

natural pediatrics



PREGNANCY TIPS FOR A HEALTHY BABY

Dr. Lata Shridharan

2109 W Springcreek Pkwy, Ste: 200

Plano, Texas 75023

Phone (972) 618 3547

Fax (972) 618 3587

Email: planonaturalpediatrics@gmail.com

<http://www.txnaturalpediatrics.com/>

www.facebook.com/naturalpediatrics

A healthy Pregnancy and Baby's health are closely related. A newborn's health depends on:

- Parent's genes
- environment in the womb

Most expectant women know that drinking alcohol, smoking and even eating unpasteurized cheeses can have serious consequences for the growth and development of their unborn children. Here are some more tips for a safe pregnancy.

MANAGE YOUR WEIGHT

Do regular exercise like walking/swimming. Maternal obesity increases the risk of a woman developing gestational diabetes or going into preterm labor, as well as the risk of obesity and diabetes in the child. Recent studies have also linked a woman's weight to her child's risk of asthma.

LIMIT COFFEE INTAKE:

Doctors and researchers have known that high caffeine intake during pregnancy may harm the fetus but the limit on caffeine is not known. However, a study published recently found that caffeine was associated with an increased risk for babies being smaller than normal at birth. Preferably, avoid coffee.

AVOID SECONDHAND SMOKE:

Living in a smoky environment or secondhand smoke has long been tied to asthma and breathing problems in kids. Per study, kids born to mothers exposed to secondhand smoke during pregnancy were more than twice more likely to develop attention and aggression problems by the age of five than the children of mothers unexposed to smoke.

DISCUSS ANTIDEPRESSANTS WITH YOUR DOCTOR:

Antidepressants have lasting impacts on the developing fetus, according to recent review of studies. A selective serotonin reuptake inhibitor (SSRI) while pregnant may be linked to a higher risk of miscarriages, birth defects, preterm delivery and behavioral problems, including autism. Behavior therapy, which includes counseling but not medication, should be the first line of depression.

GET YOUR VITAMIN 'D' AND FOLIC ACID.

There is growing evidence that low levels of the "sun vitamin" & folic acid during pregnancy may lead to health problems for mother and child. The review of more than 30 studies linked low levels of vitamin D & Folic acid to an increased risk of gestational diabetes, autism, pre-eclampsia and lower birth weight.

CUT OUT DELI MEATS:

Roughly 1,600 Americans yearly suffer from severe cases of listeriosis, a food borne illness caused by a bacteria. A *Listeria* infection can lead to premature delivery, infection in the infant and even stillbirth. Processed meats, such as hot dogs, deli slices and smoked salmon can become contaminated with *Listeria* before they are packaged. Washing all fruits and vegetables and thoroughly cook all meats before consuming.

AVOID AIR POLLUTION:

Breathing outdoor air pollution caused by traffic, industry and even dust during pregnancy may slightly increase the risk that a baby will be born at a lower birth weight. Avoid rush hour traffic as well as idling cars. One study published found that increasing the intake of fruits and veggies during pregnancy may help protect against the effects of air pollution.

OTHER TIPS: Lower the stress in mom's life, getting at least 70g of protein a day, Take prenatal vitamin, eliminate energy drinks, and talk to your doctor about any medications that you may be taking.