

Tips for a Healthy Pregnancy:

- See your doctor as soon as you find out you are pregnant to arrange your antenatal care.
- Take regular exercise: it's perfectly healthy to continue to exercise regularly during pregnancy if you're already into this good habit. If you don't exercise regularly, now is a good time to start - it will help to get your body into a better condition and will benefit your baby. Try something gentle and enjoyable such as walking or swimming.
- Stop smoking: you know it's bad for you anyway! It also has seriously harmful effects on the developing baby, so ask your doctor or midwife for help.
- Current medical advice is to avoid alcohol during pregnancy.
- Rest! You are the one providing all the fuel to the baby developing inside you. You will also gain weight as your pregnancy progresses. It's therefore natural that you will feel more tired than usual. Try to get rest when you can and don't expect too much of yourself.
- Medicines and supplements: don't take anything without checking with your doctor or pharmacist. However, Folic Acid is one supplement that is recommended, before becoming pregnant and in the early stages of pregnancy, as there is evidence that it helps protect against such things as spina bifida. A natural form of Folic Acid is present in green vegetables, e.g. spinach & broccoli.
- Toxoplasmosis: a harmful infection, may be present in cat faeces. Avoid coming into contact with it by wearing gloves when gardening or cleaning out cat litter.
Foods: it is best to avoid anything that may have live bacteria present, e.g. raw eggs, undercooked chicken, some soft cheeses, pate, shellfish, etc.