



Daily Do...Prenatal Body Builders

Handout JS20

To grow excellent physical development and health,
developing babies need:

1. _____
2. _____
3. _____
4. _____



Continued



Some parenting practices I'd like to focus on:

- _____

- _____

- _____

- _____

- _____

- _____

Continued



The potential payoffs that are important to me are:

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Growing Great Kids™

D A I L Y D O

Prenatal Body Builders

Growing Excellent Physical Development and Health

Handout JS20

What growing babies need and what you can do:

Good Nutrition

- Eat healthy meals and snacks.
- Try to avoid fast food and prepackaged foods like candy, cookies, and chips that can contain lots of unhealthy salt, fat, and sugar.
- Talk with your healthcare provider about how many calories to eat during pregnancy. They can provide you with a specific recommendation that is fitting for your body's needs.
- Try to limit drinks with caffeine or added sugars and avoid drinks with alcohol.
- Discuss with your healthcare provider which foods to avoid eating. Some foods can cause illness during pregnancy, while other food items can be harmful to developing babies.



Responsive and Preventive Health Care

- Attend regular prenatal visits with your healthcare provider. This can be a great time to ask questions about medications, immunizations, or the development of your growing baby.
- Visit a dental care provider and talk about how to keep teeth and gums clean and healthy during pregnancy.
- Discuss prenatal vitamins with your healthcare provider. They can recommend a vitamin that will be most beneficial to you.
- Wash your hands and cooking surfaces frequently to prevent illness.



Continued



Daily Exercise

- Partner with your healthcare provider to create a safe exercise plan. They can discuss safe exercises to do during pregnancy.
- When exercising, remember to stay hydrated and listen to your body. If you begin feeling short of breath, dizzy or sick, stop the physical activity and talk with your healthcare provider about your exercising.
- If you enjoy playing sports for physical activity, discuss with your healthcare provider if the types of sports you practice are safe to play during pregnancy.



Predictable and Safe Environments

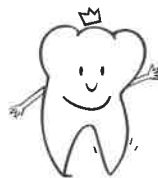
- Talk with your healthcare provider about how to prevent insect bites. Some bugs can carry diseases that can be harmful to developing babies.
- Avoid exposure from second or third-hand smoke, electronic cigarette smoke, or fumes from drugs.
- Begin childproofing your home to protect your infant from accidents related to burns, fire, weapons, drowning, and falls.
- Reduce your exposure to lead. Lead can be found in things like factories, homes built before 1978, dust, and soil.



What are the potential payoffs for parents and children when parents use Body Builders many times throughout the day?

Children may:

- Be more coordinated and have better athletic skills.
- Develop better health habits and stress management skills as teenagers and adults.
- Be exposed to fewer toxins in their homes.
- Have healthier bodies and teeth.



Parents may:

- Find that teenagers and adults could have stronger, more fit bodies.
- Find that families, employers, and government spend less on medical care.
- Experience fewer illnesses such as diabetes, cancer, and heart disease.
- Find that communities are more able to focus on positive growth because they use fewer resources for treating illnesses that can be prevented.