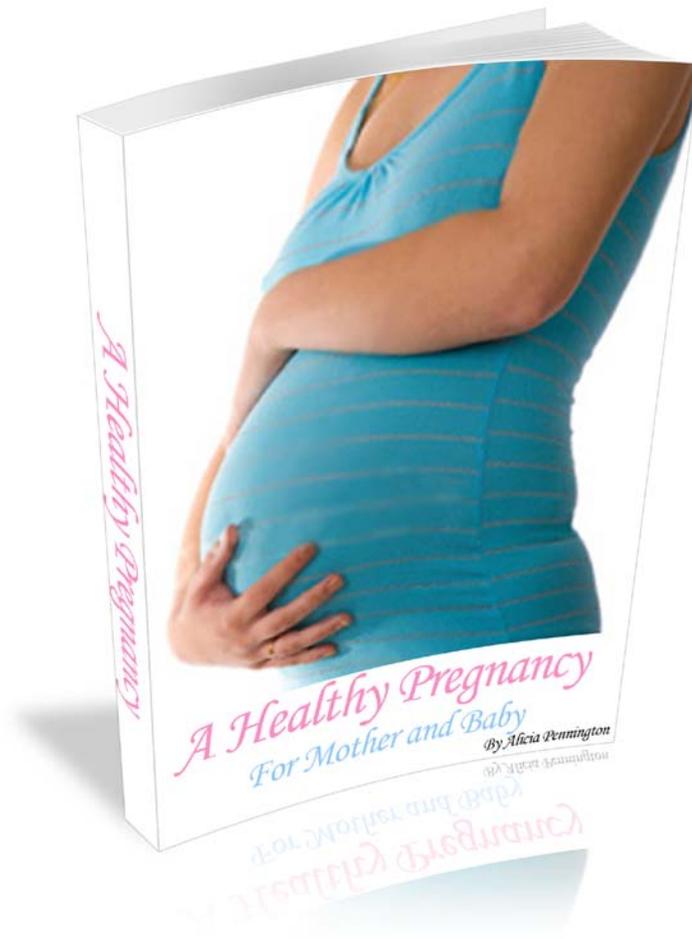


A Healthy Pregnancy

- for Mother and Baby -



A Month-by-Month Guide for Expectant Mothers

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Introduction

As a mother, choosing to have a healthy pregnancy is one of the first things you can do to ensure your child has a bright future. From just three days after your missed period, your baby's major organs are under development--a process that requires a tremendous amount of nutrients. You are no longer simply eating for yourself; you are eating to nourish your unborn child so that his organs, nervous system and metabolic functions will form and work correctly.

Ideally, healthy eating and lifestyle habits should begin prior to pregnancy.

Nevertheless, if you weren't able to plan that far in advance, the time to start is now.

According to the American Pregnancy Association, "The food we eat on a daily basis affects how our bodies work, how we heal and grow and how we maintain energy and strength for years to come."

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In fact, eating a well-balanced diet, exercising regularly and abstaining from drugs and alcohol doesn't just give your unborn baby the best chance of coming into the world healthy--it gives her the best chance of living a long and healthy life. Research studies have found that a mother's nutrition and the environment of her uterus are directly related to the child's predisposition to adult diseases such as diabetes, high cholesterol and obesity.

In the following chapters, you will find a month-by-month guide to maintaining a healthy pregnancy. In addition to giving your baby the best possible start to life, healthy eating and lifestyle habits during pregnancy are associated with a reduction in fatigue and other pregnancy-related symptoms. Women who stay active and healthy during their pregnancies also have easier deliveries, lose weight faster after their babies are born and will be in the best shape possible to care for their newborns.

Congratulations on your impending motherhood and your commitment to having the healthiest possible pregnancy. Whether you are thinking about conceiving a child or are currently expecting, now is the time to begin thinking about your child's future health, safety and quality of life. It's never too early to protect and nurture your children.



Chapter 1: First Trimester

Congratulations! You've just found out that you are expecting a child and are likely experiencing a range of emotions--fear, excitement, irritability, happiness and exhaustion. Physically, you may notice that you feel unusually tired, nauseous, and dizzy and may have tender breasts and a need to urinate more frequently. Constipation and heartburn are also typical pregnancy symptoms during the first trimester.

Although you're not yet "showing," your baby is growing rapidly. Her organs and nervous system are developing, as are the lenses of her eyes and her fingernails! By the end of the first trimester, your baby will only be about the size of a grain of rice.

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Month 1

The first month of pregnancy is the time when conception occurs. It is unlikely that you will know that you are pregnant at all this month, but if you are actively trying to get pregnant, there are some healthy habits you should be adopting to ensure the future health of your child.

One of the first signs of pregnancy for many women is a missed period, which often occurs in the third week of this month. You may notice some light bleeding, which happens when the fertilized egg implants itself into the uterine wall after conception.

Foods to Avoid During Pregnancy

Some commonly enjoyed foods are off-limits during pregnancy because they carry the risk of food-borne illness. When women become pregnant, their immune systems weaken, making them more susceptible to infections. To avoid a potentially serious illness, avoid the following foods until after delivery:

- Raw or undercooked seafood and meats.
- Deli meats and unheated hot dogs.
- Fish that are high in mercury, such as swordfish, shark and king mackerel.
- Unpasteurized milk and soft cheeses.
- Raw eggs.
- Refrigerated smoked meats and paté.

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Do's

- Eat a healthful diet that is rich in vegetables, fruits, whole grains and protein. Good sources of protein include poultry, beef, legumes, eggs, cheese and tofu.
- Drink at least six 8-ounce glasses of water a day.
- Limit your caffeine intake to less than 300 milligrams per day.
- Increase your intake of calcium and folic acid. The latter is extremely important in preventing neural tube defects during the first trimester of pregnancy.
- Make an appointment with your health care practitioner to confirm your pregnancy, determine the fetus' gestational age and assess your current level of health.
- Put someone else in charge of cleaning the cat's litter box to reduce your exposure to toxoplasmosis--a common parasite found in cat feces that can be transmitted to the growing fetus and cause complications such as hearing loss, mental retardation, feeding problems and seizures.

Don'ts

- Smoke or take any recreational drugs.
- Consume alcoholic beverages
- Engage in risky activities that could cause abdominal trauma such as horseback riding or bicycling.

Month 2

This is the month when most pregnancies are confirmed. You'll notice that your clothes are getting a little tighter around the waist and you may gain three to 5 pounds. It is perfectly normal to lose weight during this month, too--particularly if morning sickness is preventing you from eating much. There is no need for concern if this is the case. A mother's body is designed to nourish her growing babies--whether or not they are getting enough calories on a daily basis.

Dietary Needs

Folic acid and calcium are extremely important this month because the brain and nervous system are developing rapidly. If you haven't begun taking a prenatal vitamin yet, ask your health care provider which vitamin she recommends. There are many over-the-counter varieties of prenatal vitamins available, or your physician may write you a prescription.

You should also opt for fiber-rich foods, such as enriched whole-grain breads and green, leafy vegetables to ease the symptoms of constipation. Many women experience constipation during pregnancy because the muscles in the bowel relax as the uterus grows.

Exercise

Continue to exercise in moderation. The American Council of Obstetricians and Gynecologists recommend at least 30 minutes of moderate-intensity exercise on most days. When exercising, make sure to keep your heart rate below 140 beats per minute.

Don'ts

-Fight your body's need for rest. Pregnancy is a major stress for the female body-- particularly during the first trimester when much of your baby's development occurs. Right now, your body is adjusting to an increase in blood flow, which is causing your entire circulatory system to work harder. By the time your baby arrives, you will have 30-50 percent more blood pumping through your body.

Month 3

By the end of this month, your baby's major developmental milestones will be complete and he will officially be considered a fetus. Now that the most critical time in your pregnancy has passed, your risk of miscarriage drops significantly. This is the time when many expectant parents announce their pregnancy to family and friends, so go ahead and share your good news.

You're probably still not showing much, but your clothes are definitely getting snugger. And while you may still be experiencing some nausea, dizziness, fatigue and headaches, you can rest assured that these unpleasant symptoms will soon subside. As your first trimester of pregnancy comes to a close, you will begin feeling like yourself again--at least until the third trimester when the increased size and weight of your baby will create another set of discomforts.

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Do's

-Take good care of your teeth and gums by brushing and flossing each day. If you haven't had a dentist appointment since becoming pregnant, make an appointment now for a routine cleaning and checkup. Harmful bacteria lingering in your mouth can be harmful to the developing fetus and your overall health.

-Stick to safe and effective exercises such as swimming, brisk walking, stationary bicycling, elliptical machines or low-impact aerobics. If you are participating in a group exercise class, make sure it is taught by a certified instructor and that she knows you are expecting a child. She may be able to offer you some exercise modifications that are more comfortable and safer for the baby.

-Schedule any genetic testing such as Chorionic Villus Sampling (CVS) for weeks 11 or 12 of your pregnancy. This test is extremely effective at detecting birth defects such as Down's syndrome, sickle cell anemia and Tay-Sachs disease. It is generally only recommended for expectant mothers over the age of 35 and those with a family history of genetic abnormalities.



Chapter 2: Second Trimester

The second trimester of pregnancy brings much needed relief from fatigue, nausea and other unpleasant symptoms that plague expectant mothers during the first three months. Now that you are feeling more healthy and energetic, you can use this time to actively prepare for your tiny arrival. Pick out nursery furniture, check into childbirth classes and begin researching childcare options if you will be returning to work after the baby is born.

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Although it was easy to keep your impending motherhood a secret during the first trimester, your baby belly will become quite visible soon! Purchase comfortable maternity clothes that will stretch and give you room to grow throughout the remaining months of your pregnancy.

Inside that growing belly, your baby is developing rapidly. During the second trimester, your baby's bones are forming and the development of his ears will make it possible for him to hear your voice, heartbeat and external noises. Women who have an ultrasound planned for around week 20 of their pregnancy will also have the option to find out the child's sex, as the organs are well developed by this stage. By the end of the second trimester, your child will be approximately 10 inches in length and weigh two pounds.

Month 4

Now that you are entering your second trimester, you are likely feeling more energetic and are in "planning mode" to prepare for your baby's arrival. That's not to say that you won't experience any discomforts. Typical symptoms during this month include swollen ankles and constipation. You may begin to notice stretch marks around your stomach, breasts and on the inside of your upper thighs, as well. There is nothing you can do to prevent stretch marks from occurring, but you can rest assured that they will begin to fade after your child is born.

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Dietary Needs

Make sure you get enough iron in your diet to prevent anemia. Your body is continuing to increase its blood volume and will need the iron to create additional red blood cells. Aim for 27 grams of iron each day from foods such as green leafy vegetables, legumes, beef and poultry.

Getting enough vitamin C is also important, as it helps the body absorb iron more readily. Vitamin C is found in oranges, fruit juice, bell peppers, kiwi, broccoli and strawberries.

Drinking plenty of water and eating plenty of fiber-rich fruits and vegetables will help ease symptoms of constipation--a side effect of pregnancy that is almost universal.

Exercise

It is important for pregnant women to do their Kegel exercises every day to strengthen and tone their pelvic muscles. Strong pelvic muscles will help support your uterus and will give you better bladder control--both during and after pregnancy. You can do Kegel exercises anywhere, in any position. Simply tighten your pelvic muscles slowly, as if you were trying to stop the flow of urine. Squeeze for 10 to 20 seconds and slowly release. Repeat the exercise three to six times each day.

Do's

-Begin sleeping on your left side to maximize your blood circulation. If you are experiencing discomfort while lying down, use a full body pillow or place a standard pillow between your legs. At this point in your pregnancy, you should not be sleeping on

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your back or your stomach, as it will put too much pressure on the uterus and will decrease blood flow to your baby.

-Elevate your legs or wear support hose if you notice bulging veins in your legs. Moderate exercise is also beneficial, as it will improve blood flow and reduce swelling.

Don'ts

-Perform any exercises while lying on your back for more than 5 minutes. This will put pressure on a central artery and cut off circulation to your baby.

Month 5

This month marks the midway point of your pregnancy. If you haven't felt the "fluttering" movements of your baby inside your uterus, you'll begin feeling them any day now. This sensation is referred to as "quickening" and is often a very exciting moment for expectant mothers.

Your blood volume is continuing to expand, putting a larger demand on your circulatory system and causing your blood pressure to lower. This lowering of your blood pressure can cause you to feel lightheaded, dizzy or nauseated--particularly when you stand up or get out of a hot shower. To avoid these discomforts, change postures slowly and carefully so that your body has a chance to become acclimated. Staying in cool, well-ventilated places will also help.

Dietary Needs

Anemia is most common after the 20th week of pregnancy, so continue to maintain your intake of iron and vitamin C. Unless you've been instructed otherwise, you should be continuing to take your prenatal vitamins each day. This will help protect you against vitamin and mineral deficiencies while you are pregnant.

Exercise

Unless your health care provider has restricted your physical activity, you should be able to continue exercising normally during your fifth month of pregnancy. Make sure you avoid high-intensity exercises, rest frequently and drink plenty of water to prevent dehydration. Bouncing, jumping and other high-impact body movements should be avoided to reduce the possibility of injury.

The American Academy of Orthopedic Surgeons highly recommends that pregnant women implement yoga exercises into their regular exercise routine to increase strength, flexibility and relaxation--all important benefits that will increase your comfort during pregnancy and prepare you for labor. One of the greatest benefits of yoga is that it allows you to maintain control over your body and perform each movement at your own pace.

Do's

-Take it easy and rest whenever possible. Your baby's rapid growth is taking a toll on your internal organs and making your heart, lung and kidneys work much harder than usual. If you begin to feel fatigued, sit down and rest or take a brief nap.

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-Protect your back by lifting heavy objects with your legs. Avoiding standing for long periods of time and rest with a small pillow underneath your waist to help alleviate back pain.

Don'ts

-Subject your body to toxic fumes, such as those found in oven cleaners, paint and household cleansers. Let your partner paint the nursery and opt for low-VOC paints when possible. If you've been using your extra energy to clean your home prior to the baby's arrival, choose homemade or all-natural cleansers that won't harm you or your growing baby.

Month 6

As you enter the sixth month of your pregnancy, you've probably gained somewhere between 10 and 14 pounds. From this point forward, you can expect to gain approximately one additional pound each week until delivery.

Many of the discomforts of pregnancy you are beginning to experience are a result of your growing belly. And while there are measures you can take to make yourself more comfortable, full relief won't occur until your child enters the world.

Although you may find them embarrassing to talk about, hemorrhoids are an extremely common symptom of pregnancy--particularly in the third trimester. You can soothe painful hemorrhoids by taking a sitz bath, applying an ice pack to the affected area or using medicated wipes. A sitz bath is a small tub that sits over the toilet bowl and allows you to soak your rectal area in warm bath water to promote healing.

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With the weight of your uterus sitting directly on top of your bladder, urine may begin to leak into your underwear. Wearing a thin pad will protect your clothing and keep you feeling fresh and clean. If the amount of fluid increases and you notice it is completely odorless, contact your obstetrician or midwife immediately. You'll need to make sure that you aren't leaking amniotic fluid.

Screening Tests

Sometime in your sixth or seventh month of pregnancy you will be screened for gestational diabetes--a condition that poses a danger to you and your unborn child if left untreated. Gestational diabetes occurs in women whose bodies don't produce enough insulin during pregnancy. It is typically a temporary condition and will not require treatment once your baby is born.

Some of the most common signs of gestational diabetes include:

- Nausea
- Excessive fatigue
- Frequent urination
- Unusual thirst
- Presence of sugar in the urine (determined by a urine test)

Do's

-Eliminate late night meals and snacking to reduce heartburn and indigestion. Eating smaller meals throughout the day instead of three large meals is also helpful.

-Drink between six and 12-8 ounce glasses of water each day to prevent swelling, cramping, urinary tract infections, uterine cramping and headaches. In addition to

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water, you may also drink fruit or vegetable juices or some types of herbal tea. Coffee, caffeinated tea and soda should be avoided, however, because they act as diuretics and will make you dehydrated.

-Increase your calcium and potassium intake to decrease muscle cramping.

Don'ts

-Take any over the counter or herbal medications to ease your discomfort without consulting your physician. Even natural remedies can be unsafe to take while pregnant, so it is always best to use caution.



Chapter 3: Third Trimester

Your pregnancy is two-thirds of the way over and you are in the home stretch of your journey as an expectant mother. At this point, you can expect to experience much more aches, pains and general discomforts than you did in the second trimester--a result of your rapidly expanding uterus. As your uterus grows to accommodate your unborn child, it will push (and restrict) many of your internal organs--including your lungs. This means you'll likely experience shortness of breath because your lungs won't be able to

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expand as easily. Other common symptoms experienced by pregnant mothers in their third trimester of pregnancy include frequent urination, backaches, increased breast growth, varicose veins, heartburn and indigestion.

Month 7

As your baby gets increasingly bigger, his movements will become more and more pronounced. Don't be surprised to look down and see your stomach bouncing and bulging around as your little acrobatic tumbles, punches and kicks you from the inside. Depending on where and how hard you are jabbed, some of these movements can be quite painful--particularly if you're being repeatedly kicked in the bladder or the ribs.

Are cramps in your leg muscles and feet making it difficult to relax? Because the circulation of blood to your lower extremities has been reduced, you may experience painful cramping--particularly when you've been lying down or sitting still for long periods. To alleviate the pain, massage the muscle or go for a walk. If the pain is really intense, try lying down on your bed or couch, grabbing the foot of your hurt leg and pulling your toes towards your head. Make sure your knee is extended all the way and only pull as far as it is comfortable.

Lifestyle Changes

You've reached the point in your pregnancy where you'll need to slow down and make some lifestyle changes--whether you want to or not. Your belly is growing by the day and affecting your balance and your ability to move around freely. Simple tasks such as getting dressed, tying your shoes and picking an item up off the floor are getting increasingly difficult. Don't be afraid to ask for help--particularly for tasks that could cause you to fall and injure your stomach.

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Changes in your lifestyle don't mean that you have to stay sedentary, however. You can--and should-- stay active unless your doctor has put restrictions on your activity level. However, you will want to substitute brisk walking for running, so that you don't stumble and fall forwards. Walking, stationary cycling, prenatal yoga, Pilates and low-impact aerobics are still safe to perform in your seventh month of pregnancy. Regular exercise will also help fight third trimester fatigue, as well as backaches, swelling and leg cramps.

Prenatal Testing

During the seventh month of pregnancy, your health care practitioner will want to monitor you for preeclampsia--a condition of pregnancy that is marked by high blood pressure and the presence of proteins in the urine. If you experience any of the following symptoms of preeclampsia, contact your physician immediately:

- Severe headaches
- Blurred vision
- Severe weight gain
- Severe swelling of your hands, feet or ankles

Dietary Needs

Make sure you are getting your extra 300 calories per day to ensure that your body is getting enough energy and nutrients to support the rapid growth of your baby. Focus on maintaining a diet that is full of nutritious, whole foods such as lean proteins, legumes, whole grains, fruits and vegetables. Stay away from processed foods which lack nutritional value and contain high levels of sodium.

Month 8

During your eighth month of pregnancy, your health care practitioner will probably want to see you once every two weeks to evaluate your progression and ensure that neither you or the baby are experiencing any unnecessary stress.

As your body prepares for labor and delivery, you will begin experiencing Braxton Hicks contractions. These “practice” contractions will occur sporadically throughout the day and night, but should not be too uncomfortable. You’ll notice your stomach getting hard as the muscles of the uterus contract and harden. If the contractions start occurring in regular intervals, get closer and closer together, or become increasingly painful, call your health care practitioner immediately, as it may indicate that your body is going into early labor. Medications are available to stop contractions and ease the progression of labor when it occurs before the baby is ready for delivery. To ease any discomforts associated with Braxton Hicks contractions, or to ease their frequency, try the following:

- Change positions
- Soak in a warm bath (30 minutes or less)
- Drink a couple glasses of water to keep your body properly hydrated (contractions may be brought on by dehydration).
- Sip on a warm cup of milk or herbal tea.

Nutrition

Don’t abandon your healthy eating habits this month. Even though the bulk of your baby’s development is complete, he is still rapidly growing. In addition to growing bigger and stronger, his brain is undergoing significant growth this month--as are his lungs.

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Exercise

Don't let your growing belly stop you from getting regular exercise. While you won't be able to run around or jump, you can still participate in safe and effective exercise routines, such as walking, prenatal yoga and Pilates.

Sex is also perfectly safe in the eighth month of pregnancy, unless your health care practitioner has told you otherwise. If you find sex physically uncomfortable, talk to your partner about other ways that you can remain intimate. Snuggling, kissing, holding hands and other romantic, loving gestures can be just as gratifying for both partners.

Prenatal Tests

During the eighth month of pregnancy, your health care practitioner will test you for Group B Streptococcus--a type of bacteria that is often found in the vagina and rectum of healthy women. Although it causes no side effects, it can be extremely dangerous to your baby during delivery. If you test positive for the bacteria, your health care practitioner will recommend that you receive an antibiotic intravenously during labor and delivery. The antibiotic will significantly lower your baby's chance of contracting the bacteria.

Do's

-Go to bed earlier each night to compensate for the frequent night waking that you are most likely experiencing this month.

-Take naps during the afternoon if you have the opportunity to give your body a chance to rest.

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- Alleviate indigestion and heartburn by sleeping while propped up on pillows in bed.
- Discuss your birth plan with your health care practitioner so that she understands your vision of the labor and delivery.

Month 9

Your baby will reach full term this month at 38 weeks--a moment you've been anxiously awaiting for the past eight months. At this point, you are likely experiencing emotions ranging from fear and uncertainty to excitement and pure bliss. The discomforts of pregnancy may also be causing you to feel moodier than usual. Take heart that these are all completely normal emotions for expectant mothers.

With your baby's development almost entirely complete, she is simply gaining weight and developing bone density during these last few weeks. The extra weight is important to provide energy for the baby's first few days of life as your milk supply comes in. If you are planning to breastfeed, your baby will be nourished by your colostrum--the thick, creamy fluid that is created by your breasts prior to delivery. Colostrum is extremely high in nutrients and antibodies that will boost your baby's immune system and keep her healthy. You may have noticed this thick, yellow substance leaking from your nipples during the last month or two of pregnancy.

By the time you reach your ninth month, you've probably gained an average of 25 to 35 pounds. You won't gain much weight (if any) during the last month of pregnancy. Instead, this time is used solely as preparation for your baby's delivery into the world. Some health care practitioners refer to this month as the "delivery month," because it centers almost entirely on your body's preparation for the big event.

Prenatal Tests

You may be asked to have a “non-stress test” during the last few weeks of pregnancy. This test is usually given after 38 weeks to ensure that the baby isn’t experiencing any distress. The test is given by attaching a monitor to your belly to keep track of the baby’s heart rate while you record the fetal movement. It is called a non-stress test, because no stress is put on the baby during the test. It is done frequently in high-risk pregnancies and in women whose due dates have passed.

Do’s

- Be careful when walking and moving around, as the loosening joints in your body will make you feel increasingly clumsy.
- Finish your childbirth, childcare and baby feeding classes early in the month so that you’ll complete the courses before you go into labor.
- Prepare for the hospital by packing two bags for you and your baby. Make sure you pack all of the essential items you’ll need, such as toiletries, a comfortable robe and clothing to dress your newborn. You’ll also want to pack any comforting items you’ll want to use during labor and delivery to help you remain calm and relaxed.



Chapter 4: Delivery and Postpartum

Labor and Delivery:

The exercise regimen and healthy eating habits you established during your pregnancy will really pay off during the labor and delivery period by giving you the strength and endurance to birth your child. Women who are healthy and strong have easier labor and deliveries and experience less complications than women who are less fit.

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If you took a childbirth class with your partner, you both learned breathing and visualization techniques that can promote relaxation and make it easier to control the pain of labor and delivery. These techniques can be very beneficial--particularly if you want to have a natural, drug-free birth.

One of the most important things you can do to ensure a positive labor and delivery experience, is to talk to your health care provider beforehand to develop a birth plan and to discuss your goals and preferences for your baby's delivery. Items of discussion should include options for pain medication and your feelings regarding episiotomies and other medical interventions. You will also want to discuss your preferences with your partner so that he or she can advocate for you in the delivery room.

Postpartum Care

The first few weeks after giving birth to your child will present a number of physical and emotional challenges. In addition to the high demands of caring for a newborn, your body will need a chance to heal from the trauma of delivering a child. Some of the aftereffects of pregnancy that you can expect include:

Vaginal soreness-If you had a vaginal delivery, you will likely experience soreness in the vaginal and anal area during the postpartum weeks. To alleviate some of the pain, apply an ice pack or chilled witch hazel pads to the affected area. It may also be helpful to squirt warm water over the vulva while you are urinating to prevent stinging.

Hemorrhoids-The presence of hemorrhoids can make bowel movements extremely uncomfortable. To make it more comfortable for you to go to the bathroom, you should eat a high fiber diet and drink plenty of water. Fruits, vegetables and whole grains will

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loosen your stool and make it easier to pass. If the hemorrhoids are extremely painful, speak to your health care practitioner. She may be able to prescribe a topical ointment that will relieve the pain and hasten the healing process.

Hair Loss-One of the side effects of pregnancy that many women enjoy is a lush, full head of hair. Because of the elevated hormone levels in your body, you didn't experience any natural hair loss during the past nine months. Now that your hormone levels are going back to their pre-pregnancy levels, be prepared to lose that full head of hair. To lessen your hair loss, only shampoo your hair when necessary and avoid harsh chemicals and styling aids such as hair dryers and curling irons. Within six months, the hair loss should stop.

Emotional changes-A combination of hormonal changes and lack of sleep will leave you feeling irritable, sad and anxious during the first few weeks after your child is born. The "baby blues" is extremely common during the early weeks, but if you or your partner notices your depression deepening, you should contact your health care provider immediately. Postpartum depression can be a serious illness and may require therapy or medication.

Exercise

If you had an uncomplicated vaginal delivery, you should be able to resume your exercise regimen as soon as you feel ready--particularly if you exercised regularly throughout your pregnancy.

Within the first few days after giving birth, start slowly by taking a walk around the neighborhood with your baby in tow. In addition to getting beneficial exercise, the fresh air will lift your spirits and ease any stress and anxiety you may be experiencing.

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Some of the benefits of exercising during the postpartum months include:

- Weight loss
- Improved muscle strength
- Improved cardiovascular fitness
- Higher energy levels
- Improved mood
- Stress reduction

Make sure you start slowly and take plenty of time to warm up and cool down from each exercise session. This isn't the time to work your body too intensely, so exercise moderately, keep yourself well hydrated and stop if you feel any pain or begin to get tired.

The demands of parenthood will naturally leave you feeling tired and overwhelmed at times. Just remember that the better you take care of yourself, the better you'll be able to take care of your newborn. Make sure you get plenty of sleep, eat a variety of fresh, wholesome foods and exercise for at least 30 minutes on most days. By keeping yourself healthy, you'll have more energy and will be better able to manage the demands of caring for your baby.

Wishing you the very best pregnancy,

