



WOMEN'S HEALTH

How to Make Pregnancy Healthy for Mothers

(NAPSA)—“Pregnancy can be a wonderful chance for women to take charge of their health,” said Amy Niles, executive director of the National Women’s Health Resource Center (NWHRC). “New habits of more healthful eating, getting enough sleep, stopping smoking, and enjoying moderate exercise begun in pregnancy can help both mother and baby.”

Keeping track of medical appointments and getting ready for the new baby is an organizational challenge for a mother-to-be as she deals with the changes in her body. To help mothers-to-be have a healthy pregnancy and stay organized, the NWHRC and the Consumer Healthcare Products Association (CHPA) have published a free pregnancy planner for expectant moms. The planner is a colorful, 10-month blank calendar loaded with suggestions and health tips for every month of pregnancy and after the arrival of the baby. Designed to fit neatly into a woman’s purse or briefcase, the planner also has room to record important phone numbers and memos about prenatal checkups.

Each month of the planner focuses on a different topic. The planner begins with “Congratulations! You’re Pregnant!” which contains information about what to expect in the months ahead. For Month #3, there are tips on managing the common discomforts of pregnancy. For example, eating small, frequent meals throughout the day helps with nausea and morning sickness.

Other topics covered are med-



A special kind of planner can help give expectant mothers a healthier outlook.

ication safety during pregnancy, managing common pregnancy discomforts, fitness, skin health, and sleep. The ninth month includes information about delivery. The final month has ideas for easing a new mother’s emotional and physical recovery after the baby is born.

“Women should understand that the information in the planner should not replace medical attention,” said Dr. Barry Jacobson, chair of the Department of Obstetrics and Gynecology at Delaware County Memorial Hospital and medical advisor to the National Women’s Health Resource Center, who reviewed the text to ensure medical accuracy.

For a free planner, call the NWHRC toll-free number, 1-877-986-9472 or visit their Web site, www.healthywomen.org. Copies are also available at the Web site of CHPA, www.chpa-info.org.