



ANTENATAL

The last three months of pregnancy

Preparing for a healthy baby

Supporting your family through your baby's first year



ANTENATAL



Eating for a Healthy Baby

Healthy eating keeps you feeling good and gives your unborn baby the essential nutrients they need.

Healthy eating is important during pregnancy – for your own wellbeing, as well as your baby's. Eating foods, such as those high in fat and sugar, may cause your unborn baby to develop a preference for these foods during childhood and could become overweight and obese in later life.

Eat a wide variety of nutritious foods from the five food groups (vegetables, fruits, breads and cereals, meat or alternatives and dairy).

During the first 3 months of your pregnancy your energy requirements are unchanged, and you do not need to eat any more than before you were pregnant

After the first 3 months you may need to little increase the amount you eat; for example, an extra piece of fruit each day, a boiled egg, a serving of vegetables, or extra tofu, chicken slices or tuna

The amount of food you need to eat will depend on your weight before pregnancy according to your activity

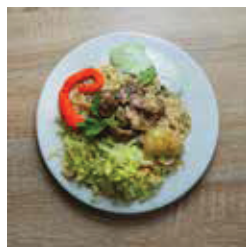
Drink plenty of water

Avoid alcohol



The plates, and suggested breakfast, lunch, dinner servings shown give you an idea of the best proportion of different food types you should aim to eat at each meal: about half plate of vegetables, and one quarter of a plate of protein-rich foods (chickpeas, tofu, meat, eggs) and one quarter of a plate of rice, noodles, potatoes or half a piece of Lebanese bread.

Nutritious meal ideas



Lunch (lentils & rice)



Dinner



Snack



Breakfast (Lebanese bread serving (1/2 of a large piece)

Tips

At each meal, it helps if you serve yourself rice or noodles in a cup first, so you can check how much of these foods you eat every meal. For example, limit to 1 cup of rice per meal or half a piece of flatbread at a meal



Eat Basmati, brown, red or black rice instead of white rice.



If using oil, use small amounts of olive, canola, sesame or peanut oil when cooking.



Minimize the consumption (eating / drinking) of rich foods with sugar eg. sugary drinks, cakes, desserts. Choose fruit instead.



For some recipe ideas have a look at these links:

<https://daa.asn.au/smart-eating-for-you/smart-eating-recipes/>

<https://daa.asn.au/wp-content/uploads/2016/05/The-thrifty-cookbook.pdf>

<https://metrosouth.health.qld.gov.au/multicultural-nutrition-resources>

Use this link to download translated versions of the Australian Guide to Healthy Eating

<http://www.mhcs.health.nsw.gov.au/publicationsandresources/pdf/publication-pdfs/oth-9450>

Healthy Weight

It is important for your health and for the health of your baby to eat well and stay active during pregnancy.

Gaining the right amount of weight is important to prevent gestational diabetes and other health conditions

The food babies receive before they are born influences their health later in life. Babies with very low or high birth weight in particular may be at increased risk of obesity and many serious diseases when getting older. If you have gestational diabetes during pregnancy then make sure you follow the diet plan set by an accredited practicing dietitian or your doctor.





Mental health and pregnancy

Looking after your emotions and peace of mind can help you and your baby. If you have been feeling sad, down, worried or anxious for a while and this is starting to affect your life, it's time to seek help. For more information about depression and anxiety contact Beyond Blue on 1300 224636.

Want help getting healthy or staying healthy during pregnancy and after? FREE personal coaching is available by phone

Your FREE Health Coach!
GET STARTED NOW
1300 806 258
www.gethealthynsw.com.au

You can also refer to the Get Healthy site:
<https://www.gethealthynsw.com.au/healthier-you/healthy-in-pregnancy/>

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Be Active

Why not walk after dinner or before work with your husband, partner or another family member?

Do 20-30 minutes of gentle exercise every day, or 75 minutes of high intensity exercise per week (if you usually do high intensity exercise).

Screen time

- Avoid lengthy periods of inactivity e.g. sitting at a computer or watching TV

- Break up long periods of sitting as often as possible

Healthier, Happier Together

Looking after your physical health during your pregnancy is important, for both you and your baby. Stay fit during the last 3 months of pregnancy (unless your GP has said otherwise).

If there are no health problems and you haven't exercised in a while, start gently, try to do 30 minutes of moderate exercise every day such as walking, swimming, using an exercise bike or a low-impact exercise or dance class, as you can. Avoid doing any sports and activities that require physical contact, to avoid the risk of falling.

Warm up and cool down. Do not over exercise, exerting only to a point where you can still have a chat. Always stop if you experience pain or discomfort.

For individual advice about being active, speak to your doctor, midwife/nurse or a health coach from Get Healthy in Pregnancy Services, which is specific for pregnant women.



Hidden Muscles Keeping your body in shape: Pelvic Floor

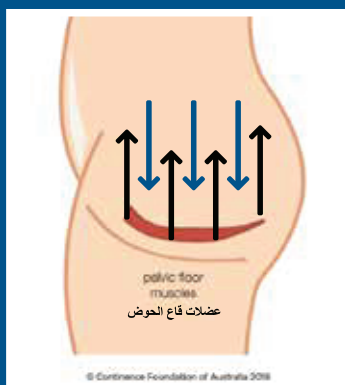
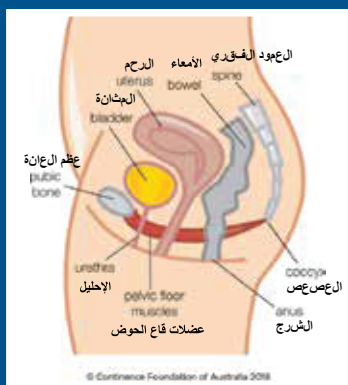
The pelvic floor is one of the most important muscles in your body, holding the bladder, uterus and bowel in place. Strong pelvic floor muscles help with sexual function and can make birth and recovery from birth easier. One in three women who have ever had a baby, leak urine when they sneeze, laugh, cough or exercise.

Regular pelvic floor strengthening exercises can prevent bladder, uterus and bowel problems in future pregnancies, and later life.

Aim for 10 squeezes of 10 seconds, three times a day!

How do I do pelvic floor muscle training?

- Squeeze and draw in the muscles around your back passage and your vagina at the same time. Lift them UP inside. You should have a sense of “lift” each time you squeeze your pelvic floor muscles. Try to hold them strong and tight as you count to 8. Now, let them go and relax. You should have a distinct feeling of “letting go”.
- Repeat “squeeze and lift” and let go. It is best to rest for about 8 seconds in between each lift up of the muscles. If you can’t hold for 8, just hold for as long as you can.
- Repeat this “squeeze and lift” as many times as you can, up to a limit of 8 to 12 squeezes.
- Try to do three sets of 8 to 12 squeezes each, with a rest in between.
- Do this whole training plan (three sets of 8 to 12 squeezes) each day while lying down, sitting or standing.



Take a look at the ‘Exercises before & after birth’ resource for general exercise tips and information on how to exercise your pelvic floor muscles. Check out The Continence Foundation of Australia website or download the app for more information:

<https://www.continence.org.au/other-languages.php>

or watch this you tube video <https://youtu.be/e2xcgG2WAg0>

Why Breastfeeding is Important

The World Health Organisation recommends to exclusively breastfeed to around 6 months of age and continue breastfeeding up to 2 years of age or beyond.

Exclusive breastfeeding means no other food or drink. Including water, juice, non-human milk (except for vitamins, minerals and medications if it has been advised by your GP/Pediatrician).

BREASTFEEDING IS GOOD FOR YOU AND YOUR CHILD TOO , BECAUSE IT:

- Can reduce bleeding after birth
- Helps your uterus get back to normal faster
- Helps you lose some of the weight gained during pregnancy
- May reduce the risk of some cancers and osteoporosis
- Meets all baby's nutritional needs until they're around 6 months old
- Helps build baby's immune system to protect them from getting sick from illnesses and infections
- Is more easily digested than other milks, so nappies smell less offensive
- Can lower baby's risk of being overweight, obese or diabetic later in life





Breastfeeding: what to expect

Breastfeeding is best, so it is good to start thinking about how you might like to feed your baby after giving birth. This is something you should discuss with your husband/ partner, or close family members.

Within the first hour after your baby is born try to have your undressed baby lay on your bare breasts (skin to skin) until your baby is ready for breastfeeding. Skin-to-skin contact after birth is recommended as it helps with your breast milk supply and your confidence as well as helps you to bond with your baby. Your nurse or lactation consultant can help you at this time.

Choosing other milk feeding practices

However you choose to feed your baby, there is lots of help.

Contact Healthy Beginnings via email SLHD-HealthyBeginnings@health.nsw.gov.au for further information. You can also talk to your Child and Family Health Nurse, Lactation Consultant or doctor if you have any questions.

How your body gets prepared to feed your baby: Colostrum

Even before you give birth your body is producing colostrum, a very special nutrient-rich milk, **which helps develop the babies' stomach, and protect it from disease.**

Colostrum:

- has the perfect amount of vitamins, minerals, amino acids and essential fats for the baby's growth and stimulating the immune system.
- helps friendly bacteria to colonize the baby's gut.
- has special growth factors which help to complete a newborn's gut development.

Do I have enough milk for my baby?

The more your baby enjoys skin to skin contact and sucks at the breast the more you will have a good milk supply.

Did you know a newborn's stomach is only the size of a cherry? So a mother's breasts will produce what the baby demands which is only a small amount at this time.

Colostrum is specially designed for newborn babies, who don't need much milk in the first 24-48 hours after birth.

Colostrum is the perfect food to sustain them until your breasts produce the lighter milk which will be larger in volume and then you will feel that your breasts are heavy. You may notice this is around 60-70 hours after birth. If you're worried speak to your nurse, midwife, lactation consultant or doctor.

The size of your baby's stomach: Day 1 - 3 weeks



Day 1 & 2

cherry



Days 3 & 4

walnut



Days 5 & 6

lime



Days 7 to 3 weeks

egg

What to consider for your last 3 months

YOUR HEALTH

Physical activity
Nutrition
Immunisation
Emotional health



INFANT FEEDING

Prepare for breastfeeding



INFANT FEEDING

Infant CPR Creating
a safe environment
for your baby



SOCIAL SUPPORT

Early Childhood Health Centres
General Practitioner/Paediatrician



YOUR BABY AND PHYSICAL ACTIVITY

Playing with your baby / Tummy time



Useful services and links

Health advice and coaching

- Get Healthy: 1300 806 258, www.gethealthynsw.com.au

Food and nutrition

- Dietitians Association of Australia www.daa.asn.au
- Australian Dietary Guidelines www.eatforhealth.gov.au/
- Diabetes Australia www.diabetesaustralia.com.au/gestational-diabetes

Physical Activity

- Get Healthy
www.gethealthynsw.com.au/program/get-healthy-in-pregnancy/
- Exercise and Sports Science Australia www.essa.org.au
- Continence Foundation www.continence.org.au

Mental health and wellbeing

- Beyond blue 1300 22 4636, www.beyondblue.org.au

Infant feeding and playing

- Australian Breastfeeding Association 1800 686 268
<https://www.breastfeeding.asn.au/>
- Lactation Consultants www.lcanz.org/
- Raising Children Network www.raisingchildren.net.au



NEXT BOOKLET

0-2 MONTHS

Don't speak English or need help with interpretation?

Free Call: 13 14 50

Telephone interpreters can help you to call national support lines. If you don't speak any English then just say in English "Arabic" and they will put you through to the Arabic interpreter, who can then help make the call.

FOR SUPPORT AND MORE INFORMATION, CONTACT

HB

Healthy Beginnings

SLHD-HealthyBeginnings@health.nsw.gov.au
www.healthybeginnings.net.au
02 9515 9055

HD

Health Direct Australia

www.healthdirect.org.au
1800 022 222

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