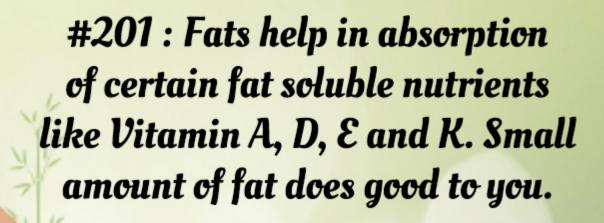
# Best 201 - 300 Tips for Healthy Pregnancy

(Specially for Indian Families)









#### TIIP FOR POST BURTH



#202: The time after delivery will be filled with mixed emotions so tackle it well with some "ME" time.





#203 : Caffeine intake should not be more than 300mg per day.





#204: If you feel nauseated, start with whole wheat toast. Eat more food later in morning.









#207: Mantra chanting during pregnancy gives very positive vibes to mom to be and baby too.





#208 : Eat fruit not juice, it gives more fibers and less sugar.





#209: Milk and milk products are best source of calcium.





#210 : Only bananas give you calcium & iron at same time.





#211 : Practice Meditation & Yoga to Keep yourself away from Negativity.





#212 : Prenatal Yoga and deep breathing exercises are excellent means to lower stress and feel more relaxed and happy during pregnancy.





#213: Birthing is the most profound initiation to spirituality a woman can have.













#218: Kegel exercises strengthen the pelvic floor muscles, which support your bladder, bowels, and uterus.





#219: Gaining a healthy amount of weight helps you have an easier pregnancy and delivery.





#220: Eating healthy foods and the right amount of calories helps you and your baby gain the proper amount of weight.





#221 : Vitamin A plays vital role in vision, supports growth and helps in immunity.





#222 : Vegetarians get Vit
A from yellow fruits and vegetables
as well as leafy vegetables.





#223: Humidifiers or Vaporizers can be used to relieve nasal congestion in babies.





#224 : Gripe water may contain alcohol or/and sugar.

Both to be avoided.

Read the label before buying.





#225: Mothers to be should reduce the mobile time to minimise the radiation effect and to save time for better things like reading and exercising.







#227: Skin to skin allows the mother to get milk, control the bleeding, regulates baby's body temperature and much more.





#228: Babies with no hope of living have survived with 'Skin To Skin'. It's absolutely magical.





#229: 'Skin To Skin' is also known as
'Kangaroo Care'
where baby is given to mom
directly right after birth.





#230 : GarbhSanskar = Everything a mother
to be does
(reads, hears, eats, talks, sleeps etc.),
behaves with others
and what she goes through.





#231 : Take a look at your hospital labour room way in advance.
Visualising your birth process at same place helps you gain mental strength.





#232 : Preferably husband should be your labour support companion as he knows your preference very well.





#233 : Home remedy for gas issues in infant - apply 'Hing' paste over the area around baby's navel.





#234: Home remedy for chest congestion
in infant - warm a
'Nagervel' leaf over the low flame
and place it on baby's chest over-night.





#235: Take warm water shower during the labour to ease out the pain.





#236: New mom should start her own postnatal massage as soon as allowed by doctor for quicker recovery and better Breastfeeding.





#237: Start using Indian toilet (if available) in your last month pregnancy to promote normal delivery.





#238: Make a few pointers Birth plan in advance listing your preference for a smooth birthing process.





# TIP FOR BABY CARE

#239: Minimum 90 mins of physical play time is required For a toddler's better physical growth.





# TIP FOR BABY CARE

#240: Flat feet in a child upto 2 years is normal. Post that if it still persist then see your doctor.





#241: Meditation during pregnancy helps mother-to-be cope with physical and emotional challenges by fostering relaxation.





#242 : Once the baby comes the mother may get lesser sleep... Be sure to get at least 8 hours of sleep in 24 hours.





#243: Rest your feet to prevent fatigue.

Your legs and ankles are prone to swelling.

During the day, ensure that you

put up your feet above hip level.





#244: Recharging yourself with fruits is more beneficial than caffeine.

Pregnant women are low on iron, and caffeine makes it difficult for your body to absorb iron.





#245: Talking to your baby, who is cuddled in your womb, can be a memorable and soul-soothing activity. It helps you build the bond and communicate with the little one.





#246: Travelling during second trimester is safe, but with doctors permission.





#247: Travelling is better by train or air, then the car. You can use washroom and walk around when you like.





#248: The family members of the pregnant lady should know about post-partum blues.





#249: This may be once in a lifetime chance being pregnant. Enjoy it,

Care for it, Be in the moment.





#250: God has chosen you to be a mother of the child growing inside you. Do the justice to it.





#251: Use the information you have collected for pregnancy, birth and after birth.

Don't waste the efforts.







# TIP FOR BABY CARE

#253 : Be an advocate of your baby. If you don't, who will?





#254 : Think and listen to positive to attract positive.





# TIP FOR BABY CARE

#255: Respect your child to get respect back. Listening (paying attention) is good start.





#256: Plot baby's movements after 30th week to know if baby is fine in the womb.





#257: If husband is not in town or not allowed in birthing room, take your mom or sister to accompany you.





#258: Touch the back to the wall and stand 4cm away will assist you to get the correct standing posture.





#259: Pelvic tilt in lying down position is a must do exercise to ease back ache during and post pregnancy.





#260 : Roasted chana (Bengal gram)
and jaggery is a great
snack in between meals.





#261: Control your mood swings with the help of breathing exercise and meditation.

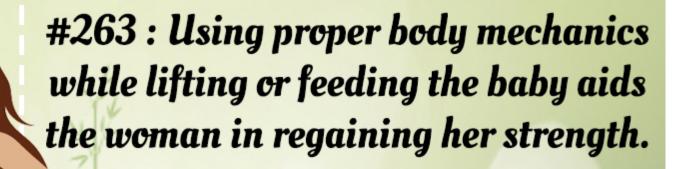




#262 : Three exercises techniques can be started immediately post-delivery. Pelvic tilt,kegels and abdominal exhale strengthening exercises.











#264: It has taken 10 lunar months to prepare a body for delivery, regaining the pre-pregnancy figure takes at least that much of time.











#266: Mantra for first few weeks of parenting is always "this too shall pass" whether it's the physical pain while nursing sore bottom, sore nipples, sleep deprivation or the emotional roller coaster, trusting that it won't go on forever.





#267: Water is an important part of nutrition as it plays a huge role to keep you healthy. Have a sip!!!





#268: Maintain daily chart of walks, exercises, breathing techniques and kegels. You must get all ticks before going to sleep.





#269: Try out gravity friendly positions in labor other than lying flat on your back to promote normal birth.





#270: Don't stand in one spot for more than 10 minutes to avoid swelling and varicose veins.





#271: Don't put up with acidity, don't overdo with ice creams, just take prescribed antacid. It's completely ok.

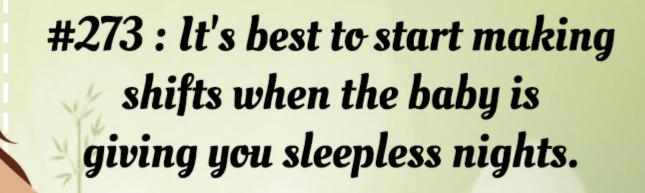




#272: Learn to ignore unwanted and unproven advises, it's time to change Pregnancy Care.











#274 : Remember 38: Swaddle, Suck n Swing when baby is fussy.





#275 : Never shake the new born while playing with him/her.





#276: When giving bath in tub to baby, observe for the reactions. Do not continue if baby is too fussy.





#277 : Babies have small digestive track, make sure you feed almost every 2 hours.





#278: Don't exceed feeding hours to more than 4 hours even if baby is sleeping.





#279: Make sure your new born is sleeping on his back to reduce risk of SIDS.





#280: Ask your partner to be a part of your healthy eating during pregnancy, you will have fun n get healthier together.





#281: Maintain a food diary to record your nutrition and calorie intakes.





#282 : Do leg stretches before hitting bed to avoid leg cramps in the middle of night.





#283 : Hormonal Changes during pregnancy lead to weaker gums.
Visit your dentist to avoid gum diseases.





#284: Ensure that you purchase comfortable clothing. Your weight and shape will be changing rapidly can suffocate you and baby.





#285: Wear comfortable footwear that is easy on your feet as your legs and feet taking a lot of increased body weight.





#286: Taking a nice bath after delivery helps a mother feel clean.
Bringing back freshness and revitalizing her to take care of her new born.





#287: To poop in delivery time indicates that you are pushing the right way.





#288: Things must be in Baby's diaper bag: Clothes, Sanitizer, Tissues, Diaper, Wipes, Food, Water bottle, Toy, Blanket, Medicine, Anti Rash cream, Moisturizer.





#289: Baby hears you by 18th week's gestations so watch what you say.





#290: Pregnancy Exercise helps to receive oxygen-rich blood for healthy development of baby.





#291: Normal blood sugar and normal blood pressure is sign of healthy pregnancy.





#292: If you cannot talk while exercising, slow-down n catch your breath before you resume.





#293: If you have regular contractions more than 30 minutes after exercise, as this may have a sign of pre-term labor.





#294 : Soya bean is a good source of zinc and folate that prevent foetus birth defect.





#295 : Studies show that mindfulness meditation cultivates body's immune system.











#297: As Pregnancy progresses, your centre of gravity changes avoid rough surface and wear proper footwear.





#298: Small white spots, called milia on your baby's nose, cheeks and chin may take several weeks to disappear.

You do not need to treat the condition or try to remove whiteheads; simply wash his face with water.





#299: Within first week of birth baby recognises differences in smells and can even tell the difference between his mother's milk and another mother's milk.





#300: Baby massage is not a rocket science. Try doing it yourself to increase the bonding.



#### **AUTHOR**

Rita Singha, founder of Rita's Pregnancy 101 pregnancy & after birth classes is an expert in pregnancy fitness & mental well-being. Through her experience of working with pregnant women to help them achieve physical, mental & spiritual wellbeing. Benefits include, fitness during pregnancy, natural pain management, better prepared for birth and getting back in shape faster after giving birth. More than 7000 expectant families have already taken advantage of the unique and exclusive prenatal program run at Rita's Pregnancy 101 centres in Ahmedabad, Surat, Chandigarh & online for other cities.



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