

CB 73-238

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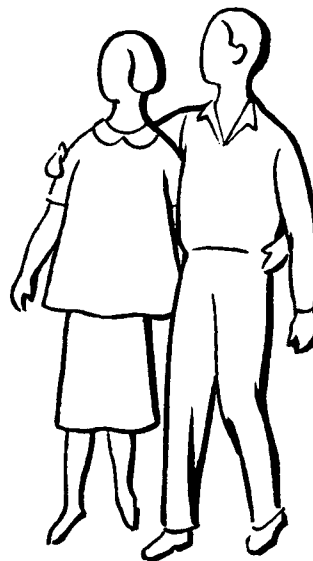
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when
your
baby
is on
the way



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**U.S. DEPARTMENT OF
HEALTH, EDUCATION, AND WELFARE**
OFFICE of CHILD DEVELOPMENT

● **Children's Bureau**

DHEW Publication No. (OCD) 73-52

THIS short, picture leaflet on the care of the mother before the baby is born is designed for quick reading and covers the most important points in good maternity care. More detailed information can be found in the Children's Bureau publication *Prenatal Care* (Publication No. 4).



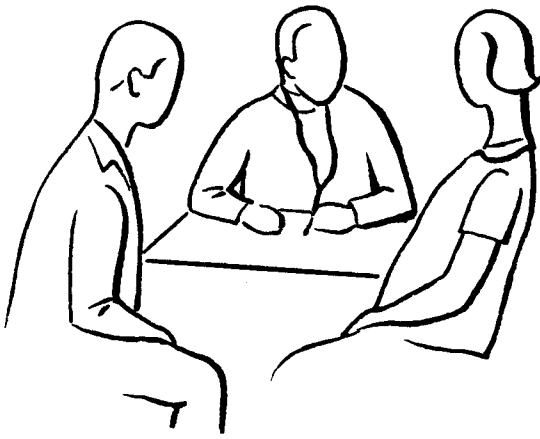
Most women get along fine during pregnancy and when their babies are born. Most babies are born healthy and all right in every way. But once in a while a pregnant woman has trouble. Good medical care, starting early, will prevent or control most things that cause trouble. So go to your own doctor or a clinic as soon as you think you are going to have a baby.

HAVING A BABY IS NORMAL

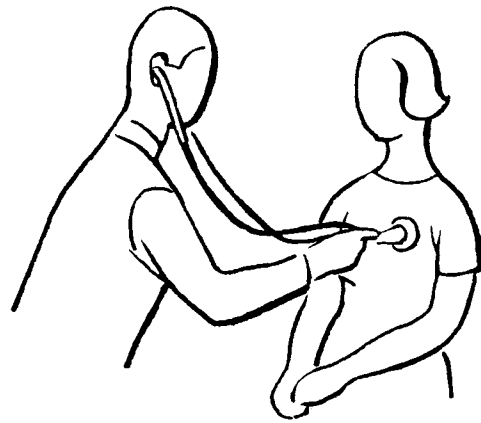
Whether this is your first, second or a later baby, it's still important that you go to your doctor or the clinic right away. Every pregnancy and every birth is different.



YOUR DOCTOR AND THE NURSE

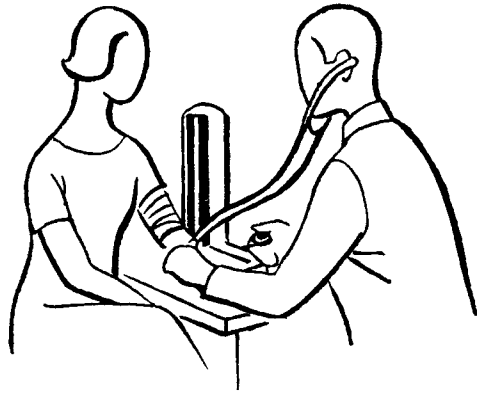


Your doctor will need to know many things about your health. All he asks or tells you is for your own and your baby's good.

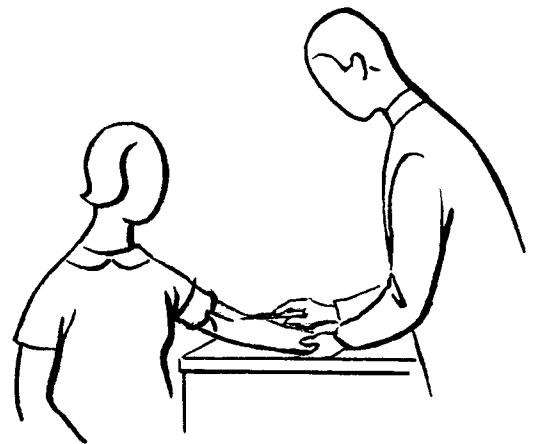


He will listen to your heart and lungs.
He may want you to go to the dentist.

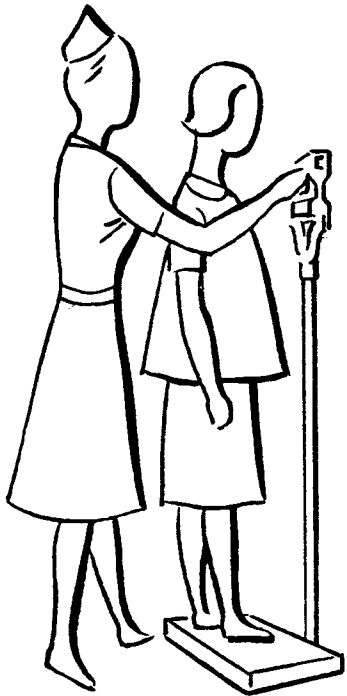
WILL HELP KEEP YOU WELL



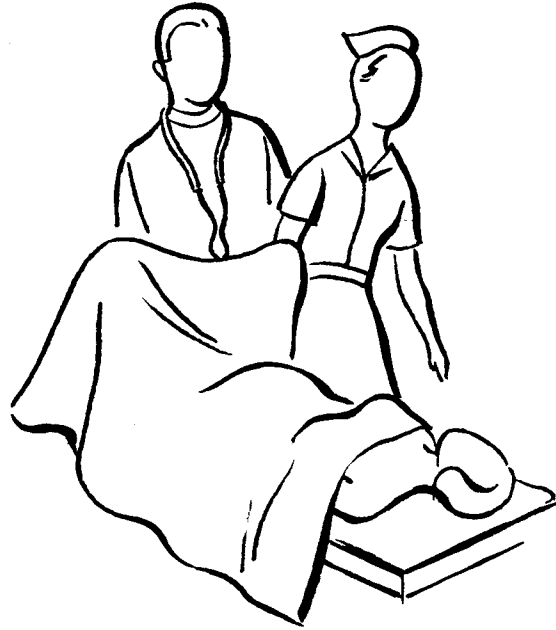
Each time you visit him he will take your blood pressure and test your urine.



A test of your blood will tell him many things about your and your baby's health.



He or the nurse will weigh you each time you visit him.



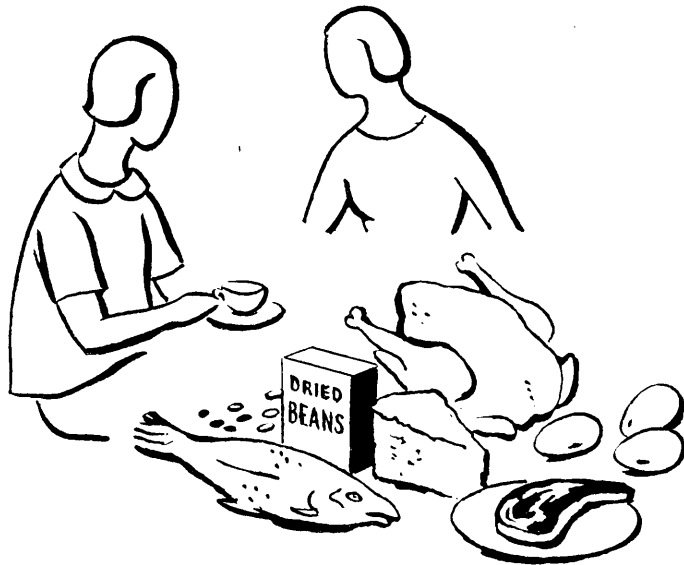
He will need to examine you to see if the child-bearing organs are in good condition. This will not hurt you.



Ask your doctor or the nurse about parent classes for you and your husband. Talk to them about plans for feeding the baby—either breast or bottle.

Be sure you come back to see him every time he tells you to. Write down your questions so you won't forget them when you visit him.

KEEP UP YOUR HEALTH

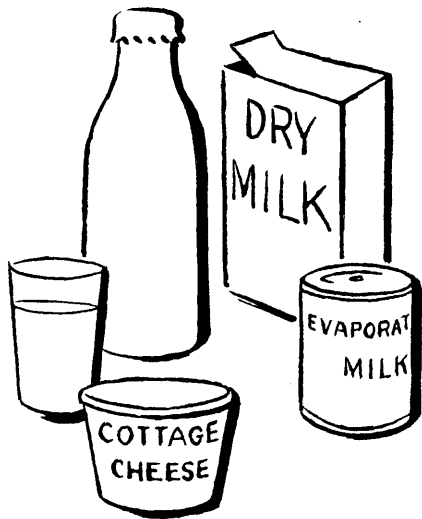


At each meal eat one serving of either meat, fish, chicken, eggs, cheese, or cooked dried beans.



Each day take fruit or juice (orange, tomato, grapefruit) 2 or 3 times and 2 helpings of green leafy or yellow vegetables. Add others as you wish.

I choose good foods from the family table



Drink a glass of milk at each meal and at bedtime.



Go easy on rich desserts and fatty foods, especially if you have to watch your weight.

TAKING CARE OF YOUR HEALTH HELPS



Rest during the day when you are tired. Get a good, long sleep at night. Do most anything you have been doing in the past, just so it doesn't tire you out.



Let your husband do the heavy lifting and carrying.

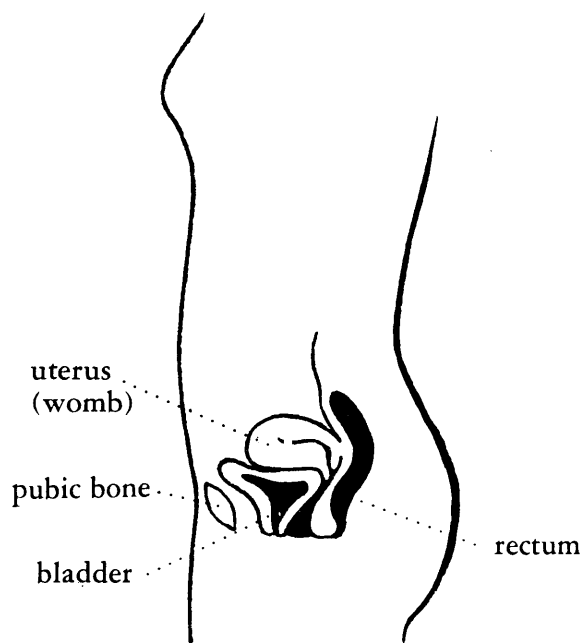
YOU AND YOUR BABY



If your bowels do not move regularly, talk to your doctor about that. Eat more fruit and vegetables and whole grain cereals. Do not take a laxative, medicine or enema unless your doctor tells you to.

During pregnancy there are times when it is unwise to have sexual relations. Ask your doctor about that. Doctors usually tell couples to stop sexual relations at the beginning of the wife's 8th month of pregnancy and not to start again until 3 weeks after the baby is born.

THIS IS HOW YOUR BABY GROWS



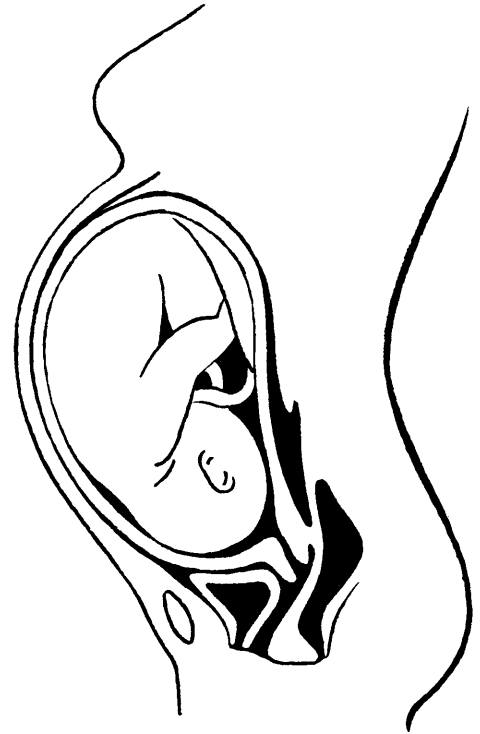
at the beginning



3d month



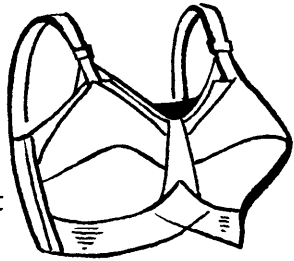
6th month



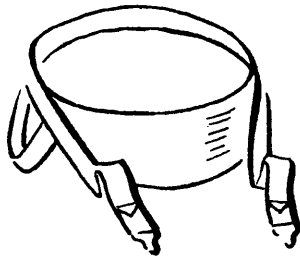
9 months (ready to be born)

WHAT WILL YOU WEAR?

a maternity
brassiere
will help support
your breasts

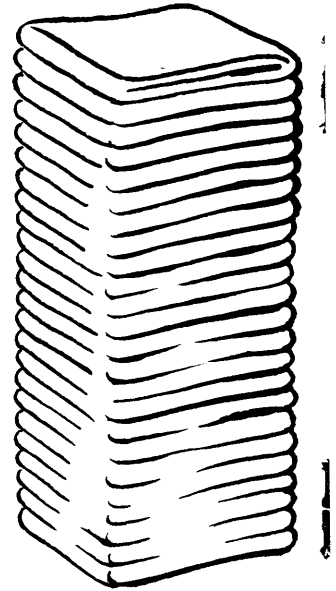


wear a
garter belt
not elastic
garters



if your back aches, shoes with a low
or broader heel may help some

WHAT

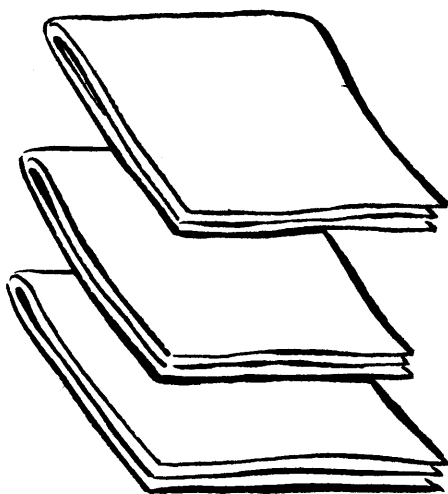


at least
24 or more
diapers

WILL YOUR BABY WEAR?

all you really need at first are . . .

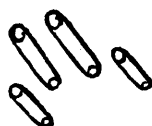
3 or 4 small
cotton blankets



3 or 4 shirts
long sleeves in
cold weather
about size 2



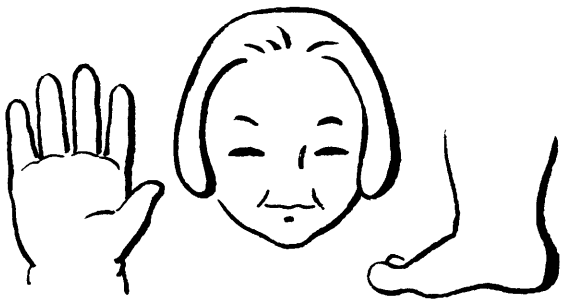
3 or 4
nightgowns



some large and
some small safety pins

LET
YOUR DOCTOR
OR THE CLINIC
KNOW AT ONCE

IF you get
dizzy or have
spots before
your eyes or
if your eyes
blur



IF your hands, face,
legs or feet swell



IF you have a
bad headache

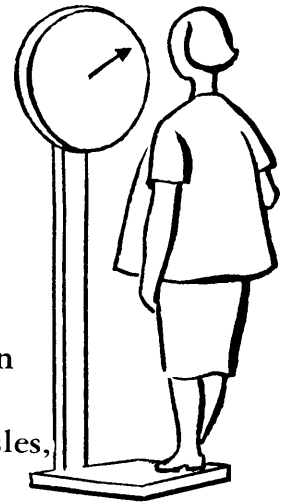
IF you
have pains
in your
stomach,
back or
legs



IF you suddenly
have chills or fever

IF you
suddenly
gain
weight

IF you have been
exposed to
German measles,
often called
"three day measles"



IF there is bleeding or discharge from
the vagina

IF you vomit day after day

IF there is only a small amount of
urine or if your urine burns or
pains you

IF there is a sudden gush or steady
leak of water from the vagina

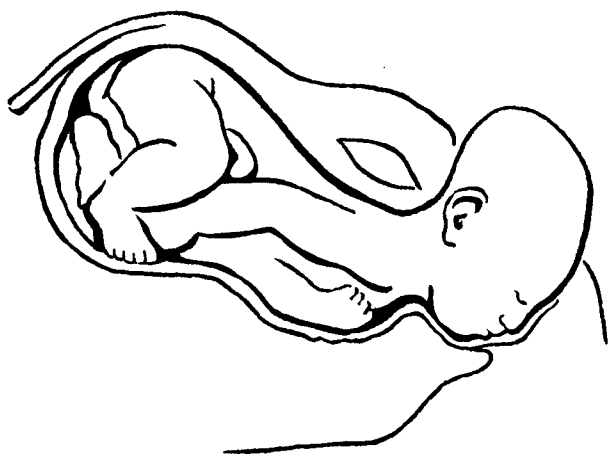
YOU WILL KNOW WHEN YOUR BABY IS

Labor starts with mild cramps in the back or front. At first, these cramps—called contractions or pains—come far apart. As time passes, they come closer together and are harder. When they are regular by the clock, call your doctor. If there is a discharge with much blood in it or a gush or leaking of water, go to bed, call the doctor, and do as he says.

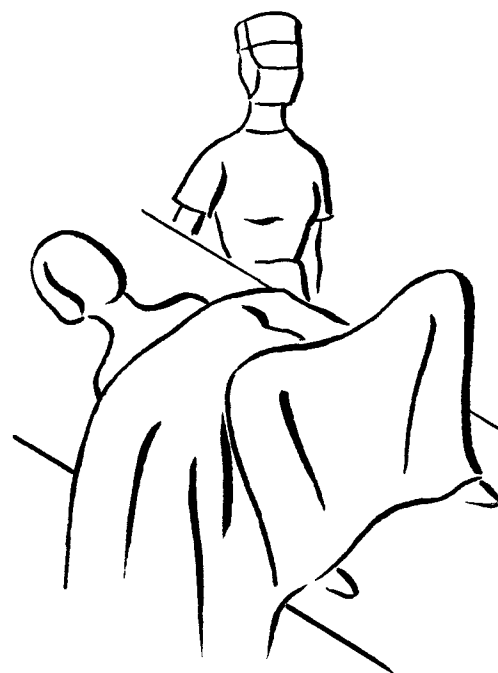


- Each contraction pushes the baby's head against the mouth of the womb, slowly stretching it open.

READY TO BE BORN



When the mouth of the womb is wide enough, the contractions push the baby out into the world.



You will be taken to a special room—called the delivery room—for your baby's birth.

AFTER YOUR BABY IS BORN



True mother's milk comes about 3 days after your baby's birth. Until then the breasts give a liquid which is good for your baby.



If you cannot breast feed, someone will tell you how to make the milk formula that your doctor decides is best for your baby.



Some hospitals or clinics have classes to help new mothers learn to take care of their babies. Plan to attend. Or the public health nurse will help you at home.

WHEN YOU GET HOME FROM THE H



For the first few days, rest a great deal. Do things only for your baby and yourself.



After a few days, add to that fixing meals and washing dishes. Sit down before you get too tired. For a few days longer, gradually increase light household chores.

HOSPITAL



If you can, get someone to help you for awhile. Wait for a month before doing heavy housework.



About 6 weeks after your baby is born, have your doctor examine you, even if you feel all right. He'll make sure nothing is wrong.

WHEN YOU START TAKING CARE OF

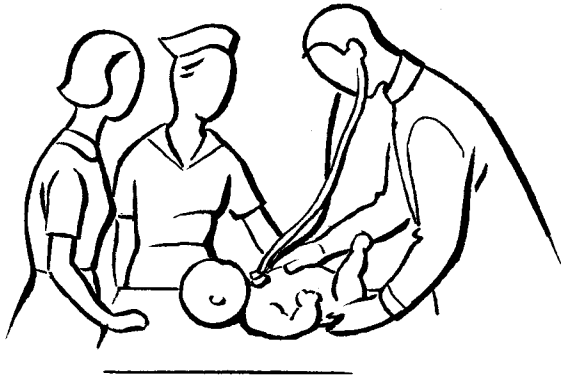


Don't be afraid to handle your baby. Your little boy or girl is tiny but tough and won't break.

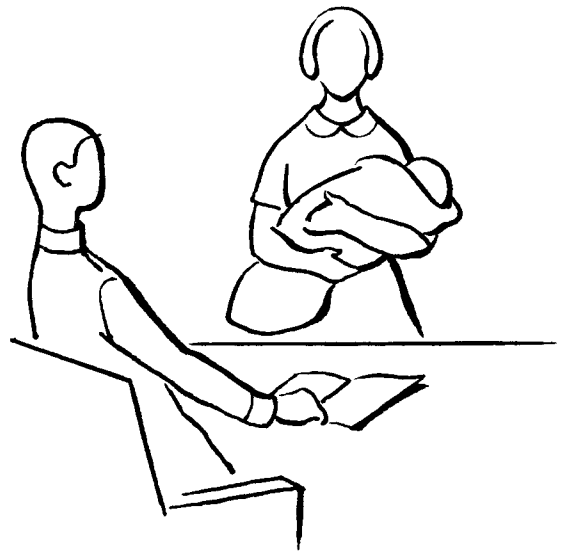


Life may seem hard and mixed up at first but it will soon ease up. Relax and enjoy your baby. You will soon find out your little boy or girl is an interesting person.

YOUR BABY

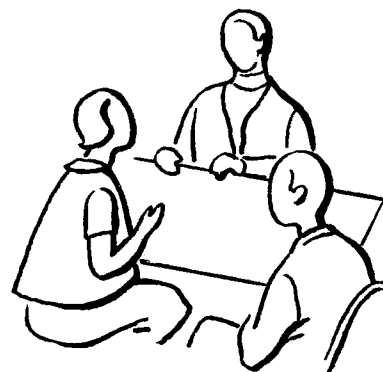
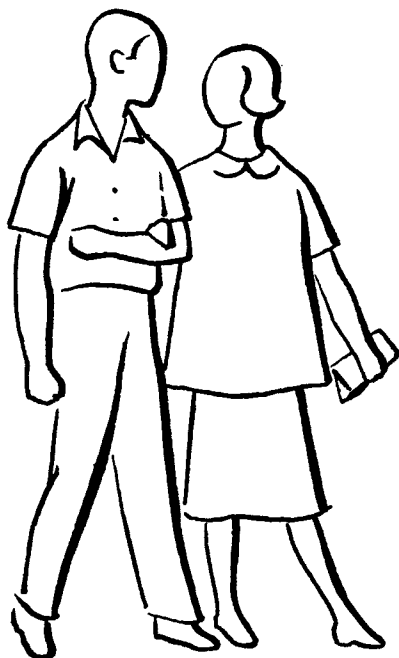


Help keep your baby well. At one month of age, take your baby to your private doctor or the well-baby clinic for a checkup.



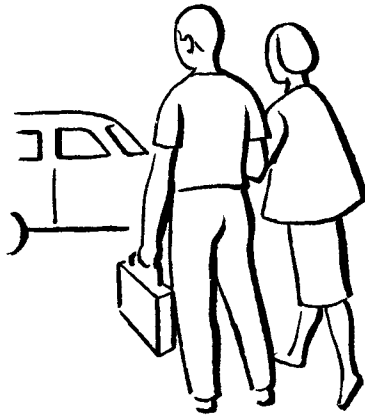
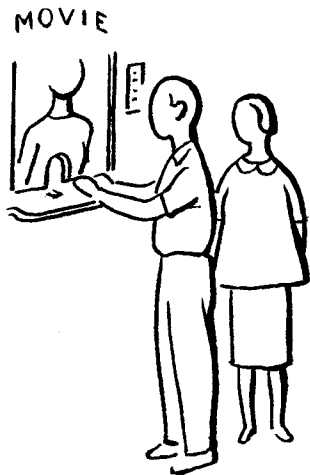
If you have worries or just don't know, talk with the doctor or the public health nurse. They will answer your questions and help you with your problems.

FATHERS
HAVE
THEIR
SPECIAL
WAYS OF
HELPING



Find out from her
doctor what your
wife needs to do.
Help her in doing
what he says.

See that your
wife gets
recreation.

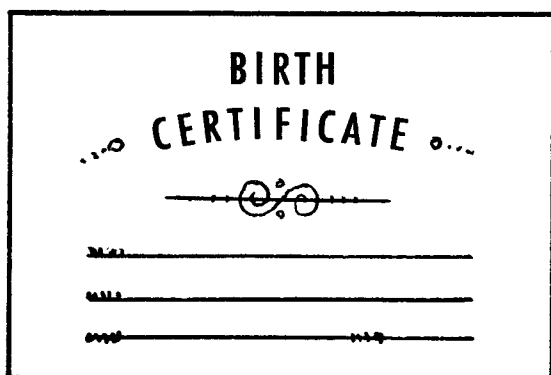


Plan well ahead how
you are going to
pay for the hospital.
Decide how you are
going to get your
wife there.

If you have other
children, plan
for their care and
prepare them for
new baby.



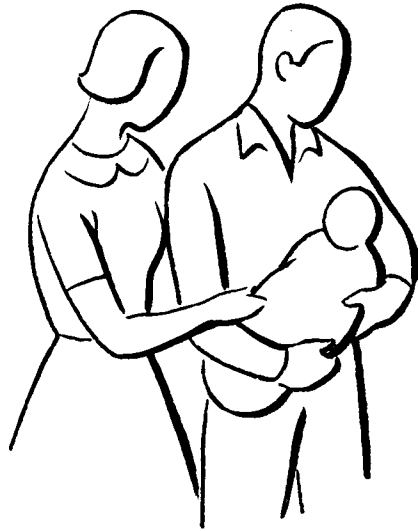
Pick a boy's name and a girl's name before your baby is born because the birth will be registered in the hospital. If you don't get a copy of the registration, write your State Department of Health for one. Take good care of it. Your child will need it many times during life.



Ask your doctor about the shots your baby will need to be protected from serious sicknesses like polio, diphtheria, smallpox, whooping cough, lock-jaw, measles.

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A new baby can make a family happy. This is more likely to be so if you plan ahead. Now that your baby is on the way, you and your husband talk over how many other children you want. Also, think about when you want them.

When you plan your family, both you and your husband can be happier. You two won't be worrying about having the next baby until you are ready.

You can plan to have your babies only when you want them. There are many ways to do this. Your doctor can tell you about them. You can pick the way that suits you and your husband best.

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bureau

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