

Congratulations on Your Pregnancy!

This book is written just for you because you are expecting a baby. It is very important that you take good care of yourself and your growing baby. This book does not take the place of your doctor. It is to help you learn more about having a baby. It will help you understand what your doctor thinks is best for you and your baby. The book has 7 sections. Each section will tell you about a time during your pregnancy. It starts from the time you become pregnant and goes through the 1st weeks after the baby is born.

Section 1 - Mapping Your Journey

- What can you expect during a normal pregnancy?
- What care will you and your growing baby need?
- How will your baby grow?
- How can you make your pregnancy as easy as possible?
- What should you eat while you are pregnant?
- What can you expect if you are having twins?
- How to feed your baby.
- How do you choose a doctor for your baby?
- How do you select the right day care for your new baby?

Section 2 - Getting in Gear

- Things to think about before you decide to have a baby or when you first become pregnant.
- Things to know that may affect your pregnancy.

Section 3 - Detours

- Problems that can happen during your pregnancy.
- What to do if you have a problem.

Section 4 - Are We There Yet?

- Labor and delivery.

Section 5 - Welcome Home

- Taking care of yourself once you are home.
- How to feed your baby.
- Taking care of your new baby when you arrive home.

Section 6 - Resources

- What are case managers?
- Does your insurance plan have case managers?
- How can case managers help you with your health care?
- Other places you can contact for information and support.

Appendix

- Write your important phone numbers here.

Notes

- Make notes on what you have read in this book.
- Keep a diary of your pregnancy.
- List favorite baby names.

Word List of Terms (Glossary)

- A list of words and phrases you may hear during your pregnancy.
- Meanings of words.

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