

# *The Pregnant Woman*



*"Pregnancy without the Discomfort" What Every  
Woman Should Know About...*

*by Terry Clark*

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## Choosing a Name for Baby

When you are ready to start picking out names for your baby, there are some things that you will want to keep in mind. First of all, you may want to consider what it is that makes up the name and why it is important to consider these things before you choose a name. For some parents, they may want to stick with a traditional name that has been passed down in their family for generations. Others may want to choose a different name. No matter what is behind your decision, you will want to keep a few things in mind so that you are able to make an informed choice for your baby's name.

Most of the time the name that you choose should have some sort of significance- even if it is just a small significance. Sometimes, the most significance that parents need is simply the fact that they like the way that the name sounds. That is okay too. You will find that there are many different reasons that people choose the names that they do.

Before you decide for sure on a name, you should consider a few things to make sure that it is the one that you want to stick with. After all, it will follow your child for a lifetime. It is something that will always stick with them. You want to ensure that you are not giving them a ridiculous name that will cause them to be made fun of as they get older. It is a shame that some parents give their children names that will cause ridicule and slander against them when they are older. That being said, take a look at these things to see if the name is something that you will enjoy.

First of all, think about what they sound like. When you are looking through the books with various different names, do not think them in your head. Say them aloud. If you do this, you will be able to see if it sounds funny. Also make sure that the way that it sounds paired with the last name is great. For instance, you may love the name Candy for a girl, but if your last name is Cain, then you will want to rethink it. This is just something that should be considered from the start of choosing a name.

Another thing that you will want to consider is how popular the name is. There are some names that are popular and have been for years. There are also some that are just becoming popular. Decide if you want a name that is considered to be popular, or if you want a name that is not so common and popular. This is entirely up to you.

When you are thinking about popularity, you may want to consider if it is unique. There are many ways to make ordinary names more unique by changing the spelling of them. This is commonly done here in the past few years. Most of the time, the more unique the name, the more uncommon it will be to find things that will have their names personalized on them without having them custom done. This is something that many people do not consider.

Think about how you will say the name. Some names can be said a few different ways. That being said, you will want to make sure that it is not too difficult for them to say when they are little. If so, you may want to choose a nickname until they get a little bit older. Some names can be very confusing to say and spell. Think of them when they start kindergarten, as they will have to learn to write their whole names.

The last, but probably most important thing to consider is the meaning of the name. Most names have different meanings that you can find both online and in books. Some may even have personal meanings to you and your family. This is something that you should consider before you write the

name down on the birth certificate and make it final. Make sure you, and your child, will be happy with it.

## Choosing Childbirth Classes

There are many advantages to choosing childbirth classes during pregnancy. Many women have certain questions about what will take place during childbirth. This is why it can be very important to choose a class that will be right for you. The thing that most parents to be will run into is the problem of choosing the right one. There are a few different types of classes to choose from and they are each different and unique. Knowing what type of birth plan you want to have will be able to help you know which to choose.

Do your research to learn more about the various types before you choose. You can do this by searching online. There are two main types that are most common for mothers and fathers to be.

The first is called a Lamaze class. This type of class helps with learning the various different techniques of breathing that will help make labor and delivery a bit more bearable. You will be able to learn ways to help deal with pain that you will experience. You will also be able to learn more about a natural child birthing experience. This is best done with a partner, because you will need one to help guide you with your breathing when you actually go into labor.

The other class is known as "The Bradley Method". This one is basically focused around the partner and having them coach you through the delivery. This will help show your partner ways that they can help you to focus on natural pain management and will also help to make them a bigger part of the birthing process. Many people like the idea of this birthing method because it has the father take a more active role.

No matter which course you choose - Lamaze, Bradley Method or others - you will want to find a class that is welcoming

and warm. Ensure that you feel comfortable with the class. If you are comfortable, you are likely to take more away from the classes and will be more prepared for the labor and delivery of your newborn baby. Classes are not just for first time parents. With subsequent pregnancies, it is important to get a refresher course on the birthing process. This will help you to get ready for the next birth in the family and will also be some great bonding time with your partner.



## Creative Ways to Tell Your Partner You are Pregnant

Many women are interested in finding a creative way to tell their partner that they are pregnant. Every situation will be different so finding something unique is very important for this extremely special occasion. Sometimes women want to have the memory of sharing the news with their partner so that they can later tell their child about the reaction that their father had to their impending arrival.

Sometimes a woman will choose to purchase a Father's Day card in advance for her partner. This is a creative way to let the man understand what he is going to be experiencing over the next 18 years. The subtle hints are especially effective when a couple has been trying to get pregnant for a long time and there is a great need for celebration.

Sometimes leaving advertisements around the house related to pregnancy is another great way to make the announcement. Sometimes a flyer with a crib or other baby related products is just enough to do the trick to get the father to start thinking along the right track. This approach does not always work if the man is easily distracted and he is not thinking about the small hints that are being given.

There is also the option of setting out extra silverware and a plate at the dinner table. When a man asks why there is an extra setting, the woman can say that he will find out in approximately 9 months or so. It is very important to know about the way that a man is going to react when planning these types of special events. If the gentleman is not ready for parenthood having a serious conversation is sometimes necessary.

If the woman is full of creative ideas artistic expression can be a great way to share the news. Sometimes writing a

song or a poem about the impending birth can get a gentleman thinking about the changes that are going to take place in his life. Some couples even choose to have the announcement videotaped so that they can look back on the momentous occasion at some point in the future. Making sure that the man is ready to hear about the information is extremely important before commemorating the occasion.

Pregnancy is one of the most exciting things that the couple can experience together. When two people are able to share in the joy of the event the occasion will be memorable for a lifetime.

## Dietary Choices to Avoid during Pregnancy

There are many different dietary choices to avoid during pregnancy. Doing a little bit of research prior to becoming pregnant is usually advantageous for women that are trying to maintain the highest possible level of health. The good news is there are many healthy food choices available for ladies who are trying to make sure their baby is a strong and healthy as possible.

Reduction of caffeine is usually advisable so that the baby is not affected. Medical research has indicated that high amounts of caffeine can have a negative impact on the baby. This does not necessarily mean that people have to remove caffeine from their diet completely; however doing so is a choice that many women often make.

Consuming raw meat is not advisable at any time in an individual's life. This is especially true during pregnancy. Any parasites that are contained in the meat can be transferred to the baby during the digestive process. Some medical professionals even recommend avoiding rare meat during pregnancy to be extra cautious.

Types of seafood that have a lot of mercury in them should also be removed from the menu. High mercury content in a woman's diet has been linked to some birth defects in babies. Doing some online research regarding mercury levels in seafood is usually advantageous if a woman does not know a lot about the levels of mercury in the products that are being consumed.

Drinking milk that has not been properly pasteurized is usually not advised for pregnant women. The extra bacteria can cause many health risks for the woman as well as the baby. Individuals should be very careful about consuming milk that has come from questionable locations.

Trying to cut down on the amount of food that has a lot of preservatives is usually advisable as well. The jury is still out on the effects of preservatives on unborn children. Trying to eat more organically during pregnancy is recommended for most mothers.

Removing artificial sweeteners from a woman's diet when pregnant is normally suggested. In rare cases these products can cause elevated blood pressure and other cardiovascular issues for the mother. These problems can be passed along to the baby especially during the latter stages of the pregnancy.

Fried foods are usually better off avoided during pregnancy. The extra grease can cause gastric problems for the woman consuming them. The level of discomfort the woman is experiencing can have a negative effect on the baby.

## Different Signs of Pregnancy

Most women are interested in learning about the different signs of pregnancy. One of the most obvious symptoms is missing a menstrual cycle. This can happen for a variety of reasons; however, when a woman is involved in sexual activity and not using protection this is one of the most common signs of pregnancy.

There are some women who acknowledge having a metallic taste in their mouth approximately 7 to 10 days after conception. This usually happens because there is a change in the hormone levels that are being created within the woman's body. Very often people do not notice this particular symptom and it is often disregarded as being under the weather.

Women also notice that their breasts become extremely tender to the touch. They may even expand in size very quickly without any real explanation. One of the most unfortunate side effects of pregnancy is morning sickness. Depending on how a woman's body responds to the increase in hormone levels, a lady can start experiencing this as soon as 3 to 6 weeks after conception.

Morning sickness does not necessarily have to take place in the morning. Constantly being nauseous is a symptom of pregnancy for some women. Speaking with a physician about this issue is something that women often do when they think there is another medical cause for the problem.

A woman's sense of smell may be more acute during the early stages of pregnancy. It is also entirely possible that the lady will start to notice certain things tasting different to her when she consumes food. Some women notice this is a very gradual process while others notice changes very quickly and are caught off guard by the changes happening.

Women will often become exceptionally tired during the first few weeks of pregnancy. This usually happens because of the hormone changes in the body. Strange cravings are also extremely common especially during the first pregnancy that a woman has. Balancing being nauseous with the cravings can be very difficult.

Joint pain is also possible for women that are going through a pregnancy. The majority of ladies will notice this if they have a history of arthritis or other joint related problems. Frequent urination also becomes a problem because of the extra pressure being placed on the bladder. This symptom can become very problematic if a woman is prone to urinary tract infections.

## Diseases to Avoid During the First Trimester

When you are pregnant, you should be extremely cautious about the situations that you find yourself in. This is because there are so many diseases out there that are commonly passed around and can be detrimental to an unborn baby. This is especially true during the first trimester because this is the time during the gestational period where the baby is going to be forming vital systems and organs. You must be very careful during this period to not expose the baby to harmful things. Some diseases can prove to be more dangerous than others.

First of all, you should stay away from anyone that has been exposed to or has smallpox. The reason for this is because it can really be frightening if a pregnant woman were to contract this disease. The reason is because you may have side effects that others may not be exposed to. You will also find that you should not do this if you are breastfeeding. It can be passed on to the baby. You should also stay away from the immunization for it.

Another disease that you should try to not be around is Listeriosis. This is a disease that is food borne. It is mostly caused by eating contaminated chicken and turkey - or poultry, but can come from other things as well. It will not only cause severe symptoms in the mother, but it can also cut down the immune system and the effectiveness of it. This is something that can actually cause stillbirth. If you do not take proper precautions such as avoiding soft cheeses- feta, brie and other soft crumbly cheeses, then you may find yourself at risk. Another thing that you can do to avoid this is to make sure that your foods are cooked thoroughly. You should also avoid eating things that are uncooked, such as sushi.

Another disease, yet very uncommon, that should be avoided

is the West Nile virus. This is something that can actually kill the mother and the unborn baby if they are not treated properly for it. Most of the people that get this get it from mosquito bites. In order to ensure that you will not get it, you should take the time to protect yourself from mosquito bites by using a potent repellent that will keep you from getting bitten. This is the best way to avoid it. If you were to get it, you will notice things such as headache, fever and stiffness of the neck.

Another rare disease is the Bubonic Plague. This is one that women should really stay away from. Just because it is uncommon does not mean that the possibility of getting it is not out there. This is probably the least common of all of the diseases that women should stay away from. This plague is commonly found from being too close to rodents, both alive and dead. It can be passed by bacteria from rodents to humans through fleas. Ensure that you stay away from the rodents to stay on the safe side.

As you can see, there are several different diseases that all pregnant women should stay away from. The reason for this is to ensure that health and safety of themselves and their unborn baby. This is something that you should remember when pregnant. Just because you are pregnant does not mean that you are immune to all diseases. These are just a few of the most severe diseases to avoid during the first trimester. Of course you should stay away from other illnesses such as the flu, cold, strep throat, and the other illnesses that can cause you to have a lack of energy. These are not as harmful as the ones that were previously mentioned, but they can and will have an effect on you if you were to get them while pregnant.

Make sure that you are doing everything that you can to stay out of highly trafficked areas in order to ensure that you are able to stay away from illnesses. By doing this, you will ensure your safety and that of the unborn child that you are carrying in your womb.





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