



# COOPERATIVE EXTENSION

*Bringing the University to You*

Fact Sheet 98-84



Now that you are pregnant...

Are lots of folks giving you all kinds of ideas about what you should be doing? Are different people telling you different things?

Do you feel confused?

It may help if you remember that each year we learn more about what to do to have a healthy baby. But some people aren't aware of the new information. We have put together this list for you to share with those closest to you. We know that these ideas may differ from those you have heard and parents followed. In most cases, the old advice is not too harmful, but we know you want the best for your baby. Discuss these changes with those closest to you so you can have the healthiest baby possible.

<b>My, how things have changed!</b>	
Remember when...	Today...
Pregnant women didn't see a doctor until they "began to show."	Women are encouraged to see a doctor as soon as they think they are pregnant.
Even though women were told to "eat for two," they were not to gain over 15 pounds during pregnancy.	Since weight gain is based on what a woman weighed prior to her pregnancy, weight gain can range from 20 to 35 pounds. This goal needs to be increased if a woman is carrying more than one baby.
Women were told to restrict their physical activity.	Women are encouraged to be active, especially to walk.

Smoking and drinking alcoholic beverages were "okay" during pregnancy. Even using over-the-counter drugs was considered safe.	Pregnant women should avoid smoking and drinking because they can cause preterm births, low-birth weight infants and birth defects. Pregnant women also should check with their doctors before using any medication.
Women were told to restrict their salt intake.	Women may use iodized salt, unless a medical condition restricts it.
Women weren't very concerned about eating rare hamburgers or soft cheeses.	Hamburgers should be cooked to 160°F to prevent serious illness. Pregnant women should avoid eating soft cheeses.;
Parents did the best they could in preparing for the arrival of their children based on what was known at that time.	Parents still do the best they can-but now they do things differently because they know more. We can guess that in the future, these recommendations will change as new information is learned.;
A hospital stay of 5 days after delivering a baby was common.	A hospital stay of more than 48 hours after delivering a full term, healthy baby is unusual.
Breastfeeding was not encouraged. Injections were given to mothers to stop making milk.	Breastfeeding is now considered essential for newborns to protect them from infections and to promote growth and development.
Parents were told to put babies down to sleep on their stomach.	Parents are now told to put babies down to sleep on their back or side.

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