

# My Pregnancy Calendar



# This Calendar Belongs To

\_\_\_\_\_

*(your name here)*

## What to take to your prenatal appointments:

-  Your Insurance Card
-  Your Medicaid Card
-  Your Carolina Access Card

### My Birth Partner



\_\_\_\_\_

Phone Number \_\_\_\_\_

### My Healthcare Provider



\_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Phone Number \_\_\_\_\_

### My Hospital/Birth Center



\_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Phone Number \_\_\_\_\_

# Congratulations! You're Pregnant!

Many things will happen to you during your pregnancy. How you feel and how your body changes is important to your baby's health.



Use this calendar to make notes on how your body changes. Record dates of special moments like when you feel the baby's first kick. Write down questions you want to ask your healthcare provider. And use this calendar to talk to your family and friends about how you are feeling.

Remember to take extra special care of yourself now. Stay healthy so your baby has the best chance of being born full term and at a healthy weight.

**Enjoy this special time.**

## Prenatal Appointments

Prenatal appointments are very important to help you and your baby stay healthy. The information and advice that you receive will help you have a good pregnancy.



Ask your healthcare provider to help you fill in this chart at each appointment. Depending on how you feel, you may have a different number of prenatal visits than this chart.

### My Prenatal Appointment Record

Week	Visit Date	Blood Pressure	Fundal Height	My Weight
1-4				
5-8				
9-12				
13-16				
17-20				
21-24				
25-28				
29-30				
31-32				
33-34				
35-36				
37				
38				
39				
My estimated DUE DATE is: _____				
40				
41				
42				

Remember to keep all your prenatal appointments and follow the advice of your healthcare provider, even when you feel well.

## What to Expect at Your First Prenatal Appointment



### You will be asked about:

- ✿ Date of your last period
- ✿ Previous pregnancies
- ✿ Health, diet and allergies
- ✿ Family medical history
- ✿ How you feel
- ✿ Medicines you take

### List your prescription medicines:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

### List your over-the-counter drugs, vitamins and herbs:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_



Tell your healthcare provider the names of all non-prescription medicine you take.

### What's Your Due Date?

Women don't always know they are pregnant their first month. That's why some people think a pregnancy is just nine months. It's actually longer. The average pregnancy is 280 days.

Your baby will be "preterm" if you give birth prior to 37 weeks. Your baby will be "full term" starting at 37 weeks. And your baby will be "post term" if born after 41 weeks. Most women give birth between 38 and 42 weeks.



**Your prenatal visit may also include:**

- ✿ Pelvic exam and Pap smear
- ✿ Physical exam
- ✿ HIV test
- ✿ STI (sexually transmitted infection) tests
- ✿ Blood test to find out your blood type and Rh Factor
- ✿ Urine test
- ✿ Sickle cell test
- ✿ Weight and height

My blood type: \_\_\_\_\_

Rh Factor: \_\_\_\_\_

If you are Rh negative, you will need to take certain precautions during the pregnancy.



**If you are pregnant, get a flu shot.**



**Make sure to write down the questions you want to ask at your prenatal appointments.**

Date \_\_\_\_\_ Weeks 1-4



**After your first appointment, your routine exams may include checking your:**

- ❁ Blood pressure. Slight blood pressure changes are normal during pregnancy.
- ❁ Fundal height. A tape measure is placed over your stomach from top to bottom to measure the growth of your uterus (womb) from the outside of your body.
- ❁ Baby's heartbeat.
- ❁ Face, hands and feet for signs of swelling.
- ❁ Urine for signs of sugar, bacteria, blood and protein that may indicate problems.

At each prenatal visit you will be weighed. How much you may gain depends on your health, your weight before pregnancy and how many babies you are carrying. The average weight gain is 25-35 pounds. Your healthcare provider will talk with you about your own weight gain goal. Remember that **every pregnancy is different.**



Date \_\_\_\_\_ Week 5

You may start to feel your body change early in your pregnancy. But you probably won't look pregnant for several more weeks.



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Date \_\_\_\_\_ Week 6



Morning sickness doesn't just happen in the morning. You can feel sick to your stomach any time of day. It usually gets better around the 12th week of pregnancy.

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What you put in your body you share with your baby. Avoid alcohol. It increases your risk of having a miscarriage and your baby having a birth defect.

Date \_\_\_\_\_ Week 9

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Avoid street drugs. Your baby could be born addicted, born with birth defects or born too soon or too small to be healthy. If you take medicine, ask your healthcare provider if it is safe to take while pregnant.



Date \_\_\_\_\_ Week 10

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Date \_\_\_\_\_ Week 11

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Smoking while pregnant triples your baby's risk of dying unexpectedly and suddenly. It also increases the chances of your baby being born too early and too small to be healthy. It is never too late to quit – the sooner the better.

Date \_\_\_\_\_ Week 12

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A Doppler measures your baby's heartbeat while the baby is inside your uterus. Around this time in your pregnancy you may be able to listen to your baby's heartbeat.





Take a nap

You may need more rest. Take a nap and relax. Being overtired puts extra strain on your body. There may be times when you worry. That's normal. If you feel sad or cry a lot, talk to your healthcare provider about it.

Date \_\_\_\_\_ Week 13

Handwriting practice lines for Week 13.

As your uterus grows, it puts pressure on your bladder. You may need to urinate (pee) more. You may feel short of breath as your baby pushes on your lungs. At 14 weeks your baby weighs about one ounce and is 2½-3 inches long.

Date \_\_\_\_\_ Week 14

Handwriting practice lines for Week 14.





The first time you feel the baby move it may feel like a butterfly tickle. This is often around weeks 16 to 20. The movements will become more noticeable over the weeks.



Date \_\_\_\_\_ Week 17

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Write down when the baby moves for the first time. This is a helpful guide to how your baby is growing.



Date \_\_\_\_\_ Week 18

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Breast milk is the best food you can give your baby. And it is easy for your baby to digest. Breastfed babies have fewer earaches, tooth decay and allergies. Breastfeeding may also lower your risk of getting breast cancer.



Date \_\_\_\_\_ Week 21

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A doula (due - la) is trained to provide information as well as physical and emotional support to women and their birth partners during labor. A certified nurse midwife is trained to care for women with low-risk pregnancies and to attend normal births.



Date \_\_\_\_\_ Week 22

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Date \_\_\_\_\_ Week 23

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Preterm (premature) labor can begin before your 37th week. If you have any signs listed below, lie down on your left side for 1 hour and drink 2-3 glasses of water. If they do not go away, **call your healthcare provider immediately.**



Date \_\_\_\_\_ Week 24

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**PRETERM LABOR  
WARNING SIGNS**

- Contractions of the uterus (4 or more in 1 hour)
- Stomach cramps (with or without diarrhea) that come and go, or don't go away
- Fluid leaking from the vagina
- Spotting or bleeding
- Pressure that feels like baby is pushing down
- Low, dull backache

Preeclampsia is dangerously high blood pressure related to pregnancy. If you develop any of the signs below **call your healthcare provider right away.**



Date \_\_\_\_\_ Week 25

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**PREECLAMPSIA SIGNS**

- Severe headaches
- Dizziness
- Blurred vision
- Nausea or vomiting
- Sudden weight gain of more than 2 pounds a week
- Pain in upper stomach



Date \_\_\_\_\_ Week 26

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Date \_\_\_\_\_ Week 27

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Gestational diabetes is diabetes some women get while pregnant. It is usually temporary and caused by high blood sugar levels. It can be controlled by diet, exercise and medication.

Date \_\_\_\_\_ Week 28

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About this time in your pregnancy, your baby weighs 1½-2 pounds and is about 8-10 inches long. At 28 weeks, most women start having prenatal checkups every two weeks.



Date \_\_\_\_\_ Week 29

If you are being physically or verbally abused, talk to your healthcare provider. There are things you can do to protect yourself and your baby. **If you need help right away, call 911.**

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Date \_\_\_\_\_ Week 30



If you are sexually active, you can get STIs while pregnant. Protect yourself and your baby by using a condom or other barrier method. If concerned, get tested.

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Date \_\_\_\_\_ Week 33

Kegel (kay - gul) exercises strengthen pelvic muscles and may help you prepare for delivery. Ask your healthcare provider when and how to do them.



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Date \_\_\_\_\_ Week 34

Secondhand smoke can harm you and your unborn baby.

Secondhand smoke can cause your baby to:

- Be born too early
- Be born too small to be healthy
- Have breathing problems
- Be at risk of Sudden Infant Death Syndrome (SIDS)



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At birth, the average weight of a full term baby is 7½-8½ pounds and the average length is 19-21 inches.

Babies born less than 5½ pounds are low birthweight and may have long-term health problems.



Date \_\_\_\_\_ Week 37

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**SIGNS OF LABOR**

- Crampy contractions that are long, strong, close together and do not go away
- Water breaks: clear liquid comes out of vagina
- Vaginal bleeding (bloody show)
- Low back pain



Date \_\_\_\_\_ Week 38

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Date \_\_\_\_\_ Week 39

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Date \_\_\_\_\_ Week 40

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During labor, the length of your contractions will help determine how your cervix is dilating. To time your contractions, get a clock with a second hand. Write down the time each one begins and ends. The length of a contraction is the number of seconds it lasts.

The time between the start of one contraction and the start of the next is called "frequency." Your contractions may be 20-30 minutes apart in early labor and 2-5 minutes apart as you get closer to delivery. The frequency of contractions helps determine how your cervix is dilating.

Date \_\_\_\_\_ Week 41

Most women give birth within 2 weeks before or after their estimated due dates.

PS: If you feel sad after you've had the baby, ask for help.



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Date \_\_\_\_\_ Week 42

**REMEMBER TO**

- Keep your postpartum appointment (2-6 weeks after you deliver)
- Schedule your baby's first healthcare appointment
- Make a family planning appointment
- Don't give up on breastfeeding

My postpartum check up date is: \_\_\_\_\_

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## How Much You Eat Matters

How much weight you gain during pregnancy can affect your health and your baby's. If you gain too much your child could become overweight in the future. Ask your healthcare provider how much weight you should gain.



### Just a snack

You do not need to eat a lot more food during pregnancy. Three meals a day, plus one (or two) healthy snacks will help keep your weight gain on target.



Walking 30 minutes each day will help too.

## What You Eat Matters

Eat healthy foods like vegetables, fruit, lean meats and low-fat dairy products. Limit sugary, fried, processed or packaged food.



Don't eat raw meat.

## Preterm Labor Warning Signs

If any of these things happen or if you have questions, call your healthcare provider right away.

- Bright red blood from your vagina
- Sharp pain in your abdomen (stomach) or side
- Vomiting several times in one hour
- Chills and fever
- Sudden gush or slow leak of water from vagina
- Sudden and severe swelling of face, fingers or ankles
- Bad headaches, blurred vision, spots before your eyes
- Pain when passing urine (pee)
- Fainting, dizziness
- Baby stops moving or moves less than 10 times a day

More warning signs on Week 22.

