

# ANTENATAL

Your third trimester

Supporting your family during your baby's first year



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## LOOKING AFTER YOURSELF IN PREGNANCY

Healthy Beginnings provides information and support to families during your baby's first year of life. Having a baby can be one of the most exciting and challenging things you will ever do. This booklet has health tips for you and your family.

### RECOMMENDATIONS



#### Nutrition

- Enjoy a wide variety of nutritious foods from the five food groups (vegetables, fruits, breads and cereals, meat or alternatives and dairy)
- Drink plenty of water
- Avoid drinking alcohol
- Limit intake of foods containing saturated fat, added salt and added sugars



#### 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



#### Physical Activity

- Recommended physical activity levels for pregnant women includes 150 minutes of moderate intensity or 75 minutes of vigorous intensity exercise, or a combination of both per week



#### Immunisation








- Whooping cough (Pertussis) vaccination is recommended during the third trimester of every pregnancy, preferably between 28 - 32 weeks, but it can be given up until delivery
- Influenza vaccination is recommended and can be given at any stage during pregnancy

## FOOD AND NUTRITION IN PREGNANCY

A healthy lifestyle at any time is important but especially during pregnancy as your body has extra demands for certain nutrients, including iron, calcium, iodine and many vitamins. By eating healthy foods throughout your pregnancy and after giving birth, you will increase the chances of your baby adopting these habits too.

### What and how much should I eat?

To make sure you and your baby get the right amount of nutrients to stay healthy aim to enjoy a variety of foods from the 5 major food groups every day.

FOOD GROUP	SERVES	SAMPLE SERVE
 <b>Vegetables</b>	Women → 5 Pregnant → 5 Breastfeeding → 5.5-7.5	1 cup leafy salad vegetables ½ cup cooked vegetables ½ medium potato
 <b>Fruit</b>	Women → 2 Pregnant → 2 Breastfeeding → 2	1 medium orange, banana, apple, pear 2 small apricots, kiwi fruits or plums 1 cup diced fruit
 <b>Grains</b>	Women → 7-6 Pregnant → 8-8.5 Breastfeeding → 8-9	1 slice bread ½ roll or flat bread ½ cup rice, pasta, noodles (cooked) ½ cup cooked porridge ⅓ cup wheat cereal flakes
 <b>Meat or alternatives</b>	Women → 2.5 Pregnant → 3.5 Breastfeeding → 3.5	65g cooked lean meat 80g cooked lean chicken 100g fish 2 large eggs 1 cup cooked legumes/beans 30g nuts, seeds, peanuts 170g tofu
 <b>Dairy foods</b>	Women → 2.5-3.5 Pregnant → 2.5-3.5 Breastfeeding → 2.5-4	250ml milk or soy milk 2 slices hard cheese 200g cup yoghurt
 <b>Unsaturated spreads and oils</b>	Use in small amounts	
 <b>Extra foods</b>	Foods containing saturated fat, added salt, added sugar. Only sometimes and in small amounts.	

Source: Healthy eating during your pregnancy

## GETTING ACTIVE

Being active and staying fit will help you manage the change in your body shape throughout pregnancy, birth and parenting. Try starting with 20 - 30 minutes of moderate exercise per day such as:

- walking
- swimming
- exercise/stationary bike
- yoga

Avoid contact sports and activities with a risk of falling.

## Pelvic floor exercises

The pelvic floor is a group of muscles that support the bladder uterus and bowel. Regular pelvic floor strengthening exercises can prevent bladder and bowel problems in later life. Check out the '*Continence Foundation*' website for general exercise tips and information on how to exercise your pelvic floor muscles.

## BENEFITS OF EATING HEALTHILY AND BEING ACTIVE DURING PREGNANCY INCLUDE:



Better sleep



Less nausea and heartburn



More energy



An easier labour



Less lower back pain



Better bowel habit



Feeling less stressed or anxious



An easier return to your pre-pregnancy fitness and weight

Source: Get healthy in pregnancy resource

### Mental health and pregnancy

Looking after your emotions while you're pregnant 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 BeyondBlue on 1300 22 4636.*

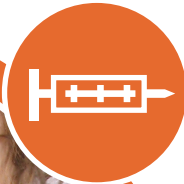
  
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### IMMUNISE TO PROTECT FROM DISEASE

Some infectious diseases can cause serious harm to a pregnant woman or her unborn baby. Immunisation reduces the risk. Vaccines are available against infectious diseases such as chickenpox, measles, mumps, rubella and whooping cough. If you haven't already done so, check with your General Practitioner (GP) to see if you are up-to-date with your immunisations, and when your baby is born, make sure they receive their first immunisation.

# FEEDING YOUR BABY

## RECOMMENDATIONS

### Baby nutrition

- Exclusive breastfeeding is recommended for 6 months
- At around 6 months, start to introduce a variety of solid foods, starting with iron rich foods (e.g. mashed meat, fish, chicken or legumes), with continued breastfeeding up to 2 years of age or beyond

### Active play

- Children under 2 years should have no screen time including, no television, DVDs, using computers, iPads, iPhones or any other electronic games
- Babies, toddlers and pre-schoolers should not be inactive for more than one hour at a time, with the exception of sleeping



## WHAT SHOULD I FEED MY BABY?

### Breastfeeding

Breastfeeding is the best option for your baby's health and wellbeing. Breastmilk provides all your baby's needs for optimal growth, development and protection from illnesses and diseases.

It is recommended to exclusively breastfeed until 6 months of age and to introduce solids with continued breastfeeding up to 2 years of age or beyond. Exclusive breastfeeding means no other food or drink, including water, juice, non-human milk and formula (except for vitamins, minerals and medications if it has been advised by your GP/Paediatrician).

### BREASTMILK IS BEST FOR YOUR BABY BECAUSE IT:

- meets all their nutritional needs until they're around 6 months old
- helps build their 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 their risk of being overweight, obese or diabetic later in life

### BREASTFEEDING IS BEST FOR YOU 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
- promotes close interaction during breastfeeds and encourages bonding with your baby
- leads to a healthier baby, which means reduced costs in doctor's visits and medicine
- it is free, safe and convenient

## What to expect

When your baby is born it is the ideal time to have skin-to-skin contact. Breastfeeding within the first hour after birth is recommended as this will help with your breastmilk supply and your confidence. Hold your baby skin-to-skin in the days after birth. Your midwife will support you at this time.

In the first few weeks your baby will want to be fed around every 2 - 5 hours. Most babies will breastfeed about 8 - 12 times every 24 hours. Breastfeeding is a learned skill and may take time and practise to build confidence in your ability to breastfeed your baby.



## BREASTFEEDING SUPPORT

Breastfeeding can be tricky to master in the first 6 weeks. If you are having difficulties breastfeeding your baby, support, guidance and advice can be found at your local Early Childhood Health Centre - Breastfeeding Support Group, Lactation Consultant or Australian Breastfeeding Association.

### Supporting your partner with breastfeeding

Supporting one another as you learn to breastfeed will help you both become more confident. Ways to prepare and support your breastfeeding partner and baby include:

- getting information on why breastfeeding is best
- learning about the common challenges experienced with breastfeeding and helpful tips
- finding local help for support
- supporting and encouraging your partner with a breastfeeding plan

### Planning ahead

An increasing number of workplaces actively support women to return to work and breastfeed. Talk to your employer before you go on maternity leave to find out what options are available for you when you return to work. In Australia you have the right to breastfeed or express milk anywhere.

The Federal Sex Discrimination Act says that:

- it is illegal for employers to discriminate against a woman because she is breastfeeding
- employers must help support you with your needs if you want to breastfeed or express milk at work

*For more information check out the Australian Breastfeeding Association website [www.breastfeeding.asn.au/](http://www.breastfeeding.asn.au/)*

## CHOOSING OTHER MILK FEEDING PRACTICES

However you choose to feed your baby we are here to support your choices and provide you with information and guidance. Contact Healthy Beginnings via email [SLHD-HealthyBeginnings@health.nsw.gov.au](mailto:SLHD-HealthyBeginnings@health.nsw.gov.au) for further support and information. It may also be helpful to talk to your Midwife, Child and Family Health Nurse, Lactation Consultant/Breastfeeding support clinic or GP if you have any questions.

## ACTIVE PLAY

### PROMOTING BABY MOVEMENT AND TUMMY TIME



Tummy time happens when your baby is placed on their tummy on a firm surface, which encourages them to flex and strengthen their head, neck and upper body. This will assist them to eventually be able to push up, roll and then sit up.

#### How to do tummy time:

- start tummy time soon after birth with 1 - 2 minutes around 2 - 4 times a day
- gradually increase the length of tummy time up to 10 - 15 minutes a day as they build more strength
- if your baby doesn't like tummy time try placing them on your chest or lap

## WHAT TO CONSIDER FOR YOUR THIRD TRIMESTER



### INFANT FEEDING

- Prepare for breastfeeding



### YOUR BABY AND PHYSICAL ACTIVITY

- Tummy time



### YOUR HEALTH

- Physical activity/Nutrition
- Immunisation
- Emotional health



### SOCIAL SUPPORT

- Early Childhood Health Centres
- General Practitioner/Paediatrician



### HOME, FAMILY AND WORK

- Infant CPR
- Creating a safe environment for your baby



Next Booklet

**0-2  
MONTHS**

## CONTACT

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**Acknowledgements** This is a partnership project funded by NSW Ministry of Health under the Translational Research Grant Scheme 2016 (ID number: TRGS 200). We sincerely thank participating partners of the project from the Sydney, South Eastern Sydney, South Western Sydney and Southern NSW Local Health Districts, and members of the advisory committee and project management team. This resource has been prepared with the guidance of health professionals. The information for this resource was obtained from NSW Health sources, National Health and Medical Research Council, Australian Breastfeeding Association and Raising Children Network. The information in this resource is for general guidance only and should not be a substitute for professional advice.

