Dear Mommy,

I will be born in about four months. We are more than halfway through! Have you seen the doctor again, Mom? Is it worth it? Yes, it is. The doctor will help us be healthy.

I weigh about one pound now. I am almost one foot long. It soon will begin to get crowded in here. Mom, can you feel me kicking? Do you wonder if I’m trying to get out? I’m not. I like it here. It’s a good place to grow. I’m just trying out my legs. They need exercise like yours do. My arms need exercise, too. My fingernails and toenails are well formed. I have some hair on my head too.

How are you feeling?

I know I’m growing and you are too! You may not like getting bigger. Or you may worry about the future. This is normal. A lot is happening to your body, and I am a big commitment and responsibility. Here are some things you can do that may help you feel better:

- Talk to someone who is pregnant or just had a baby.
- Take a walk.
- Eat nutritious, healthy foods – don’t overeat or eat for comfort.
- Get “new” maternity clothes, even if they are gently used.
- Buy a comfortable bra that gives good support.
- Wear low-heeled, comfortable shoes.
- Start decorating a room or area for me.
- Read baby books to me.
Getting bigger, eating more

Do you have enough money to buy food? If you don’t, sign up for Food Stamps or WIC. Look in the phone book to find the nearest department of social services or health department offices. People there can help you get free food. We need to eat good food. Good food helps us be healthy and happy. Our bodies work together in a special way.

Remember Mom’s Food Reminder. Think about what you ate today. Can you check all the boxes for today? Can you check all of them every day? Check to see which food groups have more boxes than a few months ago – you need more servings of meats and beans and whole grains now.

Don’t push yourself to eat more than you comfortably can. There is not a lot of room right now.

Eat smaller snacks more often through the day.

Fruits and milk are very nutritious:
Fruits have a lot of vitamins and minerals that help fight infections. Milk and milk products, like cheese and yogurt, help build my teeth and bones.

Here is a simple recipe to help you get enough fruit and milk. It tastes like dessert, but it’s really good for you.

**Strawberry Yogurt Split**

1 banana

1/2 cup apples, strawberries, or any other fruit that is in season or on sale (If frozen, thaw or warm in microwave.)

1/2 cup of vanilla yogurt (low-fat or fat-free)

Optional: Chopped nuts, ready-to-eat cereal, or low-fat granola

Three easy steps and you’re ready to eat!
1. Peel and split banana in half.
2. Place banana halves in a bowl.
3. Top with yogurt and fruit and optional toppings.

If you cannot drink milk or do not like milk, try some other “milks,” like soy milk fortified with calcium, or dairy-type products such as soy cheese. They cost more than cow’s milk, but they will help give you and me the protein and calcium we need.