

CHAPTER 13

PREGNANCY AND BREASTFEEDING

REAL LIFE SCENARIO

Tracey and her husband of 4 years have decided that they are ready to prepare for Tracey's first pregnancy. Tracey has been reading everything she can find on pregnancy because she knows that her prepregnancy health is important to the success of her pregnancy.

She just turned 25 and is in the recommended child bearing age of 25-35 years. She knows to avoid alcohol, especially because alcohol is particularly toxic to the growing fetus in the first weeks of pregnancy and she could become pregnant not knowing it right away. Tracey is not a smoker, doesn't take any medications, and limits her coffee intake to 4 cups a day and soft drinks to 3 colas per day.

Based on her reading, she has decided to breastfeed her infant and has already inquired about childbirth classes. She has modified her diet to include some extra protein, along with more fruits and vegetables. Recently, she started a running program 5 days a week, and she plans to continue running throughout her pregnancy. She also has started taking an over-the-counter vitamin and mineral supplement.

Tracey and her husband think that they have covered all the key areas of prepregnancy care. List a few positive attributes of her current practices you support. Can you identify some potential problems and what information they may have missed.