

Pointers **For Parents-To-Be** **Triumphant Trimesters**

(NAPSA)—From play dates to first dates, preparing for the next 18 years starts with staying comfortable during the first nine months. Following are fresh tips to relieve common discomforts during each trimester of pregnancy:



Supportive and attractive lingerie has become a popular maternity item.

First Trimester: Morning sickness can happen anytime, anywhere. To help nix nausea, carry a stash of lemon drops. Try ginger products or tablets, and drink carbonated drinks. Avoid coffee, black tea, citrus drinks and milk. A promising product is a pressure point bracelet, or Bio-band, that is worn two inches above the wrist.

Second Trimester: Getting a good night's sleep can be tough with a growing stomach. Lying on your back, from mid-pregnancy on, can cause dizziness or queasiness. A better position is to sleep on your left side. Also, sleep with a wedged pillow that fits between your knees or test the two-in-one sleeping/nursing pillows.

Third Trimester: Whether you use prenatal exercise videos or just get out and walk—expectant mothers should exercise three times weekly. For many, even simple movements can be difficult, especially during the third trimester. Try using a supportive undergarment such as the Bellybra®. With the attractive look of a camisole, this torso-support system helps lift weight off the pelvis, providing much needed support for the lower back, abdomen and breasts. For more information, go to www.bellybra.com.