

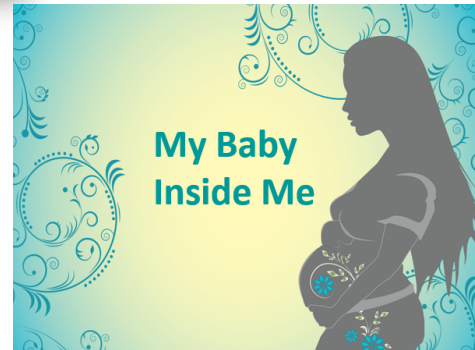
The **Fun Grab Bags** for prenatal classes can help get your class participants involved. Laminate and cut out the boxes below and attach them to these items. Pass the items around during a class and invite participants to discuss what they have heard about the object and/or read the bullets.



Fun Grab Bag Contents



### “The Fun Grab Bag” For Baby to go with ‘#1: My Baby Inside Me’



#### Cigarette Smoke

- Smoking exposes baby to 4000 chemicals
- Tobacco smoke directly, second-hand, and third-hand can affect your baby for life
- Baby gets less oxygen and nutrients, this can lead to slower growth and less weight gain
- Increases risk of complications throughout child’s life– learning problems, ear infections, colds, and breathing problems
- Make your home, car, and clothes smoke free
- Best step is to quit! Talk to your doctor for ways to quit that are okay during pregnancy

#### Exercise/Movement

- Regular exercise is great for you and baby
- If you exercised before pregnancy, continue, and check with your doctor
- If you want to start, talk to your doctor
- Around month 6 don’t lie on your stomach– modify exercises and do them on your side, sitting down or standing up

### Seatbelts

- It is always safer to use a seatbelt
- Shoulder portion across your collarbone and lap portion across your thighs and under your bump
- If the belt is across your bump and you're in an accident, it may harm baby

### Prescription Medication, Tylenol, Motrin, Aspirin, Advil

- Alcohol, illegal drugs, inhalants, prescription, and over the counter medications can harm your baby
- ONLY use medication prescribed or recommended by a doctor or pharmacist
- Talk to your pharmacist or doctor before taking any over-the-counter medications

### Marijuana

- Possible long term effects on the development of your child if you used marijuana during pregnancy
- Continuous use during pregnancy may be a risk factor for sudden infant death Syndrome (SIDS)
- Little information on the transfer of marijuana into human milk, some found that it can go into mom's milk and may be linked with a decrease in infant motor development at one year.

### Alcohol

- No safe amount or time to drink alcohol during pregnancy
- Rapidly reaches your baby through your bloodstream
- Increases risk of Sudden Infant Death Syndrome (SIDS)
- Risk of giving birth to a baby with Fetal Alcohol Spectrum Disorder (FASD)
- FASD is a range of disabilities (physical, social and mental) — characteristic facial abnormalities, growth restriction, problems with learning and/or behavior

### Folic Acid

- Important for healthy growth of your baby, especially the spine, brain, and skull
- Best to take vitamin supplements with folic acid before pregnancy to decrease risk of neural tube defects (NTDs)
- Closure of the neural tube happens early in pregnancy (1<sup>st</sup> 4 weeks)
- NTDs happen when the neural tube doesn't close properly
- NTDs can cause abnormalities in spine, brain, or skull and can cause stillbirth or lifelong disability, example: Spina Bifida

#### Dental

- Floss daily and brush with fluoride toothpaste at least twice a day
- Flossing, brushing and eating balanced meals helps you have a healthy mouth, which helps protect your baby from tooth decay and illness
- Schedule check-up & teeth cleaning in 1<sup>st</sup> trimester
- If you need dental work it is best in 2<sup>nd</sup> trimester
- X-rays are safe, wear a lead apron and tell your dentist you are pregnant
- Periodontal disease during pregnancy raises risk of baby being pre-term or low birth weight, which can lead to developmental complications, asthma, ear infections, birth abnormalities, behavioral difficulties, and infant death

### **“The Fun Grab Bag” for Mom to go with ‘#2: My Pregnant Body’**

#### Sex

- Safe to have sex during pregnancy unless your doctor says otherwise
- May not want to have sex or may want to have more sex, talk to your partner
- Sex may hurt, talk to your healthcare provider about this
- It cannot hurt your baby or cause a miscarriage
- Most couples return to an active sex life during the 1<sup>st</sup> year of baby’s life

#### Hydration

- Your body needs at least 2L of water a day during pregnancy
- Drink before you get thirsty
- Be careful on hot summer days. Every hour outside drink 1 cup of water (2hrs=2cups)
- Dehydration causes low blood volume, which raises concentrations of oxytocin, which can cause contractions and preterm labor
- Signs: dizziness, nausea, headaches, muscle cramps, increase in body temperature

#### Cigarette Smoke

- Tobacco smoke directly, second-hand, & third-hand can affect you and baby
- Raises risks in your health like lung cancer, heart disease, breathing problems, and irritation to the eyes, lungs, throat
- Increases the chance of miscarriage and complications
- Best option is to quit! Talk to your doctor about ways to quit that are okay during pregnancy