

A ROADMAP TO MATERNAL HEALTH: SUPPORTING AN EXPECTANT MOTHER'S WELL-BEING DURING PREGNANCY

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T SWORPS

AGENDA:

4 TRIMESTER BREAKDOWN OF WAYS TO SUPPORT MATERNAL HEALTH WITH VULNERABLE MOMS

Including care providers, mental and physical health supports, nutrition, and concerns for each trimester



First Trimester

Conception-Week 13
of Pregnancy



Second Trimester

Weeks 14-26



Third Trimester

Weeks 27-40

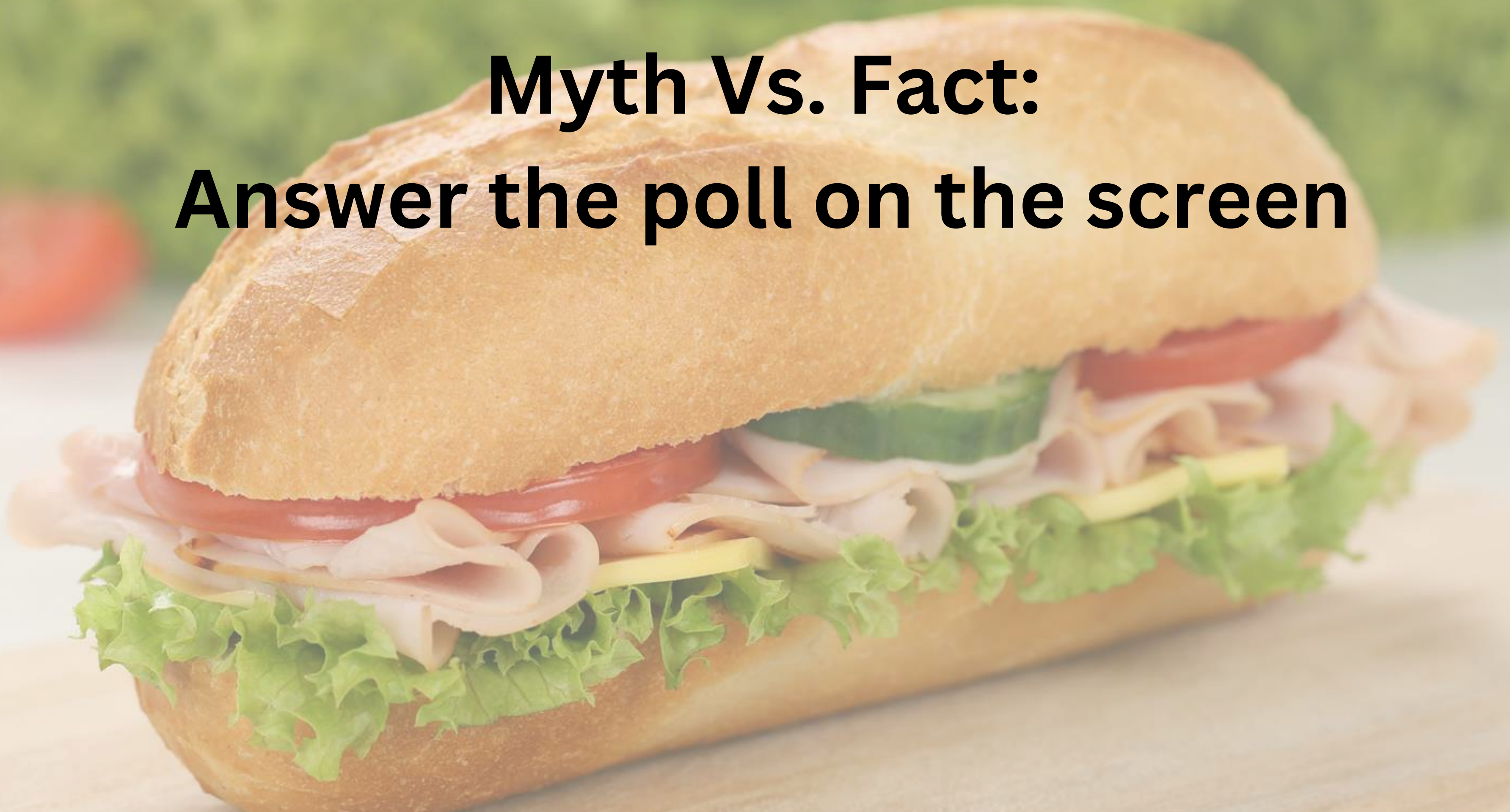


Fourth Trimester

Birth- up to 2 years
Post Partum



Myth Vs. Fact:
Answer the poll on the screen



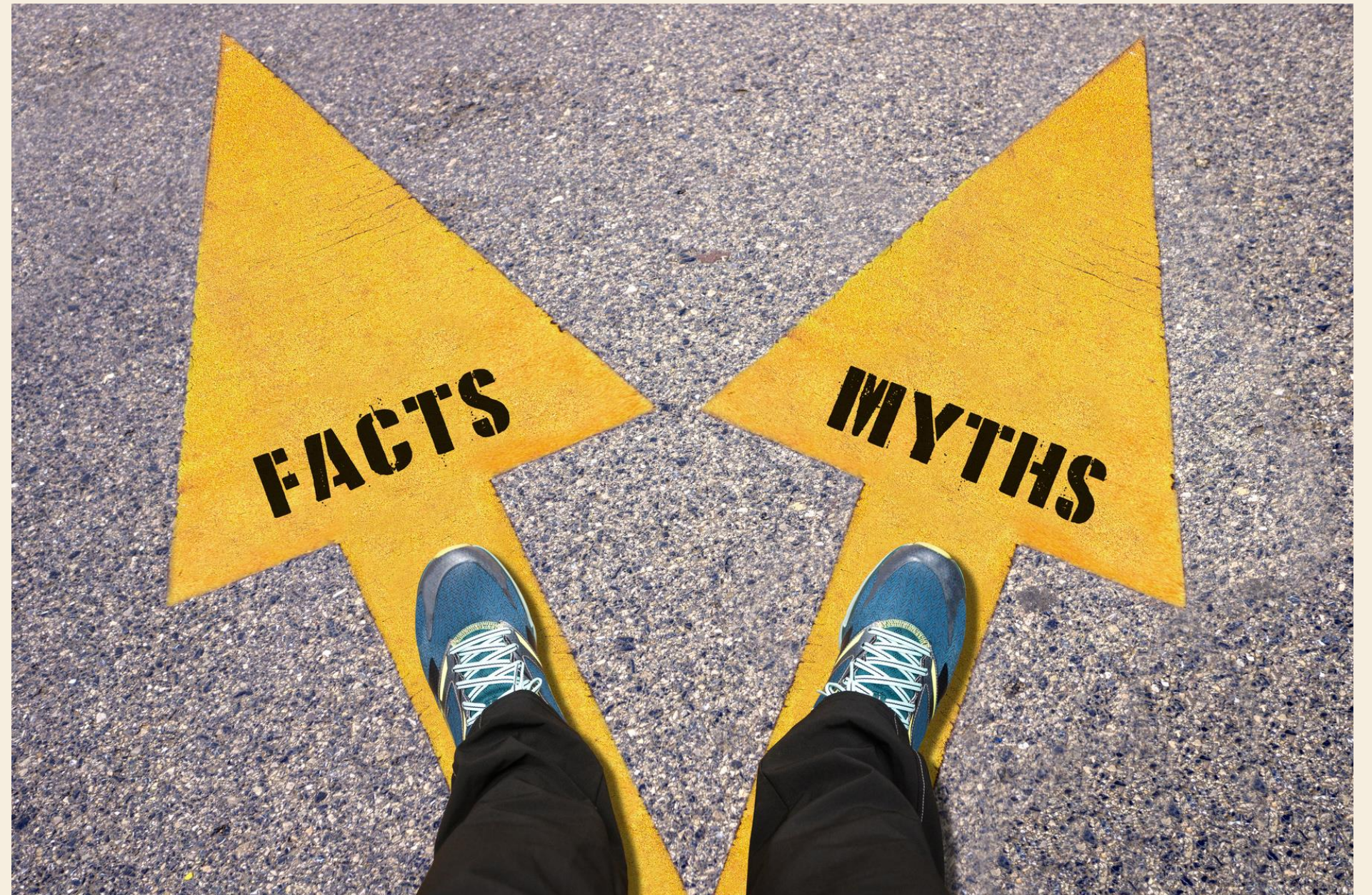
Pregnancy Myths-- Busted??

Myth #1: You're eating for two

Myth #2: It's dangerous if you're past your due date

Myth #3: Once you have a c-section, you will have a c-section for all your future pregnancies

Myth #4: Age, education, culture, and/or socioeconomic status determine a woman's chances of perinatal depression






FIRST TRIMESTER: TYPES OF CARE PROVIDERS

Support mothers in finding trusted, culturally competent care

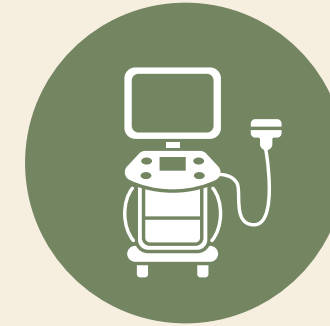


WHAT TO EXPECT: SUPPORT FOR THE FIRST PRENATAL APPOINTMENT

 Connect and refer clients to care providers

 Assist with preparing questions for the provider

 Provide emotional support at appointments



Ultrasound



Necessary bloodwork



Lifestyle counseling



**Health screening
and history**

4 ELEMENTS OF A HEALTHY FIRST TRIMESTER

**Safe food
and drink**



**Mental health
support**

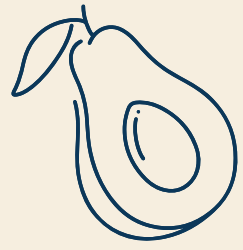


**Prenatal vitamins
and hydration**



**Building a
support system**





First Trimester: Safe Food and Drink



NUTRIENT- RICH FOODS

VS.

FOODS TO AVOID

- Lean meats
- Eggs
- Protein-rich foods
- Legumes
- Nuts & Seeds
- Fruits: citrus, berries, apples
- Vegetables: leafy greens, broccoli, brussel sprouts
- Carrots & Sweet Potatoes
- Avocados
- Whole grains: oats, brown rice, whole wheat bread
- Pasteurized dairy & dairy alternatives
- Greek yogurt
- Fortified non-dairy milk: almond, soy, or oat milk with calcium and vitamin D



- Raw or undercooked meats: risk of toxoplasmosis and listeria
- Unpasteurized dairy & Juices: can contain harmful bacteria
- High-Mercury Fish: Shark, swordfish, king mackerel, and tilefish
- Raw or undercooked eggs: avoid homemade mayonnaise or raw cookie dough
- Excessive caffeine: Limit to 200 mg per day (1-2 small cups of coffee)

Safe Snacks and Hydration



Snacks

Plain Popcorn: whole-grain and easy on the stomach

Nut Butters: peanut or almond butter for quick snacks

Crackers: help with nausea.

Trail Mix: mix of dried fruit, nuts, and seeds

Beverages

Water: stay hydrated and drink plenty

Ginger Tea: helps with nausea

Fruit-Infused Water: extra flavor without sugar

SECOND TRIMESTER: EXERCISE



Walking

Keep a moderate pace to maintain cardiovascular health



Prenatal Yoga

Increase flexibility, reduce back pain, and increase relaxation



Swimming or Water Aerobics

Low impact cardio to relieve joint pressure



Pelvic Floor Exercises

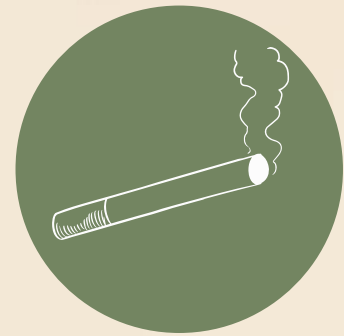
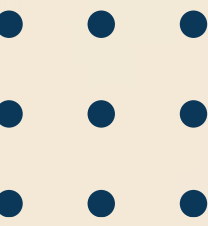
Support the growing uterus and prepare for childbirth



Modified Strength Training

Light weights or resistance band to strengthen arms, legs, and core

SECOND TRIMESTER: REDUCING RISKS



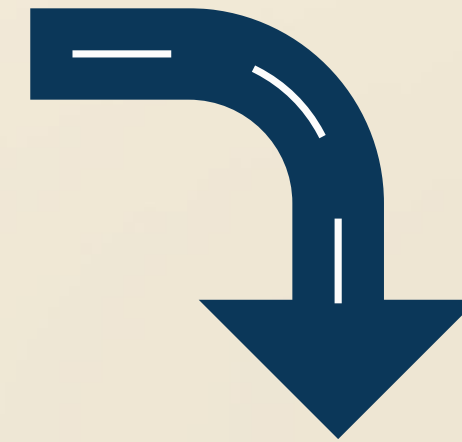
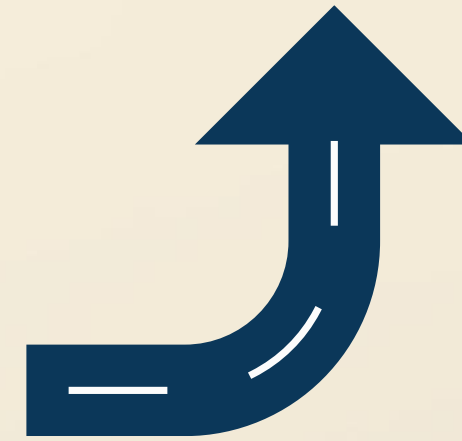
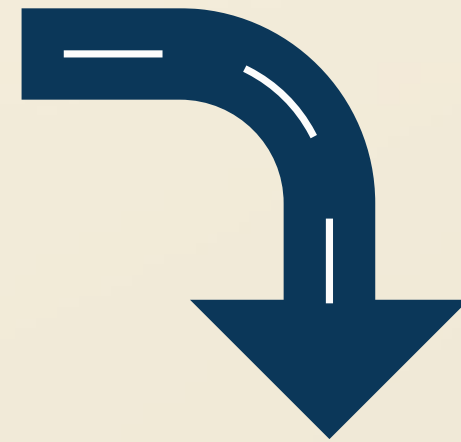
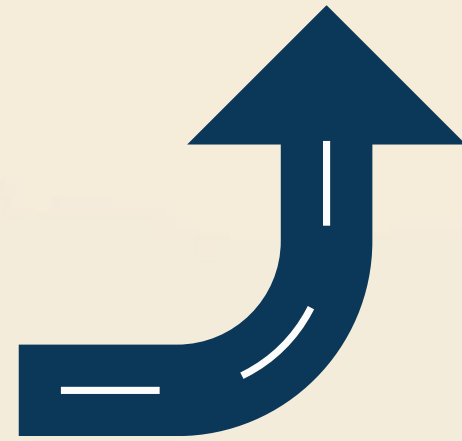
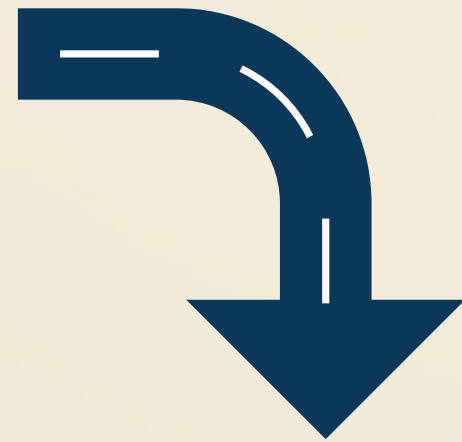
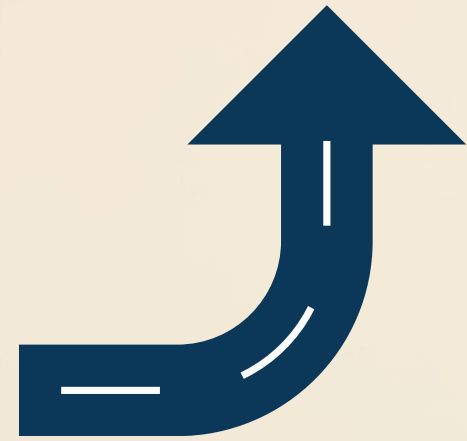
Encourage substance-free pregnancy



Introduce birth classes and planning



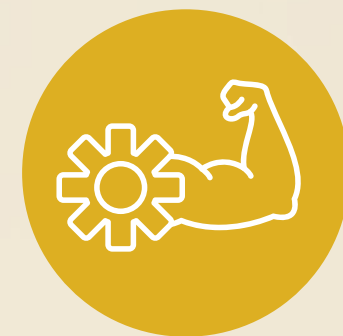
Activities to reduce pain



Give resources to support substance-free pregnancy



Help families access culturally competent educational materials and classes



Increase mobility and comfortable activities as baby grows



THIRD TRIMESTER: MONITORING ONGOING HEALTH CONCERNS



Medication compliance



Blood pressure



Managing pre-existing conditions



Managing pregnancy-related conditions



THIRD TRIMESTER: COMPLICATIONS AND WARNING SIGNS



Preterm Labor

- Signs 20 weeks -37 weeks
- A change or increase in vaginal discharge
- Pelvic or lower abdominal pressure
- Constant low dull back ache
- Mild abdominal cramps
- Regular or frequent contractions four or more times in one hour
- Water breaking



Gestational Diabetes

- Increased thirst
- Frequency urination
- Fatigue
- Blurred vision
- Recurring Infections
- Sugar in urine



Pre-eclampsia

- Rapid swelling in the extremities or face
- Headache that persists with medication
- Double vision, blurry vision, or floaters
- Severe pain on your right side, under the ribs or in the stomach area
- Decreased amount of urine
- Shortness of breath
- Easy bruising



Seeking Emergency Care/Triage

- Regular contractions
- Pelvic pressure
- Low back pain
- Fluid leakage
- Menstrual-like cramps



When to Contact Provider

- Call your provider's office for non-urgent concerns.
- Most providers have an on-call line for urgent questions.
- Call 911 or go to the nearest hospital if symptoms are severe or life-threatening.

THIRD TRIMESTER: PREPARE FOR POST-PARTUM HEALTH



Schedule Pediatrician Visits

Find a pediatrician for baby and schedule initial appointments



Schedule PostPartum Check-ups

Schedule with Mom's OB for post-partum care, pelvic floor PT, etc.



Identify Feeding Support

Create a feeding plan- breastfeeding and formula options



Mental Health Preparation

Identify mental health professionals, community support groups, educate on signs of PPD



Schedule Ongoing Medical Treatment

Schedule follow ups for pre-eclampsia, Gestational Diabetes, etc.



FOURTH TRIMESTER: MENTAL HEALTH SUPPORT

BABY BLUES

- Mood changes
- Crying or sadness
- Anxiety
- Lack of concentration
- Feeling overwhelmed
- Usually resolves 2-3 weeks postpartum

VS.

POST-PARTUM DEPRESSION

- Anger and irritability
- lack of interest in baby
- Decreased appetite
- Sleep disturbances
- Crying or sadness
- Feelings of guilt, shame, or hopelessness
- Loss of interest in previous joys
- Thoughts of self-harm



Fourth Trimester: Important Supports for New Mothers

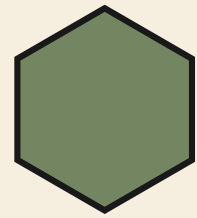
Sleep

Rest

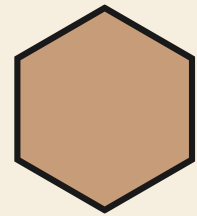
Self-Care



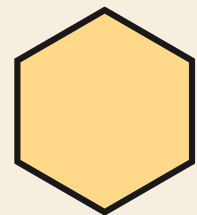
Fourth Trimester: Physical Health Components



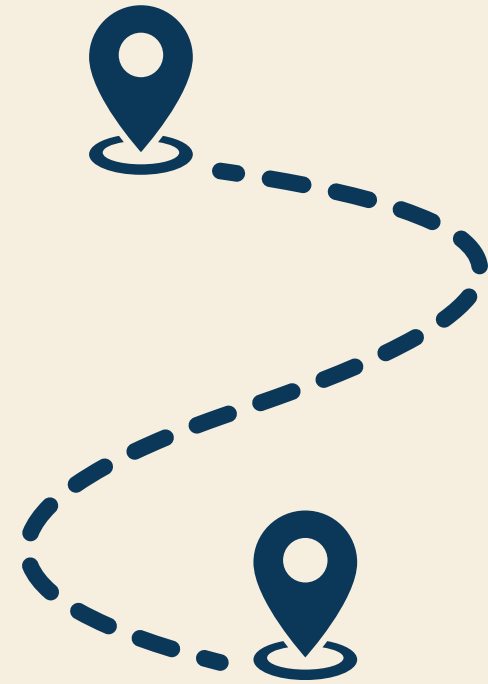
Post Partum
Check-ups for
Recovery and
Healing



Encourage pelvic
floor health and
gentle postpartum
exercise



Address ongoing
perineal pain



FOURTH TRIMESTER: STRENGTHEN ONGOING SUPPORT SYSTEMS



Chart: Supporting Pregnant Women Across All Four Trimesters

Trimester	Needs of Pregnant Women	How Facilities Can Provide Support
1st Trimester (0-12 weeks)	<ul style="list-style-type: none">- Physical Needs: Prenatal vitamins, proper nutrition, rest, and hydration.- Emotional Needs: Support for dealing with anxiety and unexpected pregnancy outcomes.- Medical Needs: Confirmation of pregnancy, first prenatal appointment, and early screenings.- Educational Needs: Information on fetal development and healthy habits.	<ul style="list-style-type: none">- Offer prenatal classes or resources to educate about nutrition and prenatal care.- Provide free pregnancy testing and referrals to obstetricians.- Create counseling programs for women experiencing anxiety or fear.- Supply basic needs like prenatal vitamins, pamphlets, and meal planning guides.
2nd Trimester (13-26 weeks)	<ul style="list-style-type: none">- Physical Needs: Maternity clothes, support for changing body, and management of common symptoms like heartburn and back pain.- Emotional Needs: Increased reassurance and emotional preparation for motherhood.- Medical Needs: Routine prenatal visits, ultrasounds, and glucose screenings.- Educational Needs: Birth planning, understanding labor stages, and recognizing warning signs like preterm labor.	<ul style="list-style-type: none">- Host maternity clothing drives for women in need.- Provide mental health support groups or one-on-one counseling sessions.- Partner with medical providers to offer onsite screenings or transportation support for prenatal care appointments.- Offer birth and labor preparation classes.

Ways Professionals Can Support Expectant Mothers

Ways Professionals Can Support Expectant Mothers, Cont.

<p>3rd Trimester (27-40 weeks)</p>	<ul style="list-style-type: none"> - Physical Needs: Comfort aids like pillows, lactation prep, and hospital bag essentials. - Emotional Needs: Coping strategies for labor fear and support for postpartum readiness. - Medical Needs: Monitoring for complications, labor signs, and childbirth planning. - Educational Needs: Breastfeeding basics, postpartum recovery, and newborn care. 	<ul style="list-style-type: none"> - Provide free hospital bag kits with essentials like toiletries and baby onesies. - Host breastfeeding workshops led by lactation consultants. - Facilitate access to doulas and childbirth educators. - Develop custom postpartum care plans with mental health counselors.
<p>4th Trimester (Postpartum, 0-12 weeks)</p>	<ul style="list-style-type: none"> - Physical Needs: Recovery from delivery, lactation support, and rest. - Emotional Needs: Support for baby blues or postpartum depression, and adjusting to motherhood. - Medical Needs: Follow-up checkups for mother and baby. - Educational Needs: Infant care (feeding, bathing, sleeping) and self-care for mothers. 	<ul style="list-style-type: none"> - Offer postpartum care packages with hygiene products and lactation supplies. - Establish postpartum support groups for mental health and parenting advice. - Partner with pediatricians for mother-baby clinics for seamless follow-ups. - Provide virtual or in-person parenting workshops focused on infant care and maternal well-being.

Questions
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Thank you!!



TN Strong Families
Support Team

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