

Shapee

# Pregnancy 101

MUST-HAVE HANDBOOK FOR MUMMIES



# What happen during Prenatal Visit

## During first prenatal visit:

Individual  
health history

Family  
health history

Height, weight  
blood pressure

Physical  
exam

Blood &  
Urine test

Calculate  
due date



## Periodic prenatal visit includes:

Blood pressure  
checking

Weight gain  
measuring

Check baby's  
heart rate

Check baby's  
growth

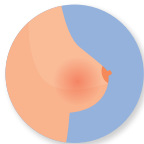
What to expect?

# Early Pregnancy

The first trimester runs through the first 12 weeks. The embryo develops quickly at this stage. Apart than missing a period, mummy will probably experience:



Nausea



Breast  
Tenderness



Frequent  
Urination



Fatigue/  
tiredness

## How to deal with symptoms

**Choose food carefully.** Select foods that are high in protein, low in fat and easy to digest, and avoid greasy, spicy and fatty foods.

**Take care with prenatal vitamins.** Ask your health care provider about other ways you can get the iron and vitamins you need during pregnancy.

**Breathe fresh air.** Weather permitting, open the windows in your home or workplace. Take a daily walk outdoors.

# Body changes during Pregnancy

## Month 1

- Missed period
- Nausea
- Fatigue
- Bloating
- Mood swings

## Month 2

- Breast tenderness
- Feeling tired
- Frequent urination
- Heartburn



1<sup>st</sup> trimester

2<sup>nd</sup> trimester

## Month 3

- Growing breasts
- Larger & darker areola
- Acne
- Food cravings.

## Month 4

- Heartburn
- Constipation
- Sensitive gum
- Dizziness

## Month 5

- Faster heart beating
- Feel baby movement
- Shortness of breath
- Changes in breasts



ster

3<sup>rd</sup> trimester

## Month 10

- Frequent urination
- Cervix begin to dilate
- Body prepare for delivery

## Month 9

- Fatigue
- Changing cervix
- Contraction
- Increase in vaginal discharge

## Month 6

- Breasts start producing colostrum
- Braxton-Hicks contractions
- Mild backache

## Month 7

- Growing fatigue
- Back pain
- Dizziness may lessen

## Month 8

- Insomnia
- Trouble breathing
- Varicose veins
- Trouble holding urine

# Why Should I Change to Maternity Bra

- ✓ **Body change** – Your breasts change and grow throughout pregnancy. Hence it is recommended to wear a maternity bra with good support.
- ✓ **Prevent blocked duct** – Most maternity bra has no underwire. It helps to smooth the blood flow and prevent a clogged duct or even mastitis.
- ✓ **Comfort** – Most of the material used is stretchable. It helps to give comfort through a rapid growth stage and will stretch with your changing body.

## How to choose Maternity Bra

- **Fabric** – Stretchy synthetic will move and grow with your fluctuating breasts.
- **Support** – Look for wide straps, sides and under-bust band, and a back band that has at least three or four rows of hook-and-eye closure.
- **Wireless** – As early as 16 weeks of pregnancy, your breasts begin to lactate and change in size. It is highly recommended to wear a non-wired bra to give more comfortable, improve the blood flow and prevent blocked milk duct or mastitis.



### Classic Nursing Bra

Comfortably Fit  
Up to  
**38C**  
CUP SIZE

360° Support

Wireless Design

# Eat for two

## Pregnancy Plate

Non-starchy  
vegetables



Protein



Fruits



Whole grains,  
starchy vegetables



- ✓ Choose small amount of healthy oils (olive and canola) for cooking or to flavour food.
- ✓ Nuts, seeds and avocados contain healthy fats.
- ✓ Drink mainly plain water, decaf tea or decaf coffee and avoid sugary beverages.

Aim for at least 30 minutes of walking or other physical activities each day

# Simple Exercise

## Safe During Pregnancy

### Prenatal Exercises



#### Kegel Exercise

This exercise involves squeezing and relaxing muscles in the pelvic and genital areas. It helps to improve and maintain your bladder and bowel control by increasing the strength, endurance, and correct function of these important muscles.



#### Swimming

It's a low impact exercise, making it perfect for light activity throughout pregnancy. It helps to support your joints and ligaments, as well as counteract any increased muscle strain from your growing bump.



#### Prenatal yoga

Focus on poses for pregnant women, to increase strength and flexibility. It helps pregnant women to develop proper breathing and relaxation techniques for an easier and more comfortable delivery.



#### Walking

It will reduce the chances of developing morning sickness, fatigue, cramps, constipation, and being sleepless, especially at nights. Early morning walk is more helpful for natural childbirth.



#### Sassy Nursing Bra





# Fetal Growth Stage

## Baby Development

# 1<sup>st</sup>

Trimester



At the end of 1st trimester:

- ✓ Baby is 2 1/2 to 3 inches long.
- ✓ Weight is about 14 to 28 grams.
- ✓ Baby's heart rate can be heard at 10 weeks with a Doppler.

# 2<sup>nd</sup>

Trimester



At the end of 2nd trimester:

- ✓ Baby is 11 to 14 inches long.
- ✓ Weight is about 800 – 900 grams.
- ✓ Baby start able to hiccup.
- ✓ Skin covered with a protective coating called vernix.
- ✓ Eyelids begin to part, and eyes open sometimes.

# 3<sup>rd</sup>

Trimester



At the end of 3rd trimester:

- ✓ Baby is 19 to 20 inches long.
- ✓ Weight is about 3 – 3.4kg.
- ✓ The lungs are mature.
- ✓ Baby is fully developed and can survive outside of the mother's body.

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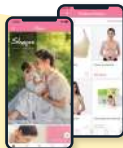
To get more information about parenting hack



Download on the  
App Store



Available on the  
Google Play



# Hospital Bag Essentials Checklist

## Things for Mom

- ☐ Maternity record book
- ☐ Comfortable socks
- ☐ Gowns for labour
- ☐ Body lotion
- ☐ Lip balm
- ☐ Snacks and drinks
- ☐ Nursing pillow
- ☐ Nursing bra
- ☐ Breast pads
- ☐ Nipple balm
- ☐ Maternity pads
- ☐ Toiletries
- ☐ Towel
- ☐ Outfit for going home

# Hospital Bag Essentials Checklist

## Things for Baby

- ☐ Newborn sleepsuits
- ☐ Newborn vests
- ☐ Baby Blanket
- ☐ Swaddles
- ☐ Nappies / Baby diaper
- ☐ Socks
- ☐ Baby wipes
- ☐ Changing mat
- ☐ Nappy cream
- ☐ Baby mittens
- ☐ Hat

## Recovery Process

# Postpartum Care

The postpartum period refers to six until eight weeks after delivery in which the body recovers from the changes caused by pregnancy and childbirth.

### What you need to do?

- ✔ Get plenty of rest. Get as much sleep as possible to cope with tiredness and fatigue. Your baby may wake up every two to three hours for feeding.
- ✔ Eat healthy meals. Maintain a healthy diet to promote healing. Increase your intake of whole grains, vegetables, fruits, and protein.
- ✔ Exercise. Your doctor will let you know when it's OK to exercise. The activity should not be strenuous.
- ✔ Wearing a postpartum wrap during the first eight weeks of postpartum will give you an effective result because the relaxin hormone level still elevated.
- ✔ Don't hesitate to accept help from family and friends during the postpartum period, as well as after this period.



**Disposable Ladies Panties**

**Postpartum Mesh Panties**

# Get started with Breastfeeding

## Exclusive Breastfeeding

Exclusive breastfeeding means that the baby receives only breast milk. It must be exclusively breastfed for the first six months to achieve optimal growth, development, and health.



### Breastfeeding benefits for Mom

- ✓ Lower risk of getting breast cancer.
- ✓ Lose pregnancy weight.
- ✓ It heals your body after delivery.
- ✓ Give you some natural birth-control protection.
- ✓ Triggers uterus to shrink back to pre-pregnancy size.
- ✓ May lower your risk of osteoporosis.

### Breastfeeding benefits for Baby

- ✓ The best nutrition for baby.
- ✓ Reduce the potential for allergies.
- ✓ Prevent jaundice.
- ✓ Prevent infections and diseases.
- ✓ Less stomach upset, constipation.
- ✓ Promote bonding between mom and baby.

# Breastfeeding Essentials Checklist

## Wardrobe

- Nursing bra
- Nursing cover
- Nursing top
- Disposable nursing pads

## Pumping

- Breast pumps
- Cooler bag
- Bottles
- Milk storage bag
- Disinfected wipes
- Extra shield tubes

## Healing

- Nipple cream
- Hot/cold packs
- Lactation Massager

## Daily Essentials

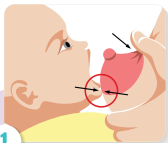
- Breastfeeding pillow
- Burp cloths
- Healthy snacks
- Drinking water



### Lafee Nursing Bra



# Mastering Breastfeeding Latch



1

Hold your breast with one hand and support baby's spine with the other.



2

Gently stimulate their upper lip with your nipple tissue until their mouth opens widely.



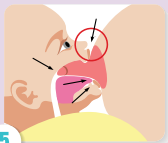
3

Your baby's chin must be the first thing that makes contact with your breast and they must be latched deeper below your nipple.



4

Baby's lips must be completely turned out ("flanged") and wrap firmly against your areola.



5

Make sure nothing obstructs baby's mouth and they can breathe freely.

# Basic of Breastfeeding Position

## 1 Cradle Position

Most common position. A great position for nursing on-the-go.



## 2 Football Hold

A great position for moms who had a cesarean birth and for moms with a forceful letdown.



## 3 Laid back

Healthy term babies are born knowing how to latch in this position.



## 4 Side Lying

A great position for getting rest or when you are safely bed sharing with your baby.





# Misconceptions about Milk Supply

Newborns typically feed very often – around 10 to 12 times a day, or every 2-3 hours and this is not a sign that you don't have enough milk.

## You do not have a low milk supply because:

- ✓ Your baby needs frequent feeds.
- ✓ Your breasts are no longer leaking breast milk.
- ✓ You aren't able to express very much milk.

## Tips for mom with low milk supply

- ✓ **Try a version of 'switch nursing'.**  
Try and go back to the first side after your baby has taken as much as they want from breasts one and two.
- ✓ **Assess the length and timing of feeds.**  
Maybe you need to change sides at 20-30 minutes instead and get baby a greater volume of milk overall and fatty milk overall.
- ✓ **Adjust nursing position.**  
Often just a little adjustment can mean that there is no pain and your baby can attach properly and drain your breast efficiently.



### Milk Storage Bag

BPA Free

**BPA  
FREE**

Thermal Sensor



Double Zipper



# Storage and Handling Breast Milk

## Store your breast milk

Fridge storage	The breastmilk is good for 3 to 6 days.
Freezer storage	Can last up to 2 weeks.
Cooler	Can last to 24 hours.
Room temperature	Breastmilk can sit out for 4 to 6 hours.

## How to thaw breast milk



Thaw frozen milk in the refrigerator overnight.



Place it in a bowl of warm water (40°C - 45°C).



You may use baby warmer instead of a bowl of warm water. Just add water and select the temperature setting.

## Breast Milk Don't's

**Do not use microwave** to warm the breast milk.

**Use warm water**, not  
hot or boiled water.



# Leaking While Breastfeeding

## What causes breastmilk leakage?

Your breasts are overly full, and you need to nurse or pump.

When you hear a baby cry, it will trigger hormones in your body to release milk since responding to calls is an automatic response from a mother in nature.

It also occurs due to the milk “let down” process, which happens after feeding due to reflexes that you cannot control.

## What to do when leaking?

1. Breastfeed often.
2. Change nursing pads regularly.
3. Express your breastmilk.
4. Apply pressure when needed.



### Disposable Nursing Pads



# Understanding Breast Shield Sizing

Pumping should not hurt. For maximum comfort and pumping efficiency, we offers five breast shield sizes. This guide is a starting point to help determine your optimal size based on your nipple diameter.

**STEP 1:** Using a ruler or measuring tape measure the diameter of your nipple at base (across middle) in millimeters (mm).

**STEP 2:** Based on your measurement, determine your breast shield size. Example: If your nipple size measures 16mm in diameter, the recommended breast shield size is 21mm.

## Nipple Measurement



Recommended  
Breast Shield Size  
**17mm**



Recommended  
Breast Shield Size  
**19mm**



Recommended  
Breast Shield Size  
**21mm**



Recommended  
Breast Shield Size  
**24mm**



Recommended  
Breast Shield Size  
**27mm**

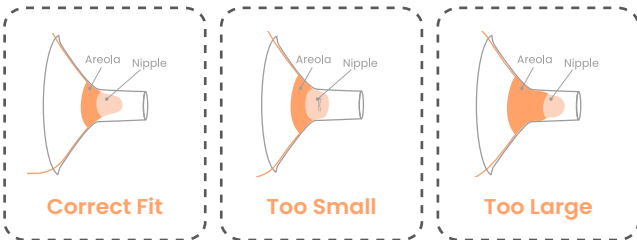


SCAN QR CODE

TO DOWNLOAD  
NIPPLE DIAMETER RULER

## TEST YOUR BREAST SHIELD SIZE

- Start with the breast shield that came with your pump, or the size determined by measuring.
- Centre the nipple and gently hold the breast shield against your breast.
- Adjust for Maximum Comfort Vacuum to achieve optimum suction level.
- Refer to the images below while pumping in the expression phase (after the stimulation phase).



## DID YOU KNOW?

- You may need a different size per breast.
- Your breast shield size will depend on your breast tissue & skin elasticity.
- Your breast shield size could change over the duration of your pumping experience.
- When you apply vacuum pressure, your nipple size could change.
- Pressing the breast shield too hard could block milk ducts.



## LacFree Wearable Breast Pump



## Most Common Problem

# Breast Engorgement

### What cause Breast Engorgement?

- ✓ When your milk first comes in, during the first few days after birth.
- ✓ When you have a regular breastfeeding routine but can't nurse or pump as much as usual.
- ✓ When your baby is starting or increasing solid foods or when your baby is ill and has a poor appetite.



### How to deal



Nurse baby once nipple/areola is softer.

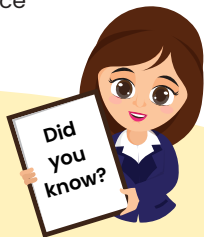


Pump or hand express for a few minutes to soften the breast can help the milk flow.



Apply cold packs to your breast between feeds/expression can reduce the pain.

Feed baby every 2-3 hours during the day with one longer 4-5 hour sleep period at night to avoid breast engorgement.



# Get back to your Body Shape

## 1 Allow your body to recuperate

Your body is in “repair” mode after giving birth, so it’s important not to rush back into a diet/fitness routine.

## 2 Start walking

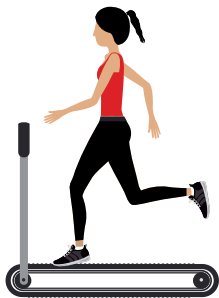
Start easing back into movement by taking short walks after getting greenlight from your doctor.

## 3 Use tummy binder

It may help reducing your waist size and maintain better posture.

## 4 Get enough sleep

It helps to lose weight after pregnancy because you are not compelled to binge on high-calorie, high-sugar foods for energy.



### Belly Wrap Plus+





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