

My Journey

9 months

From Conception to Birth



Combined Universities Centre for Rural Health





Congratulations on your
Pregnancy!



Now is the best time for looking
after yourself so you can grow a
strong, healthy baby.



Weeks 1-4



Most women don't even realise they are pregnant at this stage.

Say NO to grog, smokes and drugs



Smoking can mean
Baby is born too
early or too small
which can make
Baby very sick.

Drinking alcohol while you
are pregnant can mean
Baby may be born very
sick and have slow growth,
trouble learning and
behavioural problems.



Say NO to grog, smokes and drugs

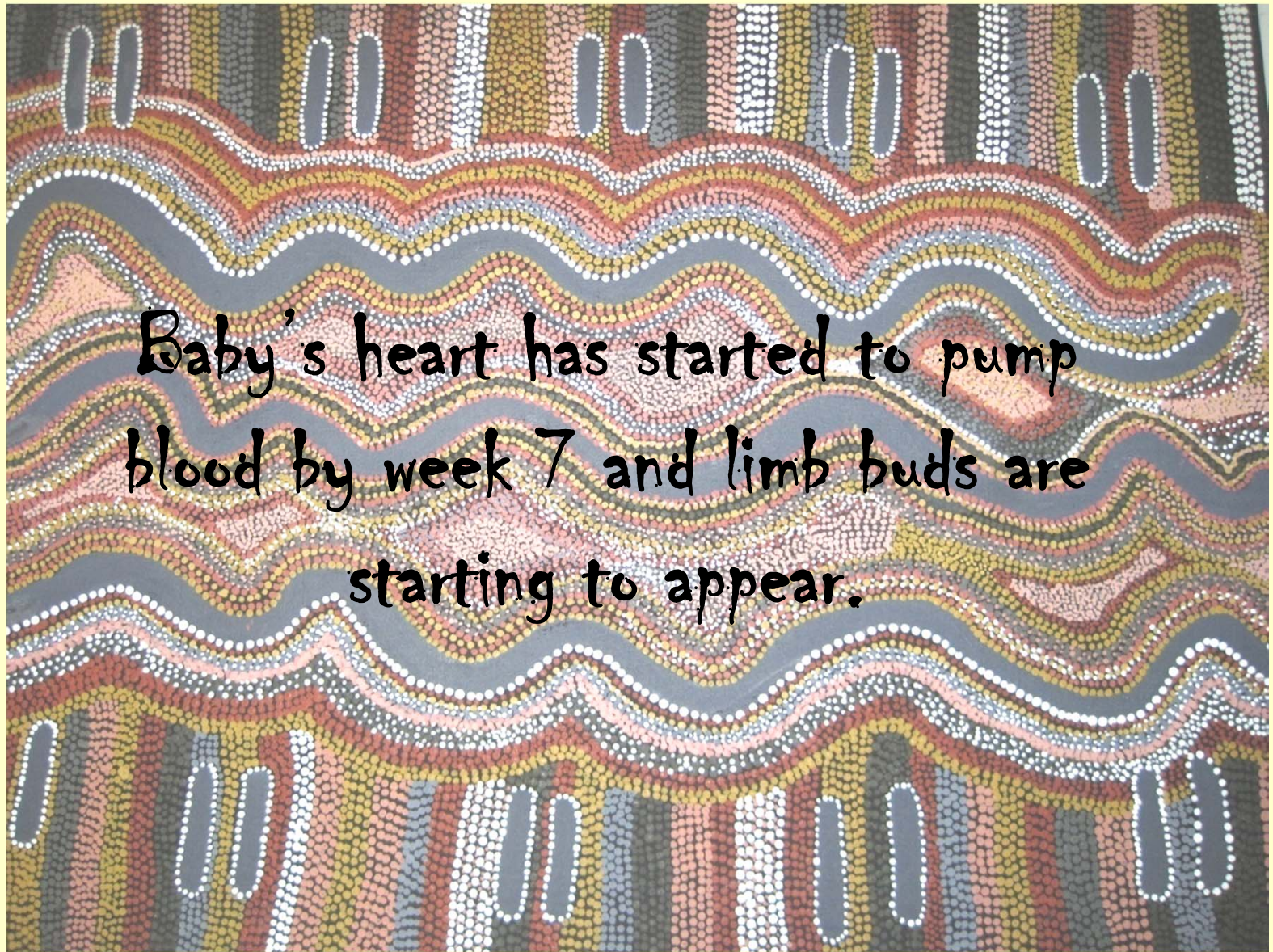
Smoking yarndi or gunja
(marijuana) can mean
Baby has sleep and
memory problems and
trouble learning.



Other illegal drugs can
cause life-long problems
for Baby.

Weeks 5-8

Baby's heart has started to pump blood by week 7 and limb buds are starting to appear.





WHAT MUM EATS =

WHAT BABY EATS

FOLATE...

...if Mum doesn't have enough folate
Baby might be born with deformed brain
or spine (neural tube defects).

...is a vitamin needed for
Baby's spine, brain and
bones to develop.

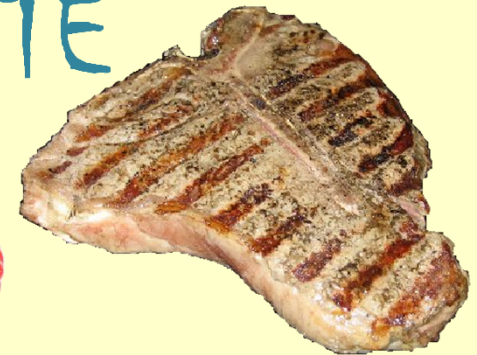
IODINE...

...if Mum doesn't have enough iodine
Baby might be born with brain
developmental problems.

...is a mineral needed for
Baby's brain to develop.

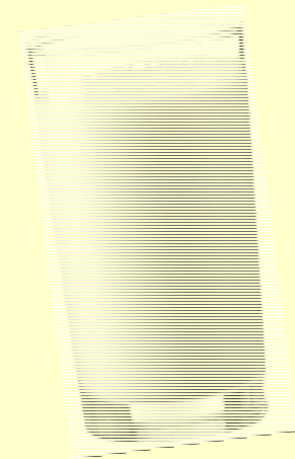


FOODS FOR FOLATE



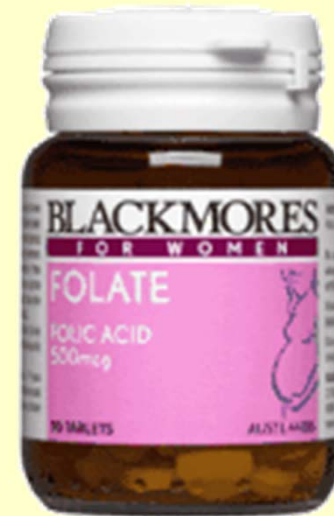


FOODS FOR IODINE



Ask your Clinic Doctor or antenatal nurse for Folate & Iodine Supplements

Don't forget to take them every day!



With Iodine



Weeks 9-12



You may now begin to hear Baby's heart beat

Changes to your body during pregnancy might make you feel sick.



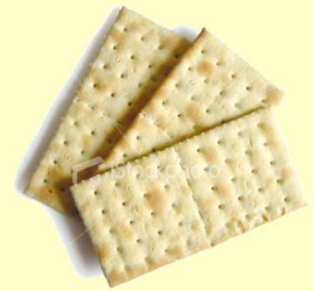
Small, frequent meals

No fatty or spicy food



Have drinks separately
to meals, not with meals

Try bread
or crackers



Drink
plenty of
water



Cold or plain foods like
sandwiches or salads



Tips for
Morning
Sickness

Weeks 13-16



Baby is now about 6.5 cm long and has eyes, ears, a nose and mouth.

Food Safety

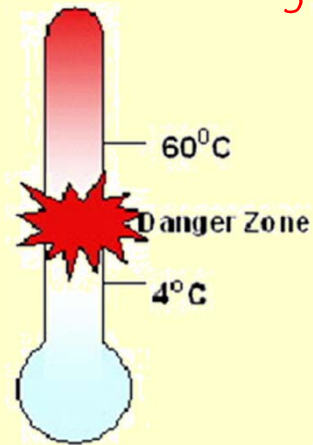
Aboriginal Mums need to be careful not to get sick with Listeria when pregnant because this may cause miscarriage or make Baby very sick.



FOODS THAT AREN'T SAFE



Serve hot food
STEAMING hot



Always wash hands
thoroughly before
touching or eating foods.

Food Safety Tips



Keep cold food
COLD in the fridge

Keep raw foods and
cooked foods separate



Weeks 17-20



Baby is now about the length of your hand and is becoming familiar with the sound of your voice.

Aboriginal Mums need to eat enough
iron for strong, healthy blood



FOODS FOR IRON



Ask your Doctor, Midwife or Health Worker for Iron Supplements



Don't forget
to take one
every day!



Weeks 21-24



Baby is now
about 25 cm
long and
Baby's head
is now growing
hair.



WHAT MUM EATS =

WHAT BABY EATS

Calcium...

...Aboriginal Mum's need
extra calcium when they
are pregnant.

...helps to build Baby's
bones and teeth strong.
It also helps to keep
Mum's bones and teeth
strong.

FOODS FOR CALCIUM

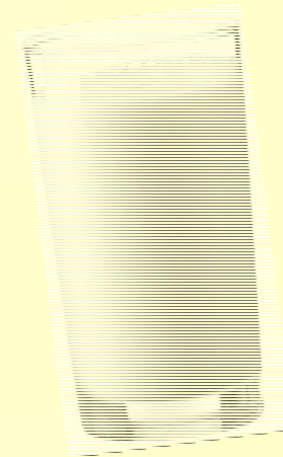
When you are pregnant, you need 3 or more serves of dairy foods per day.

One Serve =

- One small tub of yoghurt



- One glass of low fat milk



- 2 slices of low fat cheese



Weeks 25-28



Baby is now about 33 cm long. Baby has tiny fingernails and is starting to blink his or her eyes.

EXERCISE

Exercise during pregnancy can help
Aboriginal Mums stay fit and strong.

- Aim for 30 minutes per day
or more!



Weeks 29-32



Baby can now
tell if it is
light or dark
outside of
your tummy.

CONSTIPATION

Constipation is common during pregnancy.



How to prevent
constipation



Weeks 33-36



Baby's gut
and lungs are
nearly fully
matured and
Baby's skin is
less red and
wrinkled.



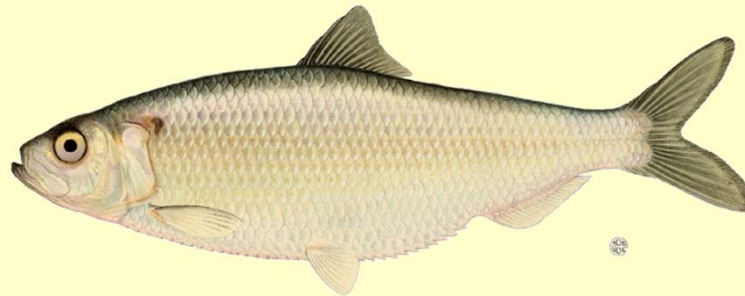
WHAT MUM EATS =

WHAT BABY EATS

Omega-3...

...is a type of fat that is
very important for
Baby's brain, eyes and
nerves to grow.

...is also very good for
Aboriginal Mum's health
and wellbeing.



FOODS FOR OMEGA-3



Weeks 37-40



Time to
welcome Baby
into the
world! You
get to meet
your little
bundle of joy.

UNCOMFORTABLE MUM

Backaches? Sore? Tired? Uncomfortable?

These might help:

Back exercises like the 'pelvic tilt'

Wearing comfortable shoes

Avoiding heavy lifting

Having a bath

Swimming

Having naps during the day



Healthy Mother,
Healthy Baby,
Healthy Families.

The End