Dear Mommy,

You can feel me moving now. When I kick, I don’t mean to hurt you. I’m exercising my legs, and I’m letting you know I am here. I am a real, little person. I am completely formed now. I even have eyelashes and eyebrows. I gained one pound this month, and I grew two inches. Now I weigh two pounds, and I’m about 14 inches long. I stay curled up in my little home. I will be born in about three months.

Mom, I hope that you are having some fun and getting out. You don’t need to sit at home all the time. You can do almost everything you did before you were pregnant. Just don’t overdo it. You need plenty of rest every day. I want you to feel good.

Are you constipated, Mom?

Eating foods with a lot of fiber – like fruits, vegetables, whole grains, and beans – will help. Fiber is roughage that is only found in plant foods and whole grains. Try foods like:

- Apples
- Oranges
- Dried fruit
- Spinach
- Collard greens
- Black beans or baked beans
- Popcorn
- Whole wheat crackers
- Oatmeal
- Whole-grain cereals, like granola
- Nuts and seeds
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Mom, do you eat between meals? What you eat between meals is as important as meals. Try not to choose candy, potato chips, and dessert items such as cookies, cake, or ice cream very often. They don’t offer much protein, vitamins, minerals, or fiber. They may also add to your constipation! When you eat between meals, eat foods from Mom’s Food Reminder.

And don’t forget what you drink. A lot of people don’t think about the calories in some beverages. Some people call sweetened drinks “liquid candy” because they are so sweet. Plus, drinks like sweet tea, coffee drinks, and soda may have caffeine too, which is not good for me.

Here is a good, cheap snack for you to try.

Bugs on a Log

Logs:
- Celery sticks (about 3 in.)
- Carrot sticks (about 3 in.)
- Cucumber sticks (about 3 in.)
- Apple slices (remove cores)

Spreads:
- Fat-free cottage cheese
- Fat-free cream cheese
- Peanut butter
- Hummus

Bugs:
- Raisins/dried cranberries
- Chopped nuts
- Sunflower seeds

Don’t forget to drink lots of water. Prune juice also works to ease constipation. Light exercise like walking will help, too.

Things to Avoid:
- Laxatives
- Home remedies
- Supplements for constipation (except prenatal vitamin)
- Always ask your doctor before you take any medicines.

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Contact person for Tennessee: Janie Burney, Professor, Family and Consumer Sciences