall glass of water.
- Help find breastfeeding support, if needed.

To connect with help, please call your doctor, WIC office, or Alliance Health Programs at **1.510.747.4577**.

SELF-CARE AFTER YOUR BABY IS BORN



Although a new baby will take up a lot of your time and energy, new moms must take special care of their bodies after giving birth and while breastfeeding, too. When you take care of yourself, you are able to best care for and enjoy your baby.

GETTING REST

The first few days at home after having your baby are a time for rest and getting to know your baby. You may find that all you can do is eat, sleep, and care for your baby. That is perfectly okay. Learn to pace yourself from the first day that you arrive back home. Try to lie down or nap while the baby naps. Don't try to do too much around the house. Allow others to help you and don't be afraid to ask for help with cleaning, laundry, meals, or with caring for the baby.

CHANGES TO YOUR BODY

After the birth of your baby, your body will start to heal.

- It is normal for you to have bloody discharge from your vagina that is heavy at first but gets lighter and goes away after a few weeks.
- You might also have swelling in your legs and feet. You can reduce swelling by keeping your feet raised when you can.
- You might feel constipated. Try to drink plenty of water and eat fresh fruits and vegetables.
- Period-like cramping is common, especially when breastfeeding. This is one way your body recovers from the birth.
- Your breasts might feel full, tender, or uncomfortable when your milk first comes in. Talk to your doctor or breastfeeding expert if you have concerns.
- Follow your doctor's instructions on how much activity, like climbing stairs or walking, you can do for the next few weeks.

DON'T FORGET TO SCHEDULE YOUR POST-PREGNANCY CHECKUP!

Your doctor will check your recovery within 3 weeks after birth, and then see you for a longer post-pregnancy checkup within 12 weeks after birth.

You can ask about:

- Getting back to your normal activity
- Eating and fitness plans to help you return to a healthy weight
- Birth control
- Feelings or sadness you may have
- Concerns or discomfort you may have
- Other questions you have about the birth, breastfeeding, and your healing

PREGNANCY RESOURCE LIST

Resources with a (*) can be called 24 hours a day, 7 days a week.
Language interpreters are offered for all phone numbers.

ALAMEDA ALLIANCE FOR HEALTH

Alliance Member Services Department

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

People with hearing and speaking impairments (CRS/TTY):

711/1.800.735.2929

www.alamedaalliance.org

Call for help with:

- Finding a doctor
- Getting a language interpreter
- Mental or behavioral health services
- Questions about your health plan
- Support with getting health care and community services

Alliance Health Programs

Phone Number: **1.510.747.4577**

www.alamedaalliance.org/

live-healthy

Ask us about classes and programs for pregnancy, breastfeeding, and parenting.

Advice Nurse Line*

Toll-Free: **1.888.433.1876**

(Medi-Cal members)

Toll-Free: **1.855.383.7873**

(Group Care members)

DENTAL CARE

Alliance Medi-Cal:

Medi-Cal Dental

Toll-Free: **1.800.322.6384**

Alameda County Office of
Dental Health

Phone Number: **1.510.208.5910**

dental.acphd.org

Find a dentist that accepts

Medi-Cal in Alameda County.

Alliance Group Care:

Alameda County In-Home Supportive
Services Public Authority

Phone Number: **1.510.577.3552**

GENERAL

Alameda County 2-1-1*

Toll-Free: **211**

Find resources for food, housing, and more.

Alameda County Family Health Line

Toll-Free: **1.888.604.4636**

Get referred to health care and support services.

PREGNANCY

WIC (Women, Infants, and Children)

Toll-Free: **1.800.852.5770**

myfamily.wic.ca.gov

Education and nutrition for pregnant or recently pregnant women, infants, and children up to age 5.

BREASTFEEDING

Alameda County Breastfeeds

acbreastfeeds.org

Learn about breastfeeding supports.

PARENTING

Family Paths Parenting Stress Helpline*

Toll-Free: **1.800.829.3777**

CRISIS SUPPORT

National Maternal Mental Health Hotline*

Toll-Free: **1.833.852.6262**

Talk to someone at any time for support before, during, and after pregnancy.

988 Suicide & Crisis Lifeline*

Phone Number: **988**

988lifeline.org

Call or chat with the lifeline at any time if you are in a crisis.

SMOKING AND SUBSTANCE USE

Alameda County Substance Use Treatment and Referral Helpline*

Toll-Free: **1.844.682.7215**

Kick It California (formerly California Smokers' Helpline)

Toll Free: **1.800.300.8086**

kickitca.org

Get help to make a quit plan.

WORK RIGHTS

Legal Aid at Work

legalaidthatwork.org/wf

(English, Spanish, Chinese)

Find resources for family rights at work.

**YOUR HEALTHY
PREGNANCY**

journal

*Please use this section to take notes about
your progress and any questions that
you want to ask your doctor.*

“ People will forget what you said.
People will forget what you did.
But people will never forget
HOW YOU MADE THEM FEEL.”

– Maya Angelou



Do you need more support? Please call Alliance Health Programs

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4577** • Toll-Free: **1.855.891.9169**

People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929**

www.alamedaalliance.org