

***Best 201 - 300 Tips
for
Healthy Pregnancy
(Specially for Indian Families)***



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TIP FOR POST BIRTH

#201 : Fats help in absorption of certain fat soluble nutrients like Vitamin A, D, E and K. Small amount of fat does good to you.



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TIP FOR POST BIRTH

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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR LACTATION

#205 : *Having Alcohol during breastfeed days.... Mommies should give at least 6hrs before nursing again.*



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TIP FOR LACTATION

#206 : Prolactin is a hormone that's responsible for Breastmilk production.



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY

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



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TIP FOR PREGNANCY

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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY

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



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TIP FOR LACTATION

**#214 : Breastfeeding is
nature's health plan.**



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TIP FOR LACTATION

**#215 : Breastfeeding is
a mother's gift to herself,
her baby
and the earth.**



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TIP FOR LACTATION

**#216 : Bottles fill his stomach,
but breastfeeding
fills his soul.**



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TIP FOR LACTATION

**#217 : Baby + Breastmilk
= Best formula
in the world.**



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR BABY CARE

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



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TIP FOR BABY CARE

**#224 : Gripe water may
contain alcohol or/and sugar.
Both to be avoided.
Read the label before buying.**



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TIP FOR PREGNANCY



#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.



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TIP FOR LACTATION

**#226 : Hang in there and
keep trying,
breastfeeding is just
about to start.**



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TIP FOR BABY CARE

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



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TIP FOR BABY CARE

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



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TIP FOR BABY CARE



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY

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



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TIP FOR PREGNANCY



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



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TIP FOR BABY CARE

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



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TIP FOR BABY CARE

**#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.**



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TIP FOR PREGNANCY



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



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TIP FOR POST BIRTH

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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR BABY CARE

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



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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.



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



**#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.**



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TIP FOR PREGNANCY

#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.



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TIP FOR PREGNANCY



#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.



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



#249 : This may be once in a lifetime chance being pregnant. Enjoy it, Care for it, Be in the moment.



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



#251 : Use the information you have collected for pregnancy, birth and after birth. Don't waste the efforts.



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TIP FOR LACTATION

#252 : Baby has the right to the breast milk. You can't take away that right from the new born.



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TIP FOR BABY CARE

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



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TIP FOR PREGNANCY



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



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TIP FOR BABY CARE

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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR POST BIRTH

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



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TIP FOR POST BIRTH

#263 : Using proper body mechanics while lifting or feeding the baby aids the woman in regaining her strength.



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TIP FOR POST BIRTH

#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.



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TIP FOR POST BIRTH

#265 : A supportive bra should be worn to support lactating breast.



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TIP FOR POST BIRTH

#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.



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR POST BIRTH

#273 : *It's best to start making shifts when the baby is giving you sleepless nights.*



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TIP FOR BABY CARE

**#274 : Remember 3S: Swaddle,
Suck n Swing
when baby is fussy.**



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TIP FOR BABY CARE

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



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TIP FOR BABY CARE

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



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TIP FOR BABY CARE

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



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TIP FOR BABY CARE



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



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TIP FOR BABY CARE

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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR POST BIRTH

#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.



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TIP FOR PREGNANCY



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



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TIP FOR BABY CARE

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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR PREGNANCY



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



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TIP FOR POST BIRTH

#296 : *Post pregnancy meditation can improves milk supply to new mommies.*



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TIP FOR PREGNANCY



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



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TIP FOR BABY CARE

#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.



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TIP FOR BABY CARE

#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.*



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TIP FOR BABY CARE

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



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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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