

***Best 101- 200 Tips  
for  
Healthy Pregnancy***

***(Specially for Indian Families)***



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## TIP FOR BABY CARE

**#101 : *Keep your baby skin to skin immediately after birth.***



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## TIP FOR LACTATION

**#102 : *Don't use bottles or pacifiers until breastfeeding is well established.***



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## TIP FOR BABY CARE



***#103 : Respond to your baby's needs before he or she cries.***



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## TIP FOR BABY CARE



***#104 : Don't forget that you are not just raising your child, you are raising our country's citizen too. Give him/her good sanskara.***



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## TIP FOR BABY CARE



**#105 : Draw a line on pampering.  
You may have to pay hefty  
price for some mistakes.**



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## TIP FOR BABY CARE



**#106 : Kids are like sponge.  
Whatever you throw at them,  
they will absorb it, good or bad.**



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## TIP FOR BABY CARE



***#107 : Fighting in front of your baby  
(Even a new born) is a big No No.***



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## TIP FOR BABY CARE



***#108 : Remain happy around your baby if you want your baby to be happy.***



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## TIP FOR BABY CARE



**#109 : Say 'I Love You' to  
your child at least 5 times a day.**



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## TIP FOR BABY CARE



***#110 : Observe your child's activities,  
and tell him/her how proud he/she  
made you today with some particular activity.***



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## TIP FOR LACTATION

**#111 : Babies need just  
1or 2 tbsp(5/7ml)  
breast milk on first day.**



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## TIP FOR LACTATION

**#112 : Give formula milk  
as a last resource.**



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## TIP FOR BABY CARE

**#113 : Cut baby's nails thrice a week to avoid scratches on his/her own faces.**



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## TIP FOR PREGNANCY

***#114 : Labor should begin on its own.  
Don't induce for your muhurat n dates.  
It's harmful for baby's growth.***



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## TIP FOR PREGNANCY

***#115 : Eating white things  
doesn't guarantee a fair baby.***



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## TIP FOR PREGNANCY

***#116 : It is not necessary  
for baby's head  
to engage ahead  
of time for normal birth.***



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## TIP FOR PREGNANCY

***#117 : Googled information  
is for general guidance,  
it is not case specific.***



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## TIP FOR BABY CARE

**#118 : Test any baby product  
on a small patch  
of skin before using on entire body  
to ensure baby is not allergic  
to this new product.**



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## TIP FOR PREGNANCY

***#119 : One needs only 300 kcal extra during pregnancy.***



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## TIP FOR PREGNANCY

***#120 : Sit in the Vajrasan yoga posture for 5 minutes after each meal for better digestion.***



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## TIP FOR PREGNANCY

***#121 : Be surrounded by positive people  
to attract positivity,  
be it related to birth or breastfeeding.***



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## TIP FOR PREGNANCY

**#122 : Eat in small portion,  
helps in reducing the  
pregnancy induced discomfort.**



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## TIP FOR PREGNANCY

***#123 : Early dinner helps to prevent the acidity and gas issue in pregnancy.***



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## TIP FOR PREGNANCY

**#124 : Eat flax seeds every day.  
It will provide the omega 3  
fatty acid to vegetarians.**



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## TIP FOR PREGNANCY

**#125 : *Walk 20 mins every day during pregnancy, helps in better blood circulation.***



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## TIP FOR PREGNANCY

**#126 : Deep breathing helps  
in reducing morning sickness.**



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## TIP FOR PREGNANCY

***#127 : Exercising synchronised with  
breath during pregnancy helps  
in eliminating insomnia.***



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## TIP FOR PREGNANCY

***#128 : Research shows that women who exercise during pregnancy give birth smarter and healthier babies.***



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## TIP FOR PREGNANCY

***#129 : Meditation during pregnancy helps with mood swings in pregnancy.***



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## TIP FOR PREGNANCY

**#130 : *The more colourful in your plate,  
the more nutrition you get.***



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## TIP FOR PREGNANCY

***#131 : Breathing reduces heart rate,  
anxiety and pain perception.***



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## TIP FOR PREGNANCY

***#132 : Only you (Women) have the privilege of carrying the baby and giving birth.***



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## TIP FOR PREGNANCY

**#133 : Eat properly and eat rightly.  
Nutrition is important not only  
for your health but also for the health  
and development of  
your baby's mind and body.**



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## TIP FOR PREGNANCY

***#134 : Educate yourself well about  
the process of delivery and labor  
to have fear free birth.***



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## TIP FOR BABY CARE

**#135 : Sound sleep is essential  
for promoting proper growth  
and development of the baby.**



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## TIP FOR PREGNANCY

**#136 : *The more physically fit you are,  
the higher are the chances of a normal birth.***



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## TIP FOR PREGNANCY

**#137 : It is important to remain calm and relaxed throughout labor and delivery.**



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## TIP FOR LACTATION

**#138 : Don't go on a strict, restrictive diet.**  
**When you're nursing, you need**  
**a minimum 1,800 calories**  
**a day to nourish both**  
**yourself and your baby.**



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## TIP FOR PREGNANCY

**#139 : *Variety and balance  
are keys to a healthy diet.***



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## TIP FOR LACTATION

**#140 : Exclusively Breastfed New Born sleeps longer, deeper and sounder!**



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## TIP FOR PREGNANCY

***#141 : Father-to-be should read out  
or talk to the unborn baby to create the bond.***



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## TIP FOR BABY CARE

**#142 : Do not introduce salt and sugar to the infant till a year.**



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## TIP FOR BABY CARE



**#143 : Baby having Cradle Cap?  
Apply Breast milk as a treatment.**



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## TIP FOR PREGNANCY

**#144 : *Using gravity during labour helps to ease the pain and decreases the labour time too.***



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## TIP FOR POST BIRTH

**#145 : Family members and Friends  
can play a big role  
to reduce Postpartum blues.**



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## TIP FOR POST BIRTH

**#146 : *Hitting the Gym "Right Away"* for new mothers is not a good idea, Join special Post pregnancy Exercise classes.**



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## TIP FOR PREGNANCY

**#147 : Prenatal Yoga done under supervision helps improve issues related to Breathing, Postures, Back, Hips, Feet and joints.**



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## TIP FOR PREGNANCY

***#148 : Exercising 3 to 5 times week with also regular movements through the day will improve physical and mental well-being.***



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## TIP FOR LACTATION

**#149 : Oestrogen (Hormones) stimulates the enlargement and development of the breast for lactation.**



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## TIP FOR PREGNANCY

**#150 : Kegels is a wonderful exercise.  
Strengthens the pelvic muscles,  
contracts the uterus post-delivery  
and prevents urine leakage.**



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## TIP FOR PREGNANCY

**#151 : *Decrease sodium intake  
and cut down fermented food  
to prevent High BP.***



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## TIP FOR PREGNANCY

**#152 : Include all Reds and Greens  
in your diet to maintain good HB level.**



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## TIP FOR PREGNANCY

**#153 : Start applying the Anti-stretch mark crème right from the 2nd trimester to get good result.**



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## TIP FOR POST BIRTH

**#154 : *Want to get back to shape....  
join your postnatal exercises within  
5-6 week post birth for best result.***



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## TIP FOR PREGNANCY

***#155 : Labor is demanding, both; emotionally and physically, prepare your body and mind.***



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## TIP FOR BABY CARE

**#156 : *Listen to your kids first;  
other things can  
happen after a while.***



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## TIP FOR POST BIRTH

**#157 : All family members should be aware about post-natal blues/depression; not only the pregnant girl.**



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## TIP FOR PREGNANCY

**#158: *Dates and figs are not heaty enough for you to avoid during pregnancy. It's a must eat and one should continue eating it post-delivery too.***



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## TIP FOR LACTATION

**#159 : Expressed milk can remain fresh till 4 to 6 hours if the room temperature is 24 to 26\*c.**



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## TIP FOR LACTATION

**#160 : *Dieting (eating less) post-delivery will affect your milk flow.***



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## TIP FOR LACTATION

**#161 : One would lose 500 kcal a day;  
just by breast feeding her baby.**



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## TIP FOR PREGNANCY

**#162 : *Wear cotton cloths in pregnancy so your skin can breathe more.***



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## TIP FOR PREGNANCY

**#163 : Avoid any chemical hair treatment during pregnancy and 6 months after delivery.**



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## TIP FOR PREGNANCY

**#164 : You can drink natural flavoured water to increase your water intake like Apple & Cinnamon or Lime & Mint.**



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## TIP FOR PREGNANCY

**#165 : Anulom vilom pranayama practice  
in pregnancy gives you more oxygen  
& peace of mind.**



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## TIP FOR PREGNANCY

***#166 : Eat healthy = Stay happy.***



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## TIP FOR POST BIRTH

**#167 : Aim for slow and steady weight loss post-delivery. Big no to crash diet.**



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## TIP FOR BABY CARE

**#168 : Medicines and home remedies must be tasted by mother before offering to the child.**



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## TIP FOR LACTATION

**#169 : One of the best ways  
to increase milk supply is  
to keep on nursing  
your little one.**



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An illustration of a woman with dark hair in a bun, wearing a red top and a teal cardigan, breastfeeding a baby. The background features stylized pink and white flowers.

## TIP FOR LACTATION

**#170. Breastmilk is digested quickly (usually in 1.5-2 hours), so breastfed babies need to be fed more often than formula fed babies.**



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## TIP FOR LACTATION

**#171 : *Your body can't make milk if you're dehydrated.***



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## TIP FOR LACTATION

***#172 : Avoid Dummies/Pacifiers,  
Nipple Shields And Bottles.***



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## TIP FOR PREGNANCY

**#173 : Just as you take care of  
your physical health,  
care for your mental health too.**



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## TIP FOR POST BIRTH

**#174 : Good nutrition is just as important in the months after you deliver as it was while you were pregnant.**



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## TIP FOR PREGNANCY

***#175 : Protein helps in body building,  
lowering hypertension and overall immunity.***



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## TIP FOR PREGNANCY

**#176 : Iron helps to make extra blood  
for mother and baby,  
also helps move oxygen from lungs  
to the rest of the body.**



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## TIP FOR PREGNANCY

***#177 : Vitamin C helps fight potential infection, supports normal growth and development, and helps absorb iron better.***



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## TIP FOR POST BIRTH

**#178 : *Good post-partum care is all about helping your body heal from a major procedure of childbirth.***



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## TIP FOR POST BIRTH

**#179 : *Take good care  
of your incision.***



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## TIP FOR LACTATION

**#180 : Don't be freaked out  
if you seem to be feeding constantly  
in the first few days,  
it will settle down a bit when  
your milk flow increases.**



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## TIP FOR PREGNANCY

***#181 : Sheetkari pranayam helps cooling down the excessive heat that you feel during pregnancy.***



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## TIP FOR PREGNANCY

***#182 : Never take raw sprouts  
in pregnancy. Steam them before you eat.***



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## TIP FOR PREGNANCY

**#183 : Stay away from refined sugars as much as you can to avoid excessive weight gain and gestational diabetes.**



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## TIP FOR PREGNANCY

**#184 : *Take good care  
of your oral hygiene in pregnancy.***



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## TIP FOR PREGNANCY

**#185 : Breathing in and out from your left nostril and Yog Nidra takes care of headaches in pregnancy.**



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## TIP FOR PREGNANCY

**#186 : Correct posture  
(standing, sitting and sleeping)  
is a must for happy &  
healthy pregnancy and motherhood.**



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## TIP FOR PREGNANCY

***#187 : Without travelling life stops.  
Don't stop living, don't stop travelling.  
Travel smartly and safely.***



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## TIP FOR PREGNANCY

**#188 : Eating outside is not a good idea,  
especially in pregnancy.  
You never know how old n low quality food,  
high amount of salt  
and chemicals going in your stomach.**



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## TIP FOR BABY CARE



**#189 : What's more important to you?  
Clean house or happy baby?  
Make a wise choice.**



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## TIP FOR BABY CARE

**#190 : *It's your test of how good you are with time management and giving priority to right thing... Remember, baby should always be first in your list.***



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## TIP FOR BABY CARE



***#191 : Do what's right from your angle.  
Moms have motherly instincts  
which is never wrong.***



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## TIP FOR BABY CARE

**#192 : Protecting your baby is  
your/mother's responsibility.  
No excuses.**



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## TIP FOR PREGNANCY

***#193 : Put your feet up to  
relieve varicose veins and  
swelling in your feet.***



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## **TIP FOR PREGNANCY**

**#194 : In our ancient vedic tradition Sattvic food increases intellectual capacity and creativity, energy and cheerfulness. Milk and milk products are regarded as Sattvic food.**



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## TIP FOR PREGNANCY

**#195 : *Mental health  
is directly going to have  
an effect on physical health.***



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## TIP FOR PREGNANCY

**#196 : If you are concerned about others and genuinely wanting to help others means that you are spiritually fit and healthy.**



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## TIP FOR PREGNANCY

**#197 : *The food you eat not only need to be nutritious but also should be wholesome, clean and free of harmful germs.***



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## TIP FOR PREGNANCY

**#198 : *Malnutrition meaning both 'under nutrition' and 'over nutrition'.***



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## TIP FOR PREGNANCY

**#199 : *You must chew your food properly because carbohydrates mix with saliva and partially digest in mouth itself.***



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## TIP FOR POST BIRTH

**#200 : Carbohydrates give you  
the energy for the day,  
never avoid them  
completely in your diet.**



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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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