

Your Healthy Pregnancy

If you have an existing medical condition, special care will be taken to address both the effects the pregnancy can have on your condition, and the complications your medical condition may cause during pregnancy. At your first visit we will discuss the plan of care if you have any of these conditions. If you have a medical condition you feel we should be aware of please let us know as soon as possible.

SOME EXAMPLES INCLUDE:

- Diabetes
- Hypertension (high blood pressure)
- Cardiovascular disease
- Kidney disease
- Asthma
- Hepatitis
- Thyroid conditions
- Cancer
- Inflammatory bowel disease (IBD)
- HIV
- Epilepsy
- Connective tissue disorders

CESAREAN SECTION

Some pregnancies require a cesarean delivery for medical reasons. If a cesarean delivery is recommended by your provider, be assured we will make every effort to make your cesarean as family friendly as possible.

If you have had a prior cesarean delivery, you may be eligible for a vaginal delivery in this pregnancy. This is called TOLAC or trial of labor after cesarean. A successful TOLAC is termed a VBAC or vaginal birth after cesarean. Specific eligibility criteria must be met before you may be offered TOLAC. Ask your provider if you meet these criteria.

NUTRITION/DIET

Eat a well-balanced diet with several smaller meals during the day and snacks as needed.

TRY TO INCLUDE:

- at least two servings of protein – meat, fish, eggs, dried beans and nuts
- 4 servings of vegetables
- 3 servings of grains – bread, cereals, rice and pasta
- 3 servings of fruit
- 2-4 servings of dairy products
- 6-8 glasses of water

VEGETARIANS

Protein intake can be more difficult for vegetarians. You may need additional supplements such as vitamin B12 and vitamin D to ensure that you get all the nutrients you and your baby need. If you have any concerns about your diet/nutrition, we would be happy to refer you to a registered dietician for nutrition counseling.

FOOD SAFETY/LISTERIA

We recommend you avoid sushi, unpasteurized dairy including soft cheeses, and that you ensure all meat is cooked thoroughly, avoiding rare meat.

Lunch meat can contain bacteria called listeria which can lead to infection and miscarriage. We recommend cooking all lunch meat until steaming hot prior to consuming. Listeria can also be found in premade salads, uncooked frozen vegetables, and unwashed produce.

SEAFOOD

Seafood is low in fat, rich in Omega 3 fatty acids, and good for your heart. However, its health benefits need to be balanced with concerns about contaminants such as mercury and PCBs.

- Women who are pregnant or planning to become pregnant, or nursing mothers, should **NOT** eat the following fish: king mackerel, shark, swordfish, tilefish, tuna steak (ahi)
- Seafood safe to eat 2-3 times a week: Anchovies, butterfish (silver pomfret), catfish, clams, cod (Pacific, Atlantic), crab (blue, king, snow, US, Canada, Russia), crayfish, flounder/sole, herring, oysters, Pollock/fish sticks, salmon (fresh, canned-chinook, chum, coho, farmed Atlantic, pink, sockeye), sardines, scallops, shrimp (US, imported), squid/calamari, tilapia, trout, tuna (canned light)
- Seafood safe to eat once a week: Black sea bass, Chilean sea bass, Chinook salmon (Puget Sound), croaker (white, Pacific), halibut (Pacific, Atlantic) lobster (US, Canada), mahi-mahi, monkfish, rockfish/red snapper (trawl caught), sablefish, tuna (canned white Albacore)

CAFFEINE

During pregnancy, caffeine crosses the placenta and reaches the baby. Until more is known about the effects of caffeine on pregnancy, we recommend that pregnant women limit their caffeine intake to less than 200 milligrams a day (roughly two cups of home-brewed coffee). Here are some examples of the caffeine content of popular beverages:

Estimated Caffeine (mg) in 8 oz Serving:

• Green Tea	25 mg
• Diet Coke	30 mg
• Red Bull	76 mg
• Home Brewed Coffee	107 mg
• Starbucks Coffee	168mg

EXERCISE

Moderate exercise, defined as being able to carry on a conversation while exercising, has been shown to have many benefits, including leaner babies and shorter time in labor. There is also evidence that moderate exercise helps reduce some common pregnancy complications, such as preeclampsia and gestational diabetes. Generally speaking, it is safe to continue with your existing exercise program.

If you have not been exercising before pregnancy, we encourage you to start with a brisk walk for 30-60 minutes several times per week. Lower impact activities will generally be better for your lower back and joints. Walking and swimming are particularly good in pregnancy. Try to limit the time you spend flat on your back.

Please avoid any activities that involve a significant risk of injury, including team sports, horseback riding, skiing and scuba diving.

WEIGHT GAIN IN PREGNANCY

Weight should be gained slowly and steadily and varies from woman to woman. Gaining more than the recommended amount during pregnancy increases your risk for cesarean section, diabetes and a large baby. Also, it may be more difficult to lose the weight after baby is born, and these excess pounds increase your lifelong health risks. The table below describes the ideal amount of weight gain in pregnancy based on your starting body mass index (BMI). We will review the recommendation for you at your first appointment.

<u>BMI</u>	<u>Total Weight Gain</u>
• <15.5	28 to 40 lbs
• 18.5-24.9	25 to 35 lbs
• 25.0-29.9	15 to 25 lbs
• 30-34.9	11 to 20 lbs
• >35.0	<10 lbs

DENTAL CARE

Dental work, including routine cleaning and getting cavities filled, should be continued during pregnancy.

Dental infections that go untreated can lead to preterm labor.

- The use of a local anesthetic such as Novocain is fine.
- If at all possible, avoid routine X-rays, especially in the first trimester. If antibiotics are needed please have your dental office consult with our OB providers.

*If your dentist requires a letter from us prior to treatment
we will be happy to provide one on request.*

Medications in Pregnancy

Please inform us if you take any medications, over the counter remedies, vitamins, supplements, and/or herbal remedies.

If you need to use over the counter medications in pregnancy, the following is a list of medications that are safe to use on a limited basis. Please check with us before taking any medication not listed.

CONDITION	MEDICATION(S)
Allergies	Saline nasal spray, Claritin, Zyrtec, Allegra, Chlor-Trimeton
Congestion	Benadryl, Mucinex, Sudafed (after 12 weeks)
Constipation	Flaxseed (2–3 tablespoons daily), Metamucil, Benefiber, Citrucel, FiberCon, Miralax, Colace
Cough	Robitussin-plain
Diarrhea	Fiber supplements, Immodium, Kaopectate
Headaches	Tylenol, Extra Strength Tylenol (do not take more than 4000mg in 24 hours)
Hemorrhoids	Witch Hazel, Tucks pads, Preparation H, Anusol
Indigestion	Peppermint tea, TUMS, Pepcid, Zantac, Maalox, Gaviscon, Mylanta
Nausea	Ginger tea, candied ginger tablets, Sea Bands, acupuncture, lemon/peppermint combination, Unisom (doxylamine) ½ tab with 50mg Vitamin B6 at bedtime
Rash/Itching	Sarna Lotion, 0.5% hydrocortisone cream, calamine lotion, Benadryl cream
Sore Throat	Chloraseptic spray, lozenges, salt water gargle
Sleep Aid	Sleepytime tea, Benadryl

HERBS/COMPLEMENTARY THERAPIES

Many women use herbs and complementary therapies for a variety of health benefits. It is important to let us know if you use any herbal preparations or supplements during your pregnancy. Limited data is available on the safety or efficacy of herbs in pregnancy. Also, there is little regulation in the manufacturing of herbal supplements so dosages cannot be guaranteed. The following are some herbs that should be avoided at least in the first trimester: Black or blue cohosh, comfrey, cotton root bark, goldenseal, suma, yellow dock.

VACCINES / VIRUSES

Both flu shots and Tdap vaccines are recommended with every pregnancy. They can be given safely at any time in pregnancy. However, because the Tdap immunization is to protect the baby after delivery, that vaccine is generally given in the third trimester. More information on vaccines in pregnancy can be found on the Center for Disease Control (CDC) website at:

Flu: <https://www.cdc.gov/flu/protect/vaccine/pregnant.htm>

Tdap: <https://www.cdc.gov/pertussis/pregnant/hcp/index.html>

If you are exposed to viruses such as Cytomegalovirus (CMV), Parvo, or Chicken Pox during pregnancy, please let your provider know right away so we can determine if testing is needed.

Common Pregnancy Discomforts

1ST TRIMESTER SYMPTOMS

NAUSEA

This can occur at any time of day and may come in the form of aversion to certain foods. It generally improves by week 13 or 14 of pregnancy, but can continue into the 2nd trimester. Munch a few crackers before getting up in the morning, eat several small meals a day so that your stomach is never empty, drink plenty of liquids, wear a motion sickness band, or try ginger soda, tea, or capsules.

HEARTBURN

May be an effect of sluggish digestion or the expansion of the uterus. Eat several small meals a day instead of three large ones, avoid triggers (fried foods, chocolate, peppermint, garlic, onion), drink plenty of fluids, and stay up for 2-3 hours after your evening meal. Antacids (Tums, Mylanta, and Maalox) and medications such as Zantac or Tagamet are fine to take for relief.

CONSTIPATION

Constipation affects at least half of all pregnant women and is caused by an increase in progesterone, which slows the digestive process. Try to eat on a regular schedule, drink plenty of fluids, get some exercise daily, eat high-fiber fruits, vegetables, and grains, try fiber supplements (Metamucil, Citrucel) or a mild laxative (such as milk of magnesia).

DIZZINESS

Pregnancy causes dilation of blood vessels, resulting in lower blood pressure. Dizziness may also be caused by low blood sugar or anemia. We will do lab work to rule these conditions out. Get up slowly from lying or sitting down, walk at a slower pace, avoid prolonged standing, guard against over-heating (hot tubs, saunas), stay physically active, drink plenty of fluids, eat iron-rich foods (beans, red meat, green leafy vegetables, dried fruits).

FATIGUE

Caused by demands on the circulatory system and increased progesterone, which makes you sleepy. Take naps during the day or go to sleep earlier, avoid taking on extra responsibilities, ask for support when you need it, exercise regularly, eat foods rich in iron and protein, avoid excess caffeine.

VAGINAL DISCHARGE AND VAGINAL INFECTIONS

An increase in vaginal discharge is common in pregnancy due to increase in the turnover of vaginal lining cells. It will likely be present throughout the pregnancy. Let someone know if discharge becomes odorous, irritating, itchy, or discolored, or if you are having pain with urination.

1ST TRIMESTER SYMPTOMS (CONT.)

HEADACHES

Headaches are one of the most common discomforts experienced during pregnancy. During the first trimester your body experiences a surge of hormones and an increase in blood volume. Stress, low blood sugar, lack of sleep, dehydration, and caffeine withdrawal can also be the cause. Apply cold compress to base of neck, maintain your blood sugar, eat smaller more frequent meals, get plenty of sleep, rest in a dark room, have small amount of caffeine, or take Acetaminophen. Avoid Ibuprofen unless instructed by your provider.

2ND AND 3RD TRIMESTER SYMPTOMS

BRAXTON HICKS CONTRACTIONS

Painless, random contractions of the lower abdomen and groin, often a tightening feeling of the uterus. These are “warm-ups” to labor contractions and may occur during the 2nd and 3rd trimester. On the other hand, if you experience regular contractions, try to lie down and drink fluids, and call if they do not decrease or resolve with these measures.

LEG CRAMPS

May occur especially at night and usually in the calves. Flex your toes up towards your leg if this happens and massage the calf until it resolves. Avoid pointing your toes when stretching. Adding magnesium supplement to your diet and or soaking in Epsom salts may help.

SHORTNESS OF BREATH

Your lungs are processing more air than they did before pregnancy, which may leave you breathing slightly faster and feeling short of breath. Contact us if you experience chest pain, especially if it is localized to one side or the other.

ROUND LIGAMENT PAIN

The round ligaments support your uterus in your pelvis. As your uterus grows, the ligaments stretch and thicken to accommodate and support it. These changes can cause pain on one or both sides of the pelvis. Pain may start deep within the groin and move upward and outward towards the hips. It may also present as a dull ache after an active day. To help relieve discomfort, you may try warm baths, flexing your knees toward your abdomen, or lying on your side with a pillow under your belly. Decrease activity if necessary.

HIP PAIN AND BACKACHES

As pregnancy advances, the baby gains weight and puts more pressure on your back, while hormones relax the joints between your pelvic bones. Sit in chairs with good back support, apply heat and/or ice to painful areas. Contact us if the pain does not go away or is accompanied by other symptoms.

2ND AND 3RD TRIMESTER SYMPTOMS (CONT.)

SWELLING

Blood return from your veins is compromised during pregnancy and fluid retention may be evident in your feet, ankles, face, and hands. Drink plenty of fluids and elevate your feet at night.

FREQUENT URINATION

Extra pressure on your bladder may cause you to urinate more often or leak urine, especially with laughing, coughing, or sneezing. Watch for signs of a bladder infection, such as burning with urination, fever, or blood in your urine. Call your health care provider if these symptoms are present.

Sleep in Pregnancy

IS IT SAFE TO SLEEP ON MY BACK DURING PREGNANCY?

Early in the pregnancy, sleeping on your back is safe. In the third trimester (starting around 28 weeks), it is not recommended that you lie flat on your back for a prolonged period of time because the weight of your uterus presses on the major vein in your back. When you are sleeping, it is hard to control your position. If you wake up on your back, you probably awakened because your body was telling you to shift position. Some women wake up feeling dizzy, short of breath, or with heart palpitations. These symptoms should resolve quickly if you shift to either side. As your pregnancy progresses, try to sleep on one side or the other, or use a cushion to ensure that you are not completely flat on your back to avoid nighttime awakenings and ensure proper blood flow to your baby.

IS IT SAFE TO SLEEP ON MY STOMACH DURING PREGNANCY?

There is no problem with sleeping on your stomach in early pregnancy, as the uterus is protected by your pubic bone. As the pregnancy progresses, sleeping on your stomach will become uncomfortable, which is the cue to stop.

IS IT SAFE TO USE SLEEPING MEDICATIONS DURING PREGNANCY?

Some prescription sleep aids can be used in pregnancy but should be discussed with your OB provider before starting. These medications can be habit forming, and in general, are used sparingly in pregnancy. There are over-the-counter sleep aids that are safe to use during pregnancy and are not habit forming, including Benadryl, Tylenol PM, and Unisom. These medications should be taken according to the directions on the package.

Travel

As long as your pregnancy is uncomplicated, travel is fine until the middle of your 3rd trimester. You may be asked not to travel if you are bleeding during your pregnancy, have a placenta previa, evidence of preterm labor, and history of a prior preterm delivery or if your blood pressure is elevated.

AIR TRAVEL:

- Domestic travel can continue until 34 weeks
- International travel can continue until 32 weeks
- Avoid X-ray security machines at the airport. Metal detectors and pat-downs are acceptable alternatives (We just don't know how much X-ray exposure you get from scattered X-ray devices)
- Stay well hydrated while flying
- Bring snacks that are healthy options with reduced salt content to reduce leg swelling
- Avoid lifting heavy luggage bags
- Keep moving while in your seat, flexing your legs and/or walk around every hour as it is important to keep good circulation going through your legs, to reduce the risks of developing clots in your veins.
- Consider wearing compression leg stockings, known as Teds, found at your local pharmacy, to reduce lower extremity swelling and deep vein clot formation for longer than 4-hour flights.

CAR TRAVEL:

- During any car travel, it is important to wear a seat belt low and tight across the lower abdomen, below the uterus.
- If you are driving long-distance, >2-3 hours, stay hydrated, stop regularly to walk around, and keep your legs moving. Know where local hospitals are along your route in case of emergency.
- If you are in a car accident, with or without your airbag deploying, contact our office immediately. Direct abdominal contact with the airbags or steering wheel, or just the sheering forces if you are in a car accident can affect your placenta. Close monitoring and medical attention will be recommended.

CRUISE/BOAT TRAVEL:

- Most cruise lines do not allow passengers who are beyond 24 weeks gestation to board. If you have already booked a cruise, we will be happy to provide you with a letter confirming your due date if needed to receive a refund.
- While on board remember to wash hands frequently to prevent illness.
- Remember cruise ship and ports of call may have limited to no OB providers or prenatal care experience and access to higher level of care is very limited. This should be taken into account if you are experiencing a high risk pregnancy and considering postponing your trip.

ZIKA

Due to the risks associated with the Zika virus, it is recommended that you avoid travel to any areas where you may be at risk of exposure. As Zika may be contracted via sexual contact, condom use is advised during pregnancy if your partner has traveled to those areas. The most up to date information on Zika can be obtained from the CDC at www.cdc.gov/pregnancy/zika/

Emotions/Mood

Pregnancy can be an emotional time for the entire family. Women who are pregnant can experience strong emotional changes. It is not unusual to be fearful or anxious about pregnancy, birth, or being a parent.

Some women find reading books or taking classes to be helpful in reducing anxiety during pregnancy. Attached is a list of recommended books and websites you may find helpful as well as information on pregnancy and childbirth classes available.

Some women find speaking with a counselor or therapist helpful. If you do not have an established relationship with a counselor we would be happy to provide you with a list of local providers. We also encourage you to check with your insurance as they will have the most up-to-date information on providers covered by your insurance.

We will begin screening for signs of anxiety and depression at your intake appointment and will repeat this screening both in your 3rd trimester and when you are in the hospital so we may be proactive in helping you through this emotional time. We encourage you to talk with your provider if you have any concerns about emotions/moods throughout your pregnancy.

There is a pregnancy circle that meets weekly at Wentworth-Douglass Hospital. This group is designed for pregnant women to gather together in support of one another, and to grow your circle of support now - before your baby arrives. This open format is designed so you can discuss anything on your mind. Each meeting is hosted by one of the affiliated Birth Doula or by the Childbirth Educators and meets on Wednesdays from 6:30-8:30 p.m. at Wentworth-Douglass Hospital.

Pets

CATS

If you are a cat owner, you should avoid cleaning the kitty litter. If it is unavoidable, you can deal with kitty litter while wearing a filtered mask (available at most pharmacies and Home Depot) and disposable gloves to avoid exposure to toxoplasmosis. You can hug, enjoy and snuggle with your cat freely.

BIRDS/FISH/AMPHIBIANS/REPTILES

Good hand washing before and after handling animals, their food or cleaning their environment helps avoid exposure to bacteria.

Environmental/Work Hazards/Teratogens

Teratogens are substances or agents that can cause birth defects in a fetus. These should be avoided during pregnancy.

SMOKING

Smoking is not only harmful to the mother; it also has severe consequences for the fetus. Smoking causes decreased blood flow through the placenta which in turn can cause fetal growth restriction and low birth weight.

Smoking also increases the risk of placenta previa, placental abruption, and hypertension for the mother.

If you smoke, ask your provider for resources to help you quit.

MARIJUANA

It is unknown the actual risks to a fetus from marijuana exposure during pregnancy. Some studies have shown some changes in the developing brain. While marijuana may be legal in some states and for some conditions, it is not recommended to use marijuana in any form during pregnancy, and/or while breastfeeding should you choose to do so.

ALCOHOL

There is no documented safe level of alcohol consumption during pregnancy. Drinking alcohol during pregnancy may cause the baby to be too small and increases the chance of having a miscarriage or a preterm baby. Persistent alcohol use can cause heart defects and may also affect the baby's brain. This can lead to problems with learning, memory, speech and behavior. You may not be able to see these problems until later in life. Fetal alcohol syndrome is a mixture of physical, mental and behavior problems. It is the most severe effect of drinking during pregnancy. It most often results from heavy drinking or binge drinking. We recommend abstaining from drinking alcohol during your pregnancy.

HOT TUBS/SAUNAS

We recommend avoiding hot tubs/saunas during your pregnancy. Warm showers and tub baths are fine.

WORK HAZARDS

Please inform us if your work requires you to lift/carry heavy objects, or exposes you to high temperatures or chemicals.

CHEMICALS

If your work requires you to be around chemicals, please review these with your provider. If you are exposed to chemicals during your pregnancy and would like more information, you can call:

Pregnancy/Environmental Hotline:

1-800-322-5014

Mother to Baby: visit <https://mothertobaby.org> or call

1-866-626-6847

PAINT

Some chemicals in paints and stains can be harmful in pregnancy. Generally latex paint is safe to use. Look for low VOC products and ensure the room is properly ventilated.

HAIR COLORING

It is fine to get your hair highlighted. Chemicals that are applied to your scalp, however, will be absorbed and therefore are an exposure for the baby. It is not known for certain that hair coloring is safe. We recommend that if you do have it done, wait until at least 13 weeks, and have it done in a well-ventilated area.

- Don't leave the dye on your head any longer than necessary.
- Rinse your scalp thoroughly with water after use.
- Wear gloves when applying hair dye.
- Carefully follow the directions in the hair dye package.
- Never mix different hair dye products because you can induce potentially harmful reactions.

TANNING

The use of tanning beds should be avoided. Tanning beds increase your risk of developing skin cancer. Lying in a tanning booth can raise your body temperature to a level that may be hazardous to your baby, particularly during your first trimester.

Since the effects are not known, avoid self-tanners. Consider using brush-on powdered bronzers instead as these are not absorbed into the skin.

Childbirth Education/Classes

Childbirth education can help prepare you for your delivery and caring for a newborn. Education has been shown to reduce rates of cesareans and improve satisfaction with your birth experience. Wentworth-Douglass Hospital has many childbirth and parenting courses available.

Please go to the website for current dates and links to register:

www.wdhospital.org/childbirtheeducation or call (603) 609-6964 for more information.

Check with your insurance as some carriers may reimburse you for some courses. If you would like to attend a course but find the cost to be prohibitive, please let us know. We can help!

WENTWORTH-DOUGLASS HOSPITAL CHILDBIRTH REGISTRATION FORM ~

Please make payment to: Wentworth-Douglass Hospital / **Mail to:** 789 Central Avenue, Dover, NH, 03820 / **ATTN: Childbirth Education**

Registration is required for all classes.

Classes which **require payment** listed below: Please place a "✓" in the appropriate class(es) ☐

- | | |
|--|--|
| <input type="checkbox"/> 5-Week Prepared Childbirth Series = \$110/per couple [Dates: _____] | <input type="checkbox"/> Breastfeeding Class = \$10 [Date: _____] |
| <input type="checkbox"/> Weekend Prepared Childbirth Class = \$145/per couple [Dates: _____] | <input type="checkbox"/> Prenatal Yoga (6-weeks) = \$65/per mom-to-be [Dates: _____] |
| <input type="checkbox"/> 1-Day Childbirth Class = \$145/per couple [Dates: _____] | <input type="checkbox"/> Setting Healthy Expectations = \$50/per person [Dates: _____] |
| <input type="checkbox"/> Mind Body Birth (5-weeks) = \$145/per couple [Dates: _____] | <input type="checkbox"/> It Takes A Village = \$50/per couple [Dates: _____] |
| <input type="checkbox"/> Labor Comfort Measurers = \$35/per person [Dates: _____] | <input type="checkbox"/> Happiest Baby on the Block = \$35 [Dates: _____] |
| This class should be used in addition to any of the above classes, or as a refresher. It is not meant to be a stand alone class. | |
| <input type="checkbox"/> Infant Massage = \$25 [Dates: _____] | |

Classes which require **no payment** listed below: Please place a "✓" in the appropriate class(es) ☐

- | | |
|---|--|
| <input type="checkbox"/> Birth Center Tour [Date: _____] | <input type="checkbox"/> Sibling Class [Date: _____] |
| <input type="checkbox"/> Cesarean & Tour for planned deliveries [Date: _____] | Child's Name: _____ Child's Age: _____ |
| | <input type="checkbox"/> Grandparent's Class [Date: _____] |

If a specific date has not been indicated, we will schedule according to your due date.

PLEASE PRINT

Name: _____ Due Date: _____

Partner's Name: _____

Mailing Address: _____ City: _____ State: _____ Zip Code: _____

Telephone / Home: _____ Work: _____

E-Mail Address: _____ Cell: _____

Check this box if Goodwin Community Health Patient ☐ May we leave a detailed message at home or work regarding classes? ☐ Yes ☐ No

Note: A confirmation email will only be sent by request. Please check the box below if you would like to receive registration confirmation

☐ Yes I would like to receive a confirmation

Other Websites/Apps

American College of Nurse Midwives (ACNM):

Share With Women is a series of patient information handouts from the *Journal of Midwifery & Women's Health*, the official journal of the American College of Nurse-Midwives.

American College of Obstetricians and Gynecologists (ACOG):

<https://www.acog.org/Clinical-Guidance-and-Publications/Patient-Education-FAQs-List>

Links to publications available on a variety of subjects pertaining to women's health.

Childbirth Connection:

<http://www.childbirthconnection.org/>

International Cesarean Awareness Network:

<http://www.ican-online.org/about-ican/>

The International Cesarean Awareness Network is a non-profit organization whose mission is to improve maternal-child health by reducing preventable cesareans through education, supporting cesarean recovery, and advocating for vaginal birth after cesarean (VBAC).

Text4Baby:

<https://www.text4baby.org/>

Text4Baby is the first mobile information service designed to promote maternal and child health through text messaging and iPhone or Android applications.

BOOKS

Common Sense Pregnancy: by Jeanne Faulkner

Expecting Better: by Emily Oster

Mayo Clinic Guide to a Healthy Pregnancy

The Complete Book of Pregnancy and Childbirth: by Sheila Kitzinger

Birth from Within: by Pam England

The Birth Partner: by Penny Simkin