My Pregnant Body

Introduction

This presentation is meant to give an overview of some important points about having a baby.

If you have detailed questions, a complicated situation or are worried about anything, please see your healthcare provider.

Presentation Overview

- Body Changes in Pregnancy: *Things to Pay Special Attention To*
- Physical Activity
- Support People
- Oral Health
- Sex During Pregnancy
- Self care

Body Changes in Pregnancy:

Things to Pay Special Attention To

Body Changes

Body Changes in Pregnancy: ***Things to Pay Special Attention To***

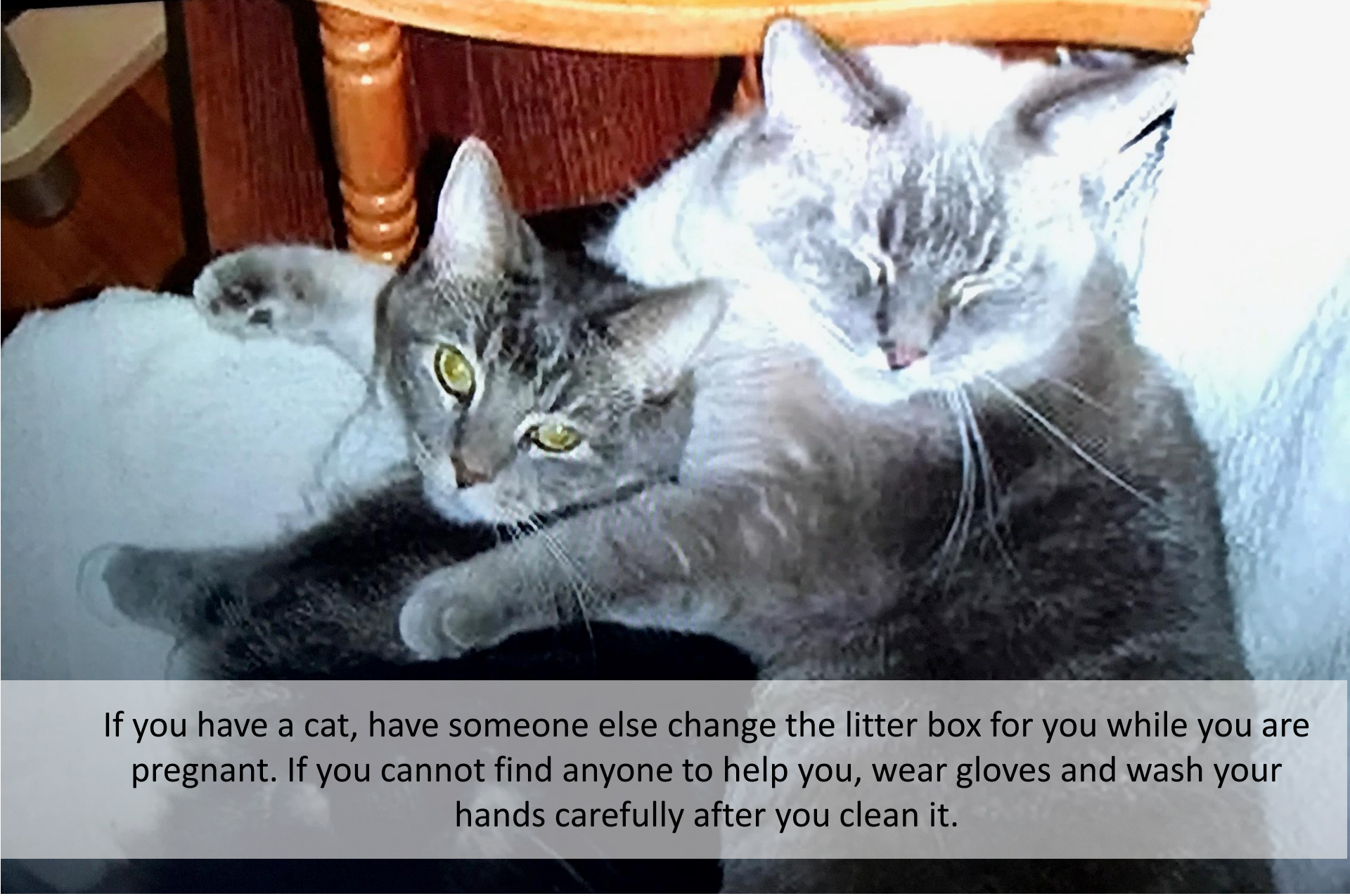
Body Changes in Pregnancy: ***Things to Pay Special Attention To***

1st Trimester

- No period
- Sensitive breasts
- Morning sickness
- Tired
- Swelling
- Mood changes
- Vaginal discharge
- Feel faint

Avoid alcohol, drugs and commercial tobacco, brush and floss daily, get lots of rest, and eat nutritious foods.

Body Changes in Pregnancy: *Things to Pay Special Attention To*



If you have a cat, have someone else change the litter box for you while you are pregnant. If you cannot find anyone to help you, wear gloves and wash your hands carefully after you clean it.

2nd Trimester

- Baby moves
- Constipation
- Back pain & pelvic pressure
- Skin discoloration

Lay on your side

Keep Your Balance
Take care of yourself!
What things do you do to keep your balance?

Physical Activity

Physical Activity

If you're just starting out, talk to your healthcare provider about how hard to go

Physical activity is encouraged during pregnancy

3rd Trimester

- Tired
- Leg muscle cramps
- Hard to sleep
- Need to pee again!
- Pressure on organs
- Lie on your side to allow blood return
- Heartburn

Support People

Support People

Oral Health

Brush your teeth twice a day with a fluoride toothpaste.
Floss every day.
Pregnancy is a time to smile.

Oral Health

Routine dental procedures such as cleanings and cavity fillings reduce the chance of infection and can be done safely during pregnancy.

Brush and floss every day even if you have sore gums

Symptoms of Gum Infections

- Chronic bad breath
- Red or swollen gums
- Tender or bleeding gums
- Painful chewing
- Loose teeth
- Sensitive teeth

Sex During Pregnancy

- **You may not want to have sex. You may want to have sex more often than before. Talk to your partner.**
- **Sex may hurt. Talk to your healthcare provider about this.**
- **Orgasms can bring on contractions.**
  - *This is normal and does not hurt the baby*

It is **usually** safe to have sex during pregnancy.

Sex During Pregnancy

Self Care

Self-Care

Part of having a healthy pregnancy means taking care of you

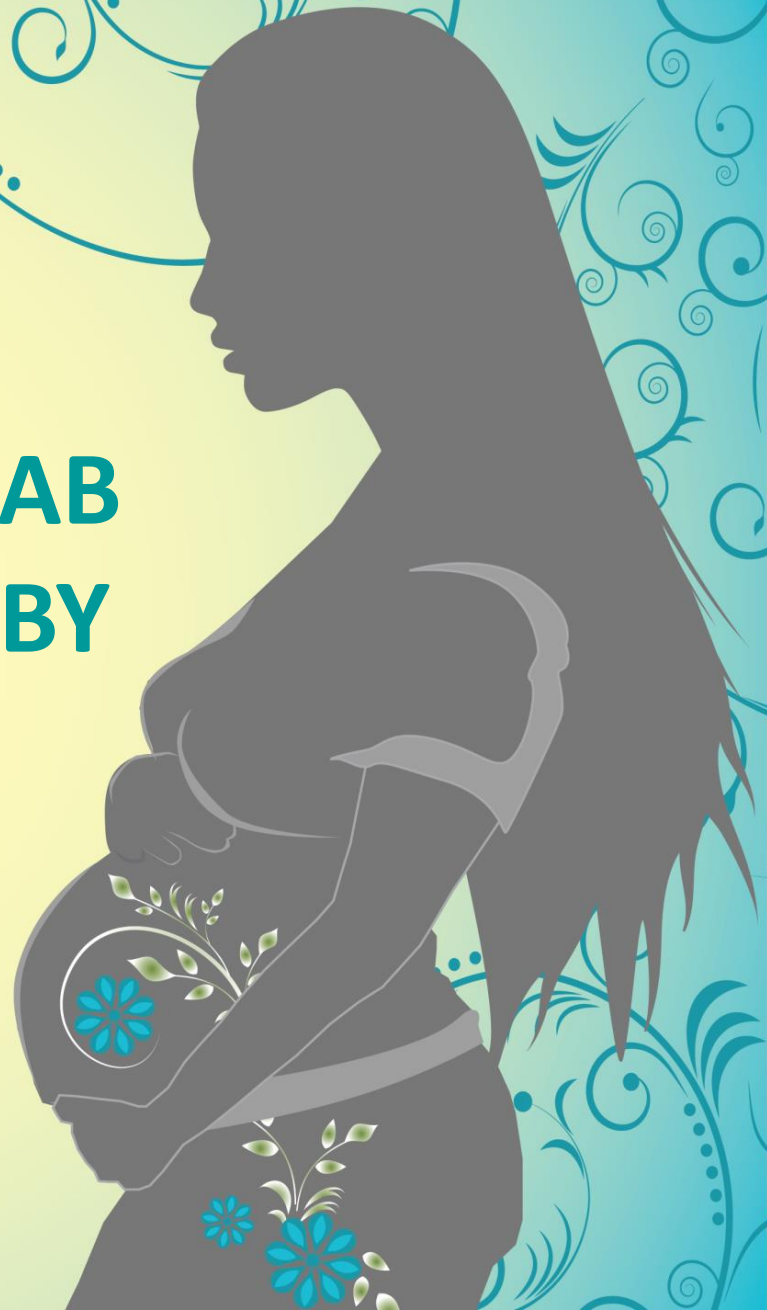
Take time to rest

Continue safe physical activity

Prepare for baby

Have time with you, your partner, and your children.

“THE FUN GRAB BAG” FOR BABY



Summary Points

- Your body will go through a lot of changes as your baby inside you grows.
- Eat a healthy, balanced diet and stay away from alcohol, drugs and tobacco to help keep both you and baby healthy.
- Being active will help you and baby be healthy.
- Taking care of your teeth during pregnancy, will help protect your baby from tooth decay and illness later on.
- Keep up with routine dental care.
- It is usually safe to have sex during pregnancy.
- Take care of yourself.

YOUR PREGNANCY MONTH◆BY◆MONTH

You will soon have a new baby.

Do you have any questions about your pregnancy?

By looking after your own health, you are also looking after the health of your baby.

This free, online resource will help answer your questions.

www.skprevention.ca/your-pregnancy-month-by-month/

Your health is important!

For more information

Visit ***Your Pregnancy Month by Month*** *at*

https://skprevention.ca/your-pregnancy-month-by-month/

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