Dear Mommy,

Do I seem big to you now? I am getting bigger. I bet you feel big, too. I am more than 18 inches long now and weigh about four pounds. My lungs and stomach are ready to go to work. If I were born now, I might live. But I need to grow another month. Are you getting tired of waiting? It won’t be long now. I’ll soon be in your arms instead of in your body. Don’t do anything dangerous or too bouncy. I don’t want to come out earlier than I should. Are you taking walks every day? That’s still okay to do.

Are my baby things ready?

I hope you have fun getting them ready. I will need a bed of my own, Mom. A cradle or bassinet would be fine for me to sleep in. Please don’t leave me where I can fall off a bed or sofa. And don’t let me sleep with you. You might roll over on me and hurt me.

I won’t need many tiny clothes, because I will grow out of them very fast. I will need some “onesies.” Booties or socks will keep my feet warm. Blankets will help keep me warm, too.

Have you thought about a name for me? Do you know if I’m a girl or a boy? You may want to choose a few different names to see which one fits me best after I’m born.
It all counts: Mom’s Food Reminder

Nutrition is important every step of the way. Mom’s Food Reminder is a good guide to getting the special nutrients we need every day. Choose the foods on Mom’s Food Reminder that have lots of nutrients, but not too many calories. Have you thought about what and how you are going to feed me? I hope you will breastfeed me, even if it’s only for a few months. It is better for me. And, it may help you lose some of the weight you have gained, if you are worried about that.

Serving sizes

Meats and beans: A serving is 2–3 ounces. For meat, this is about the size of your palm. For beans, ¼ cup equals 1 ounce. Now you should get a total of 6–7 ounces each day.

   Milk: 1 cup per serving.

   Whole grains: 1 ounce per serving. This is about the size of your fist. A serving could be 1 slice of bread or 1 cup of cereal.

   Fruits and vegetables: 1 small piece of fruit or 1 cup of fruit or vegetables – about a handful.

   Water: 1 glass is a serving.

Mom’s Food Reminder

<table>
<thead>
<tr>
<th>Foods I Need</th>
<th>Servings*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meats and beans</td>
<td>[ ] [ ]</td>
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<tr>
<td>Milk and dairy</td>
<td>[ ] [ ]</td>
</tr>
<tr>
<td>Whole grains</td>
<td>[ ] [ ]</td>
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<tr>
<td>Fruits and vegetables</td>
<td>[ ] [ ]</td>
</tr>
<tr>
<td>Water</td>
<td>[ ] [ ]</td>
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</tbody>
</table>

*Servings: Each box stands for one serving of the types of foods and drinks you need each day. For example, you should try to eat five servings of fruits and vegetables every day.

Last-minute things:

- Install a car seat for me. Many police stations will install it for free.
- Fill out any paperwork you may need for the hospital.
- Decide on a pediatrician (doctor for children) for me.
- Make sure you are stocked up on diapers and other “must-have” items.
- Plan leftovers to freeze and eat later.
- Sleep! Rest is one of the best things you can do to prepare for me.