

# Guide to Pregnancy

5 Tips For a Restful  
Nights Sleep

Prenatal Massage

Prenatal Yoga

Managing Your Stress



# Table of Contents

## Part One

Welcome to Pregnancy .....	3
----------------------------	---

## Part Two

Breaking Harmful Habits .....	4
-------------------------------	---

## Part Three

Nutrition & Exercise .....	7
----------------------------	---

## Part Four

Sleep & Prenatal Massage. ....	11
--------------------------------	----

## Part Five

Preparing for Life with Baby .....	17
------------------------------------	----

## Part Six

Post-Partum Pelvic Health .....	23
---------------------------------	----

## Part Seven

Scheduling your Ready for Baby Appointment .....	26
--	----

# Welcome to Pregnancy!



## Congratulations, your little one is on the way!

Whether you just found out, or your due date is fast approaching, this guide will help you navigate the ups and downs of pregnancy, with tips and advice from our very own BirthPlace staff.

While the majority of this information can apply to most expecting mothers; remember, everyone is different. Always consult your physician to find out what's best for you.

Don't worry, Mama – you're going to be great.

# Breaking Harmful Habits

Finding out you are pregnant is exciting, but often times it can be scary and intimidating. What are you supposed to do now? What changes do you need to make in your lifestyle? While there are many things you can do to develop and nurture a healthy baby, there are a few things you will need to stop doing immediately.



## Manage your stress

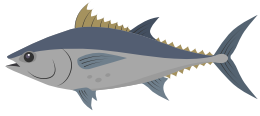
While some stress during your pregnancy is unavoidable, leaving constant stress unmanaged can end up having negative effects on you and your baby. Possible effects of unhealthy stress may include a lower birth weight and early delivery. Take steps to manage your stress by exercising regularly, practicing yoga or meditation, and getting enough sleep. If your stress continues to impact you, make an appointment with your physician or a mental health specialist.

## Stop smoking & drinking alcohol

Drinking and smoking during pregnancy harms you and your baby, and can lead to serious risks including premature birth, brain damage, miscarriage, developmental issues, and other birth defects. This includes secondhand smoke! Do your best to avoid situations where secondhand smoke may be present.

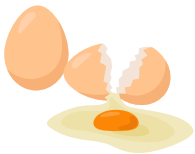
# Avoid certain foods

As hard as it may be, you will need to avoid certain foods when you become pregnant, as you are more susceptible to contracting food-borne illnesses.



## Certain seafood:

Due to concerns with mercury content, tilefish, shark, swordfish, orange roughy, big-eye tuna, marlin, and king mackerel should not be eaten during pregnancy. However, soon-to-be moms can safely eat 2-3 servings per week (up to 12 ounces) of salmon, trout, anchovies, canned light tuna, and sardines.



## Raw eggs

Soft-boiled or raw eggs should not be eaten during pregnancy due to concerns about the Salmonella bacteria. Salmonella causes dangerous symptoms for any person, but it is even more dangerous for expecting mothers. Symptoms include diarrhea, fever, nausea, and vomiting, with the possibility of dehydration if not properly treated.



## Soft cheese:

Another dangerous food-borne infection is called Listeria, and people with compromised immune systems are far more likely to fall ill with Listeria. Decrease your risk by avoiding soft cheeses such as queso blanco and queso fresco, and only consume cheese made with pasteurized milk.

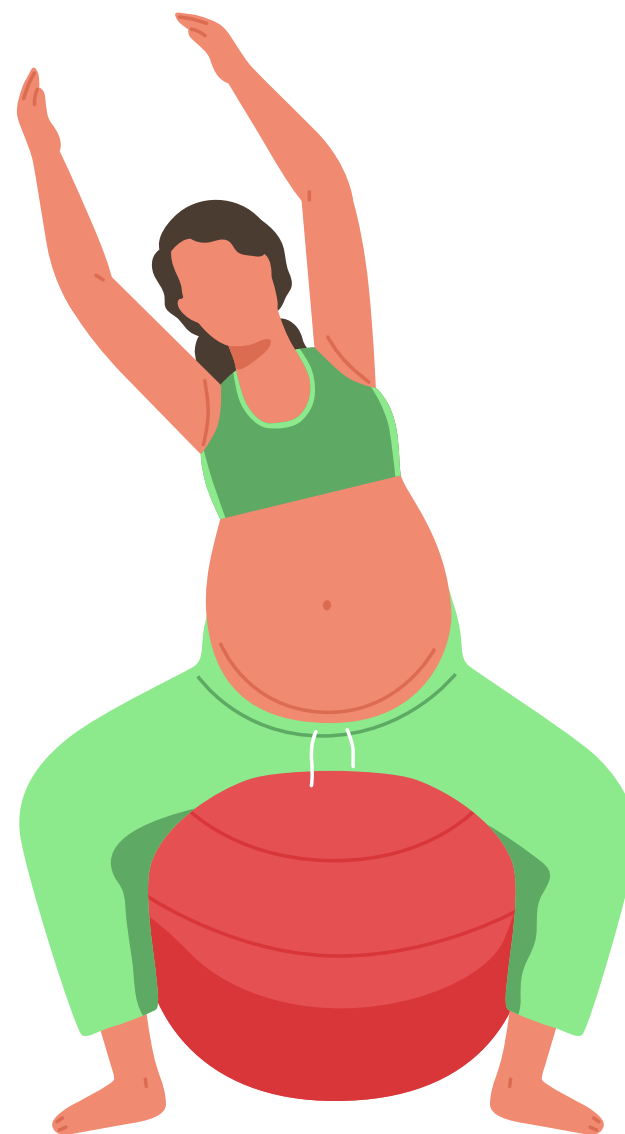


## Raw meat & deli meats:

Uncooked meats, including seafood, are likely to contain coliform bacteria, toxoplasmosis, and salmonella, and should be avoided during pregnancy. Deli meats should also be avoided due to the risk of Listeria contamination..

# Nutrition and Exercise

Figuring out an eating plan during pregnancy can be overwhelming. There are certain foods you should avoid, foods you should consume more often, and foods you don't normally enjoy that you now crave more than ever! While there is no perfect eating plan for all pregnant women, it is important to eat a well-balanced diet with a variety of foods from all food groups – fruits, vegetables, protein, and dairy. These foods provide key nutrients of concern for a mom-to-be.



# Honey Power Granola

Enjoy this recipe as a tasty breakfast or snack to start your day. This granola is packed with fiber, protein, healthy fat, magnesium, zinc, potassium, whole grains for sustained energy, and calcium when paired with low-fat milk or yogurt, or a non-dairy alternative. This family recipe keeps well stored in airtight containers after cooling completely.

## Ingredients

5 cups of oats  
 $\frac{3}{4}$  cup sliced almonds  
 $\frac{3}{4}$  cup sunflower seeds  
 $\frac{3}{4}$  cup pumpkin seeds  
 $\frac{3}{4}$  cup extra virgin olive oil  
 $\frac{3}{4}$  cup cups honey (or less to taste)  
5 cups raisins or currants or other dried fruit (optional)  
cinnamon (optional)

## Instructions

- 1 Pre-heat oven to 325 degrees. Set out large, deep stockpot, stirring spoon, dry and liquid measuring cups, and cookie sheets/baking pans with 1" lip.
2. Add all the dry ingredients into a large pot or bowl and mix them together.
3. When all the ingredients are mixed, add the olive oil and the honey and mix thoroughly.
4. Pour the granola out onto a cookie sheet with a 1-inch lip and spread it evenly so it is about 1 inch thick. Place the cookie sheet in the oven and start the timer for 20 minutes
6. After 20 minutes, take the granola out, stir and flip it to the other side and place it back in the oven for another 20 minutes (It is helpful to check it at 10 minutes, stir and then cook for another 10 minutes).
7. Take it out of the oven after the time goes off and let it cool. Once it has cooled, add in the raisins or currants and cinnamon to taste, if desired. Enjoy!



## At-home exercises

Starting an exercise plan doesn't mean you have to join an intense Crossfit league or expensive gym. There are plenty of easy, low-cost exercises you can do at home. Here are a few of our favorites:

### Walking:

This one's a no-brainer. Going for walks is easy, convenient, and doesn't cost a dime! Try taking a walk first thing in the morning to jumpstart your day or go during your lunch break. Just 30 minutes a day helps improve your circulation and tires you out so you can get a better night's sleep.

### Light Swimming:

Swimming is an excellent way to get your heart rate going, relieve aches and pains, and reduce swelling without putting too much stress on your joints. Note: Many swimming pools have hot tubs or spas nearby. While it may sound tempting, sitting in a hot tub is not safe during pregnancy. Water that hot can cause your body temperature to spike, putting you and your baby in danger. Try a warm bath at home instead.

### Prenatal Yoga:

Practicing prenatal yoga is a great way to get your blood flowing, improve flexibility, and help reduce stress and anxiety. Our favorite yoga guru, *Yoga with Adriene*, created a free video demonstrating *5 Prenatal Yoga Poses for all Trimesters*.

**“The first trimester of pregnancy is a good time to start an exercise plan if you don't already have one. Exercising regularly helps reduce the risk of problems that may arise later in your pregnancy, along with additional benefits like boosting your mood, improving sleep, and gaining strength to minimize back pain during labor and delivery.”**

- Nicole, Labor & Delivery Nurse  
at Pullman Regional Hospital



## Clamshells

1. Lay on your side with your hips flexed and your head supported
2. Keep your feet together and open the top knee to externally rotate the hip. This should be felt in the outer region of your top hip.
3. Once you build up your strength, try adding a resistance band around your thighs, just above your knees.

## Leg raises

1. Lay on your side with your head supported and lower leg bent.
2. Lift your top leg up to about 30 degrees, keeping your foot parallel to the ground and your thigh aligned with your body.
3. This should be felt in the outer hip region of the leg that is lifting.

These are two of the quickest and easiest exercises you can do right at home. Start without any equipment until you build up your strength enough to use resistance bands.

# Sleep and Prenatal Massage

As your pregnancy progresses, you may feel like there's nothing you can do to fall asleep and stay asleep. Finding a comfortable position seems impossible, your baby might be kicking more frequently, and most commonly – you feel like you have to get up every hour to hit the bathroom. Sound familiar? Don't worry. Almost every expecting mother experiences difficulties sleeping.



# Five tips for a restful night's sleep

## 1: Relax & unwind

While it sounds obvious, making sure you take time to relax and clear your mind before bed is very important. Try your best to stop working on any projects or chores at least an hour before going to bed to give yourself plenty of time to settle down. Read a chapter of your favorite book, take a warm bath, work on a coloring book, or listen to peaceful music.

## 2: Stay hydrated during the day

Staying hydrated is important for many aspects of your health. Make sure to drink plenty of water during the day but not too much right before bed to eliminate frequent bathroom breaks that interrupt your sleep.

## 3: Put your phone away

As tempting as it may be to grab your phone off the nightstand to check social media when you can't sleep – don't do it! Not only does it get your mind going, the blue light from phone screens and other electronics tricks your body into thinking it's daytime. If you need to use your phone before bed, try turning on a blue light filter to reduce exposure.

## 4: Get Exercise

Stay active during the day so your body feels ready for some rest when it's time for bed. Try going for a long walk, or practicing some easy at-home exercises to wear you out but not too close to bed time. Give yourself plenty of time to cool down, relax, and get your heart rate back to normal before hitting your pillow.

## 5: Establish a routine

Try to keep your bedtime routine consistent to help your body know when it's time to sleep every night. It doesn't need to be anything fancy, just something simple you can do every night: taking a warm bath or shower, reading your favorite book, or some light stretching. It doesn't matter what you do – just keep it consistent!

Note: If your insomnia persists, it is important to talk to your doctor to find a solution – you need to get as much sleep as you can before your new family member arrives!

# Prenatal Massage

During pregnancy, your body goes through many changes, some of which are tougher to endure than others. If you are suffering through muscle aches, joint swelling, and persistent hormonal headaches, prenatal massage may help, while also aiding in stress and anxiety reduction.

## What is prenatal massage?

If you're already familiar with massage therapy, prenatal massage is very similar, with a few modifications put in place to protect you and the baby. As an example, for a typical full body massage, you are asked to lay flat on your stomach. Of course, when you are pregnant, this position is neither safe nor comfortable. Instead, you will likely lie on your side so you can relax and give the massage therapist access to your back muscles. Additionally, prenatal massage therapists must receive a specialized license and certification specific to prenatal massage before performing therapy.

## Benefits of prenatal massage

Growing a baby is hard work! You deserve to relax and take the necessary steps to relieve aches and pains to help make your pregnancy a little easier. Here's how prenatal massage can help:

1. Reduce stress & anxiety
2. Relieve headaches
3. Relieve muscle & joint pain
4. Reduce swelling

### 1. Reduce stress & anxiety

It never hurts to take a load off and relax – especially when you're pregnant. Massage therapy is a perfect way to wind down, slow your thoughts, and reset, all of which can help you get a better night's sleep.

### 2. Relieve headaches

With changing hormone levels and increasing anxiety leading up to the birth, it is not uncommon to experience headaches. Massage therapy can help relieve headaches through specific massages targeted to your shoulders, neck, and head. While this can help, it is also important that all underlying causes of headaches are first addressed, such as dehydration, malnutrition, and high stress.

### 3. Relieve muscle & joint pain

It is very common for expecting mothers to experience muscle aches and joint pain as the pregnancy progresses. Lower back pain is especially common as your body gets used to carrying the extra weight in your stomach.

### 4. Reduce swelling

Swelling is also a very common symptom women experience during pregnancy, especially in the ankles and feet. Swelling is caused by a lack of circulation and fluid buildup. Massage can help stimulate circulation and reduce swelling.

# Prenatal Massage at Pullman Regional Hospital

There are several massage options offered at Summit Therapy. During your pregnancy, you can schedule prenatal massages with our prenatal massage therapist any time up until you deliver your baby. During your hospital stay, you may also choose to have a complimentary massage while in labor, or right after your baby is born. Finally, once you return home and life with your newborn settles in, you may always schedule regular full body massages to help reduce stress and improve sleep.

Massages are often covered by insurance. Be sure to check with your insurance plan or contact our concierge for insurance questions at (509) 336-7466.

Always check with your provider to make sure massage therapy is safe for you.



# Preparing for life with a baby



# Fun activities to do before baby arrives

As your due date gets closer and closer and your excitement grows, don't forget to take some time to relax and enjoy your last few baby-free weeks before life changes forever.

1. Get a baby book
2. Read to your baby bump
3. Host a frozen meal party
4. Prepare your baby announcements
5. Make time for a date night (or two!)

## Get a baby book

"But the baby isn't here yet!" That's okay. Lots of baby books have questions about your pregnancy and the days leading up to delivery. Plus – you can take a peek at the types of questions and milestones to look out for in the weeks and months ahead.

## Read to your baby bump

By weeks 18-20, your baby starts to hear their first sounds, and sensitivity to noise only continues to develop after that. While there is no hard evidence to show what the baby hears or doesn't hear, there's no harm in talking to your baby. Try reading a children's book or singing a song. This can also be a fun way to involve your partner!

## Host a frozen meal party

This can serve two purposes! Hosting a frozen meal party is a great way to catch up with friends, family, and neighbors before life gets crazy, and a chance to stock up your freezer with ready-made meals for the first few weeks of life with a newborn. Your future self will thank you.

## Prepare your baby announcements

It might seem silly to start creating your announcements before the baby is born, but picking the design and addressing envelopes beforehand will save you lots of time and stress when the time comes! Once your baby is here, all you'll have to do is add a photo and fill in the last few details. It never hurts to plan ahead!

## Make time for a date night (or two!)

It might be a while until you're able to enjoy a night out with your partner once the baby arrives. Take advantage of this and spend some quality time together! Go for a picnic, plan a cozy movie night in, or spend the day getting pampered at the spa.

Whether you already have your hospital bags packed and ready, or you still have a ways to go before your due date, spending time with your partner and enjoying pre-baby activities is a great way to ease anxiety and help pass the time before your baby comes.

## Packing your hospital bag

Our BirthPlace staff will provide you with everything you and your baby will need until it's time to return home, including robes and gowns, toiletries, diapers and wipes, and a digital thermometer. Read on for some additional items to consider bringing to make your stay cozy and home-like.



### Going home clothes

Don't forget to pack fresh clothes for your new little family member to wear home. A cute, newborn onesie is a necessity, but don't forget clean clothes for yourself and your partner, too!



## Extra cozy clothes

In addition to going-home clothes, feel free to bring extras like your favorite nightgown, pajamas, or a bathrobe and slippers to make your stay extra comfy.



## Baby items

Extra baby supplies always come in handy, such as soft baby booties or mitts to cover the baby's sharp little fingernails!



## Personal items

Although it is not necessary, you may want to bring your favorite personal care items such as shampoo and conditioner, hair straightener, and your favorite pillow! Don't forget to bring your glasses and an extra pair of contacts if you need them. While none of these items are absolutely necessary, having personal products may add to a more relaxing atmosphere in the BirthPlace.



## Car seat

You will need to bring a car seat for your baby for your return home. If you are unsure how to properly install your car seat, please make an appointment with our car seat technician at (509) 336-7401, or make an appointment with the local police department. Upon leaving the hospital, the Birthplace staff will check how your baby is secured in the car seat but because each car seat is different, it is important that you know how your chosen car seat works. You can find more helpful car seat information by visiting [this website](#).

# Post-Partum Pelvic Health

After the birth of your baby, there are plenty of things to focus on: caring for your new child, trying to get enough sleep at night, and navigating parenthood. While these things may take up a majority of your time, taking care of yourself and your health is just as critical; especially your pelvic health.



## What is pelvic physical therapy?

Many people suffer from pelvic health disorders such as pelvic floor muscle dysfunction, pelvic pain, urinary incontinence, and more; however, it is especially common in post-partum women. Our Pelvic Health Team is here to help you improve function so you can engage in all aspects of your life without limitation from pelvic health disorders. Pelvic physical therapy is a specific type of physical therapy used to improve or restore pelvic floor muscle function, decrease pain, and improve bowel and bladder control and function.

[Learn more about our pelvic health services here.](#)

## How common are post-partum pelvic floor disorders?

Pelvic floor dysfunctions are very common in post-partum women. Take a look at some of the statistics below:

- Pelvic floor dysfunctions can occur in up to 46% of women post-partum. (Source: Soligo et al. European Journal of Obstetrics & Gynecology and Reproductive Biology 2016 )
- Approximately one-third of women will experience some form of urinary incontinence postpartum and 20% will continue to experience incontinence three months post-partum. (Source: Torrasi et al. . European Journal of Obstetrics & Gynecology and Reproductive Biology 2012)
- Pelvic Girdle pain during pregnancy is as high as 50% and 1 in 4 of these women will develop chronic pain post-partum. (Source: Ostgaard et al. 1991)



## How common are post-partum pelvic floor disorders? cont.

While these numbers may be alarming, they are not meant to scare you. They simply serve as an important reminder to take notice of your own pelvic health after giving birth, so you can begin treatment if it is needed.

There are several common symptoms that can occur in the immediate post-partum period, such as mild pelvic, tailbone, back or hip pain, and mild urinary or fecal incontinence. If any of these are severe, significantly affect your ability to complete daily tasks, or persist past the six week post-partum check, it is important to discuss these issues with your physician and consider the need for a pelvic physical therapy referral.

## Pelvic physical therapy treatment at Pullman Regional Hospital

If it is determined that pelvic physical therapy is needed, you will be in good hands with our team of women's pelvic health experts. While the recovery period ultimately depends on the severity of impairments and the activities that you would like to return to, many women have started to see results just a few weeks after beginning pelvic physical therapy.

[Click here to learn more about our Pelvic Health services.](#)

# Scheduling your Ready For Baby appointment

Pullman Regional Hospital's BirthPlace offers Ready for Baby appointments that include a tour of the unit, a review of all necessary paperwork, and plenty of time to get all of your last questions answered. To schedule your appointment, call (509) 336-7401.

Don't worry – if you run out of time or your little one surprises you with an early arrival, paperwork can be done during your hospital stay.



# BirthPlace Education opportunities

For more information, [sign up for the pregnancy e-newsletter](#), or [visit the website](#).

## Childbirth 101

This six-week course is designed to prepare you and your partner for the physical and emotional aspects of labor and birth.

Relaxation, massage, breathing techniques, the progression of normal labor and birth, tough labors, cesarean birth, breastfeeding, and newborn care are addressed. Classes are 6:00 pm to 8:00 pm during the week.

Fee: \$75 per couple; includes a text book.

Payments must be made 24 hours prior to your first class. \*There is a minimum of 3 couples per class required. Subject to adequate enrollment. [Sign up now!](#)

## Infant massage class

Infant Massage is a natural approach to infant wellbeing. It improves parenting skills, deepens bonding, and strengthens family communication through touch. Gentle movements and massage strokes will improve baby sleep patterns, help digestion and also give you confidence in parenting. This once a week, hour-long class is \$30, meets for four weeks, and provides: Infant massage instruction, bonding & communication skills through touch, relaxation techniques for infants & parents, supportive network for parents, and a certificate of participation upon successful completion. You will need to bring a blanket, pillow or baby boppy. Massage oil and course materials will be provided. Please make payment 24 hours prior to your first class. [Sign up now!](#)

## Prenatal Breastfeeding Class

If you are planning to breastfeed or you have questions about breastfeeding, this is the class for you. You will have the opportunity to come and meet other expectant moms, learn about breastfeeding, and gain confidence. The class will be offered every other Monday and will last about two hours with instruction. Some of the topics covered: prenatal and postnatal breast changes, things that can affect the success of breastfeeding, how to prevent engorgement and other complications of breastfeeding, what to expect the first few days of life and the periods following, techniques for good positioning of baby at the breast. The \$15 registration of this class includes a breastfeeding educational book. We also offer a Breastfeeding Support Group that the hospital hosts twice a month (see Breastfeeding Support Group details below). Please make payments 24 hours prior to your class. *Sign up now!*

## Weekend Childbirth Workshop

This is a condensed version of the Childbirth 101 Course. Saturday or Sunday 9:00am - 4:00pm. Fee: \$75 per couple. Payments must be made 24 hours prior to your first class. *Sign up now!*

# Questions?

## Schedule a tour

We encourage our future guests to tour our BirthPlace and become acquainted with our staff and services. (509) 336-7401

## Financial planning

Get your questions answered with Financial Planning or speak with a Patient Financial Counselor. (509) 336-7466

## 24-Hour line

24-Hour access to registered nurses to answer your questions and concerns. (509) 336-7401

