Introduction

Congratulations on your purchase of Understanding Pregnancy. You can rely on this flagship InJoy program to teach all facets of your prenatal curriculum. This powerful, versatile teaching tool provides seven stand-alone chapters covering fetal development, medical care, nutrition, exercise, discomforts, hazards, and emotions. The stunning 3D fetal animation, compelling footage modeling healthy habits, and fun parent commentary will ultimately help viewers have healthier, more informed pregnancies, while the seamless organization of the material and DVD bonus features will allow you teach with ease. This guide will help you use the program to its fullest potential, including how to use it in conjunction with our web-enhanced parent guide See What You Read: Understanding Pregnancy, which together offers a complete solution for delivering your core pregnancy curriculum.

CONTENTS

1 Introduction
2 How to Use the DVD
3 Presentation Ideas
4 Program Overview
5 Using the Complete Curriculum
6 Internet Resources
7 Parent Handouts
How to Use the DVD

DVD Layout

This DVD offers both a comprehensive and condensed version of the Understanding Pregnancy program. See the Program Overview on page 4 of this guide for a more detailed, side-by-side comparison of the two versions of the program.

Understanding Pregnancy: A Comprehensive Guide (78 minutes) contains the complete program with seven full-length chapters and is intended for use in more detailed learning environments, including clinic appointments, multi-week classes, nurse visits, or other situations in which you see the same family several times over the course of their pregnancy.

Understanding Pregnancy EXPRESS: A Condensed Guide (34 minutes) is an edited version of the program condensed into five shorter chapters. It is designed to be used in one-night pregnancy classes or other time-sensitive teaching situations because it delivers only the essential topics in less time.

Bonus: Fetal Development Tour (5 min): To offer you complete teaching flexibility, this DVD also includes a special segment that features just our vivid animation of fetal development, including the narration that explains what important changes are occurring. This is perfect to use as a class opener, an overview for more general health education classes, or as a reminder of why healthy habits are so important during pregnancy.

Navigating the DVD Menus

From the Main Menu, you can choose to play the Comprehensive program, the Express program, or the bonus Fetal Development Tour. It also connects you to our contact page.

Once you select the version of the program you’d like to play, the Chapter Menu allows you to play the program in its entirety or to select your desired chapter.

Once you select a specific chapter, you will be taken to a sub-menu where you can choose to play the entire chapter or select from a detailed list of sub-topics. Once you finish playing your desired segment, simply hit ‘pause,’ ‘stop,’ or ‘menu’ on your remote control to stop playing.

Use the arrows at the bottom of the sub-menu page to access the previous or following chapter, or select back to return to the Chapter Menu.
Presentation Ideas

- To keep your presentation brief and focused, it is recommended that you play only a chapter or portions of a chapter at a time. By using the detailed DVD chapter sub-menus, you can also choose to select the most relevant sections for the family or class based on how far along they are in their pregnancy. For example, you can choose to play the discomforts in the first trimester if your client or group is early in pregnancy, and then you can choose to play discomforts in the second and third trimesters later on.

- The Parent Handouts included in this guide (pages 7-11) are designed to expand your presentation by offering parents hands-on tools that put the suggestions in the program into use. Review them ahead of time and print the necessary number of copies. Handouts include: Appointment Tracker, Food Diary, Exercise Diary, Warning Signs Refrigerator Poster, and Journaling Exercise.

- If you would like to mention the various featured families by name to facilitate an organized discussion of the program, you can refer to the following list.

First-trimester families:

- Maricel: single Latina mother in her early 20’s
- Kelly: a 35-year old Caucasian single mother living with her sister (was previously married and has a 12-year-old son)
- Holly & Michael: a 20-something military couple who lives on a base with their 3-year-old daughter

Second-trimester families:

- Katrina & Les: Biracial couple (she’s African-American/Latina, 29, he’s Caucasian, 40)
- Nhia & Corey: African-American couple (both are 30)

Third-trimester families:

- Krislen & Marcus: Biracial couple (Krislen is Native Hawaiian and Marcus is African-American) in their late 20’s expecting their 3rd child
- Jasmine & Jesus: Hispanic couple in their late teens living with their grandparents during pregnancy
- Kirsten & Nick: Caucasian couple in their early 30’s expecting their first child
## Program Overview

This table shows you the program content of both the Comprehensive and Express programs in detail, including playing times for each chapter and sub-topic (times below are notated in minutes:seconds). This side-by-side comparison can help you determine which program to use for various teaching situations.

### Understanding Fetal Development (11:15)
- Pregnancy Timeline (1:25)
- 1st Trimester (2:40)
- 2nd Trimester (3:20)
- 3rd Trimester (3:15)

### Understanding Medical Care (10:50)
- Choosing, Routine Visits, Ultrasounds (5:00)
- 1st Trimester Care & Tests (1:50)
- 2nd Trimester Care & Tests (1:40)
- 3rd Trimester Care & Tests (1:40)

*Note: For easy access, each sub-topic that is separated by a comma is a skip point on the DVD (i.e. you can skip from “Choosing” to “Routine Visits” to “Ultrasounds”).

### Understanding Nutrition (14:25)
- Calories, Weight Gain, Healthy Habits (4:25)
- MyPlate, Seafood Guidelines (2:00)
- Dental Care, Nutrients, Listeria (3:55)
- Cravings, Beverages, Breastfeeding (3:30)

### Understanding Exercise (7:00)
- Benefits, Safe Activities (3:10)
- Kegels, Guidelines/Warning Signs (1:40)
- 1st Trimester Tips, 2nd, 3rd (1:40)

### Understanding Discomforts (13:20)
- 1st Trimester Discomforts (includes nausea, constipation) (2:40)
- 2nd Trimester Discomforts (includes heartburn, faintness, round ligament pain, and backache) (4:30)
- 3rd Trimester Discomforts (includes insomnia, swelling, and Braxton-Hicks contractions) (3:00)
- General Warning Signs, Preterm Labor (2:10)

### Understanding Hazards (9:05)
- Alcohol, Smoking, Illegal Drugs (3:30)
- Medication, Flu Shot, Chemicals (2:15)
- Cat Litter, X-Rays, Overheating (1:00)
- Seatbelt Safety, Tattoos (1:25)

### Understanding Emotions (10:10)
- Stress, Support (2:55)
- Depression, Body Image (2:10)
- Relationships, Dads, Domestic Abuse (3:15)
- Conclusion (1:00)

### Understanding Fetal Development EXPRESS (7:05)
- 1st Trimester (2:10)
- 2nd Trimester (1:40)
- 3rd Trimester (1:40)

Not included on the EXPRESS program

### Understanding Medical Care EXPRESS (7:05)
- 1st Trimester Care & Tests (2:10)
- 2nd Trimester Care & Tests (1:40)
- 3rd Trimester Care & Tests (1:40)

### Understanding Nutrition EXPRESS (8:00)
- Calories, Weight Gain, Healthy Habits (1:50)
- MyPlate, Seafood Guidelines (2:00)
- Dental Care, Nutrients, Listeria/Caffeine (2:55)
- Breastfeeding, Exercise (1:00)

Not included on the EXPRESS program

(a brief mention of exercise is included at the end of the Understanding Nutrition chapter; see above)

### Understanding Discomforts EXPRESS (7:40)
- 1st Trimester Discomforts (includes nausea) (1:30)
- 2nd Trimester Discomforts (includes heartburn and backache) (2:25)
- 3rd Trimester Discomforts (includes insomnia and swelling) (1:50)
- General Warning Signs, Preterm Labor (1:40)

### Understanding Hazards EXPRESS (5:15)
- Alcohol/Smoking/Illegal Drugs (2:05)
- Medication, Flu Shot, Chemicals (1:45)
- Cat Litter, X-Rays, Seatbelt Safety (1:15)

### Understanding Emotions EXPRESS (5:10)
- Stress, Support, Depression (2:40)
- Relationships, Dads (1:55)
- Conclusion (0:30)
Using the Complete Curriculum

Create a unified class curriculum by providing See What You Read: Understanding Pregnancy printed guides to all of the expectant families you work with. These colorful, easy-to-use guides are the perfect companions to the Understanding Pregnancy DVD because they reinforce and expand on the information presented in the video.

Each booklet also gives students exclusive access to our easy-to-use website, SeeWhatYouRead.com, where they can reinforce their learning by watching any of the dozens of video clips from this program in the comfort of their own home. Educators and parents can also access helpful web tools such as a due date calculator and personalized pregnancy calendar and download and print handy PDF worksheets like a fetal movement count chart, breastfeeding and baby supply checklist, food diary page, and more.

Call InJoy’s Customer Care Department at 1-800-326-2082 x2 for more information about See What You Read: Understanding Pregnancy, or visit our website (InJoyVideos.com). Use this chart to see how the book and website complement the DVD.

<table>
<thead>
<tr>
<th>See What You Read: Understanding Pregnancy</th>
<th>Additional Material Available in Booklet</th>
<th>Web Tools and Downloadable PDFs at SeeWhatYouRead.com</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chapter 1: Understanding Fetal Development (pp. 5-10)</td>
<td>Detailed fetal development information by month, trimester “to do” lists</td>
<td>Due Date Calculator</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Trimester To Do Lists</td>
</tr>
<tr>
<td></td>
<td></td>
<td>My Pregnancy Calendar</td>
</tr>
<tr>
<td>Chapter 2: Understanding Medical Care (pp. 11-16)</td>
<td>Types of providers, first office visit, expanded information on prenatal tests, appointment tracker fill-in page</td>
<td>Appointment Tracker</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fetal Movement Count Chart</td>
</tr>
<tr>
<td>Chapter 3: Understanding Nutrition (pp. 17-26)</td>
<td>BMI chart, daily recommendations for food groups using MyPlate and additional nutrients, how to read food labels, safe food handling, grocery shopping and meal planning, food diary fill-in page</td>
<td>Pregnancy Weight Gain Calculator</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Food Diary</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Food Groups Refrigerator Poster</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Menu &amp; Grocery Planner</td>
</tr>
<tr>
<td>Chapter 4: Understanding Exercise (pp. 27-30)</td>
<td>Strength and stretching exercises, exercise diary fill-in page</td>
<td>Kegel Information Sheet</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Exercise Diary</td>
</tr>
<tr>
<td>Chapter 5: Understanding Discomforts (pp. 31-36)</td>
<td>Expanded tables on discomforts by trimester, cosmetic changes, preterm labor risk-reduction tips</td>
<td>Warning Signs Refrigerator Poster</td>
</tr>
<tr>
<td>Chapter 6: Understanding Hazards (pp. 37-42)</td>
<td>Safe over-the-counter medicines, germs and infections, work and travel safety</td>
<td>Safe Over-the-Counter Medications Chart</td>
</tr>
<tr>
<td>Chapter 7: Understanding Emotions (pp. 43-46)</td>
<td>Expanded information for single moms, relationship tips, journaling fill-in page</td>
<td>Relationship Communication Exercise</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Journaling Pages</td>
</tr>
<tr>
<td>Appendix A: Special-Attention Pregnancies (p. 47)</td>
<td>Information on miscarriage, gestational diabetes, high blood pressure, and breech babies</td>
<td>When Pregnancy Ends in Loss</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tips for a Multiples Pregnancy</td>
</tr>
<tr>
<td>Appendix B: Signs of Labor (p. 48)</td>
<td>Lists pre-labor signs and signs of labor</td>
<td>Contraction Timing Chart</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Contraction Timer</td>
</tr>
</tbody>
</table>
### See What You Read: Understanding Pregnancy

<table>
<thead>
<tr>
<th>Appendix C: Choosing a Childbirth Class (p. 48)</th>
<th>Additional Material Available in Booklet</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Gives tips for how to choose a childbirth class and lists other common helpful classes</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Appendix D: Baby &amp; Breastfeeding Supplies (p. 49)</th>
<th>Web Tools and Downloadable PDFs at SeeWhatYouRead.com</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Provides a handy checklist of breastfeeding and baby supplies</td>
<td>• Baby &amp; Breastfeeding Supplies Checklist</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Appendix E: Second-Time Parents (p. 49)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Provides information on how second-time pregnancies can be different and how to include older siblings</td>
<td></td>
</tr>
</tbody>
</table>

### Internet Resources

**Mother’s Advocate**

www.MothersAdvocate.org – Mother’s Advocate was founded in 2009 as a service of InJoy Birth and Parenting Education. This website provides free, easy-to-use information about practices that have been proven to lead to healthier, safer, and more satisfying birth experiences.

**Additional Pregnancy, Birth, & Postpartum Resources**

**Lamaze International** – information about normal birth www.lamaze.org

**March of Dimes** – preventing premature birth and help for parents with premature babies www.marchofdimes.com

**Postpartum Support International** – postpartum depression support groups and helpline www.postpartum.net

**Breastfeeding Resources**

**La Leche League** – breastfeeding information and local support groups www.lalecheleague.org


**International Lactation Consultants Association (ILCA)** – find certified lactation consultants in your area www.ilca.org

**Infant & Child Safety Information**

**American Heart Association** – find CPR classes in your area www.americanheart.org

**First Candle** – Sudden Infant Death Syndrome (SIDS) prevention and support www.firstcandle.org

**National Center on Shaken Baby Syndrome** – prevention education about Shaken Baby Syndrome (also known as Abusive Head Trauma) www.dontshake.org


**Red Cross** – disaster preparedness and CPR classes www.redcross.org

**SeatCheck** – car seat information and inspection site locator www.seatcheck.org

**Healthy Lifestyle Information & Support**

**MyPlate** – government website with personalized nutrition plans www.choosemyplate.gov

**National Partnership to Help Pregnant Smokers Quit** – smoking cessation for pregnant and postpartum moms www.helppregnantsmokersquit.org

**SmokeFree.gov** – help with quitting smoking for men and women www.smokefree.gov

### Acknowledgements

Written by Julie Perry
Edited by Kristen Bason
Designed by Lea Flynn & Paige Hartman
Copyright © 2012

©2012 InJoy Birth & Parenting Education, Inc. All rights reserved.
# Exercise Diary

Keep a record of your activity for two weeks to see if you are exercising regularly and how you feel during and after the activity.

## WEEK 1

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Length of time</th>
<th>How I felt</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUNDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MONDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TUESDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>THURSDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FRIDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SATURDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## WEEK 2

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Length of time</th>
<th>How I felt</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUNDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MONDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TUESDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>THURSDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FRIDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SATURDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Appointment Tracker

This chart provides space for you to write down your appointment dates and questions you want to ask your healthcare provider.

### 1st TRIMESTER

**Visits are usually scheduled every four weeks.**

<table>
<thead>
<tr>
<th></th>
<th>Appointment Date:</th>
<th>Time:</th>
<th>Questions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appointment Date:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appointment Date:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appointment Date:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appointment Date:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appointment Date:</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Special Tests:**

- **First Trimester Screening**
  - Date: |
  - Time: |

- **Other:**
  - Date: |
  - Time: |

### 2nd TRIMESTER

**Visits are usually scheduled every four weeks.**

<table>
<thead>
<tr>
<th></th>
<th>Appointment Date:</th>
<th>Time:</th>
<th>Questions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appointment Date:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appointment Date:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appointment Date:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appointment Date:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appointment Date:</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Special Tests:**

- **Fetal Anatomy Ultrasound**
  - Date: |
  - Time: |

- **Glucose Tolerance Test**
  - Date: |
  - Time: |

- **Other:**
  - Date: |
  - Time: |

### 3rd TRIMESTER

**Visits are usually scheduled every two weeks from Week 28-36 and every week from Week 36-birth.**

<table>
<thead>
<tr>
<th></th>
<th>Appointment Date:</th>
<th>Time:</th>
<th>Questions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appointment Date:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appointment Date:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appointment Date:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appointment Date:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appointment Date:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appointment Date:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appointment Date:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appointment Date:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appointment Date:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Appointment Date:</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Special Tests:**

- **Group B strep test**
  - Date: |
  - Time: |

- **Other:**
  - Date: |
  - Time: |
Keeping a food diary allows you to pay closer attention to the variety, amount, and quality of the foods you eat each day. Use this page and try tracking your diet for a week. For information on nutrients and calories, check the Nutrition Facts label or use the “SuperTracker” at choosemyplate.gov.

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast:</th>
<th>Snack:</th>
<th>Lunch:</th>
<th>Snack:</th>
<th>Dinner:</th>
<th>Dessert/Other:</th>
<th>Fat (g)</th>
<th>Protein (g)</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUNDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MONDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TUESDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>THURSDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FRIDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SATURDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Journaling Exercise

Whether you are an expectant mother or father, it might help to write down your feelings. Here are some ideas of how to create a journal entry. Try writing entries for a week.

SUNDAY, Date: _____________
Today, I am feeling __________________ because __________________________________________
Today, my baby’s doing ____________________. I’d like to tell him or her that ____________________________
____________________________________________. Some other things that are going on in my life are
____________________________________________.

MONDAY, Date: _____________
Today, I am feeling __________________ because __________________________________________
Today, my baby’s doing ____________________. I’d like to tell him or her that ____________________________
____________________________________________. Some other things that are going on in my life are
____________________________________________.

TUESDAY, Date: _____________
Today, I am feeling __________________ because __________________________________________
Today, my baby’s doing ____________________. I’d like to tell him or her that ____________________________
____________________________________________. Some other things that are going on in my life are
____________________________________________.

WEDNESDAY, Date: _____________
Today, I am feeling __________________ because __________________________________________
Today, my baby’s doing ____________________. I’d like to tell him or her that ____________________________
____________________________________________. Some other things that are going on in my life are
____________________________________________.

THURSDAY, Date: _____________
Today, I am feeling __________________ because __________________________________________
Today, my baby’s doing ____________________. I’d like to tell him or her that ____________________________
____________________________________________. Some other things that are going on in my life are
____________________________________________.

FRIDAY, Date: _____________
Today, I am feeling __________________ because __________________________________________
Today, my baby’s doing ____________________. I’d like to tell him or her that ____________________________
____________________________________________. Some other things that are going on in my life are
____________________________________________.

SATURDAY, Date: _____________
Today, I am feeling __________________ because __________________________________________
Today, my baby’s doing ____________________. I’d like to tell him or her that ____________________________
____________________________________________. Some other things that are going on in my life are
____________________________________________.
Warning Signs Refrigerator Poster

Hang this list of warning signs in a prominent place to refer to in case you have any pregnancy problems that need immediate attention.

Healthcare Provider’s Phone Number: ________________________________

GENERAL PREGNANCY WARNING SIGNS

• Problems with your vision
• Recurring headaches
• Fever over 100 °F (37.7 °C)
• Sudden swelling in your face or hands
• Vomiting or diarrhea lasting 24 hours or more
• Vaginal bleeding
• Major change in your baby’s movement
• Sudden pain in your abdominal area
• Pain or burning during urination (This could be a sign of a urinary tract infection, which poses more risk during pregnancy than at other times. So don’t try to self-treat it.)
• Anything else that doesn’t seem right (Trust your instincts!)

SIGNS OF PRETERM LABOR (Before 37 weeks)

• Change or increase in vaginal discharge
• Pelvic or lower abdominal pressure
• Constant low, dull, backache
• Mild abdominal cramps (with or without diarrhea) that may feel like persistent menstrual cramps
• Regular or frequent contractions that occur four or more times in one hour (which might be painless)
• Your water breaks in a trickle or gush.

Notes: ________________________________________________________________

______________________________________________________________

______________________________________________________________

______________________________________________________________

______________________________________________________________

Copyright © 2012 InJoy Productions, Inc. All rights reserved – Permission to copy granted.