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Introduction

If you and your husband are thinking of having a baby, both of you definitely have many things that you are unsure of and you will also have many questions in your mind about pregnancy. As such, you will need to know that there are many things to be concerned about during your pregnancy and it is easier when you know what they are. This is because there is nothing more stressful than to have something go wrong during pregnancy. By reading up about what to expect during pregnancy beforehand is a great way of helping you better understand the whole process..

It is also really important that you eat a well-balanced diet when you are pregnant. This is so because you are now eating for so, so whatever you eat, your baby eats as well. In fact the baby actually takes your nourishments so you must eat enough for both of you. Always make sure you are getting enough of the food you need daily. If you are ever unsure of the foods you can eat you can ask your doctor for a list of items to avoid during pregnancy.

You need to keep fit during pregnancy too. By exercising or working out every day you are making sure you don't add fat to your body. Besides that, it will help during labor too! Plus when you are tired and just feeling a little blue, just by exercising you actually increase your energy.

Therefore, you should continue reading to find out more about pregnancy and the things you should take note of when you are pregnant for the well-being of both you and your unborn child. You will also learn ways you can lose weight and keep fit, which is needed if you are putting up too much weight.

Things To Take Note Before Pregnancy

If you and your husband have been longing to have your own child soon, then there are certain things that you need to take note, before you get pregnant. By knowing these things, you will be able to better understand the things that you will have to go through while carrying your little child inside you. Aside from that, it would also prepare you better for the other things to come.

First and foremost, before you go through pregnancy, you should know that taking care of a baby, even while he or she is still inside your womb is a very big responsibility. Pregnancy actually takes about 40 weeks before you will give birth to your child; thus, you will need to be fully prepared in going through it. To get more familiar of the things you have to lookout for, here are some of the thing to take note of just before pregnancy.

Pregnancy Signs - There are certain signs or symptoms that you need to lookout for, which may indicate that you are already pregnant. Some of them would include morning sickness, fainting, fatigue, mood swings, headaches, missed menstrual period, swollen breasts, and craving for certain types of foods.

Test for Pregnancy - When you begin to experience these symptoms, it is a good idea to visit the nearest pharmacy from your place, and obtain a pregnancy test kit. In most cases, these kits are very easy to use, and they are pretty accurate. If the test result is positive, you can always visit an obstetrician to further confirm it.

Prenatal - After your pregnancy gets confirmed, you will then be advised to schedule a prenatal visit. During the visit, you will be informed about the possible delivery date of your child, and

your doctor will then provide you with recommendations regarding what vitamins to take to ensure the perfect health for you and your growing child. After which, you will also be informed of your monthly prenatal visit, which will be conducted to monitor your baby's development inside your womb.

Changes in Your Body - Through the whole course of pregnancy, which has three stages namely the first, second, and the third trimesters, you will notice certain changes in your body, which can include weight gain. Aside from that, as your baby grows inside you, you will also begin to experience certain types of discomforts that are a result of being pregnant.

Aside from all of these, there are other important things that you need to take note of, such as eating a well balanced diet; getting enough exercise; and, avoiding certain types of medications. It is very important that you are at the top of your physical health when you are pregnant, so that your baby will develop at his or her best inside you. In addition, you should also become more careful in your daily activities, whether at home or at work, to avoid certain complications or problems to arise.

What You Should and Should Not Do During Pregnancy

If your doctor just confirmed that you are indeed pregnant, then you and your husband should celebrate, since you will be seeing your very first child soon. Before anything else though, it is best that you familiarize yourself with the things that you should and should not do during pregnancy, so that you can ensure that your child will be healthy, aside from going through safe delivery.

Things That You Should Not Do

Drinking Alcohol - If you are fond of drinking alcoholic beverages, now is the best time to put a stop to it, since it has been known for many years, that alcohol can cause different types of negative effects to your developing child. The worst thing that alcohol can cause a child to have is called Fetal Alcohol Syndrome or FAS, which can lead to certain abnormalities, and even severe retardation.

Smoking - Aside from being harmful to everyone, smoking should not be done during pregnancy, since it is dangerous to the developing child. If you don't smoke but people you know do it, then you should not be around them while you are pregnant, since secondhand smoking can still cause negative effects to the fetus. The dangerous substances in cigarettes can lead to lower rate of weight gain for the child; pre-term births; and, even fetal death.

Drinking Coffee - Coffee should be avoided as much as possible during pregnancy, since it can cause your child to have diabetes.

Eating Junk Food - Aside from containing unhealthy substances, another problem that eating junk food can cause is that, it gives you a feeling of being full, but it does not provide you with the necessary nutrients that you and your child need.

Things That You Should Do

Eat Plenty of Protein-rich Foods - Doctors recommend pregnant women to eat more foods that are rich in protein. This is because your developing child needs it to facilitate proper development. Protein helps in the optimal development of the child's brain, aside from providing you with protection against pre-eclampsia.

Take Prenatal Vitamins - There are certain vitamins that you and your baby need in order to ensure optimal health. This is the reason why prenatal vitamins are made by certain manufacturing companies. These vitamins are designed specially for you and your child, and you need to take them on a regular basis.

Visit Your Doctor as Scheduled - After your doctor confirms that you are pregnant, she will provide you with a schedule for your monthly prenatal visits. It is very important for you not to miss these visits, since its purpose is to properly monitor the development of your child. Aside from that, this is also the best way to avoid any problems or complications during your pregnancy.

These are the dos and don'ts of pregnancy that you need to take note of. Keep in mind that it is also very important for you to get enough exercise, as well as being extra careful, since you are no longer just responsible for your own life, but for another one inside you.

Tips on How To Lose Weight Gain During Pregnancy

There are many things that you will have to go through once you become pregnant. One of the more common things that future mothers experience in being pregnant is weight gain. Although this is perfectly normal, and at some point healthy because of the fact that you no longer are just eating for yourself but also for the child inside you, there is a boundary that you need to be aware of. In other words, you can't just go on gaining weight during pregnancy, since you may become obese or overly overweight, which becomes unhealthy.

In relation to this, you should properly determine first if you are indeed overweight. One of the best ways to do it is to calculate your BMI, with the help of your doctor. There is no use to go through certain things in order to lose weight during pregnancy, if you are not overweight in the first place. However, if your doctor tells you that you are indeed overweight, then here are some tips that you can refer to.

One of the best ways to lose weight in a healthy way during pregnancy is to eat more often. Before you go ahead and do that though, you need to keep in mind that in exchange of eating more times in a day, you should reduce the amount of food you intake. This basically means that instead of just eating about 3 meals in a day, you will eat around 5 times, but in smaller portions. Since you will be eating in lesser amounts, you won't be providing your body with extra calories. Aside from that, constantly eating in smaller portions will also improve your body's rate in metabolism, and keep your blood sugar at favorable levels.

Another way to gain control of your weight during pregnancy is to control your food cravings. These food cravings are perfectly normal during pregnancy; however, you need to gain control

of it, if you have become overweight. To do that, what you can do is to choose foods that have low Glycemic index. By doing this, you will be able to balance your blood sugar levels naturally, aside from the fact that it will also reduce the highs and lows that you will feel each day.

Increasing your body's metabolic rate to burn more fats, through regular exercise can also be done while you are pregnant. Regular exercise can actually get you in better shape and lose weight during pregnancy. Aside from that, it will also help you get over the aches and pains that pregnant women usually go through due to excessive weight gain. Furthermore, exercise will also help you feel more energetic, and would also help in making you experience an easier labour.

Keep these tips in mind if you need to lose weight while you are pregnant. Always remember that the types of exercise routines you should go through are those that are not too strenuous such as walking and swimming, so that you will remain safe. In addition, don't forget that you can always ask your doctors for tips with regards to this as well.

Conclusion

In conclusion, you really need to take note of many things when you are pregnant and it doesn't matter if it is your first time being pregnant or your fourth. You need to be careful about what you do and eat so that both you and your baby can be healthy. In addition, you should make sure that you go for all your doctor appointments and take your prescribed natal vitamins.

If you are thinking of having your first baby or it's your first time being pregnant, there is no doubt that you will be nervous and unsure about many things. Take whatever you have read in this report as a starting point and try to read up and do more research about pregnancy. Remember that you can also raise whatever questions or concerns you have with your doctor and I'm sure he/she will be most willing to help you.

Always remember that you should try to maintain a healthy lifestyle, eat a well-balanced meal, drink lots of fluids, get adequate rest, and also exercise appropriately. All these will benefit both you and your baby!