



# ON WAY TO MOTHERHOOD

A would-be mother has many doubts and questions. Here are some important tips

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**N**INE months of pregnancy is described in three phases, each of three months roughly.

For a healthy pregnancy, the golden rule is, "Regular ante-natal check-ups as per schedule".

In the first three months, pregnant woman has a number of symptoms i.e. nausea, vomiting, tiredness, increased frequency of urination, loss of appetite, pain, tingling in breasts and mood changes etc. These symptoms vary from person to person in frequency and severity. These symptoms are physiological and are due to hormonal changes. Generally the problems persist for initial three or three-and-a-half months of pregnancy. In such situations, a few medicines as prescribed by doctor can help, to some extent.

### Do's during pregnancy

- ❑ A well-balanced diet is a must. A pregnant mother of normal weight requires almost 300 Kcal extra, for the baby's good health.
- ❑ Diet should contain at least one-and-a-half kg to 2 kg milk or milk products, citrus fruits, meat and coconut milk. These are rich source of calcium.
- ❑ Soya milk, fruits, sprouted beans and green vegetables, gram, soyabean, cauliflower, spinach, green leafy vegetables, apple, bananas, dates, apricot, meat and fish should also be part of the diet as they are rich source of 'Iron'.
- ❑ Green vegetables and fruits are rich source of vitamins and folic acid.
- ❑ Plenty of water (8-10 glasses), fruit juice, vegetable soup, food high in fibre, bran cereals, raw fruits and vegetables are also very beneficial.
- ❑ Walking and light exercise help a pregnant woman maintain healthy bowel habit
- ❑ Deep breathing in and out is a very good exercise in pregnancy.

- ❑ One should sleep for eight hours in the night and one or two hours during day. Lying in left lateral position is prescribed.
- ❑ Constipation is a very common problem in pregnancy. Drinking milk after dinner is helpful for bowel movement.
- ❑ Homemade food should be preferred.
- ❑ Working pregnant women should go on maternity leave at least six weeks prior to the expected date of delivery.
- ❑ Care should be taken for body hygiene. Loose and comfortable clothes should be worn and high-heel shoes/ sandals should be avoided

### Don'ts during pregnancy

- ❑ High-calorie food like chocolates, pastry, cake, potato chips, soft drinks etc should be avoided.
- ❑ Processed food should be avoided.
- ❑ Fried food, spicy food, ghee, oil and butter should be used in limited amount.

