



100 *Pregnancy* TIPS

Tips on Your Baby & You

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1. Don't rush yourself.

Prior to planning pregnancy, you should learn more about the things involved in getting pregnant. It involves carrying a baby inside you for nine months, caring for a child for a number of years, and many more. Consider these things, so that you can properly assess if you are ready for pregnancy.

2. Planning for pregnancy.

Learn more about pregnancy, and seek medical help if you need to. Getting pregnant may not come as a walk in the park to some couples. However, with proper planning, such as visiting your doctor for tips and following healthy habits, you should be on your way to having a child. In addition, make sure to avoid certain things that can affect your pregnancy, such as alcohol and tobacco.

3. Increase your chances for getting pregnant.

The more you make love with your spouse, the more chances you would have in getting pregnant. However, you should also make sure that you are both in top condition. Thus, you should exercise regularly. Aside from that, you should also eat a well balanced diet, and get enough rest.

4. Be ready for the challenges.

Pregnancy can let you and your spouse come across many challenges. Aside from feeling sick and tired more often, you may also experience a lot of mood swings. Thus, you should have constant communication with your spouse, so that he can also support you effectively.

5. Dealing with changes.

Once you get pregnant, you would have to go through certain changes. One of which is gaining weight, which can affect a woman's self-esteem. However, you should consider that gaining weight is part of the normal process of pregnancy, which also assures that your baby is healthy. Aside from that, after giving birth to your child, you can easily shed off the excess weight through dieting and exercising.

6. Knowing your ovulation schedule.

One of the keys to getting pregnant is knowing your ovulation schedule better. You can easily determine it basing on your monthly menstrual period. However, if you have irregular period, then it can become challenging. Visit your doctor for it, so that you can have better guidance.

7. You are not the only factor involved, when it comes to getting pregnant.

You should also keep in mind that in order to get pregnant, your partner should also take care of himself. Aside from avoiding unhealthy practices such as smoking, drinking alcoholic beverages, or staying late at nights, your partner also has to have regular exercise. Additionally, he should also avoid hot baths and Jacuzzi.

8. Know when to see a doctor.

If it has been a year, and you are still unsuccessful in conceiving a baby with your partner, even if you are both healthy, then it may be time to see a doctor. Seeing your doctor should help you determine whether there is an underlying medical problem behind it. Aside from that, he can also offer you the right solution for your problem.

9. Know the signs of pregnancy.

It is very important that you familiarize yourself of the signs and symptoms of pregnancy, so that you can immediately take necessary actions for it, such as visiting a doctor. Some of the signs would include lost or delay of your menstruation, feeling nausea, and such. Once you notice the signs, don't keep it to yourself and tell your partner about it.

10. Pregnancy tests.

There are lots of pregnancy tests available in drugstores and supermarkets these days. To see if you are pregnant, you can easily purchase one and use it. If the test shows that you are positive for pregnancy, don't hesitate to visit your doctor, so that you can have it confirmed.

11. Dealing with spider veins.

Many women call their stretch marks as spider veins, because for its appearance. Keep in mind though that in most cases, you may get affected by it, due to the

fact that you would gain weight, and your skin would get stretched. However, you should not worry too much about them, since they usually disappear in just a few weeks time after giving birth.

12. Itchiness in your belly.

In your fifth, sixth, or seventh month of pregnancy, you may experience itchiness in your belly, especially in the side of your stomach. The possible causes behind this would include the stretching of your skin, and its dryness. To counter it, you can use a mild moisturizing cream after taking a bath. However, it usually passes away in just a few number of days.

13. Nosebleeds and bleeding in your gums.

In your first trimester, you may notice that when you brush your teeth, your gums would easily bleed. Aside from that, you may even experience nosebleeds. This is actually quite normal for the first trimester, since the hormonal changes in your body, can cause more blood to flow in your mouth and even in your nasal passages. Thus, you should not worry too much about them. However, don't hesitate to call your doctor if you feel that you need to.

14. The importance of folic acid.

Eating foods that are high in folic acid is actually very important prior and during pregnancy. The reason for this is that, it can help prevent certain defects on the neural tube. Thus, it is time that you eat more green leafy vegetables, as well as folic acid fortified cereals. Aside from that, you can also take supplements for it.

15. Be ready for the changes.

Each week in your pregnancy period, there are certain changes that you can prepare yourself for. For example, it is usually at the sixth and seventh weeks that you would experience mood changes. Aside from that, when you approach the eight week, that is also the time when you may have morning sickness.

16. Increase in sex drive.

During the second trimester of pregnancy, you can experience increased sex drive. In other words, you may want to make love with your spouse more often. Since this is normal, then there is no need to worry about it. Aside from that, your

baby actually would not get hurt when you do the deed with your husband. The only times when doctors do not recommend it is when a woman is experiencing pregnancy problems, such as bleeding.

17. Taking calcium supplement.

Once your baby starts to grow inside you, he will need more calcium for proper development of his bones and teeth. Thus, it is best if you have a good calcium supplement on your side. Without good calcium supplementation, your baby would have to absorb calcium from you, which can make you deficient from it. Aside from taking calcium tablets, it is also a good idea to drink more milk, and eat more cheese and spinach.

18. The 10th week.

When you are at the tenth week of your pregnancy, you may experience some pain in your breast. Aside from that, it can also be the week when you can get tired easily. More importantly, it is usually the time when the fetus decides whether it will be a boy or a girl.

19. Dealing with constipation.

Once you get pregnant, your body would actually produce more progesterone, which can slow down the movement of your intestinal tract. This can cause constipation, aside from the fact that your vitamin supplements can also add more to it. Thus, it is best if you drink more water, such as having 8 or more glasses of it per day. Aside from that, it is also wise to eat more fruits and vegetables, since they are loaded with moisture and fiber.

20. Information you need to get from your doctor.

During your first or second consultation after your doctor confirms your pregnancy, you should ask him important questions. These questions should pertain to when you are due for giving birth, vitamins that you need to take, the circumstances when you need to call him, and such. Acquiring answers to such questions is very important, since it can provide you with better guidance.

21. Quitting smoking.

Some expectant mothers can be smokers. Thus, if you are one of them, then you should know that it is time to quit the habit. Smoking can actually become one of the hindrances of a healthy pregnancy. Thus, you should seek help from professionals on how to stop your smoking habit once and for all.

22. Having pre-existing medical conditions.

If you have certain medical conditions or if your family has a history of having certain kind of disease, then you make your doctor aware of it. Informing him about it should be done at the first or second consultation. This way, he would be able to provide you with recommendations, which you need to follow to have a normal delivery.

23. Iron.

Having iron supplementation is very important during pregnancy. Your need for iron when you are pregnant actually doubles, due to the fact that your blood volume expands, so that you and your baby's needs for would be accommodated. Aside from taking supplements for it, it is also vital that you include food items in your diet that are loaded with iron, such as lean meat, spinach, and more.

24. Eating citrus fruits.

Eating more fruits that are loaded with vitamin C is actually advised when you are pregnant. This is because vitamin C is important when it comes to fighting off infections, as well as to help your baby in having healthy skin, gums, and teeth. In addition, this vitamin is also needed by your body, in order to absorb iron effectively.

25. Preventing malaria.

One of the most harmful diseases that you need to prevent during pregnancy is malaria. Malaria can actually cause birth defects, premature birth, miscarriage, and other pregnancy complications. Thus, it is important that you minimize traveling to malaria infested places when you are pregnant. Aside from that, you should also avoid getting bitten by mosquitoes by staying indoors, as well as by wearing long sleeved shirts.

26. Back pain.

Experiencing back pain is actually quite normal during pregnancy. Back pain may sometimes cause difficulties to the mother during the delivery time, which is why it is best that you become more familiar about how to gain relief from it. Thus, you should not forget to ask your doctor about it, especially if you begin to feel pain in your back.

27. Swimming during pregnancy.

When you are pregnant, it does not necessarily mean that you have to give up your favorite activities like swimming. Swimming can actually offer you with lots of benefits even when you are pregnant. It can provide you relief from back pain, aside from making you sleep better. In addition, it can also treat your swollen ankles.

28. Practicing yoga.

Pregnancy can cause you back pain as well as the inability to relax. Thus, it is time that you learn how to do yoga. Yoga can actually help you feel more relaxed, which is good since it can help you get the rest that you need. Aside from that, with its light stretching exercises, it can ease your back pain, and help you during labor.

29. Cycling when you are pregnant.

If you are pregnant, you may have to give up your hobby of riding the bike outdoors temporarily. However, if you really want to do such activity indoors, you can perform it with the use of a stationary bike. It is actually safe and it can provide your body with the exercise that it needs to prepare you for childbirth.

30. Weight training.

If you have been accustomed to doing some weight training prior to getting pregnant, then it may be safe to do it when you are already an expectant mother. However, you should go easy on it for the time being. Avoid those routines that can make you put more pressure on your body, since that is not a good idea.

31. Eating more carrots and green leafy vegetables.

When you are pregnant, it is best to fill up your diet with carrots, green leafy vegetables, as well as sweet potatoes. These food items are actually loaded with

vitamin A, which is good for the developing baby. It will help your baby develop good skin and healthy eyes.

32. Getting enough exercise.

Even when you are already pregnant, it is still best that you get enough exercise, not just for you, but for your baby as well. Getting enough physical activities each day can help in preparing you for the delivery time. Aside from that, it can also lower your risk to having miscarriage.

33. Learn more about pregnancy.

Aside from asking your doctor a certain number of questions about pregnancy, you should also do your own research about it. By learning more about pregnancy, you will become more familiar of the changes that you would undergo with it, which can get you prepared more effectively. Aside from that, it can also prevent you from becoming too worried when you experience certain changes in your body.

34. Taking vitamins when you are pregnant.

It is true that it is a good idea to take vitamins when you are pregnant. However, the supplement should not be just any kind of vitamin-mineral product that you can come across with. It is best that you go with a prenatal vitamin product for it. It should contain adequate amounts of folic acid, and should be prescribed by your doctor.

35. Healthy lifestyle changes.

Once your doctor confirms that you are pregnant, you should make healthy changes in your lifestyle. For this, it is a good idea to get your spouse involved with it as well. Thus, if you are going to make some changes in your diet or you are going to go through certain exercise routines, then it is best if you can do it together. By doing that, it would become more fun and exciting.

36. Changing your practitioner.

If this is not your first time to give birth, but you need to change your practitioner for some reasons, you should do so even before you get pregnant. This is better since it can give you time to adjust with your new practitioner, before you start

experiencing pregnancy symptoms. Aside from finding a new practitioner early, you should also go through proper selection process, so that you can find someone whom you are really comfortable with.

37. Finding the best doctor.

When it comes to becoming pregnant for the first time, it is best if you have a doctor that you can consider as the best. The best doctor can give you comfort whenever you feel worried about yourself or the baby. Thus, it is wise to ask your friends for their recommendations, and interview a number of doctors, so that you can find the one that would suit you best.

38. Don't hesitate to ask your friends and relatives about pregnancy.

If you have friends and relatives who have already given birth, they should be some of the persons you should talk to when it comes to being pregnant. This is because, they can give you a lot of tips about it, through their experiences. Aside from that, they can also give you more valuable information about parenting, and caring for your child on his or her first few days in the outside world.

39. Being pregnant does not mean you should not visit your dentist anymore.

When you are already pregnant and it is your schedule to visit your dentist, then you should still follow it. Keep in mind that visiting a dentist is actually one of the healthy practices that you can follow when you are carrying a child. Your dentist can ensure that you are able to maintain a healthy set of teeth, which can contribute to your overall health condition.

40. Be more concern about chemicals.

There are certain chemicals that you can be exposed to at work, in your own place, or anywhere, which can be harmful to you or your baby. Thus, you should be mindful of them once you become pregnant. By becoming more environmentally sensitive, you can ensure a safer pregnancy.

41. Visiting a medical professional before you are pregnant.

If you are with a medical professional while you are still trying to get pregnant, and you are unsure whether you are or not, then it is best to inform him that you may be pregnant. This is because you may be at the doctor's office for certain

tests, which may be related to your employment. By telling the medical practitioner of the possibility that you are pregnant, he can prevent you from getting exposed to tests or chemicals, which may harm your baby.

42. Get enough rest.

Aside from getting enough exercise, you should also get enough rest when you are pregnant. Getting enough rest provides your body with ample time to recuperate. Aside from that, it would also make your baby feel more comfortable inside your womb. Thus, whenever you feel like napping, you should do it.

43. Make use of the internet to gain more information about pregnancy.

There are lots of websites today, which you can consider as your resources when it comes to pregnancy related information. Most of these web portals are operated by medical practitioners themselves. The best thing about it is that, you can do your research about becoming pregnant at home, and you can even post your questions on some of these web pages.

44. Do some online shopping.

If you are just a few weeks due for delivery, then you may want to shop for some items that you may need for it, such as infant clothing, diapers, and more. Since it can become stressful to go shopping during this time, then you should take advantage of your internet connection. Do your shopping online, so that you can simply let your hands do all the walking.

45. Start a blog about pregnancy.

If you are one of the millions of people who love to spend some time on the internet, then you can start a blog about your pregnancy if you want to. Coming up with a blog about pregnancy can actually help you document your day to day experiences about it. Aside from that, it can also attract other pregnant women, who are willing to exchange valuable tips with you. With that, it can make your pregnancy more bearable and enjoyable.

46. Listen to good music.

Being pregnant can make you more impatient at times, or you are more prone to stress even with just encountering a very slight problem. Thus, you should learn

to relax better, which you can do by listening to good music. Music can help in soothing your nerves, which will not just provide benefits for you, but for your baby as well.

47. Read a good book.

This is your time to expand your horizons by reading another book or novel. When you are pregnant, you can have lots of spare time, which you may not know how to spend. However, with a good book on your side, you will be able to spend your extra time using your imagination, and it can help you get some sleep or feel more relaxed.

48. Use non-medical remedies for certain ailments.

Whenever you experience constipation, nausea, or heartburn, you should make use of non-medical remedies for them. The reason behind this is that, certain medicines may not be good for you while you are pregnant. Thus, it is time that you become more familiar about home made homeopathic remedies for such ailments, such as drinking lots of water, using herbs, and many more.

49. Add more calories to your diet.

Although you may be quite conscious about your weight, you may have to let go of that, when you are pregnant. This is because, it is essential that you gain some weight during pregnancy to ensure the normal development of your child. Thus, it is time to add some calories into your diet, until you are able to give birth.

50. Always follow your prenatal appointments.

Prenatal appointments are scheduled properly by your doctor for many reasons. One of which is to closely monitor the development of your child. Thus, it is imperative that you keep your prenatal appointments with your doctor. Aside from effective monitoring, this can also help detect certain problems, which can be addressed on immediately.

51. Take a trip to different medical facilities.

If you have a good number of choices when it comes to facilities that you can give birth in, then you should check them out a few weeks before delivery time. Visiting them would allow you to check about the things that they can offer to

you. With that, it can help you determine which of the birth facilities you are more comfortable with.

52. Premature labor.

You should familiarize yourself for the signs or symptoms of premature labor. Some of which would include cramps and contractions. By knowing these signs, you would be able to know when it is best to contact your medical practitioner if you are suspecting that you are going through it.

53. Keeping up with your daily food requirements.

It is very important that you are able to keep up with your daily food requirements. One of the things that you can do to make sure about it is to keep a food diary for it. With a food diary, you will be able to easily monitor the foods that you have eaten. Aside from that, it can also help you plan your diet for the next few days or weeks.

54. Decorating your house or nursery for your baby,

When you are already nearing the due date, you may want to redecorate your place, or set up a nursery for your baby. However, doing this can get you exposed to fumes coming from the wall paper or paint. Thus, it is a better idea to have it done by your friends or hire someone to do it. Whichever way you are going through it, don't forget to keep all the windows open.

55. Learn more about caring for a newborn baby.

If you have just found out that you are a few weeks pregnant, you may want to learn more about caring for a newborn baby, in order to prepare yourself for it. To achieve that, you can actually offer to baby sit your friend or your sister's baby for that. When you do that, you would be able to know more techniques in caring for an infant.

56. Brisk walking.

One of the physical activities that you can do to prepare yourself for child birth would be brisk walking. This type of exercise can help you not just in improving your stamina, but also tone your muscles as well. On top of that, it can also help

in improving your mood. Do your brisk walking early in the morning, so that you can inhale fresh air, and absorb some sunlight vitamin.

57. Doing aerobics during pregnancy.

If you are fond of going through aerobic exercises before you got pregnant, you should know that you can still perform them even when you already have a baby in your womb. However, you should remember to lower down the intensity of your exercise, to adjust to your changing body. Aerobics during pregnancy can help in maintaining the strength of your lungs and heart, and get your body toned.

58. Maintaining your abs.

Getting your abdominal muscles to work when you are already pregnant can help you in easing your back pain, as well as prevent the sway back posture, which is usually caused by a heavier uterus. However, there are only a few exercise routines that you should perform for it; and, a couple of which would be the standing pelvic tilt and the kneeling pelvic tilt.

59. A good stretching exercise.

A good stretching exercise can be done during pregnancy, which can help lessen your lower back pain. One of the best ways to do it is to sit down with your ankles crossed and knees bent. Once you are comfortable, lean forward just a little, while you are keeping your back straight.

60. Kegel exercises.

Many women are very happy that they practiced the Kegel exercises before giving birth. This is because, it can help in labor as well as child delivery. To perform it, you can start by squeezing your pelvic muscles, which would be similar to when you are trying to stop urinating. Hold that for about 5 seconds, relax, and repeat it for 10 times, for as much as 5 times per day.

61. Don't push yourself too hard.

Although exercising is vital when you are pregnant to get you prepared for delivery, you should not push yourself too hard, since it can cause more harm than good. Thus, if you feel that a 30 minute workout is a bit over the edge, then

you should break your working out session into two. Aside from that, you should start slow at first, and only gradually increase your pacing, once you are comfortable with it.

62. How to know when to slow down.

When you are exercising, you should watch out for signs that would indicate that your body needs a break. Such signs would include being short of breath, heavy perspiration, and difficulty in talking. If you are not experiencing such signs, then you are doing it at a good pace. However, if you do, then you should take it easy, and slow down.

63. Know the best weight to give birth.

Gaining too much or too little during pregnancy is not a good idea. Gaining too much can make labor and delivery more challenging. On the other hand, gaining too little would also put your child at risk to improper growth and development. Thus, you should take note of the weight that you want to target at delivery time. In most cases though, a weight gain of 25 to 35 pounds would be good enough.

64. Choose your exercise routines well.

There are certain exercise routines, which can cause you to jerk, bounce, or do high impact movements. Routines that can cause these movements should be avoided as much as possible. This is because, sudden changes of your position can make you dizzy. Aside from that, such movements can also put you at risk to losing your balance and fall on the ground.

65. High temperature.

You should know that when you are pregnant, your body would actually have a slightly higher temperature than normal. Therefore, you should avoid overheating yourself, since it can cause certain birth defects, especially if it happens on the first trimester. With that, you should not exercise when the ambient temperature is high, and you should drink lots of fluids.

66. Know the height of the mountain range you are visiting.

If you are heading out to the mountains, you should ask your friends about its height. When you are at a height of over 6,000 feet above the sea level, it is

actually not a good idea to do certain physical activities. The reason behind this is that, the high altitude can prevent your baby in absorbing the amount of oxygen that he needs.

67. Heading out to the sea.

When you are heading out with your friends to the sea, make sure that the water is calm, so that you won't have to experience a bumpy ride. Aside from that, if they are scuba diving, make sure not to join them. Such an activity can actually put your baby at a higher risk to decompression sickness; and, this can cause miscarriage, birth defects, and other problems.

68. Sports to avoid.

If you are the sporty type of person, you should avoid certain types of sports when you are pregnant. Sports like hockey, soccer, and even basketball are some of the worst games that you can play during pregnancy. Such activities can actually cause you and your child trauma, which is not good.

69. Outdoor activities to avoid.

Spending some time outdoors is actually good when you are pregnant, since it offers you fresh air. However, there are outdoor activities that you should avoid. Some of which would include roller skating, horseback riding, and biking. You want to avoid getting involved with such activities, since they put you at risk to falling.

70. How to cope up with your mood swings.

When you are pregnant, you and your spouse can get affected with your mood swings. One of the best ways to counter it though is through exercising. Exercising can actually make your body produce more of the feel-good chemicals such as the endorphins. Thus, it lowers your chances of getting depressed, aside from boosting your self-esteem, and preventing anxiety.

71. The benefits of exercising.

Aside from preparing yourself for child birth, getting enough exercise can also boost your energy levels. Exercising can also strengthen your muscles and your heart, which can make you more equipped in attaining your goals. Moreover, it

can also help you in getting enough sleep at nights by relieving stress and preventing anxiety.

72. Gestational diabetes.

Once you are pregnant, your body goes through certain hormonal changes, which can cause your blood sugar levels to spike. If this is not treated immediately it can put your child at risk to certain complications. One way of preventing this is to go through exercise routines. Aside from that, you should also be mindful of the foods that you eat.

73. Enrolling to a childbirth class.

There are a lot of childbirth classes available today. Enrolling into them would offer you lots of advantages as far as having a safe and smooth delivery is concerned. However, it is best that you enroll into such classes earlier, so that you can get the schedules that would suit you best.

74. The benefits of swimming.

Swimming is actually one of the best ways to exercise, especially for late pregnancies. This type of activity can help you develop your endurance more. Aside from that, it can also strengthen your heart, as well as your back muscles. In addition, when you swim, it will make you feel more relaxed, and it can relieve body aches.

75. Breastfeeding.

Most doctors would always recommend breastfeeding, since it offers more benefits than the milk formulas. However, doing it is actually not as easy as it looks, especially if it is going to be your first time to breastfeed. Thus, you should enroll into a breastfeeding class when it is available, so that you can learn more about the realities of it.

76. Experiencing leg cramps during pregnancy.

One of the problems that many expecting mothers complain about is leg cramps. Leg cramps can become painful, which is why it is best if you can prevent it. Exercising can actually prevent it. Aside from that, doing some stretching before going to bed can also help a lot.

77. Make pregnancy a more memorable experience.

There are certain things that you can do in order to make pregnancy a memorable experience for you and your spouse. One of which is to properly document it, by using your digital camera. Take pictures of yourself just right after getting confirmation that you are pregnant. Aside from that, take more pictures as you go along the way, until you are able to give birth.

78. Be prepared.

When you are already just a few weeks before your due date, then it is time to be prepared for childbirth. Thus, you should prepare a bag to bring to the hospital, which would be filled with all the things that you need. Aside from that, make sure that you have already placed all the other things in it, such as your insurance cards, digital camera, baby clothing, and pre-registration forms.

79. Exercising does not only provide benefits to you.

When you get enough exercise during pregnancy, your baby can actually benefit from it as well. According to recent studies, women who exercise during pregnancy, have developing babies that have lower heart rates. Aside from that, active pregnant women also have babies with better birth weight.

80. Make exercising during pregnancy more fun.

To ensure that you enjoy your low intensity exercise routines during pregnancy, you should do it with your partner. Aside from that, you should also prepare the necessary gears for it. There is no need to spend lots of money for your workout gear. Having a supportive bra, and a pair of quality shoes should already put you in good shape.

81. Having a strict vegetables-only diet may not be ideal.

Although eating lots of vegetables offers you with lots of health benefits, it may not be good if you are trying to conceive. This is because, this type of diet can make you deficient of vitamin B12, which can lower the chances of getting pregnant. Aside from that, vitamin b12 deficiency can also cause birth defects. Thus, you should include meat, poultry, fish, and milk products in your diet, since this is where you can derive this B vitamin from.

82. Benefits you can acquire from childbirth classes.

When you enroll into a childbirth class, you would be able to benefit from all the information that it can offer to you. Some of the topics that it can cover would include induction, comfort measures during labor, labor positions, labor complications, postpartum recovery, and more. With all the information you can absorb, you will feel more assured that you are ready for childbirth.

83. Buying new things for your pregnancy.

When you become pregnant, your chest is going to get bigger. Thus, it is a good idea to shop for bra that may be a bit bigger than your usual size. Aside from that, it should also be made from soft materials, since your breast may feel sore for some period of time. Keep in mind that a few months after delivery, your breast size would return back to its normal size; thus, you should not purchase too many bras.

84. Wearing comfortable clothes.

It is very important that your clothes during pregnancy would make you feel comfortable. This is because the more comfortable you are, the better it would also be for your baby. Thus, shop for clothes that would not become too tight for you when you begin to gain some weight. Make use of your imagination, so that you can still be fashionable, with larger sized clothing.

85. Traditional ways of predicting the gender of the baby.

Learning about the traditional ways of predicting the gender of your child can be fun when applied. One example is to look at the form of the mother's stomach. If the stomach is wider, in which a person can see the sides of it while looking at the pregnant woman from behind, then it is a girl. There are lots of traditional ways to help you guess the gender of your baby; however, always take note that they are not hundred percent reliable.

86. Eating foods high in protein.

Aside from providing your body with the building blocks to help in the development of your child, foods that are high in protein can also provide you with lots of zinc. The mineral zinc can actually help your baby develop strong

nervous, circulatory, and skeletal systems. Thus, it is best to eat more turkey, beef, chicken, and crabmeat.

87. Eating smaller meals.

During your first trimester, you may experience lots of morning sickness, which can make you lose your appetite. To get around this, you should try eating smaller meals but in a more frequent manner. In doing it this way, you would be constantly providing your stomach food to process, which can prevent morning sickness.

88. Eating whole grains.

At the start of your pregnancy, until you give birth, it is a good idea to consume lots of whole grains. Whole grains are actually some of the best food items that you can eat, which are filled with lots of essential nutrients. Aside from that, they are not very hard to prepare, which make eating more convenient.

89. Indigestion.

Another possible problem that you may encounter when you get pregnant is indigestion. One of the possible factors that can cause this would be eating foods that are filled with oil. Thus, whenever you have a choice between baked and fried foods, choose the former, since it is easier to digest, aside from being a healthier choice.

90. EFAs or Essential Fatty Acids.

During your second and third trimester, your baby needs EFAs or essential fatty acids for proper growth and development. Because of this, you should make sure that you are eating foods that are filled with EFAs. Some of which would include walnuts, salmons, egg yolks, tuna, and flax seed oil.

91. Dealing with your cravings.

When you become pregnant, you may still have cravings for certain food items that are not very healthy. Although it is not a good idea to give in to your cravings, you can still eat such types of foods from time to time. Just make sure that the large portion of your diet consists of healthy foods.

92. Managing stretch marks.

Having stretch marks is one of the things that you will notice in your body when you go through pregnancy. However, there are certain things that you can do, in order to make sure that you can minimize them. One of which is to drink plenty of water. Aside from that, eating a balanced diet can also help out with it. When you are healthy, your skin would also become healthy, allowing it to repair itself fast when stretched.

93. Stay away from processed foods.

Processed foods usually contain lots of preservatives. Thus, it can fill up your body with a lot of harmful toxins. Aside from that they also have hidden sugars, which can cause gestational diabetes. Thus, keep away from them, and drink lots of water, so that you can flush out toxins from your body and become healthier.

94. What to do if your have gestational diabetes.

One of the best ways to treat gestational diabetes is to come up with a healthy diet plan, and get enough exercise. To achieve that, one of the things that you can do is to contact a professional dietician. A registered dietician can help you develop a dieting plan, which can suit you best and to help in managing the problem.

95. Drinking coffee.

There are a lot of controversies surrounding the topic of drinking coffee during pregnancy. Although not too many evidence point towards its negative effects, it is still best to avoid it, especially when you are still at the first trimester. If you do want to drink coffee, make sure to minimize it to just a few cups per week.

96. Eating seafood.

Eating seafood when you are pregnant is actually a good idea, since they are filled with protein and iron. However, there are some types of fish and other seafood items that contain mercury, which is not good. Some of the seafood you want would include catfish, tuna, salmon, and shrimps. Those that are larger though should be avoided.

97. Uncooked foods.

Some women, even during pregnancy like their foods medium-rare or even uncooked. A couple of examples for this would be sushi and medium rare or rare steak. These types of foods should be avoided, since they can lead to salmonella, toxoplasmosis, and other illnesses that you don't want to deal with.

98. Wash your fruits and vegetables.

Even if you are sure that the fruits and vegetables you have bought were organically grown, it is still important to wash them properly prior to eating. This is because, it is still possible that the soil where the fruits and vegetables were planted was contaminated with toxoplasmosis. Thus, make sure to wash them, so that you won't put yourself at risk for such an illness.

99. Stick to your pregnancy healthy habits.

After giving birth, it is still very important to stick to the healthy habits that you have followed during pregnancy. This is because following a healthy diet and getting enough exercise can actually help you lose the weight that you have gained. Aside from that, you also need to be in your top physical condition, since taking care of your baby would require a lot of energy.

100. Keep eating foods high in protein and calcium when breastfeeding.

If you have decided to breastfeed, then you should continue consuming foods that are high in protein and calcium. The reason for this is that, your baby is going to derive the nutrients that he needs through the milk that you will provide through breastfeeding. Thus, eat healthier foods, to ensure that your baby grows as healthy as he can be.