



PREGNANCY AND CHILD CARE!!!

Are you going to have a baby??? We will help you.
Adjust physically and stay in shape during pregnancy.
Take good care of yourself and your growing baby.
Get ready for labor and delivery.
Prepare your home and your life for a new addition.
And become a comfortable and confident parent!!!!!!
We at Asha provide you with all the help that is needed.
Read on. This July, its pregnancy special!!

**FOLIC ACID –IMPORTANT NUTRIENT FOR WOMEN OF
CHILDBEARING AGE**

Folic acid is an important nutrient for women of childbearing age. It is essential for healthy cell division. Sufficient levels of folic acid in a woman's body at the time of conception and in the early weeks of pregnancy have been shown to reduce the incidence of babies developing **neural tube defects** like Spina bifida, reduces incidence of **neuroblastoma** (deadly childhood cancer), and may help in **preventing miscarriage**.

Talk to your doctor about whether you should take a folic acid supplement if you are trying to get pregnant.

Eat these foods to up your folic acid intake:

- Dark green leafy vegetables like spinach and broccoli.
- Corn and cornmeal.
- Nuts and seeds.
- Dried peas, beans and lentils.
- Oranges and orange juices.
- Fortified breads and cereals.

WAYS TO RELIEVE PREGNANCY MORNING SICKNESS

Unfortunately, there is no 1 tried and true method that will cure everyone's case of morning sickness. The only way to find what works for you is by trial and error. Below you will find ideas which you can try:

1. Try taking your prenatal vitamins later in the day.

2. Vitamin B6 - 50 mg. daily. Vitamin B6 has been shown to help with pregnancy induced nausea. Do not drink fluids with your meals.

3. Avoid warm places as heat can increase the nausea feelings.

4. Take naps during the day (but not right after eating).

5. Ginger in capsules form 250 mg. three times daily can be beneficial.

6. Get enough sleep at night. Do not skip meals if you can help it.

7. Get out of bed slowly in the morning.

8. Try eating plain crackers or dry cereal before you get out of bed in the morning.

9. Open windows or turn on exhaust fans when cooking and after meals.

10. Cooking in the microwave usually produces fewer odors.

11. Silly as it sounds, carry a handkerchief with a few drops of a non nausea causing essential oil (lemon for example) in it and breath through it if you can't get away from the smell that is bothering you.



Building Blocks for a Healthy Baby



Do's

- Sleep on your side with a pillow between your legs.
- Bend your knees (squat) to pick things up from the floor or low places.
- Use a step stool to reach higher than normal shelves.
- Drink plenty of fluids - preferably water.
- Take off rings if they get too tight on your fingers.
- Sit or stand with your shoulders relaxed and back.
- When sitting, keep your feet flat on the floor.
- Be aware that your center of gravity and balance point is changing.
- Place one foot on a low step stool if you are standing for a long period of time.
- Use a desk chair that fits you comfortably and supports your low back well.
- Adjust your car seat and steering wheel if needed as your shape changes.
- Wash your hands thoroughly when handling uncooked meat.
- Limit caffeine intake and cut out alcohol and tobacco.

Don'ts

- Hold your breath while lifting, or lift heavy loads. Check with your health care provider regarding exact weight limitations.
- Hunch over your desk.
- Sit for periods longer than 30 minutes without a stretch break.
- Sit with your knees crossed.
- Clean kitty's litter box, or do garden work without wearing gloves.
- Strain to have a bowel movement.
- Fully immerse in a Jacuzzi or hot tub over 99 degrees Fahrenheit.
- **OVEREXERT!** If you become too tired or a little short of breath, LISTEN to your body and rest.



How Much Weight will you Gain??

Keep in mind that every person is unique, as is every pregnancy. Underweight women may need to gain a bit more and overweight women a bit less. Your baby accounts for only part of the weight you must gain. Your own body must add blood, muscle, fluids and tissue necessary for your baby's development. (The weights provided below are only recommended as guidelines only.)

Breakdown Of Weight Gain

Baby	3.2 - 3.8 kg
Amniotic Fluid	0.9 kg
Placenta	0.9 - 1.1 kg
Increased Blood volume	1.8 - 2.3 kg
Tissue Fluid	1.4 - 2.3 kg
Increased Weight of Uterus	0.9 - 1.0 kg
Body changes for Breast feeding	0.5 - 1.8 kg
Mother's Stores	1.8 - 2.7 kg
Total	11.3 - 15.9 kg



9 Months Miracle

9 Months Miracle is a series of prenatal classes especially designed to help you deal with the difficult months of pregnancy, the labor, the delivery process and the care of your baby.

This 5 week program will see you through the most trying and difficult stages of pregnancy and ensure that childbirth is a comfortable and happy experience. (3 Weeks of session before delivery and one or two more weeks after delivery)

About Asha

Asha Medical Foundation, a non-profit organization was founded in March 2001 to provide quality rehabilitation for people suffering from cerebral palsy (a birth disorder), stroke, spinal cord injury, and other neurologically challenged patients

Our commitment to teaching ensures that our customers & their families are well informed about their health & healthcare options. At Asha, we're committed to caring for mothers and babies. That commitment is evident in every aspect of the Pregnancy Classes.

Over 200 families have enjoyed our informative & transformative prenatal classes.

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www.ashafoundation.org/learn

*Weekend classes?
Weekday classes?
Fast-track
Classes?????????
You name it. we have*

