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**Wyoming Healthy Together Program**  
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## Comfort Tips During Pregnancy



### First Trimester Tips

#### Nausea

- Get up slowly. Eat a few unsalted crackers before you get out of bed.
- Eat small, light meals at frequent intervals.
- Drink water with lemon slices.

#### Fatigue:

- Take catnaps when you can.
- Get regular exercise.
- Accept help from others.

#### Mood Swings

- Talk about your feelings with others, including other mothers.
- Limit sugar, chocolate, and caffeine.
- Eat a healthy diet. Don't skip meals.

#### Headaches

- Get fresh air and exercise.
- Relax and get enough rest.
- Check with your health care provider before taking any pain medications.



### Second Trimester Tips

- To limit ankle swelling, sit with your feet raised.
- If you have pain in your groin and abdomen (**round ligament pain**), avoid sudden twisting movements.
- For leg cramps, wear support hose. Get enough exercise and wear shoes with flexible soles. Increase your calcium intake.



### Third Trimester Tips

#### Reducing Heartburn

- Eat small, light meals throughout the day rather than 3 large ones.
- Sleep with your upper body raised 6 inches. Don't lie down until 2 hours after you eat.

#### Treating Constipation

- Eat foods high in fiber (whole-grain foods, fresh fruit and vegetables).