



MIDWIVES
OF NEW JERSEY

Serving Women, Honoring Birth.

2nd Trimester Preparing for Birth



midwivesofnj.com | 908.509.1801

Office locations in Hackettstown & Madison

Midwives of New Jersey

Preparing for Birth

The Second Trimester is often the most comfortable period of time during pregnancy. You may find that many of the early pregnancy symptoms and discomforts will disappear. During this trimester, you should be able to get a more restful night's sleep and your energy levels should increase during the daytime as well. The Second Trimester is the best time to begin preparing and planning for your birth so that you may have the best birth experience possible.

Avoiding Interventive Births, Our Plan for Success

Many of our Women's Wellness Programs (womenswellnessnj.com) are designed to help our clients be as prepared as possible for labor, birth and motherhood. Our programs are taught by women who have delivered their children naturally, many of whom have also had homebirths. They are very supportive of natural living and natural birth. Please attend as many of our programs as possible in order to stack the cards in your favor. We want to help you be in the best possible position to achieve the birth you desire!

1. Wellness Advisor

Please make an appointment with Sharon Kulawiak, our Wellness Advisor, to discuss your pregnancy health plan. Two complimentary visits with Sharon are included with your care at The Midwives of New Jersey.

2. The Mind-Body Connection

The Midwives encourage our clients to prepare mentally for the challenges of pregnancy and birth. Practicing ahead will help you surrender to your body during labor. Since labor is a hindbrain activity and since humans have a huge forebrain, this can be very difficult to achieve. We believe that women can strengthen their mind-body connection through things like yoga, self-hypnosis like HypnoBabies, prayer, meditation and affirming mental exercises. Make a plan now to get your head in the right place before your birth day.

3. Functional Nervous System

The Midwives of New Jersey work closely with our Wellness Chiropractors, Tami Hartman (Hackettstown and Lake Hopatcong) and Jim Hollenbach (Madison). We believe that pregnancy is healthier when your nervous system is in proper alignment. They will also work to keep your soft, relaxed pelvis in proper alignment so that your baby will assume a position that is conducive to a progressing vaginal birth. Regular chiropractic care will keep your immune system strong and help to relieve many pregnancy discomforts like headache, sciatica and carpal tunnel. Women who routinely see a chiropractor in pregnancy have fewer posterior and breech babies, shorter labors and more vaginal births as a whole than women who do not. Appointments in Madison and Hackettstown can often be made to coordinate with your prenatal visits.

4. Keeping Comfortable, Happy and Well-Adjusted

Our Massage therapist Gloria is very effective at relieving many pregnancy discomforts through massage therapy. Remember that symptoms like headaches, carpal tunnel, sciatica are the physical manifestations of poor function or alignment of your nervous and musculoskeletal systems. It is best to keep

your entire body at top function for the best pregnancy outcomes. Massage is known to elevate serum serotonin levels, which reduces anxiety and depression and allows the baby to develop in a peaceful environment. We know that the baby is neurologically wired during pregnancy based on its mother's mood and response to anxiety. Relaxing muscles around joints makes chiropractic care more effective and keeps the chiropractic adjustment in place longer. Massage is available as a 15-minute therapeutic treatment for specific ailments and as a 50-minute full-body massage. Call the office to schedule your massages.

6. Knowledge is Power

Full Series Childbirth Education

Our childbirth educators, Britt Sando and Elizabeth Pearce are experienced doulas who have worked with the clients of the Midwives of New Jersey for several years to best prepare couples for the work and realities of labor and birth. We highly encourage the full-series of childbirth classes to all of our clients but especially to women who have not yet experienced a natural childbirth. One-day refresher classes are also available 4 times throughout the year.

Midwife-led Labor Preparation

In the last weeks of your pregnancy, the Midwives invite you to two classes focused on Early Labor and Active Labor. We will explain our part in supporting your birth, discuss how we can work as a team to accomplish a normal, natural birth and practice a few techniques that might help you in labor. These 2-hour classes are designed for pregnant clients only. Please arrange for childcare and leave your partner home. Your prenatal visit for the week will be incorporated into these classes. No cost to our clients.

Homebirth Class

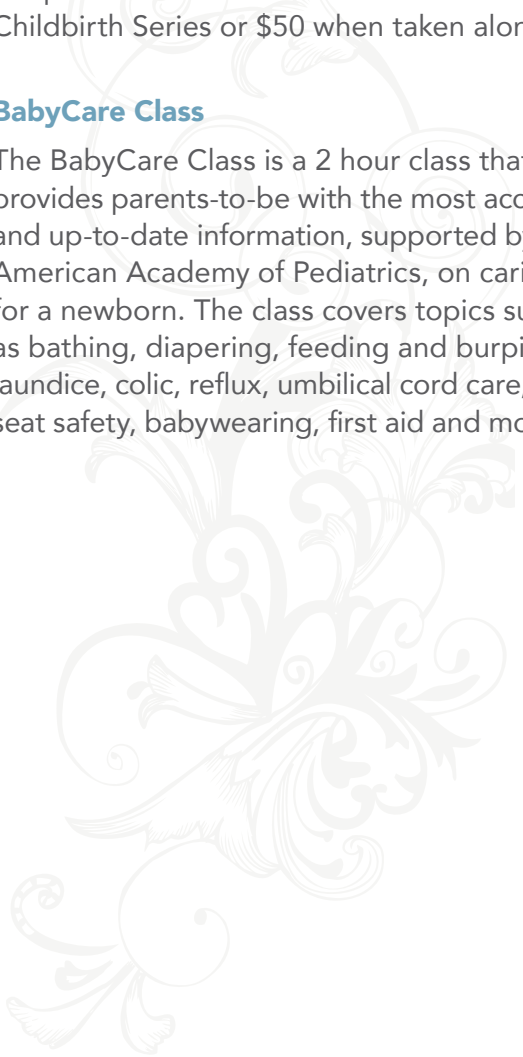
Homebirth comes with its own set of questions and concerns. Christina Garlewicz, our Director of Operations, offers an organized presentation of homebirth from how to get the pool filled to what to do if the baby arrives before the midwives do. All homebirth clients are required to attend the class with every homebirth. There is no additional fee beyond the Homebirth Client Fee.

Breastfeeding Class

This 2.5 hour class is taught by Board certified Lactation Consultants, Lisa Lederer and Britt Sando. The breastfeeding class is recommended for all expectant mothers, including those who would like to increase their knowledge base and especially for those who have struggled with breastfeeding in the past. The class is free for those taking the Childbirth Series or \$50 when taken alone.

BabyCare Class

The BabyCare Class is a 2 hour class that provides parents-to-be with the most accurate and up-to-date information, supported by the American Academy of Pediatrics, on caring for a newborn. The class covers topics such as bathing, diapering, feeding and burping, jaundice, colic, reflux, umbilical cord care, car seat safety, babywearing, first aid and more.



Tests Conducted in the Second Trimester

Gestational Diabetes Screening

In the third trimester, we screen all pregnant women for intolerance to sugar in pregnancy, often referred to as gestational diabetes. This test is typically done at the end of the second trimester. You must fast for at least 4 hours prior to the test (preferably from midnight) with the test conducted in the morning. In the morning eat the following 50 gram carbohydrate breakfast:

50 Gram Carbohydrate Breakfast

Eat the foods listed in the measured amounts
4 oz. juice (orange, apple, grapefruit)
2 eggs
2 slices of toast with butter
8 oz. glass of milk (whole, low fat or skim)
Coffee or tea-unsweetened (optional)

One hour after finishing breakfast, your blood should be drawn. Please arrive to the office 15 minutes before blood needs to be drawn.

Group B Streptococcus

Between 35-37 weeks, The Midwives of New Jersey recommend that you have a vaginal culture to check for the presence of Group B Streptococcus. If your culture is positive, we will recommend intravenous antibiotic therapy in your labor. Please read this article written by Rebecca Dekker, PhD, RN, APRN <http://evidencebasedbirth.com/groupbstrep/> for a better understanding of why this bacteria poses a threat to your baby.

Most of our clients would like to avoid antibiotics in labor so we recommend the following steps to increase the growth of the healthy bacterial strains (lactobacilli) and reduce the likelihood of GBS growth in your body. You can pick and choose from the list and try to start by about 28 weeks.

1. Take a high potency, high quality probiotic*, at least 4 billion bacteria per oral dose to populate your gut, bladder and vagina with many strains of lactobacilli. Additionally, try FloraFemme vaginal suppositories, at 32-34 weeks, put one suppository in vagina at night for 6 days. If you have issues with bacterial vaginosis or yeast continue one suppository a week.
2. Consume fermented foods like plain yogurt, kefir, sauerkraut and kombucha
3. Decrease dietary sugars
4. Vitamin C* 2000 mg /day



*Find this on our online store, The Essential Market. When you support our store, you are supporting all the many wonderful programs we offer to our clients.

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Vaccines During Pregnancy

The current recommendation from the Center for Disease Control (CDC) and American College of Obstetricians and Gynecologists (ACOG) and the American Academy of Pediatrics (AAP) is for two vaccines to be given to all pregnant women in every pregnancy. Far be it for the Midwives of New Jersey to disregard the recommendations of these prominent groups, but we do urge caution on the part of our clients. We do not administer vaccines in our office. If you would like these two vaccines, you can ask your General practitioner to administer the vaccines. We would like to know when they are administered and if possible please try to get the lot number of the vaccines that you have received and we will document it on your chart. You can review the CDC recommendations linked here: www.cdc.gov/vaccines/adults/rec-vac/pregnant.html.

Although since the 1970s, public health officials have recommended influenza vaccinations for pregnant women in the second or third trimester, relatively few obstetricians promoted the vaccine until the past decade when, in 2006, the Centers for Disease Control (CDC) strengthened recommendations that all pregnant women, healthy or not, should get a flu shot in any trimester. Then, in 2011, a pertussis containing Tdap shot was recommended for all pregnant women, preferably after 27-36 weeks gestation. Both current vaccine recommendations are endorsed by the American College of Obstetricians and Gynecologists (ACOG), the American Academy of Pediatrics (AAP) and other medical trade associations. With these recommendations, the time-honored rule of avoiding any potential toxic exposure that might interfere with the normal development of the fetus has been suspended and replaced with an assumption that vaccination during pregnancy is safe. But what is the scientific evidence documenting that this assumption is a well-informed one?

Excerpt taken from an article By Dr. Mercola – to learn more visit:

<http://articles.mercola.com/sites/articles/archive/2013/11/10/vaccination-during-pregnancy.aspx>



Glaring Lack of Safety Testing

You have to look no further than information in the vaccine manufacturer product inserts and posted online by the U.S. Food and Drug Administration (FDA) and Centers for Disease Control (CDC) to quickly answer that question.

FACT: Drug companies did not test the safety and effectiveness of giving influenza or Tdap vaccine to pregnant women before the vaccines were licensed in the U.S. and there is almost no data on inflammatory or other biological responses to these vaccines that could affect pregnancy and birth outcomes.

FACT: The Food and Drug Administration (FDA) lists influenza and Tdap vaccines as either Pregnancy Category B or C biologicals, which means that adequate testing has not been done in humans to demonstrate safety for pregnant women and it is not known whether the vaccines can cause fetal harm or affect reproduction capacity. The manufacturers of influenza and Tdap vaccines state that human toxicity and fertility studies are inadequate and warn that the influenza and Tdap vaccines should “be given to a pregnant woman only if clearly needed.”

FACT: There are ingredients in influenza and pertussis containing Tdap vaccines that have not been fully evaluated for potential genotoxic or other adverse effects on the human fetus developing in the womb that may negatively affect health after birth, including aluminum adjuvants, mercury containing (Thimerosal) preservatives and many more bioactive and potentially toxic ingredients.

FACT: There are serious problems with outdated testing procedures for determining the potency and toxicity of pertussis vaccines and some scientists are calling for limits to be established for specific toxin content of pertussis-containing vaccines.

FACT: There are no published biological mechanism studies that assess pre-vaccination health status and measure changes in brain and immune function and chromosomal integrity after vaccination of pregnant women or their babies developing in the womb.

FACT: Since licensure of influenza and Tdap vaccines in the U.S., there have been no well designed prospective case controlled studies comparing the health outcomes of large groups of women who get influenza and pertussis containing Tdap vaccines during pregnancy either separately or simultaneously compared to those who do not get the vaccines, and no similar health outcome comparisons of their newborns at birth or in the first year of life have been conducted. Safety and effectiveness evaluations that have been conducted are either small, retrospective, compare vaccinated women to vaccinated women or have been performed by drug company or government health officials using unpublished data.

FACT: The FDA has licensed Tdap vaccines to be given once as a single dose pertussis booster shot to individuals over 10 or 11 years old. The CDC’s recommendation that doctors give every pregnant woman a Tdap vaccination during every pregnancy – regardless of whether a woman has already received one dose of Tdap – is an off-label use of the vaccine.

FACT: Injuries and deaths from pertussis-containing vaccines are the most compensated claims in the federal Vaccine Injury Compensation Program (VICP) and influenza vaccine injuries and deaths are the second most compensated claim.

Sleeping

Pregnant women may sleep in whatever position is comfortable to them. You do not have to sleep on your side for your baby to be healthy. Restrictions in sleeping positions cause more sleep disruptions than pregnant women already have just being pregnant. Your body will tell you to move or change positions when circulation is impeded. Think of a foot gone to "sleep". You will move or shake your foot in response to the sensation of decreased circulation. People naturally move all night long when sleeping. Why would we expect that this would be any different in pregnancy? The more pregnant a woman becomes, the less likely she is to choose to sleep flat on her back or may need to be propped up a bit. Let your body guide you and the baby to comfort and rest.

Insomnia in Pregnancy

Many women have difficulty sleeping in pregnancy. This is most disturbing to women expecting their first child because it is likely the first time they have experienced living with sleep deprivation. The exact causes of insomnia in pregnancy are unknown but are likely related to hormonal changes, urinary frequency and general body aches and discomforts. Even the baby moving can wake you out of a sound sleep.

1. Buy a better mattress, a pregnancy pillow or white noise machine.
2. Practice deep breathing and relaxation techniques. Invest in Hypnobabies tapes to listen to-guaranteed to help you fall asleep and go back to sleep if you wake up.
3. Change your diet and way of eating. Sometimes the foods you are eating are causing indigestion, heartburn or uncomfortable weight gain. Eat lighter at the end of the day. High protein

foods before bed can prevent blood sugar fluctuations that might wake you up hungry in the night.

4. Avoid stressful situations and people while pregnant as much as possible. Your baby does not benefit from the constant stress hormones and the stressful situations might cause your mind whirl when you are trying to rest.
5. Try to exercise every day but not right before bed.
6. A 20 minute power nap is just what you might need to avoid falling asleep too early in the evening. Sometimes women fall asleep at 8:00 or 9:00pm only to find themselves wide awake at 2 or 3:00am. Catch a quick rest, set a timer and get up after 20 minutes even if you only actually slept for 5 minutes. These power naps are refreshing without making you feel drowsy for the rest of the day.
7. A warm bath, Sleepytime tea with honey, a nice massage and maybe some lovemaking, will often put you into a deep, satisfying sleep.
8. A mild sleep aide like Unisom or Benadryl is fine once in a while when you really need a good night's sleep.
9. If you really aren't sleeping, get up out of bed and do something you plan to do the next day like pack your kids' lunches. That way when you finally fall back to sleep, you might be able to catch a few more winks because your morning chores are done. It is best to do tasks that don't require complex thinking as that might wake you up more.

The most important thing to remember is that this is NORMAL. "Angsting" over not sleeping may cause you to not sleep even more. Most people can function pretty well on 4-5 hours of sleep a night. And the frequent waking may just be preparation for the nights with your new baby that are coming soon!

Travel During Pregnancy

Travel is usually safe during pregnancy. Speak with one of the midwives and try to schedule your prenatal visits around your travel plans.

If you have a health condition or if you've had pregnancy complications, we may suggest that you limit travel.



When is the Best Time to Travel During Pregnancy?

The late first and second trimester are generally the best times to travel. During the second trimester, you're also less likely to have a pregnancy emergency, such as a miscarriage or preterm labor. Once in the 3rd trimester it is less comfortable for you to move around. As you get closer to your due date, walking, sitting and even standing can be very uncomfortable.

Tips When Traveling During Pregnancy:

- Ask your airline or cruise line if they have a cut-off time for traveling during pregnancy. You can fly on most airlines up to 36 weeks of pregnancy. But if you're flying out of the country, the cut-off time may be earlier.
- Pack a copy of your medical records, our phone number, your prenatal vitamins and any medicine you need. Keep these things in your purse, a carry-on or a bag you plan to have with you at all times. This way, they're always handy.
- Drink plenty of water and keep your bladder empty.

- Wear loose, comfortable clothing. Flex your calf and thigh muscles when sitting, and get up and walk around every couple of hours. Doing these things can help your blood flow and lower your risk of forming a blood clot in a vein. Sitting for long stretches of time during any kind of travel raises your chances of a blood clot.

When Traveling Out of the Country, Follow These Tips:

- Talk to your midwife about your travel plans. Ask about any immunizations you need before your trip and about taking medicine with you.
- Take a copy of your medical records with you.

When Should you Seek Medical Care?

Feel free to call the midwives if you are feeling unwell while out of town and we will help you decide if you need medical care. We could call in prescriptions as necessary or recommend remedies for minor ailments in order for you to avoid an uncomfortable trip to an Emergency Room.

Place of Birth

The clients in our practice have the unique opportunity to be able to choose their place of birth.

When deciding about a HOME or HOSPITAL birth, consider some of the following:

1. The amount of control you want over your birth
2. Your comfort level with routine hospital procedures
3. Proximity to a hospital that provides maternity services
4. Whether this is your First or subsequent birth
5. Support at home
6. Finances
7. Desire for pain medication
8. Childcare
9. Your desire for immediate access to emergency services.

Feel free to discuss your questions or concerns with your midwives. You will deliver best where you feel most safe. We like to have your place of birth decided by the beginning of the 3rd trimester.



Fetal development 2nd trimester

Weeks 14 Thru 16

- Baby's skin is transparent and a fine hair called lanugo begins to form on the head.
- Baby begins sucking and swallows bits of amniotic fluid.
- Fingerprints have now developed on the baby's tiny fingers
- Flutters may be felt, as the baby begins to move around more

Weeks 17 Thru 20

- Baby's movements are being felt more often
- Eyebrows and eyelashes are growing in, and tiny nails have begun to grow on the fingers and toes.
- Baby's skin is going through many changes and begins to produce vernix at the twentieth week. Vernix covers the fetus' skin to protect it from amniotic fluid.
- Baby has reached a length of 8 inches and weighs about 12 ounces.

Weeks 21 Thru 23

- Lanugo now covers the baby's entire body.
- The baby's skin becomes less transparent and fat begins to develop.
- All the components of the eyes are developed.
- The liver and pancreas are working hard to develop completely.
- The baby has reached about 10-11 inches in length and weighs about 1 – 1 ¼ pounds.

Become a Part of Our Community

The Midwives Of New Jersey have found that our clients are unique in how they approach life, birth and desire to raise their families from a more holistic point of view. For this very reason, we created Women's Wellness of New Jersey - a community designed to bring like-minded women together, and improve their overall health and physical well being. There are two FREE wonderful resources that you don't want to miss out on:

Monthly Wellness Workshop

The Mothers Group at Women's Wellness of New Jersey is a monthly gathering where women from all walks of life can connect with other like-minded women and learn from experts on important topics in holistic health, wellness and motherhood. All women are welcome including expectant mothers, new moms, experienced moms, and children. We meet at 10:00 am on the third Saturday of each month. To learn more about our Mother's Group call **908.509.1874** or email **hworkshop@womenswellnessnj.com** for Hackettstown or **mworkshop@womenswellnessnj.com** for Madison.

Playgroup

The Women's Wellness of New Jersey Playgroup meets several times a week in our Hackettstown and Madison offices. Our Playgroups are comprised of moms with children of different ages, ranging from infants through Kindergarten. Each hour-long session provides music, toys, games, and activities for children to explore such as sensory balls, blocks, puzzles, dolls, cars, and beanbags. We understand the value of early play and socialization for our children and also the importance for us, as moms, to socialize. There is no registration required to attend and new moms and children are always welcome! Our playgroups are also at convenient times so that you can schedule your prenatal appointment before or after one of our playgroups.

To learn more about our free playgroups call **(908) 509-1559** or email **playgroup@womenswellnessnj.com**.

For a complete listing of programs and times, please visit the Women's Wellness of New Jersey calendar <http://womenswellnessnj.com/calendar/>



Preparing for Birth



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Be sure to check out our Essential Market

Our online store will be a place where clients can go to find the products recommended by the Midwives of New Jersey and Women's Wellness of New Jersey for the healthiest pregnancy, birth and beyond. Products will include prenatal supplement kits, essential oil kits, postpartum kits and more. When you support our store, you are supporting all the many wonderful programs we provide to our clients. We're just getting started!! So take a minute to check it out! www.theessentialmarket.com

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Be sure to check out our reality series
"Our Lives, Our Births" featured on
our website and our You Tube channel.