

1ST TRIMESTER TIDBITS

Tips and Tricks for Getting Through the First Trimester

Nausea...

is common for the first 3 to 4 months of pregnancy and commonly these tips help:

1 Eating little and often -5 small meals a day instead of 3 bigger ones, snacking through the day and even before getting out of bed in the morning.

2 Ginger or Peppermint in tea or capsule form can soothe nausea.

3 Acupuncture, Sea-bands, homeopathy and a medication called Diclectin can help.

Pains...

are common in early pregnancy in the groin/low abdomen as the uterus starts to grow. Call your Midwife if they are very strong or are accompanied with vaginal bleeding.

Vaginal Bleeding...

or 'spotting' occurs in 30% of women in the first trimester. It can be due to a number of reasons and is often benign. You should contact the Midwife if it is heavy, persistent, accompanied by pain, or if you are concerned. Normally it resolves but blood work or an ultrasound may be warranted.

Diet...

It is important to eat well in pregnancy -a low sugar, well balanced and healthy diet will keep you in good condition and prevent excessive weight gain. HOWEVER, the first trimester is often a time when women do not eat well due to nausea and tiredness and can only 'stomach' bland foods (commonly carbs). DON'T PANIC! When the first trimester finishes around 12-14 weeks, your appetite for healthy foods will return. Beware of fruit juices as these contain hidden sugars that can cause excessive

Exercise in Pregnancy...

A lot of women are too tired and nauseous to exercise regularly in early pregnancy. Again, when the 1st trimester ends around 12-14 weeks, energy and motivation will return. It is EXTREMELY important to be active throughout pregnancy as labour and childbirth are the equivalent to running a marathon. You should be in the best shape of your life when you are pregnant and preparing your body to 'run its marathon'.

Early on almost any exercise is safe as the baby is well protected behind the pubic bone of the pelvis. Later on you'll need to adapt with lower impact or shorter sessions of exercise. It is important to get your heart rate up and to sweat. Listening to your body is a good way to gauge if you have overdone it or not.

Yoga, swimming, brisk walking, hiking, jogging, cycling, Pilates, and exercise classes are a great way to stay fit. barefitandpregnant.com and fit4two.ca offer classes in Vancouver.

It's ok to sleep on your back until it's no longer comfortable (28 weeks)

