

# UNDERSTANDING PREGNANCY!

SELECTED TIPS - 77 PAGES!

Understanding Pregnancy!



77 Pages!

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### **Pregnancy: A Beautiful Time**

Pregnancy is the most exciting and beautiful period of woman's life. This is also one very emotional phase a woman goes through in her life time. Just imagine how amazing it is to realize that another life is growing inside you?

You are bringing a new life into this world. You are making another human being, who can talk, walk, do all the things, within you. It is something that only God can do as we were told stories when we were kids. It sure is full of anxiety and uncertainty but yet not necessary to have sleepless nights.

A mother loves her all children equally and every pregnancy is always as special to a woman may it be a first one or fourth. A mom always wants and prays for a healthy pregnancy and a healthy baby.

#### **Pregnancy: Changes**

Generally, there's no real way to tell whether a woman is pregnant especially for three months. It's a doctor's report that confirms that the woman is pregnant.

However, there are certain symptoms that can tell that a woman is expecting a baby. Certain hormonal changes take place in body when a woman is pregnant. As earlier stage symptoms, you can expect constipation, nausea, backaches and cramps when you get pregnant.

There are other changes too that tell you that you are pregnant.

A missed period is one of the most common pregnancy symptoms. In mere about a week after conception, your body undergoes hormonal changes. You start to have backaches, cramps, constipation and missed period or bleeding in less than normal are the things you can expect at the early stage of pregnancy. Your breasts become tender and nipples get darker

#### **Pregnancy: Rest Needed**

When you are pregnant, you need to rest a lot. Your body feels exhaustion and gets tired even

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doing nothing. This might start after one to six weeks and might not be the temporary phase. You might just feel very tired and worn out through out the pregnancy period.

Another thing is that you'd be as hungry as anything all the time. Eating is what you just can't stop. But you shouldn't control over it. You have to keep in mind that you are eating for two people at that time.

However, you should eat health and nutritious food only. You can consult with doctor about what to eat and what to avoid during your pregnancy.

During earlier days of your pregnancy, you might get very irritated and moody. Mood swings at these times might get worse than those from PMS and its all due to hormonal surges.

### Pregnancy: Things to Expect

Women develop very sensitive sense to smell during earlier pregnancy. The worst things you won't like while being pregnant is that you'll need to urinate frequently and you tend to lose your control over controlling it. After two to ten weeks of conceiving you might also get headaches, nausea and vomiting. Vomiting whole day is pretty normal for many pregnant women even if it is termed as "morning sickness". These are all due to the hormonal change in body, due to pregnancy. Once you are sure that there's a baby inside you, you'll have to totally give up consuming any kind of alcohol and tobacco products.

It is more confirming to get a doctor's report before you jump into any conclusion. There are other home based tests also that are reliable enough to satisfy your queries. However, there are other pregnancy tests you can take for your conformity. These tests are easily available in pharmacies, stores and local clinics. There are basically two types of pregnancy tests; urine and blood pregnancy test. Both work the same way. They check for the presence of HcG and consequently for the presence of the pregnancy. HcG is a hormone called Human Chorionic Gonadotropin. This particular hormone is produced by the cells in the uterus and so is found in pregnant woman only and tends to rise as the pregnancy develops. However, these tests are not always 100% accurate. They mostly depend on the brand and also on the way it is used.

Urine test is the most popular pregnancy test and can be easily found in any store and pharmacy. It is also an easy process. Any woman with suspicion of pregnancy can buy the test kit and perform it easily in the privacy of home. However, one should very carefully read the instructions and use it very correctly. A wrong step can give a wrong result. Another method of testing is blood test. This may be performed at a health clinic or the doctor's office. This is more reliable and can also show the maturity of the pregnancy.

### **Pregnancy: Sleep Soundly**

When you are pregnant, it is very important that you get complete rest. Try to get sound sleep and get balanced pregnancy diet. You should be physically fit to keep yourself and your baby healthy through out the pregnancy period. There are also some problems you'll face being pregnant. One of the most obvious and inevitable one is weight gain.

Normally you cannot control weight gain during pregnancy and it can lead to other problem like expansion of waistline and appearance of stretch marks. Digestive problems and constipation might even be the results of weight gain. If its only stretch marks then you can use lotions easily available in the market. They are pretty good and have been proved effective in controlling and reducing stress marks.

Other serious problems are false pregnancy and pregnancy miscarriage. You should keep close look over you blood pressure and sugar level during this critical time. You should take lot of rest and get regular medical check ups to avoid high blood pressure and other ailments. You have to try to feel relaxed and might have to take medication if you cannot control your stress level. Think positive and feel happy. Allow yourself to get the good vibes, enjoy the experience of being pregnant and mentally convince yourself that you are not getting any problems. Then you'll see all the pregnancy problems will just fly by.

## Exercise During Pregnancy: An Overview

Your main perspective, focus, goals should be not to lose weight while exercising during pregnancy , but to have a healthy nine months and baby, stay fit, have mental and physical control, overall positive attitude, well-being, increased flexibility, and stronger muscles, to help you cope with every step of the way a little better, every day, week and month, before, during and after your pregnancy, labor and delivery (even after and through recovery)! There are lots that can be done to prepare best/better, more, faster, for labor, delivery, and postpartum recovery.

Exercise during pregnancy can alleviate stress, symptoms, physical challenges and obstacles, associated with pregnancy, such as sciatica, fatigue, swelling, and aiding digestion. The real value of these types of regular exercise, fitness and activity priorities, even pre-natal classes uplift and inspire mothers to deeply connect with themselves, be aware of their pregnant bodies, be in touch with the developing new life and baby growing inside and overall prepares expectant moms for this new journey and phase of life. There are many benefits, risks and reward, safety precautions and measures to take, types of activities to indulge and partake in to reap full promise, potential and opportunity. It is of the utmost importance that expectant moms, those who are considering getting pregnant, never over-exert yourself or put your body or baby at risk.

Consult with your doctor, physiotherapist or health care professional ensuring that any and all of the exercise routines and workouts, types of activities that you have selected or chosen from, enjoy, want to pursue, won't cause harm to you or your unborn baby.

### Exercise During Pregnancy: Rewards and Risks

Endorphins are wonderful natural substances in the body that makes any workout a useful and significant experience, benefit to the body. You need to however, partake and commit to doing it regularly, as many times as 3-4 times per week.

Goals, variety, fun type activities are more likely easier to get done, if you do things that you have an affinity for, interest in and enjoy!

Stay focused and used all aspects of the different combinations, activities, hobbies, sports, routines that you are involved in, to get the best, optimal benefit from it. Working with a trainer or doing it yourself, there are many options. The choice is yours.

First and foremost if you have any underlying health conditions, issues, concerns, disease or problems, rather refrain and abstain from rigorous activity that can place mom and/or baby at increased risk. That defeats the purpose and outweighs the benefits.

If you are aware of any orthopedic problems, special needs, high risk, complications type pregnancy, blood sugar issues, heart disease, breathing type illness, low or high blood pressure, you may have to consult with both your doctor and/or the fitness expert/instructor before the class or any type of activity when you are pregnant. Do not assume, make sure, verify what will be done, if it is safe, the benefits and weight the risk/reward scale, before starting a new or any regimen.

Go at your own individual, preferred and personal ability, pace and listen to the warning signs the body provides. Do not over-exert, risk, hurt or injure yourself, your abdomen or your baby. Plan your workouts and daily priorities, building the activities and routines into your everyday things you have to do. More sessions spread out throughout the day might benefit you more. 15-20 minutes at a time, twice a day, may be just what the doctor ordered and easier to stick to, than trying to get away to the gym for an hour and a half!

## Exercise During Pregnancy: Types Of Exercises

Stick to what you know, do best and what you have evidence of will work and is safe for you, your fitness level, pregnancy etc. not putting the mom or baby at risk in any way, shape or form. Timing for/of workout sessions will vary. Find your metabolic pulse, early morning, midday, late night, then team up with someone – a fitness buddy or birthing partner that can workout alongside, spend time with and enjoy what you are doing.

Be consistent and stick to your routines, plans and activities throughout the pregnancy, early, mid or later, just adjusting and modifying what you are doing, to allow for the changes and demands that your belly places on the rest of you!

Do not deplete all your energy and listen to the warning or telltale signs that your body is giving to you. If you skip a workout for feeling tire, fatigued, not up to it, do not be too hard on yourself. Be particularly careful if you are dealing with medical issues like gestational diabetes, hypertension, multiple fetuses, have a history or an increased risk of premature labor, pre-eclampsia or heart disease. If any of these complications and challenges are present in or during pregnancy, mothers-to-be will be well advised to steer clear of any type of exercise.

## **Exercise During Pregnancy: Precautions And Safety Measures**

According to the American College of Obstetricians and Gynecologists, here are some guidelines as to what to do and not to do when exercising while pregnant:

Stop exercising and consult a midwife or doctor if any , some or all of the following signs and symptoms manifest itself bleeding, cramping, faintness, dizziness or severe joint, lower back or abdominal pain.

Avoid laying flat on your back after sixteen weeks into your pregnancy, the growing uterus, in effect compresses a major blood vessel , restricting blood flow back to the mother's heart and to the baby.

Be sensible about what you do when, how much, intensity, duration etc. Comfortably breathing, not bating for breath, at anaerobic (or breathless) pace. You should be able, no matter what type of exercise or activity you do, to still breathe easy and talk, have a conversation with someone else without hassle or discomfort, trying to catch your breath all the time. Tone it down at that point.

### Exercise During Pregnancy: Preparation, Warmups And More

Balance and loss of it are key realities to bear in minds while exercising during pregnancy and most women will rather follow advice to avoid things like avoid riding horses, motorcycles or snowmobiles for the duration of their nine month pregnancy journey. Fitness and Treatment Teams (trainer, medical professionals, Other Moms) can all have a positive role to play in this life and reproductive phase, processes and outcome.

Watch your body temperature and hydrate, do not overheat, especially in early pregnancy, first weeks, first trimester when development is at its most fragile, and the baby sensitive to extreme temperatures. Do not work out if you are feeling under the weather, are not up to it. Do not deprive your body of oxygen while working out by holding your breath, inhale and exhale normally. Remember, whatsoever you subject your body to, you are also exposing your baby to. Wear comfortable clothes, pick a safe, non-slip environment, use supports and training equipment specifically that can assist you with your shifting sense and center of gravity.

Warm up and cool down properly. Build strength, endurance and stamina at your pace and on your terms as an expectant mom. Modify and tailor workouts, types of activities to suit your needs, trimester, phase and stage, fitness-level and unique pregnancy. Swimming or walking (or alternating both), can be great, even for those who have not been exercising regularly, pre-pregnancy. Discuss with your caregiver, birth partner and such, even your doctor about creating an exercise program designed , customize and adapted for you, your needs, your goals. You could consider using a treadmill, exercise bike or swimming, to get your target heart rate up and enjoy a variety of activities to keep you going and sticking with it.

So, it does not take much to see and make a case for exercising while pregnant. It is fashionable, trendy and the in thing for mothers-to-be to do, but it is also so much more than mere Fad, Myth, Trend, Statement, personal obsession or commitment, it is a solid profitable investment in a Healthy Nine Months, with a high ROR (rate of return)!

## Maternity Wear: How To Dress For Different Stages Of Pregnancy

When you first become pregnant, you may think that you will have to wear oversized, misshapen, and drab clothing. While this may have been the truth twenty or thirty years ago, these days, maternity fashions have become big business in many fashion circles. Department stores, specialty shops, consignment stores, and online venues carry more sophisticated clothing for those who are expecting.

The need for better maternity clothing evolved for several reasons:

- Many women have careers before becoming pregnant. They do not want to go from the corporate office to the nursery without looking their best.
- Many women still work while they are pregnant and need to look professional at the workplace.
- Women have more money to spend on clothing during this stage in their lives, so they want clothing that will make them look good even during their ninth month.
- Boosting self esteem in order to curb depression during pregnancy is recommended.

Whatever your reasons, you should buy clothing that is stylish, comfortable, and will expand as you do while you are pregnant.

Deciding how much maternity clothing to purchase will depend on:

- Your clothing needs
- Your budget
- Weight gain over the term of the pregnancy

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- What you already have in your closet
- What feels comfortable

Women feel comfortable in different types of clothing. Many would rather wear pants, while others would rather wear skirts or dresses. You should choose clothing that will make you feel good about being pregnant.

You should also keep in mind that you will be wearing this clothing for nine months or a little longer depending on how quickly you decide to lose the excess weight. Plan on buying a few nice outfits, a few causal outfits, and undergarments that will make you feel better during the day.

Clothing that is too constrictive will not make you comfortable during your pregnancy. Looser clothing will allow you to grow and will also feel nice when it is close to your skin.

### What To Look For In Maternity Wear

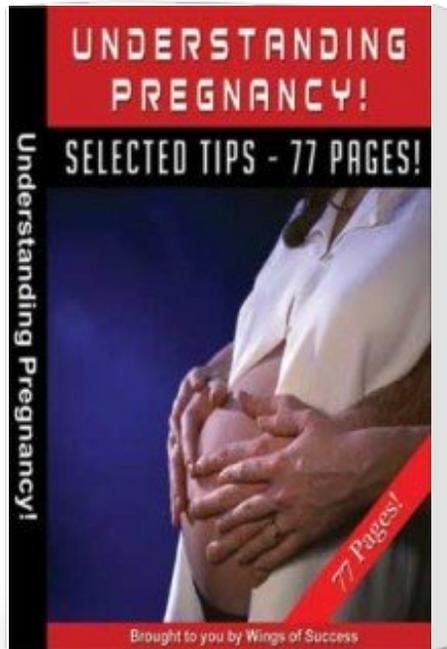
You will begin looking for maternity clothing around your third or fourth month of pregnancy. You may be looking sooner or later depending on when you begin to outgrow your current wardrobe. Keep in mind that you will want to buy clothing that will grow with you. This means buying items that are a little larger now, which will fit better in the coming months.

When looking for maternity clothing, you should consider the following:

- Materials
- Elastic around the waist
- Not tight fitting
- Long enough to offer coverage
- Follows some fashion trends
- Complimentary colors
- Does not appear clownish or childish
- Comfortable shoes
- Comfortable underclothes

You should be able to find quality maternity clothing at the mall, local stores, or online. The only problem you may have when shopping online is that you will have to go by sight alone. Even though there are measurement charts, you will not know how the clothing will feel on the skin. But if you have ordered from the online vendor before, you may know more about the clothing and if it will work while you are pregnant.

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