



ANTENATAL

Your third trimester - Preparing for a healthy baby

Supporting your family through your baby's first year



ANTENATAL



Eating for a healthy baby

Healthy eating keeps you feeling good and gives your unborn baby the essential nutrients they need.

You may have heard your people tell you that you should eat for two. But if you gain too much weight during pregnancy, it can make for a difficult labour, and have lifelong impacts on your and your babies' health.

Healthy eating is especially important during pregnancy – for your own wellbeing, as well as your baby's. Eating 'unhealthy' foods, such as those high in fat and sugar, may cause your unborn baby to develop a preference for these foods during childhood and could become overweight and obese later life.

Eat a wide variety of nutritious foods from the five food groups (vegetables, fruits, breads and cereals, meat or alternatives and dairy).

- During the first 3 months of your pregnancy your energy requirements are unchanged, and you do not need to eat any more than before you were pregnant
- After the first 3 months you may need to slightly increase the amount you eat; for example, an extra piece of fruit each day, a boiled egg, a serving of vegetables, or extra tofu, lean chicken or tuna.
- The amount of food you need to eat will depend on your weight before pregnancy and how active you are
- Avoid alcohol

The plates, and suggested breakfast, lunch, dinner servings below give you an idea of the best proportion of different food types you should aim to eat at each meal:

**about 1/2 plate
of vegetables**



**1/4 plate of protein rich
foods (e.g. chickpeas,
tofu, meat, eggs)**

**1/4 plate of rice,
noodles, potatoes1
slice bread**

Nutritious Breakfast



Nutritious Snack



Nutritious Lunch



Nutritious Dinner



In order to check how much you eat at each meal it helps if you serve yourself rice, noodles in a cup first, so you can check how much of these foods you eat every meal. Limit how much rice you eat, to 1 moderate serve of rice / 1 cup of rice per meal./or 1 slice of bread.

Tips



The example above shows much bread/rice/noodles you should eat in a typical meal.



For healthier options, eat Basmati, brown, red or black rice instead of white rice.



If using oil, use small amounts of olive, canola, sesame or peanut oil when cooking.



Minimize the consumption of foods with added sugary drinks, sticky rice, soft drinks, cakes, desserts. Choose fruit instead.

For some recipe ideas have a look at these links :

<https://daa.asn.au/smart-eating-for-you/smart-eating-recipes/>

Healthy Meals on a budget:

<https://daa.asn.au/wp-content/uploads/2016/05/The-thrifty-cookbook.pdf>

Use this link to download translated versions of the Australian Guide to Healthy Eating:

<http://www.mhcs.health.nsw.gov.au/publicationsandresources/pdf/publication-pdfs/oth-9450>

Healthy weight

Why gaining the right amount of weight is important to prevent gestational diabetes and other health conditions.

The kind and amount of nutrients or food babies receive before they are born influences their health later in life. Babies with very low or high birth weight in particular may be at increased risk of obesity and many serious diseases as adults.

If you have gestational diabetes during pregnancy then make sure you follow the diet plan set by an accredited dietitian, diabetes educator or your doctor.





Mental health and pregnancy

Looking after your emotions while you're pregnant can help you and your baby. If you have been feeling sad, down, worried or anxious for a while and this is starting to affect your life – it's time to seek help. For more information about depression and anxiety contact beyondblue on 1300 224 636.

Get Healthy Information and Coaching Service

Want help getting or staying healthy during pregnancy and after? FREE personal coaching is available by phone.

Your FREE Health Coach!

GET STARTED NOW

1300 806 258

www.gethealthynsw.com.au

You can also refer to the Get Healthy site:

<https://www.gethealthynsw.com.au/healthier-you/healthy-in-pregnancy/>


get healthy[®]
Information & Coaching Service

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Be active

Why not walk after dinner or before work with your husband, partner or another family member?

Do 20-30 minutes of gentle exercise per day or 75 minutes of high intensity exercise per week. (if you usually do high intensity exercise).

Screen time

- Avoid lengthy periods of inactivity e.g. sitting at a computer or watching TV
- Break up long periods of sitting as often as possible

Healthier, happier together

Looking after your physical health during your pregnancy is also important, for both you and your baby. It is great to be active and stay fit during the third trimester (unless your GP has said otherwise).

If there are no health problems and you haven't exercised in a while, start gently, try to do 30 minutes of moderate exercise every day, such as walking, swimming, using an exercise/ bike or a low impact exercise class. Avoid doing any contact sports and activities with a risk of falling.

Warm up and cool down, not to over exercise, exerting only to a point where you can still have a chat. Always stop if you experience pain or discomfort.

For individual advice about being active, speak to your doctor, midwife/nurse or Get Healthy in Pregnancy Service health coach.

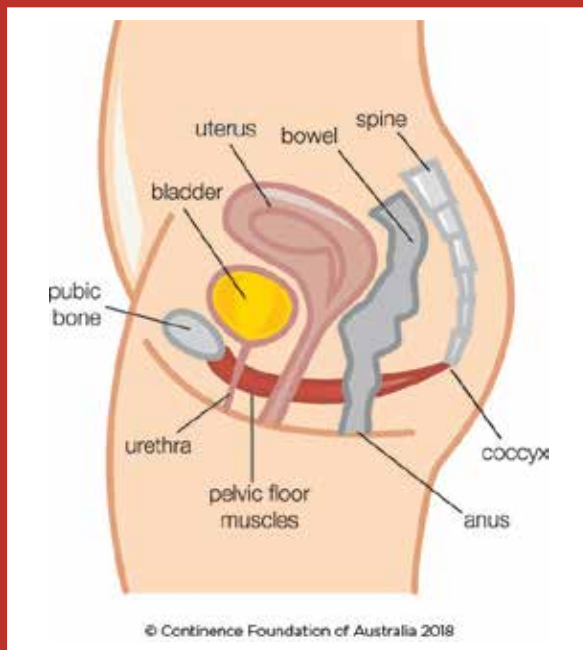


Important lady muscles keeping your internal organs in shape: Pelvic Floor

The pelvic floor is one of the most important muscle groups in your body, holding the bladder, uterus and bowel in place. Strong pelvic floor muscles help with sexual function can make birth and recovery from birth easier. One in three women who have ever had a baby, leak urine when they sneeze, laugh, cough or exercise.

You can prevent this by doing regular pelvic floor strengthening exercises and get in shape for future health and pregnancies.

Method: tighten the muscles of the perineum, the anus muscles, like holding your urine, relax after 5-10 seconds. Repeat 10 times. Can increase the perineal muscle elasticity and control.



Check out the 'Exercises before & after birth' resource for general exercise tips and information on how to exercise your pelvic floor muscles. Check out The Continence Foundation of Australia website or download the app for more information:

<https://www.continence.org.au/other-languages.php>

or watch this You Tube video <https://youtu.be/e2xcgG2WAg0>

Why breastfeeding is important

The World Health Organisation recommends to exclusively breastfeed until around 6 months of age and breastfeeding up to 2 years of age or beyond.

Exclusive breastfeeding means no other food or drink, including water, juice, non-human milk (except for vitamins, minerals and medications if it has been advised by your GP/Paediatrician).



Breastfeeding is good for you and your child too because it:

- Can reduce bleeding after birth
- Helps your uterus get back to normal faster
- Helps you lose some of the weight gained during pregnancy
- May reduce the risk of some cancers and osteoporosis
- Meets all their nutritional needs until they're around 6 months old
- Helps build their immune system to protect them from getting sick from illnesses and infections
- Is more easily digested than other milks so nappies smell less offensive
- Can lower their risk of being overweight, obese or diabetic later in life



Breastfeeding: What to expect

Breast is best, so it is good to start thinking about how you might like to feed your baby after giving birth. This is something you should discuss with your husband/ partner, or close family members.

Within the first hour after your baby is born try to have your undressed baby lay on your bare breasts (skin to skin) until your baby is ready to breastfeed. Skin-to-skin contact after birth is recommended as it helps with your breastmilk supply and your confidence as well as helps you to bond with your baby. Your midwife, nurse or lactation consultant can support you at this time.

Choosing other milk feeding practices

However you choose to feed your baby, there is lots of support. Contact Healthy Beginnings via email:

SLHD-HealthyBeginnings@health.nsw.gov.au for further support and information. You can also talk to your Midwife, Child and Family Health Nurse, Lactation Consultant or doctor if you have any questions.

How your body prepares to feed your baby: Colostrum

Even before you give birth your body is producing Colostrum, a very nutrient-dense special milk, which helps develop the babies' stomach, and protect it from disease.

Colostrum

- Has the perfect amount of vitamins, minerals, amino acids and essential fats for the baby's growth and stimulating the immune system.
- Has friendly bacteria colonize the baby's gut.
- Has special growth factors which help a newborn underdeveloped gut develop.

Do I have enough milk for my baby?

The more your baby enjoys skin to skin and sucks at the breast the more you will have a good milk supply.

Did you know a newborn's stomach is only the size of a cherry? So a mother's breasts will produce what the baby demands, which is only a small amount at this time.

Colostrum is specially designed for newborn babies, who don't need much milk in the first 24-48 hours after birth. Colostrum is the perfect food to sustain them until your breasts produce the lighter milk which will be larger in volume and then you will feel that your breasts are heavy. You may notice this is around 60-70 hours after birth. If have any questions, speak to your midwife, Nurse, Lactation Consultant or doctor

Size of your baby's stomach: Day 1 - 3 weeks



Day 1 & 2
Cherry



Days 3 & 4
Walnut



Days 5 & 6
Lime



Days 7 to
3 weeks
Egg

What to consider for your third trimester



INFANT FEEDING
Prepare for breastfeeding



SOCIAL SUPPORT

- Early Childhood Health Centres
- General Practitioner/ Paediatrician



YOUR BABY AND PHYSICAL ACTIVITY
Tummy time



YOUR HEALTH

- Physical activity/ Nutrition
- Immunisation
- Emotional health



HOME, FAMILY AND WORK

- Infant CPR
- Creating a safe environment for your baby

Useful services and links

Health advice and coaching

Get Healthy: 1300 806 258,
www.gethealthynsw.com.au

Exercise and Sports Science Australia
www.essa.org.au

Continence Foundation
www.continence.org.au

Food and nutrition

Dietitians Association of Australia
www.daa.asn.au

Australian Dietary Guidelines
www.eatforhealth.gov.au/

Diabetes Australia
www.diabetesaustralia.com.au/gestational-diabetes

Mental health and wellbeing

Beyond blue 1300 224 636,
www.beyondblue.org.au

Infant feeding and play

Australian Breastfeeding Association
1800 686 268
<https://www.breastfeeding.asn.au>

Physical Activity

Get Healthy
www.gethealthynsw.com.au/program/get-healthy-in-pregnancy/

Lactation Consultants
www.lcanz.org/

Raising Children Network
www.raisingchildren.net.au



Next Booklet

**0-2
MONTHS**

TIS national: 13 14 50 (interpreters can help you call these national lines, if you don't speak any English then just say in English "Mandarin" and they will put you through to the Mandarin interpreter and can then help make the call.)

FOR SUPPORT AND MORE INFORMATION, CONTACT

HB

Healthy Beginnings
SLHD-HealthyBeginnings@health.nsw.gov.au
www.healthybeginnings.net.au
02 9515 9055

HD

Health Direct Australia
www.healthdirect.org.au
1800 022 222

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**MAKE
HEALTHY
NORMAL**



Health

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