



elements of birth

Jutta Wohlrab, Midwife, Coach & Trainer

T: 0176 7030 0307 • E: jutta@elementsofbirth.com

www.elementsofbirth.com

7 major mistakes that can ruin your joy during pregnancy

First of all big congratulations to your pregnancy!

Ahead of you lies the most exciting journey of your life. Being pregnant really is fantastic and here is a few things that can and will make your pregnancy more joyful and happy:

1 You should end your relationship with Dr. Google right here and now

Nowadays everyone loves Googling for answers to all kinds of questions, but the net can be very confusing and not the most reliable source of information.

Start asking Dr. Google about everything and he might give you strange or even wrong answers. It is best is to—depending on where you live—go into the care of a midwife. Or at least be in touch with one.

Your GP or OB can also be a good resource for getting real answers to your questions. But the ideal really is to be in the care of a midwife, since she is an expert on normal birth and can answer just about any question you can throw at her. Going into shared care or exclusive care with a midwife can be really beneficial to your peace of mind.

If you live somewhere remote, try using the Internet to find a local support group. In general, real people are the real deal, so if you can't find a midwife nearby, look for some other form of face to face contact (e.g. a mums group).

Remember: Dr. Google can't smile at you, give personal advice, or listen to your needs.

2 Please stop watching pregnancy television shows

Unfortunately, the images of birth we are exposed to in our culture are a far cry from the real picture of a natural, joyful birth. Drama sells well, and so depicting a peaceful, gentle birth without much screaming wouldn't pull very high ratings. Also there are certain people who regale pregnant women with birth horror stories. They may mean well, but it's really not helpful. Be smart and create the right pictures in your mind instead of feeding your mind with all that stuff you don't want, because how you visualise the birth in the months leading up to it is what will stay in your mind when the time comes. If someone tells you, "Don't think about a blue elephant with green dots!" All you will be able to see in your mind is a blue elephant with green dots. Learn to replace it with your own elephant—a regular grey elephant that is smiling, calm, and peaceful!

3 Pregnancy is not a sickness—it is, in fact, a very special time

In the beginning you might feel a bit of nausea, or just be really tired. This is caused by hormones, and it is perfectly all right to let people around you know what's going on. There's no need to pretend everything is normal.

And if you are healthy those things will pass and life will go on in a normal way. Once you've gotten through the first few weeks, it's fun to show off your belly and you can still enjoy your life, work, and friends—you just might have to limit your sports depending on how active you are.

Running is usually off the cards because the pressure on the pelvic floor just doesn't feel so great, but walking, swimming, and yoga are great for keeping you healthy, fit, in good shape, and happy.



elements of birth

Jutta Wohlrab, Midwife, Coach & Trainer

T: 0176 7030 0307 • E: jutta@elementsofbirth.com

www.elementsofbirth.com

4 Oops, your due date. And you have told everyone...

The date of the birth. It is an estimated date, and only around 2% of babies are born on schedule.

Tell people a date 2 weeks later to prevent them from ringing all the time around your actual due date to ask if the baby is on the way. They mean well, of course, but it can get very stressful—especially when you are waiting yourself.

I can assure you that 98% of all babies are going to be born either in the 3 weeks before or the 2 weeks after your “due” date .

5 Never listen to strangers about your size

Don't listen to anyone telling you that you are either too big, too small or must be carrying triplets.

When a woman is pregnant, even strangers like to offer their opinion whether she wants it or not. None of those people are professionals and certainly do not possess magic powers to peer into your womb.

Just because you drive a car, it does not make you a mechanic or a specialist on cars or motors.

6 Eating for two is not necessarily good for you

There is no need. Your baby will be served first. Nature makes sure babies get everything they need. Instead of eating for two it is smarter to eat healthy and have five small meals per day.

And every now and then go and enjoy a piece of cake or something sweet.

7 Don't believe the myth: making love does not put your baby at risk

If you have a healthy pregnancy you can enjoy your sexuality as much as you and your partner feel like. Making love during pregnancy does not lead to a premature birth; that is an old myth that is still around.

Whatever feels good, makes you feel beautiful, and fosters the connection between you and your partner is wonderful and will help your pregnancy and baby to bloom well.



Enjoy this special time of your life as it is wonderful!

