

➤ Background #5: Common Challenges (Great Beginnings Months One and Seven)

Common problems in pregnancy

There are many common problems most women experience during pregnancy that can be relieved or minimized.

Nausea and Vomiting- commonly known as morning sickness, usually subsides by the 3rd month of pregnancy. Management tips for women:

- Eat small meals, never go without food for long periods, and drink liquids between meals.
- Get out of bed slowly.
- Avoid fried or greasy foods and highly seasoned foods.
- Open windows when cooking to air out odors.

Constipation- Tips to reduce:

- Eat more raw fruits and vegetables.
- Eat more whole grain cereals, breads, etc.
- Increase fluids including water, milk, and fruit juices.
- Eat meals at regular times.
- Get physical activity regularly.

Heartburn- may occur more in the last few months of pregnancy due to the baby getting larger and creating more pressure on the stomach. Tips to minimize:

- Eat small frequent meals.
- Limit fatty, spicy, and fried foods.
- Avoid wearing tight fitting clothing especially around your waistline.

During pregnancy do not take ANY over the counter medications (anti-acids, laxatives, etc.) without consulting a healthcare provider.