

**Useful Contact Numbers**

Family Medicine Institute	626-1561
MaineGeneral Labor & Delivery Unit	877-BABY (2299)
Family Violence Project	1-877-890-7788
WIC Office, Augusta	621-6202
YMCA, Augusta	626-3488

**Helpful Online Resources**

- [www.Pregnancy.about.com](http://www.Pregnancy.about.com) - comprehensive info
- [www.childbirth.org](http://www.childbirth.org) - birth stories
- [www.womenshealth.gov](http://www.womenshealth.gov)
- [www.mypyramid.gov](http://www.mypyramid.gov) - nutrition
- [www.ivillage.com](http://www.ivillage.com) - week by week
- [www.fathersforum.com](http://www.fathersforum.com) - for dads
- [www.ourbirthroots.org](http://www.ourbirthroots.org) - holistic resources
- [www.birthingfromwithin.org](http://www.birthingfromwithin.org) - childbirth classes
- [www.medlineplus.gov](http://www.medlineplus.gov) Click on health topics, then pregnancy and reproduction, lots of resources here!

**Books**

- The Complete Guide to Pregnancy, Childbirth and the Newborn (Penny Simkin)
- The Girlfriends Guide to Pregnancy (Vicki Iovine)
- Birthing from Within (Pam England and Rob Horowitz)
- The Complete Book of Pregnancy and Childbirth (Sheila Kitzinger)

**300 calorie snack ideas  
(each with 10 grams protein)**

1 ounce cold cereal, a banana and one cup of skim milk

One baked potato, topped with one cup broccoli and one ounce low fat cheese

2 ounces of turkey on two slices of whole grain or enriched bread, topped with lettuce, tomato and sprouts

**Morning sickness remedies**

50-90% pregnant women experience nausea

Avoid strong odors/triggers

High protein snack before bed (lean meat or cheese)

Few crackers, toast or dry cereal 20-30 minutes before getting out of bed

Small, frequent meals, drink fluid between meals

Teas: ginger, peppermint or chamomile (try with lemon or honey)

Try salty or sour snacks (chips or lemonade)

Aromatherapy: Ginger, spearmint, lavender, coriander or cardamom

Acupressure: inner forearm 2 inches above wrist crease or with anti-nausea wristbands

**Ginger:** great herb for treating nausea & vomiting. As a tea: steep 1 teaspoon grated fresh root in boiling water for 10 minutes and sweeten with honey. Not to exceed 2 cups/day. Powdered ginger can be taken, 2 capsules every few hours, don't exceed 10caps/day. Hard ginger candy or crystallized ginger can also be helpful to suck on. Do not consume more than one to two grams per day as it can stimulate menstrual flow.