

# NEWSLETTER

May and June | 2021

## Getting Ready for Summer Pregnancy

Does just thinking about venturing outside in the summer heat make you wilt? Don't let rising temperatures stop you from enjoying yourself. Follow these tips on how to stay cool and healthy.

- Do outdoor tasks in the morning or evening when the sun is lower and temperatures are cooler.
- When temperatures exceed 90 degrees Fahrenheit, stay indoors in the shade near a fan or air conditioner.
- Wear light-colored clothing.
- Drink plenty of liquids to remain hydrated. Sports drinks with electrolytes can help replace lost salt and retain fluid.

*More tips next issue.....*

## Abdominal Exercises during Pregnancy

Pregnant women ask themselves many questions during their pregnancy. Can I continue to do abdominal exercises during pregnancy? If not, are there other exercises that I should be doing?

Abdominal exercises are recommended and are important for pregnant women. Regularly strengthening your abdominals will help you to reduce your risk of back pain and will help you to maintain a good posture. What's more, by developing your oblique and transverse abdominal muscles you will be better prepared for the expulsion phase of your delivery.

The most efficient way to strengthen the abdominal muscles is to work in the following order (deepest to most superficial):

1. The transverse abdominal muscle, the deepest part of the abdominal wall and significant part of our core;
2. The internal and external oblique muscles, located on each side of the rectus abdominis;
3. The rectus abdominis, which extends from sternum to the pubic bone.

Different positions are recommended depending on the stage of your pregnancy. Instead of doing abdominal exercises lying on your back, like with typical crunches, try exercises in a seated or standing position.

**REFERRAL PROGRAM**

### ***Know someone who is pregnant?***

Refer them to our agency. If they qualify, you'll receive **\$50** in cash.

For more information, call us at 888-978-4736 or email us at [info@jmjconsulting2.com](mailto:info@jmjconsulting2.com).

*Offer expires June 15, 2021*

*Participants must qualify for the service. Up to 2 referrals per month.*



# May is Mental Health Awareness Month

## Mental Health Awareness Month

May is **Mental Health Awareness** month. In the midst of everything going on, take some time to be kind to yourself! Block out some time to do something you enjoy or something that helps you relax. There is only one YOU, so take care of yourself and your mental health!

**MENTAL HEALTH AWARENESS MONTH**

## Mental Health Checklist

<u>EVERY DAY I WILL:</u>	<u>ONCE EACH WEEK I WILL:</u>	<u>ONCE THIS MONTH I WILL:</u>
<input type="checkbox"/> Move my body	<input type="checkbox"/> Connect virtually with a friend or family member	<input type="checkbox"/> Finish reading a book
<input type="checkbox"/> Take a screen-time break	<input type="checkbox"/> Plan an outdoor activity, like a picnic, hike or bicycle ride	<input type="checkbox"/> Take a 1-day break from all social media and news
<input type="checkbox"/> State 3 things I am grateful for (write down or say aloud)	<input type="checkbox"/> Set a new goal, like finishing a work, school or home project	<input type="checkbox"/> Try a creative activity
<input type="checkbox"/> Eat fruits and vegetables	<input type="checkbox"/> Claim a win for the week: It can be big or small. Celebrate with a reward or an act of kindness towards yourself!	<input type="checkbox"/> Help someone or complete a community service project
<input type="checkbox"/> Sleep for 7-9 hours a night		<small>Choose 2 more activities that are personal and meaningful to your mental health:</small>
<b>REFLECTIONS:</b>		<input type="checkbox"/> _____
_____		<input type="checkbox"/> _____

### WHAT CAN A PRENATAL CARE AGENCY DO FOR YOU?

Prenatal Care Coordination (PNCC) is a benefit that helps pregnant women get the support and services they need to have a healthy baby.

PNCC services include:

- Help getting the health care you need
- Personal support
- Information on good eating habits and health practices
- Help finding needed services in your community
- Much more...

*Call  
JMJ Consulting today!*

# Eating Healthy During Pregnancy

## Tips to Stay Healthy

Eating well can help you have a **healthy pregnancy** and a healthy baby. **What can an expecting mother do to eat as healthy as possible?**

- 1. Don't forget breakfast.**
  - Try fortified ready-to-eat or cooked breakfast cereals with fruit. Fortified cereals have added nutrients, like calcium.
  - If you are feeling sick, start with whole wheat toast. Eat more food later in the morning.
- 2. Eat foods with [fiber](#).**
  - Choose a variety of vegetables and fruits, like carrots, cooked greens, bananas, and melon.
  - Eat plenty of beans and whole grains. Try brown rice or oatmeal.
- 3. Choose healthy snacks.**
  - Low-fat or fat-free yogurt with fruit
  - Whole grain crackers with fat-free or low-fat cheese
- 4. Take a prenatal vitamin with iron and folic acid every day.**
  - Iron keeps your blood healthy. Folic acid helps prevent **birth defects**.
- 5. Eat up to 12 ounces a week (2 average meals) of fish or shellfish.**
  - A 3-ounce serving is about the size of a deck of cards.
  - Avoid fish and shellfish with high levels of mercury. Don't eat shark, swordfish, king mackerel, or tilefish.
  - If you eat tuna, choose canned light tuna. Albacore (white) tuna has more mercury.
  - Common fish that are low in mercury include shrimp, salmon, and catfish.
- 6. Stay away from soft cheeses and lunch meat.**

Some foods may have bacteria that can hurt your baby. Don't eat:

  - Soft cheeses like feta, Brie, and goat cheese
  - Uncooked or undercooked meats or fish (like sushi)
  - **Lunch meats and hot dogs unless they are heated until steaming hot**
- 7. Limit [caffeine](#) and avoid alcohol.**
  - Drink decaffeinated coffee or tea.
  - Drink water or seltzer instead of soda.
  - Don't drink alcohol.

*Adapted from  
<https://www.medicinenet.com/script/main/art.asp?articlekey=155877>*

## **COVID AND PRENATAL CARE!**

Community efforts to control the spread of the COVID-19 virus might affect your access to routine prenatal care. Talk to your health care provider about whether the use of virtual prenatal care is an option for you, if it's available in your area, and how it works. Ask your health care provider if there are any tools that might be helpful to have at home, such as a blood pressure monitor. To make the most of any virtual visits, prepare a list of questions ahead of time and take detailed notes during the visit. Also, consider researching your options for online childbirth classes.

If you have certain high-risk conditions during pregnancy, virtual visits might not be an option. Ask your health care provider about how your care might be affected.