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*We are expecting*

*a baby*

*so you're expecting*

*a baby*

FEDERAL SECURITY AGENCY

Social Security Administration

U. S. Children's Bureau

FOLDER NUMBER 1 - 1947

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So you're going to have a baby! How lucky you are to be having your child at a time when the care an expectant mother now gets makes pregnancy safer. That matter of your care

before the baby's birth makes all the difference. You'll be careful enough of that baby once he's here! Well, he needs to be taken care of before he's born, too, and the best way to do that is to take care of *yourself*.

### *When shall I go to the doctor?*

It's easy to put off going to the doctor, but it doesn't pay. In the first place, he often charges a lump sum for your complete care, so you might as well start your visits early and take advantage of his skill and experience from the very beginning. The public-health nurse in your community can



be consulted too. Perhaps she will hold mothers' classes for the purpose of answering questions between your visits to the doctor or the clinic. You can write all your questions down as they pop into your mind and take them with you when you go to your doctor or to the clinic, and not have to fall back on friends or relatives whose information may be out of date, or at best is based on their own very limited experience.

Starting out the right way, too, lessens the chances for complications. For when your physician examines you early and follows through carefully month by month the likelihood of your

having a normal baby is increased.

### ***How shall I choose him?***

Pick out a doctor who has had good training, one you like and have confidence in, too. You'll want to talk very intimately with him (or her), and it's easier to do this with some one you trust. If you are uncertain about whom to go to, ask your local health department or hospital for a list of competent physicians.

The first visit is the hurdle to get over, isn't it? But don't be nervous. Your doctor will be sympathetic and understanding. Think of the years of

training he had just in order to acquire all the special knowledge that helps to make child-bearing safer.

### ***How can I be sure I'm pregnant?***

Probably the first thing that made you think you were pregnant was a skipped menstrual period. There are other signs, though, that more surely confirm your suspicions. The breasts begin to undergo some changes, becoming somewhat larger, tender to the touch, and with some darkening around the nipples. Other signs of pregnancy are the greater frequency of urination for a time, and a change

in the way things taste, with an increase in the activity of the salivary glands. Your physician will by vaginal examination determine the size of the uterus and give the final answer.

At first he will want you to see him once a month, in order that he may check up on your blood pressure and make an examination of your urine. As pregnancy progresses it becomes important to do this oftener, so after the sixth month he'll probably want you to come in every 2 weeks, and during the last month, every week. By this careful check he will recognize any early abnormal symptoms or signs that require care, and will be able to plan

reatment if this is needed.

Your last visit to the doctor will be after the baby is born when he will want to check up to see that all is well.

### *When shall I expect the baby?*

The date of your baby's birth cannot be exactly determined, but it will probably take place about 280 days after the first day of your last monthly period. An easy way of fixing the date is to count back 3 months from the first day of the last period and add 7 days. Some babies are born several days earlier than expected, some a little later. When birth takes place 2 or

3 weeks later than anticipated, pregnancy probably occurred in connection with the skipped period rather than the one before. Most babies, though, come within a week of the expected date.

Does 9 months seem a long time to wait? If you were going to feel as uncomfortable all along as you may during a very short part of the early period, that 9 months' stretch might look endless. But you'll probably get to feeling better and better as the time goes on. Many women look and feel their best during the latter months of pregnancy.

"Look their best!" you say. Yes,



their skin is clear and bright, their appetite good, they sleep well, and their happy frame of mind contributes to their appearance. Your figure won't exactly please you, but a lot can be done about that, too. If you have a well-fitted foundation garment, and plan your clothes well you won't feel so awkward. If you have never worn a girdle you probably will not need to use one now. Be sure to wear the right shoes; they can be pretty, but to help you look your best they must be comfortable. Your increased weight makes it advisable to wear shoes that give you real support. If you have been wearing high heels, make the

change to low heels gradual or they may cause you discomfort.

### *How can my husband share in the planning?*

After the baby comes you and your husband will find it surprisingly natural always to think first of the baby's needs. Before his arrival, make the most of the time when you don't have to think of the baby's schedule or arrange for a "sitter" every time you want to go out. Have a lot of fun together. Take plenty of rest during the day so that you'll be ready to go out in the evening when occasion



arises. Plan your Sundays to be as free as possible of cooking and housework, so that you can relax and enjoy together activities time can't be found for during the week. It is jollier to go out of doors for walks, or gardening, or sight-seeing if you have some one to do these things with. By taking advantage of these months you can cement a firm and close companionship that your necessary absorption with the baby later on won't damage. Many husbands feel a little hurt and neglected when the baby makes such insistent demands on their wives' time and attention. If they have been prepared for this, and realize

that love is perfectly capable of expanding to include two, they are going to be amused by their jealous twinges, if any. These are far less likely to occur if husbands are made to feel, before the baby is born, that getting ready to be a father is just as important as preparing to be a mother.

Read with your husband about how the baby is developing. He will be in no danger of feeling that he is a "forgotten man" if he keeps up to date on what is happening. Men are usually much interested in the fascinating story of human growth, as told in a book like *The Story of a Baby* by



Marie Hall Ets (New York—Viking,  
\$2.75).

### *How can I insure my health?*

But no matter how much your husband's interest and help around the house may contribute during pregnancy, it is you who have the main responsibility of making and following a plan of living that will keep you happy and well.

For one thing, your food becomes a vastly important matter. Now nature takes what she wants out of your body for the baby—it's up to you to look after your own nourishment! It's not

necessarily that you need to eat much more, but that you need to eat more wisely than you perhaps have before. Your diet must be varied enough so that there is an ample supply of all the body-building and regulating foods as well as the energy-giving foods.

Your doctor will advise about your food needs. He will certainly want you to have plenty of the "protective" foods such as milk, eggs, fruits, and vegetables. He may want you to have more meat than you have been eating.

Your baby should be storing up iron. Everytime you eat such things as eggs, lean meats, liver, and whole-

grain or enriched cereals or bread, you help him out. Leafy vegetables, especially turnip tops and kale, are also rich in iron. Potatoes are another reliable source.

Those vitamins that supply the spark so necessary to keep the body working on all cylinders are needed in generous quantities. Oranges, grapefruit, and tomatoes are year-around standbys for vitamin C. In season good big servings of raw salad greens, berries, and melons, also supply vitamin C. Eat such foods right along. Green and deep-yellow vegetables like carrots and sweet potatoes supply generous quantities of vitamin

A. Your doctor probably will prescribe some form of vitamin D, such as fish-liver oil.

Fruits like apples, prunes, dates, and raisins will satisfy your desire for sweet things, which you might otherwise fill by eating too many foods like cookies and sweet desserts. Of course there's no objection to pie, cake, and candy in moderation if you're getting all the protective foods you need, but foods rich in sugar, fat, or both may add to your weight, and may upset your digestion, too, so go slow, very slow on them.

Have lean meat, fish, or poultry every day if you can, and liver once

a week. These, with eggs, cheese, and milk, furnish the building materials for your baby's body and keep yours in good repair. Whole-grain or enriched bread and cereals, with their valuable minerals, vitamins, and protein, should be on your list every day.

### *Is milk really so important?*

Nothing can take the place of milk as a "quality" food. There are many ways to get the daily quart in addition to drinking it. However, in many foods prepared with milk you get only a relatively small amount. If you drink 2 or 3 glasses a day, and

use milk generously in cooking, your intake should easily be a quart a day. A 1¼ inch of cheese yields as much body-building material as a cup of milk. Cook your whole-grain or enriched cereal in milk instead of water and see how much it adds to the flavor. Often serve desserts made with milk—sherbets, ice cream, rice pudding. Just remember that milk is an invaluable food at this time. Whether you use dried or canned milk, or fresh pasteurized milk, it will be well worth whatever it may cost. Skim milk has all the elements of whole milk that make it so valuable for building muscles, bones, and teeth, but

less fat and vitamin A, both of which you can get from butter or fortified margarine.

The milk you use will add to your intake of fluids, too. Because your body must get rid of the baby's waste products, as well as your own, liquids are an absolute "must." Part of this requirement can be in the form of tea and coffee and fruit juices, but having a quart of milk a day will make it less necessary for you to have it on your mind to down all those glasses of water that used to be recommended. Drink as much water as you like, of course, but don't make a sacred duty of it. To keep bowels open is very

necessary, and water helps there.

***Is it true I must lose  
"a tooth for every child"?***

No! This statement is an old wives' tale. No harm should come to the mother's teeth because of pregnancy alone. Having a baby does not cause decay; neither does it prevent it. You will be liable to have those dental diseases which are common to women of your age. A visit to your dentist early in pregnancy is another one of the "musts." It will give him a chance to find and fill any cavities, or make any extractions necessary, so that no

infections can interfere with good digestion. Good chewing surfaces are necessary if you are to eat the wide variety of food essential to your good health.

***How about this up-chucking?***

Most girls think of morning-sickness as one of the things to dread during the early months of pregnancy, but actually it needn't be the bugbear those Job's comforters you'll run into would have you believe. You can usually outwit nausea by having something brought you to eat before you stir out of bed in the morning, and by

nibbling at crackers if it begins to rear its head between meals. A great many women aren't bothered at all, and the chances are if you make up your mind you're going to be one of them, your mind will influence your body in the right direction. The more cheerful and happy you are about your pregnancy, the less you'll be annoyed by all sorts of symptoms, imaginary or otherwise.

*How can I keep from being afraid?*

Why is it that women don't dread facing the birth of their second child the way they did their first? Because

they've found childbirth isn't as bad as it's painted. If we didn't use the term "labor pains," but spoke instead of the contractions of the muscles which make childbirth possible, perhaps we wouldn't put it into our heads that pain is the big feature of the occasion. (The big feature is the baby.) While giving birth isn't an easy performance, it has been made so much safer and easier by modern medical skill that fear should be tossed out the window.

Worry is so futile, and so unnecessary. You can nourish a whole crop of fears while you're pregnant, or you can choose to be serene and carefree.

If it's ignorance that's making you fearful, ask your doctor the questions that bother you. Don't be timid about it—he's met up with all kinds of problems, and he will be able to give you answers that will take a big load off your mind.

Any big new experience carries with it some fear. Mankind has always feared the unknown. But his curiosity has always pushed him ahead into that unknown, and so has yours! You wouldn't miss this experience for a million dollars, would you?

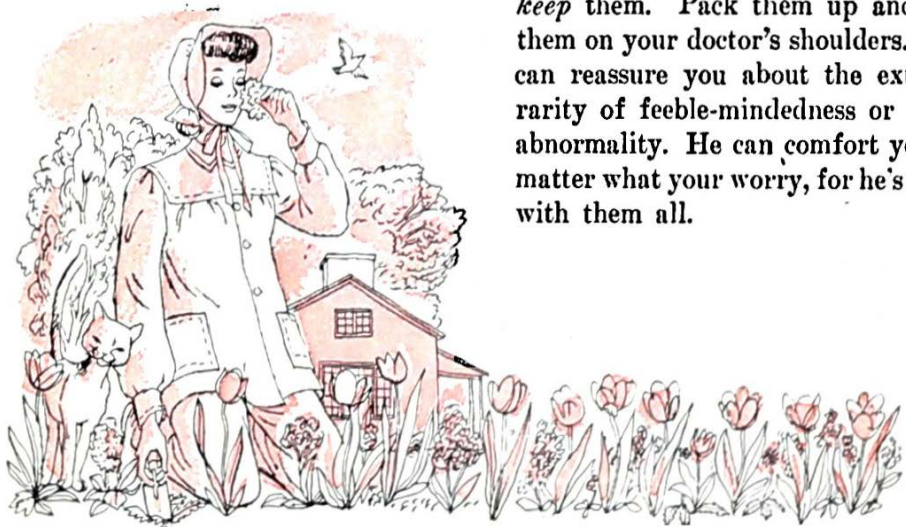
Some people are afraid their child will be feeble-minded. Some are afraid because they've never faced a big re-

sponsibility before, and don't feel sure they can take it. Are you bothered by someone's gloomy prediction that your baby may be "marked" by disagreeable things you chance to see or experience? Such old notions have absolutely no basis, for the fetus has no connection whatever with your nervous system through which any such shocks would have to be transmitted. Its only connection with your body is indirectly through your bloodstream. Others have more trivial fears, such as that childbirth will spoil their figure, or that they'll miss out on a lot of fun because they'll be tied down.

You needn't be ashamed of your



fears. Every one has 'em. But don't *keep* them. Pack them up and put them on your doctor's shoulders. He can reassure you about the extreme rarity of feeble-mindedness or other abnormality. He can comfort you no matter what your worry, for he's dealt with them all.



Why leave any time for worry? You need all your time for other things, like getting out-of-doors every single day for as long as you can, visiting friends and having lots of good laughs with them, reading good books, and listening to the radio while you sew or knit.

*How active can I be with safety?*

You should work enough to keep your body functioning well, but not at hard, heavy work. Heavy lifting, scrubbing, or standing for long hours are not for you. No amount of indoor exercise at housework, though,

will do for you what getting out in the sunshine does. If you have a job that's not too strenuous or confining, there's no need of stopping work (unless on your doctor's orders) before the eighth month. You may be a lot better off because you have to get out every day.

Nowadays when it's fashionable to be pregnant, there's no need to get "cabin fever" by hiding yourself indoors because your figure "ain't what she used to be." If you wear shoes that take account of your changed center of gravity you'll look better than if you are tilted up on the higher heels you may have worn when you

could get about more nimbly.

Unless your sports were of the violently active sort, such as tennis or basket-ball, you can continue them as long as you feel like it. Simply modify them to suit—for instance, swim, but not dive. Of course, follow your doctor's say-so.

As your weight increases it will become more and more important to rest frequently, so that the blood vessels in your feet and legs don't become congested. Varicose veins are really something to steer clear of. You can help by lying down several times a day for short periods, flat on your back with a pillow under your knees,





and by stretching out on an easy chair or couch, with your feet up, whenever you have a few minutes to read or sew. Sit down while you fix vegetables, pare apples, or iron. It will pay, and keep you from looking or feeling fagged and dragged-out.

***Are there any danger signals to watch for?***

If you are going to the doctor right along he will be in a position to prevent most complications. To be on the safe side, however, it is a good thing to know the signs or symptoms that should be reported to your doc-

tor immediately, if any of them should occur. They are these:

Any sort of illness with or without a fever

Persistent headaches or dizziness

Swelling of the feet, hands, or face

Pain in the abdomen

Bleeding from the vagina

Any vomiting occurring late in pregnancy (this is not to be confused with the slight amount of regurgitation that happens often in early pregnancy and is of no consequence)

Breaking of the bag of waters or amniotic sac that surrounds the baby (this last usually means that labor is under way, in which case it is not a danger warning, in the sense that the others are, but rather a signal of the approach of birth)

Let your doctor know immediately if any of the above things occur. Don't be afraid that your doctor will think you are "silly" or worrying about imaginary ailments in reporting any such symptoms to him.

He wants to save you any unnecessary pain or danger, and he can do this only if you cooperate by letting

him know of any unusual happenings like the above.

To go to bed and stay there until the doctor has seen you is a good rule to follow if any of the above signs appear.

### *What about miscarriage?*

A miscarriage is the loss of a baby before it is able to live outside its mother's body, which is during the first six months of pregnancy. The causes are too involved to go into here, but such things as falls, popularly associated with miscarriage, usually have little or nothing to do with such

loss. Your best precaution will be to lead a healthy, sensible life, and during the early months refrain from intercourse during the times when the monthly periods would normally occur, as miscarriage is more likely at these times. Intercourse should be discontinued by about the seventh month and should not be resumed until about 6 weeks after the baby's birth. But you ask your doctor about this.

### *How about my clothes?*

Pregnancy isn't a synonym for dowdiness any more. A lot can be



done by cleverly cut clothes, and a lot more by careful grooming. Take extra pains with your hair, your nails, and your makeup, and you'll draw attention away from the temporary bulge. Have at least one good, but not necessarily expensive, dress, for wear when you go out. If it's a becoming color, and has some eye-catching, fresh, frilly accessories you'll feel well-dressed even though you wear it often.

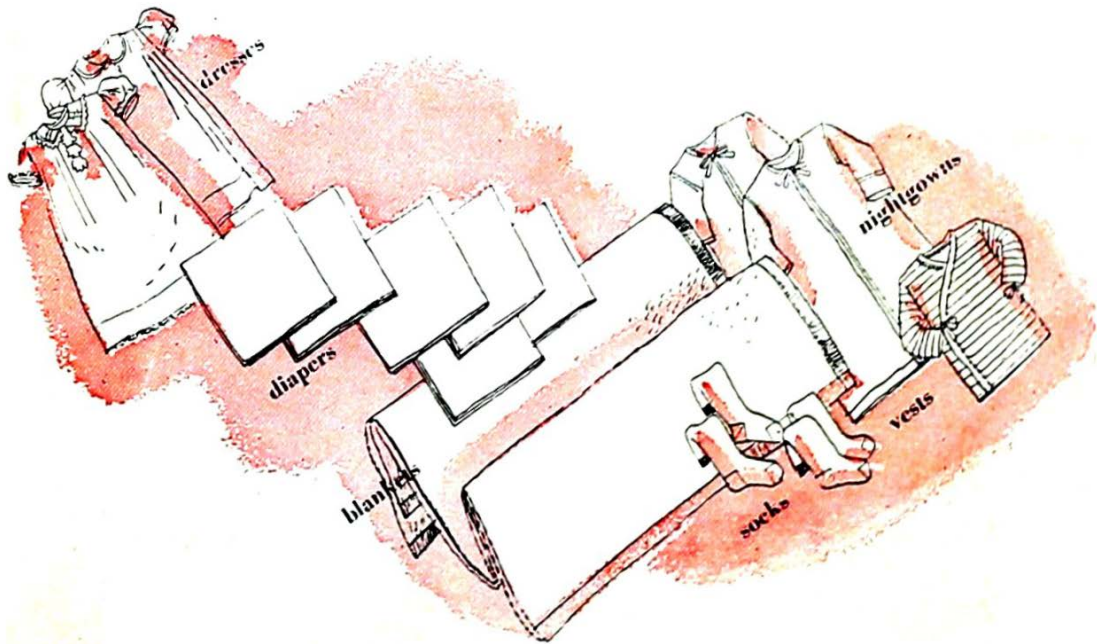
It's hard to find anything more comfortable, convenient and deceptive than slacks (or shorts in summer) with shirts worn with the tails outside. Suspenders will prevent any

binding at the waistline. Whatever kind of girdle and brassiere you select, be sure they act as real supports, without constriction.

### *What shall I get ready for the baby?*

Your preparations before the baby's coming may be very simple. Young infants do not need an elaborate outfit of clothes, for the less they are handled in being dressed and undressed the better they like it. You will scarcely ever put a dress on the baby, as he is more comfortable in shirt, diaper, and nightgown. Here are the essentials. You can, of course,





dresses

diapers

blanket

socks

nightgowns

vests

provide as many "extras" as you care to; but it is going to be more important to spend time with your baby than it is to spend it washing and ironing for him.

Shirts—4 (long or short sleeved according to the season)

Diapers—3 to 4 dozen

Nightgowns—5 or 6 (opening down the back, preferably)

Blankets—3 or 4 (small, lightweight)

Bunting—1 (or knit or flannel squares to wrap him in when going out)

Mattress—1 (may be homemade, of soft, old blanket, folded to fit

crib or basket)

Rubber sheet—1 (big enough to tuck under the mattress on both sides)

Quilted cotton pads—5 or 6 (about 18 inches square to be placed under the baby)

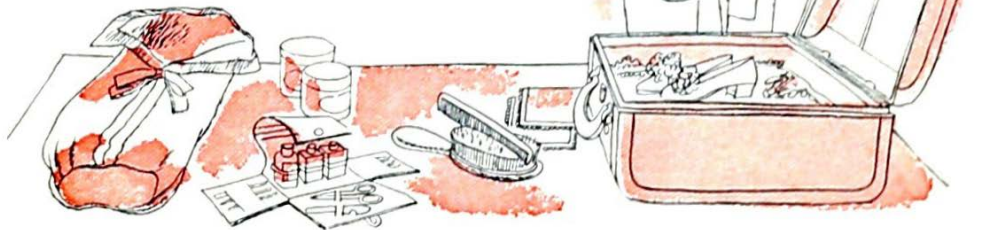
Sheets—3 to 6 (may be made by cutting down partly-worn household sheets)

*"The time has come," the walrus said*

Are your nightgowns and toilet articles packed for that momentous trip to the hospital? It will give you a comfortable feeling to know you're

ready to start off at a moment's notice. After the first 2 or 3 days of hospital gowns, you'll be able to wear the pretty ones you've got ready, and the dainty bed-jacket that was a present.

You'll want to make good use of your days in the hospital. Those days of rest not only help you get back to normal, but they also give you a chance





to get acquainted with your baby, and to learn how to take care of him while you have some one to teach and help you. If you are relaxed, instead of impatient to go home, the baby will have a better start at the business of nursing, too. By beginning to have some responsibility for his care while you are in the hospital, you'll not find the transition to caring for him at home so sudden.

Many a mother who thinks she may be unable to nurse her baby will find that it is a surprisingly pleasant and easy thing to do provided she follows her doctor's instructions in the care of her breasts before her baby is born

and if she does not give up trying in the early stages of the nursing period.

Not only do distinct advantages and benefits come to a baby from being breast-fed, but there are advantages to his mother, too. Breast-feeding brings about a very satisfying intimacy between you and your baby that contributes to the happiness of you both. The relaxed feeling that comes from knowing that you are able to nourish your baby yourself is good psychologically, too. It means that you will be freed from the time-consuming business of making up a formula and boiling bottles. If you nurse your baby you get valuable rest periods

several times a day. Of course the bottle-fed baby should be held while he is being fed until he is old enough to hold the bottle himself.

And from the very start, accept the help of your husband in the baby's care. He will enjoy the baby a great deal more if he is intimately associated with him from the very start. Only by daily contacts will he get the thrill that you do from seeing the baby's accomplishments appear: when his eyes begin to follow a moving object, when he turns his head in response to a voice, when he first smiles, and when he holds his wobbly head up. By jointly sharing in the everyday, in-

timate experience of learning to know the baby, as you watch his amazingly fast development, you will take first steps into a partnership of parenthood, a partnership more satisfying than any money-based partnership ever formed.

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*so you're expecting a baby*