

Common Mistakes Every Pregnant Women Make

Puspa Kumari¹ and Priyanka Kumari²

¹Research Scholar, P.R.R. Deegri College Bairaganiya Sitamari

²Asst. Professor, P.R.R. Deegri College Bairaganiya Sitamari

Maternal health is a complex, influenced by various genetic, social and economic factors infections and environmental conditions, many of which may affect fetal growth. There are still chances that you might fall prey to some of the most common mistakes that every expectant mother makes, albeit unknowingly. Here are some of the most common mistakes that women make during pregnancy.

Eating for two your daily calorie requirement roughly between 1800 to 2000 calories. Do really think that a tiny fetus growing inside you could need those many daily calories to grow and develop? The answer is no. What your baby needs is the correct nutrition. The rule here is that, you need only 300 calories more than your normal calories intake. Remember gaining excess weight during pregnancy can put you at risk of conditions like –preeclampsia, Gestational Diabetes and could necessitate you to have a C-section during your delivery. It can also lead to various other health problems. Know how much weight is too much during pregnancy and how exercise weight control.

Self-medication Did you know you are supposed to refrain from using antacids, Paracetamol or even acne creams once you are pregnant? Self-medication or, undergoing harsh beauty treatments could lead to congenital abnormalities in your baby.

Not exercising If you are a non-exerciser you will tend find excuses to sit back and relax. Most women would say that their daily commute, taking the stairs in their office, residents building or doing the usual household chores constitutes enough exercises and help burn extra calories. But not exercising during pregnancy can harm your baby like no other. Exercise helps to combat stress, hormones, boosts circulation prepare the body for labor and delivery and help in fetal growth and development. Remember daily wear and tear is no substitute for exercise.

What you should do maternal nutrition plays a role in certain types of fetal malformation or spontaneous abortion.

- Check your diet immediately. Stick to two three portions of fruits, stock on greens and root vegetables and bank on nuts and eggs for the right kind of portions. The idea is to have six small balanced meals throughout the day. Keep your self-hydrated.
- You cannot self-medicate at any cost during pregnancy. Only take pills that are prescribed by your doctor. If acidity, headache and acne is troubling you get help from a professional. If you take vitamins and Iron supplements you must notice you feel nauseated take to your doctor for a change of brand. Because supplements are prescribed to you to meet the requirements and you cannot do without of them. During pregnancy few home remedies used for skin care.
- Starts exercising from the initial days of your pregnancy. Not to do anything drastic or take up any new challenges during your pregnancy. Most important avoid putting any pressure on your core (Stomach muscles). Take walks after dinner or in the morning and slowly graduate to pregnancy yoga. But get yourself a practitioner to help you stay on the right track.
- Psychological support with their baby is most important things. Paying attention to your baby bump helps you bond with your baby and stimulates its senses too. Put a hand on your belly and while gently caressing it talk to your baby.

Therefore, balanced nutrition and proper care deficits before birth can never be wholly reversed after birth. So take good sleep, avoid comfort foods, decide health care, and join an antenatal class and take of the detailed information for post natal care.

Cheating is not going harm others but you. In this way you will have a lot of time to learn and do the right things for you and your baby.