

# Loving Pēpe for Life

YOUR GUIDE TO BEING HEALTHY AND  
KEEPING ACTIVE DURING YOUR PREGNANCY  
AND EARLY CHILDHOOD





***Loving Pēpe for Life*** has been developed by the **Health 4 Life Project** to support health and community workers who work with pregnant women and whānau with babies to have conversations about healthy eating and keeping active.

It is designed to be used together with the **Health 4 Life Wellness Plan** to support women and whānau to set goals around positive lifestyle changes.

**Health 4 Life** is a Ministry of Health funded initiative to improve the long-term health of whānau by improving maternal and early childhood nutrition and physical activity.

**Please note:** The advice presented in this resource is for a normal pregnancy, and based on information that is current for 2016. If you have a health condition, always follow the advice of your registered health professional.

### We need your feedback!

Tell us what you think of the Loving Pepe for Life resource and go into a monthly draw to win a \$50 voucher from The Warehouse! The winner will be selected by the 5th of each month and notified by email.

Go to [bit.ly/lovingpepe](https://bit.ly/lovingpepe), answer just a few questions and BE IN TO WIN!



# EATING HEALTHY AND KEEPING ACTIVE DURING PREGNANCY AND EARLY CHILDHOOD

## ★ *IMPORTANT TO KNOW*

**Lifestyle choices are now known to affect the baby's brain and physical development during pregnancy and early childhood.**

Eating healthy and being physically active during pregnancy and early childhood protects you and your baby from developing certain diseases later in life e.g. heart disease, diabetes, obesity, asthma and some cancers.

## 🗨️ *LET'S TALK ABOUT*

**Who are the main people in your life who can help you?** Whānau, friends, workmates, people in the community?

Let's use the Wellness Plan to identify support while you are pregnant and for when your baby arrives.

### ***MORE INFORMATION:***

For the clinical and scientific evidence on the influence of eating healthy and keeping active during pregnancy and early childhood, on long-term health outcomes, go to [gravida.org.nz](http://gravida.org.nz)

For information on pregnancy go to [healthed.govt.nz](http://healthed.govt.nz) and download "Your Pregnancy/ Tō Hapūtanga"

Doing the best for baby and your whānau means looking after yourself

A healthier you means a healthier baby

Small changes make a big difference. What you eat and drink now, and how active you are, can change baby's whole future





# EATING HEALTHY DURING PREGNANCY

## ★ IMPORTANT TO KNOW

What you eat when you're pregnant may influence the short and long-term health of your baby e.g. baby's weight and risks of: heart disease, type 2 diabetes, obesity, asthma, eczema, food allergies, and even their appetite and food preferences. When you are pregnant you should enjoy a variety of nutritious foods every day.

## ☀️ RECOMMENDED DAILY INTAKE

Eat from the following food groups every day to ensure you have the nutrients you need for your own good health as well as your baby's.

**Vegetables and fruit:** These are important sources of carbohydrates, vitamins, minerals and fibre. Aim for a mixture of raw and cooked, fresh, with skins on where possible, frozen or canned with no added salt or sugar. Try to eat a colourful variety of at least 4 servings of vegetables and at least 2 servings of fruit a day.

**Breads and cereals:** Choose mostly wholegrain and those naturally high in fibre. These provide carbohydrates, fibre, and nutrients such as B vitamins and minerals. Try to eat at least 6 servings of breads and cereals a day.

**Milk and milk products:** These are important sources of protein, vitamins and minerals, including calcium. Try to have at least 3 servings of reduced-fat milk or milk products a day. If you use a plant based milk ensure it's labelled calcium-fortified.

**Lean meat, chicken without the skin, seafood, eggs, nuts, seeds, and pulses, e.g. lentils:** Try to eat at least 2 servings of these a day. These are important sources of protein, and the vitamins and minerals that pregnant women need in their diet, e.g. iron, zinc and iodine.

## 🧴 SUPPLEMENTS

**During pregnancy, your need for folic acid, iodine, and iron is higher.**

**Folic acid (or folate):\*** This is an essential B vitamin that is needed for the formation of blood cells and new tissue and to reduce your baby's risk of spina bifida. Ideally, you should take a 0.8mg folic acid tablet daily for 4 weeks before you might become pregnant and continue taking it until you're 12 weeks pregnant. Folate-rich foods include leafy green vegetables like broccoli, spinach and citrus fruit.

**Iodine:\*** This is an essential nutrient that is needed to support normal fetal growth and development, including brain development. Take a 0.150mg iodine-only tablet daily during pregnancy and while breast feeding. Iodine-rich foods include meat, fish and eggs. If salt is used choose iodised salt.

**Iron:\*** This is an essential mineral needed by your body to carry oxygen to cells and tissue and to support a healthy immune system. You may become low in iron during pregnancy and may be advised by your health professional to take supplements. Iron-rich foods include red meat, chicken and fish, eggs, nuts, and lentils. Include in your meals food high in vitamin C, like

oranges and tomatoes to increase the amount of iron your body absorbs.

*\*Your LMC or GP will give you a prescription*

**Drink plenty of fluids:** You need to drink more fluids during pregnancy to prevent dehydration, which can lead to headaches, nausea, cramps and water retention. Staying hydrated will also help prevent urinary infections and constipation. Try to drink about 9 glasses of fluid a day. Water is the best choice and you can include 1-2 glasses of reduced fat milk if you wish.

## ✗ THINGS TO AVOID

**Caffeine:** There is evidence that excess caffeine consumption may affect fetal growth. Try to limit your coffee and tea intake.

**Sugary drinks:** These are low in nutrients and high in sugar. Cola and energy drinks also contain caffeine, so it's best to avoid sugary drinks completely.

**Takeaways and highly processed foods:** These are low in the nutrients your baby needs and tend to be high in fat, sugar, salt and calories. Limit takeaways and highly processed foods.

## 💬 LET'S TALK ABOUT

**Check out supermarket flyers** to find out what's in season, affordable and readily available and healthy that the whānau could cook. Let's make a plan for eating healthy during your pregnancy.

## MORE INFORMATION:

For information on nutrition during pregnancy, including serving sizes, go to [healthed.govt.nz](http://healthed.govt.nz) and download "Eating for Healthy Pregnant Women/Nga Kai Totika ma te Wahine Hapu."

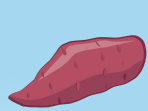
For more information on folic acid and iodine supplements, go to [healthed.govt.nz](http://healthed.govt.nz) and download "Folic Acid and Spina Bifida/Iodine and Iodine Deficiency."

For healthy recipe ideas, visit [myfamily.kiwi](http://myfamily.kiwi) or [heartfoundation.org.nz](http://heartfoundation.org.nz)

What you eat while you're pregnant is really important. What you do now will set your baby up for life

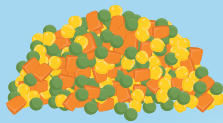
Eat a variety of healthy foods to help your baby grow and develop, and to protect your own health

Get the whole whānau on board and ask everyone to start eating healthy - then you'll be surrounded by good food while you're pregnant



Kumara

+



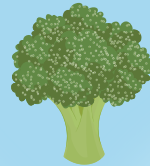
Veges

+



Pumpkin

+



Broccoli



Peaches

+



Apple



Bread

+



Porridge

+



Rice

+



Rewena Bread

+



Crackers

+



Pasta



Milk

+



Cheese

+



Yoghurt



Chicken

+



Fish





# THINGS TO AVOID DURING PREGNANCY

## ★ IMPORTANT TO KNOW

### 🍷 ALCOHOL AND DRUGS

**It is best for your baby that you do not drink alcohol or take unprescribed drugs while pregnant. Drinking alcohol and taking unprescribed drugs when pregnant can increase your risk of:**

- Miscarriage
- Premature birth
- Developmental, behavioural or physical problems in your baby e.g. Fetal Alcohol Spectrum Disorder (FASD)

### 🚭 SMOKING

**Smoking when pregnant harms your baby's health. If you smoke it's best for you and your baby that you quit.**

When you smoke, cancer causing poisons enter your bloodstream, and then pass through the placenta straight to your baby. If you smoke when pregnant, your baby is more likely to:

- Be addicted to nicotine
- Receive less oxygen and nourishment

- Suffer from tobacco withdrawal, making your baby jittery, grumpy and hard to soothe
- Suffer glue ear and respiratory illnesses like asthma, meaning lots of GP and hospital visits
- Suffer from Attention Deficit Hyperactivity Disorder (ADHD)
- Die from Sudden Unexplained Death in Infancy - SUDI or Cot Death (30% more likely)
- Have birthing complications, low birth weight, breathing problems, low immunity, ear infections and develop asthma
- Suffer from heart disease and cancer later in life

**Smoking when pregnant also increases your risk of:**

- Ectopic pregnancy and miscarriage
- Premature birth (30% more likely)

**You can get support to quit. Nicotine patches and gum are safe to use when pregnant.**

### ⌘ FOODS THAT CARRY A HIGH RISK OF FOOD POISONING

It is important to buy or gather, prepare, cook and store food in ways that keep it safe to eat. When

pregnant, you have lower levels of immunity than usual and are at a higher risk of food poisoning, especially Listeria. Food poisoning increases your risk of having a miscarriage or still birth. Foods to avoid:

- Chilled or prepared ready-to-eat foods e.g. salads from a supermarket deli or packaged sandwiches
- Soft cheeses like brie and feta
- Cold meats like chicken and ham
- Uncooked eggs in cake batter or homemade mayonnaise
- Soft-serve ice-cream

Whatever you're eating, you need to make sure that you prepare and handle food safely. It is important to reheat all cold meats and leftovers and serve them piping hot.

## 🗣️ LET'S TALK ABOUT

**Let's make a plan** to keep you alcohol, drug and smoke free while you are pregnant.

Let's talk about how to reduce your risk of food poisoning.

## MORE INFORMATION:

For support with quitting smoking, call Quitline on 0800778 778, or go to [quit.org.nz](http://quit.org.nz) and download "I'm Quitting Smoking for Baby and Me." For Aukati Kaipapa contact numbers go to [www.aukatikaipapa.co.nz](http://www.aukatikaipapa.co.nz). For more information on alcohol and pregnancy, go to [healthed.govt.nz](http://healthed.govt.nz) and download "Alcohol and Pregnancy: When you Drink Alcohol So Does Your Baby." For more information on food safety during pregnancy, go to [foodsmart.govt.nz](http://foodsmart.govt.nz).



When you drink alcohol, baby drinks alcohol too. No amount of alcohol is safe

Even if you have smoked for some of your pregnancy, quitting now will make you, your baby, and your whole whānau healthier





# WEIGHT GAIN DURING PREGNANCY

## ★ **IMPORTANT TO KNOW**

### FOR BABY

#### **Weight gain during pregnancy affects your baby's health:**

- Putting on too much weight increases the risk of having a large baby with an increased risk of obesity, diabetes, heart disease and some cancers later in life.
- Putting on too little weight during pregnancy increases the risk of having a premature or small-for-age baby.

### FOR YOU

#### **Gaining too much weight during pregnancy increases your risk of:**

- High blood pressure with complications in pregnancy (pre-eclampsia)
- Gestational diabetes
- Needing a caesarean section
- Difficulty losing weight after your baby is born,

with an increased risk of developing diabetes, heart disease, and some cancers later in life.

#### **How much weight you should gain depends on your pre-pregnancy or early pregnancy weight:**

These recommendations are for a single pregnancy, your midwife or doctor will give you a recommendation if you are having more than one baby.

### **BMI for adults**

For adults aged 18 years or over

Classification	BMI Score
Underweight	<18.50
Healthy weight	18.50 - 24.99
Overweight	25.00-29.99
Obese	≥ 30.00

### **To calculate your BMI:**

$$\text{your weight in kgs} \div \left( \text{your height in metres} \times \text{your height in metres} \right)$$

example:

if you weighed 75 kilos pre-pregnancy and are 1.68 metres tall, divide 75 by 2.82 (1.68 x 1.68) to get a BMI of 26.6

### **LET'S TALK ABOUT**

#### **How much weight should you gain during your pregnancy?**

Let's make a plan to help you gain the right amount of weight during your pregnancy.

### **MORE INFORMATION:**

For more information on weight gain in pregnancy, go to [health.govt.nz](https://www.health.govt.nz) and download "Guidance for Healthy Weight in Pregnancy."

Everyone needs to put on weight when they're pregnant. But it needs to be the right amount of weight for you!

Eating for two means eating twice as healthy, not twice as much. Helping pēpe to grow means only eating a little extra

Gaining the right amount of weight will make it easier to lose the weight after baby comes

### Recommendations for total weight gain during pregnancy

Pre-pregnancy or early pregnancy BMI (less than 10 weeks)	Total weight gain range
Underweight	12.5 - 18 kg
Healthy weight	11.5 - 16 kg
Overweight	7 - 11.5 kg
Obese	5 - 9 kg

Your BMI is:

.....

Your pre-pregnancy/early pregnancy weight is:

.....

Recommended weight gain during your pregnancy:

.....

Ideal weight at the end of your pregnancy:

.....





# KEEPING ACTIVE DURING PREGNANCY

## ★ **IMPORTANT TO KNOW**

### Keeping active when you're pregnant helps with:

- Heart and lung fitness needed for labour
- Muscular strength and stamina
- Healthy weight gain
- Back and leg pain
- Leg cramps, high blood pressure and constipation
- Circulation, which helps to prevent varicose veins
- Improves mood and helps with sleep
- Feel better about yourself improves posture

Keep active by sitting less, moving more and breaking up long periods of sitting. Aim to engage in moderate intensity activity for a total of 30 minutes on most if not all days of the week. This could be in three 10 minute sessions. If you're not already active, now is the perfect time to start. You can start with just 5 minutes a day and try to add more each week.

### Moderate intensity exercise means you:

- Breathe a little heavier than normal, but aren't out of breath (you can still have a conversation)
- Feel warmer, but don't end up hot and sweaty

**Safety:** As changes in weight distribution occur, balance and coordination may be affected. Exercise programmes should be modified if they pose a significant risk of abdominal injury or fatigue. The intensity of exercise should be regulated by how hard a woman believes she is working. Moderate intensity is recommended.

**Environment:** Temperature regulation is highly dependent on hydration and environmental conditions. Exercising pregnant women should ensure adequate fluid intake before, during and after exercise.

Some activities are not recommended during pregnancy as this may affect the oxygen supply to the baby or increase the risk of physical injury to baby, for example, contact sports.

**\*Caution is required for women with: high blood pressure while pregnant, a history of miscarriages, premature rupture of the membranes, a weak cervix, previous premature labour, multiple pregnancy or persistent bleeding.**

## 🗨️ **LET'S TALK ABOUT**

**Ideas for keeping active:** You can start getting more active by going for a walk, dancing to music or doing the vacuuming – whatever you enjoy and is easy for you to manage. Doing some physical activity is much better for you and pēpe than doing none. If you are already active then keep it up.

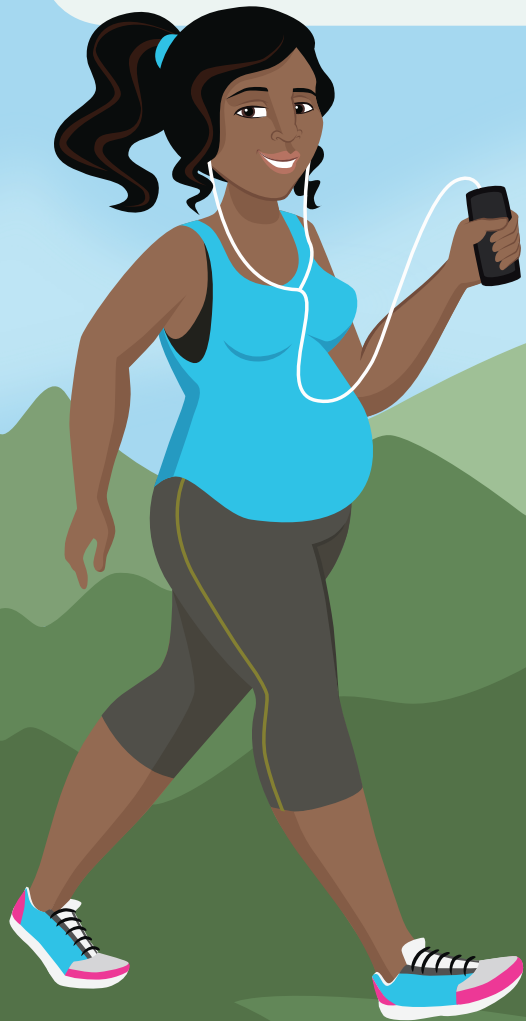
There are a variety of services offering free or cheap ways to keep active in your local area, e.g. swimming pools, zumba, group fitness and organised walks.

Let's make a plan for keeping active during your pregnancy. This could include Green Prescription or other prescribed physical activity programmes.

## **MORE INFORMATION:**

For more information on keeping active visit [healthed.govt.nz](https://www.healthed.govt.nz) and download the booklet "Be Active Every Day: Physical Activity for Adults."

Keep active for a healthy body  
and mind



By being active during your  
pregnancy, you are supporting  
your baby to have good health  
throughout their life



Keeping active helps you have a  
healthy pregnancy and birth





# BREASTFEEDING YOUR BABY

## ★ **IMPORTANT TO KNOW**

### FOR BABY

#### **Breastfeeding may reduce the risk of:**

Chest and ear infections, coughs and colds, diarrhoea, obesity, types 1 and 2 diabetes, Sudden Unexplained Death in Infancy (SUDI) and bowel diseases.

### FOR YOU

#### **Breastfeeding may reduce the risk of:**

Breast and ovarian cancer, osteoporosis, diabetes, heart disease and obesity. It may reduce responses to stress and support healthy recovery from birth. Plus it burns calories and may help you return to your pre-pregnancy weight.

#### **Breast milk has protective properties:**

Antibodies in your breast milk may protect your baby from illnesses.

#### **The law of supply and demand: The more you your baby drinks, the more milk you'll make:**

Your baby may have periodic growth spurts and this may mean you'll need to breastfeed more frequently for a day or so to increase your supply. There is no need to "top up" feeds with formula.

#### **Breast milk is the perfect food for your baby:**

Breast milk is all your baby needs for about the first six months. Your baby doesn't need water or any other drinks or food. After around six months, you will need to start your baby on solid food. Keep breastfeeding for as long as you can, even after introducing solids. The ideal is to breastfeed until baby is at least one year of age, or beyond.

## **LET'S TALK ABOUT**

Let's make a plan to support you to breastfeed your baby for as long as you can. It is not uncommon to have difficulties breastfeeding; help is available.

## **MORE INFORMATION:**

For more information on breastfeeding, go to [healthed.govt.nz](https://www.healthed.govt.nz) and download "Breastfeeding your baby" (Māori, Samoan, Tongan, Korean, Chinese versions available), "Breastfeeding and Working" (Māori, Samoan, Tongan versions available), and "Breastfeeding: You're Part of the Picture Too" (Māori, Samoan, Tongan, Fijian, Tuvaluan, Tokelauan versions available). For information on introducing solids, go to [healthed.govt.nz](https://www.healthed.govt.nz) and download "Let Your Baby Guide You: What, When and How to Introduce Solid Foods"



Breast milk gives your baby the best start in life; it's all the food your baby needs

Breastfeeding means you're ready to go anywhere, anytime: no sterilising equipment or heating is necessary (plus it's free!)

Keep on breastfeeding once your baby is on solids

It can take time for you and your baby to learn how to breastfeed; everyone needs help at the beginning



# EATING HEALTHY WHILE BREASTFEEDING

## ★ IMPORTANT TO KNOW

### ☀️ RECOMMENDED DAILY INTAKE

Eat from the following food groups every day to ensure you have the nutrients you need for your own good health as well as your baby's.

**Vegetables and fruit:** These are important sources of carbohydrates, vitamins, minerals and fibre. Aim for a mixture of raw and cooked, fresh with skins on where possible, frozen or canned with no added salt or sugar. Try to eat a colourful variety of at least 4 servings of vegetables and at least 2 servings of fruit a day.

**Breads and cereals:** Choose mostly wholegrain and those naturally high in fibre. These provide carbohydrates, fibre, and nutrients such as B vitamins and minerals. Try to eat at least 7 servings of breads and cereals a day.

**Milk and milk products:** These are important sources of protein, vitamins and minerals including calcium. Try to have at least 3 servings of reduced fat milk or milk products a day. If you use a plant based milk ensure it's labelled 'calcium fortified'.

**Lean meat, chicken without the skin, seafood, eggs, nuts, seeds, and pulses, e.g. lentils:** Try to eat at least 2 servings of these a day. These are important sources of protein, and the vitamins and minerals that breastfeeding women need in their diet, e.g. iron, zinc and iodine.

### 🧴 SUPPLEMENTS

**Iodine:\*** This is an essential nutrient that is needed to support your baby's normal growth and development, including brain development. Your need for iodine is higher while breastfeeding. Take a 0.150mg iodine only tablet daily while breastfeeding. Iodine rich foods include meat, fish and eggs. If salt is used, choose iodised salt.

\*Your LMC or GP will give you a prescription

**Drink plenty of fluids:** You need to drink more water during breastfeeding to prevent dehydration, which can lead to headaches, dizziness, and constipation. Try to drink about 10 glasses of water a day. You can substitute 1-2 glasses of reduced fat milk if you wish.

### ✂️ THINGS TO AVOID

**Caffeine:** Try to have no more than 2 cups of tea or coffee a day. Babies take longer to eliminate caffeine and it can make them unsettled.

**Sugary drinks:** These are low in nutrients and high in sugar. Cola and energy drinks also contain caffeine, so it's best to avoid sugary drinks completely.

**Takeaways and highly processed foods:** These are low in the nutrients your baby needs and tend to be high in fat, sugar, salt, and calories. Try to limit takeaways and highly processed foods.

### 💬 LET'S TALK ABOUT

**Let's make a plan** for healthy eating while you are breastfeeding.

## MORE INFORMATION:

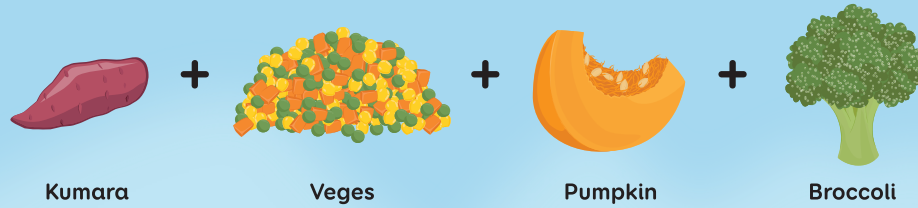
For more information on eating healthy while breastfeeding, including serving sizes, go to [healthed.govt.nz](http://healthed.govt.nz) and download "Eating for Healthy Breastfeeding Women/Nga Kai Totika ma te Ukaipo." For healthy recipe ideas visit my [family.kiwi](http://family.kiwi) or [heartfoundation.org.nz](http://heartfoundation.org.nz)



Eating healthy gives you energy and supports you to stay strong

Eating healthy while breastfeeding is good for your baby, but no matter what you eat, breast milk is still the best food for pepe

Get the whole whānau on board and ask everyone to start eating healthy – then your baby will be surrounded by good food while growing up

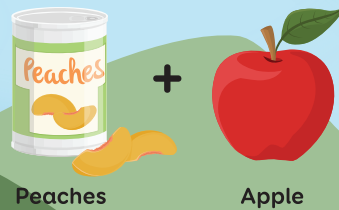


Kumara

Veges

Pumpkin

Broccoli



Peaches

Apple



Weet-bix

Bread

Porridge

Rice

Rewena Bread

Crackers

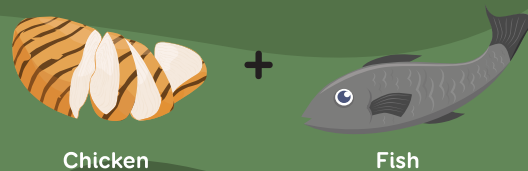
Pasta



Milk

Cheese

Yoghurt



Chicken

Fish



# KEEPING ACTIVE AFTER PĒPE IS BORN

## ★ **IMPORTANT TO KNOW**

**Evidence shows that at least 30 minutes of moderate-intensity activity on most days of the week can improve mood and decrease anxiety and stress.**

### **Benefits of exercise:**

- Improve self-esteem
- Give you a sense of control over your life
- Promote a sense of positive achievement
- Improve your sleep
- Help you return to your pre-pregnancy weight
- Help you run around after your baby who will be on the move before you know it!

If you're not already active, now is the perfect time to start. You can start with just 5 minutes a day and try to add more each week.

If you have had a caesarean section you may have

to wait 3-4 weeks before doing anything more than simple activities. Otherwise you can start as soon as you feel ready.

### **Moderate-intensity exercise means you:**

- Breathe a little heavier than normal, but aren't out of breath (you can still have a conversation)
- Feel warmer, but don't end up hot and sweaty

## 🗨️ **LET'S TALK ABOUT**

**Ideas for keeping active:** going for a walk, dancing to music, meeting friends at the local park, doing the vacuuming - whatever you enjoy and is easy for you to manage.

Let's make a plan for keeping active now that your baby's here.

There are community services offering free or cheap ways to keep active in your local area e.g. swimming pools, zumba, group fitness and organised walks.

## **MORE INFORMATION:**

For more information on keeping active visit [healthed.govt.nz](https://www.healthed.govt.nz) and download the booklet "Be Active Every Day: Physical Activity for Adults"

Doing the best for baby means making sure you have a healthy body

The best way to look after yourself is to eat well and try for at least 30 minutes of moderate-intensity activity on most days of the week

Keeping active is good for your body but it's great for your mind too

Your good health is a taonga for your baby and your whānau





# ACTIVE MOVEMENT FOR PĒPE

## ★ *IMPORTANT TO KNOW*

**Movement is critical for your baby's developing brain and body, right from when they are first born:**

- Creates and strengthens the connections within the brain and the nerve pathways around the body.
- These connections help your baby learn to read and write, and make sure memory and sensory development take place.

## 🗨️ *LET'S TALK ABOUT*

**Movement activities for you and your baby:**

**Tummy time:** Spending time on their tummies helps babies develop coordination between their upper and lower body, and supports muscle and motor development.

**Play games:** Watch how your baby moves and makes sounds and then copy what your baby is doing. Babies love to see you imitate them, it makes them feel important. Another game to play is to put a toy within crawling or reaching distance that encourages your baby to move to get it.

**Dance together:** Put on different types of music and dance with your baby in your arms!

**Sing to your baby:** Learn some action waiata to sing to your baby. Your baby will be joining in with the actions before you know it!

**Read to your baby:** Reading aloud to your baby helps with social and emotional development, and teaches your baby about communication. Encourage pēpe to look, point, and touch the book; to imitate sounds and recognise pictures.

Let's make a plan for helping your baby get moving.

## *MORE INFORMATION:*

For more information on the importance of physical activity for babies, go to [sportnz.org.nz](http://sportnz.org.nz) and download "Active Movement Activity Guides for Children 0-5 Years: An Introduction." For action waiata to sing to your baby, go to [sportnz.org.nz](http://sportnz.org.nz) and download "Songs, Rhymes and Finger Plays" or go to [folksong.org.nz/kids\\_waiata](http://folksong.org.nz/kids_waiata)

Play with your baby! You can help your baby grow and develop into a healthy, happy, confident child

You and your whānau all have roles to play! Read, sing, and talk to your baby

Movement, music and play help your baby grow and develop





This resource has been produced with funding from the Ministry of Health. This resource was produced in 2016.



## We need your feedback!

Tell us what you think of the Loving Pepe for Life resource and go into a monthly draw to win a \$50 voucher from The Warehouse! The winner will be selected by the 5th of each month and notified by email.

Go to [bit.ly/lovingpepe](https://bit.ly/lovingpepe), answer just a few questions and BE IN TO WIN!

