

Natural Pregnancy Advice



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AND
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Natural Pregnancy Advice

Ideally Natural Parenting starts with a Healthy Pregnancy and Natural Childbirth.

We are passionate about women having healthy pregnancies that lead to wonderful births. We hope that our passion and our breadth of experience comes thru as you read. If you want to know more about our background and experience [you can read more about us here](#).

We welcome the opportunity to hear your pregnancy stories as well as answer your questions directly in our [pregnancy forum](#).

Our goal with this eBook is to provide key information we have learned (often the hard way) for how to have a healthy pregnancy so that you avoid many of the pitfalls of pregnancy complications. This is vitally important since pregnancy complications, like diabetes, limit your childbirth options. Top topics we will cover are how to get pregnant naturally, what to eat while you are pregnant, how to exercise safely and how to gain the perfect amount of weight

Here is to your healthy pregnancy and amazing birth!

The Natural-Parenting-Advice.com Team

How to Have an Amazing Pregnancy – *Even in your 40's*

What You Eat (an Don't Eat) Is Vitally Important

Maintaining a healthy pregnancy diet is very important, not just for you but for your baby. Unlike the popular myth, **baby doesn't just take what it needs from mom**. The nutrients in your bloodstream are most available to your baby.



When you are pregnant, it is especially important to avoid consuming toxins in your diet. For that reason, we recommend that you **only eat organic food**. You should also avoid all processed and packaged foods as they contain unhealthy chemicals, including MSG, a neurotoxin, often labeled as "natural flavors".

Yes, that means that you really need to prepare most of your own food while you are pregnant to be sure you are getting the best possible nutrition with no harmful chemicals. Don't despair though, cooking doesn't need to be hard. Check out the [Healthy Eating](#) and [Recipes](#) sections of our website for lots of simple yet healthy recipes, meal tips and ideas.

Protein

One of the most important components of a healthy pregnancy diet is to eat 80-100 grams of complete protein per day. Protein provides amino acids which are the building blocks of the body. Protein is particularly important for the development of healthy bones, teeth and muscles.

You should plan to have at least one protein food and one healthy fat at every meal. This is important to stabilize your blood sugar as well as to make sure you get enough protein. Good sources of protein include organic free-range chicken, organic grass fed beef, organic grass fed lamb, organic pork.

Milk is a wonderful source of protein, calcium and other essential vitamins and minerals. Milk is an important part of a healthy pregnancy diet because it is critical for your baby's bone development, muscle growth, and nerve development. *Your best bet is to consume at least thirty two ounces (1 quart) of raw milk per day.* If you can't obtain raw milk, drink non homogenized whole milk. If you are thinking

that we are out of our minds to be recommending RAW milk, check out [A Campaign for Real Milk](#) to see why. For an extra boost to your immune system and digestion, drink raw kefir or eat whole milk organic yogurt in addition to drinking milk.

You should also consume two free-range, organic eggs and two extra egg yolks every day. Egg yolks are full of lutein and vitamin A which are great for baby's eyes as well as cholesterol and choline which are critical for your baby's brain development.

Carbohydrates – Vital Veggies, Soaked Grains and Vitamin C Rich Fruits & Berries

Fresh, organic green leafy vegetables are rich in the vitamins and minerals necessary to help your body use the protein in other foods. The darker the green, the higher the concentration of vitamins and minerals. Green vegetables are essential for getting the folic acid and iron you need. Iron in particular plays a critical role in the formation of red blood cells. When you realize your blood supply will increase by fifty percent while you are pregnant, you can see how important iron is as part of your healthy pregnancy diet. *Make sure to eat between two and four servings of green vegetables every day.*

Whole grains are a good source of the B vitamins that are necessary for the growth and functioning of nerve tissue. Be cautious with grains because they need to be prepared properly to ensure proper digestion.

Grains should be soaked in water overnight at room temperature with either a couple tablespoons of yogurt or lemon juice to break down the phytic acid and make them more digestible.

Sprouting is another way to remove the anti-nutrients and enzyme inhibitors to improve digestibility.

For more information why careful preparation of grains is necessary read [Be Kind to Your Grains...And Your Grains Will Be Kind To You](#) by Sally Fallon and Mary G. Enig, PhD.

Make sure to eat grains with a healthy fat source (like butter) to improve the release of minerals as well as slow down digestion. Avoid all refined grains (like white flour) because they will cause a spike in your blood sugar that is equal to eating pure sugar. Avoiding blood sugar spikes is key to preventing pregnancy related blood sugar problems. If you have gestational diabetes, you should avoid grains altogether. Avoid everything white... white sugar, grains, and starches. They all offer negligent nutritional value and will spike your blood sugar.

Read [Gestational Diabetes Blood Sugar Levels](#) for great tips for avoiding being diagnosed with Gestational Diabetes.

Most cereals are processed at high temperatures, denaturing the grains they contain. Although cereal manufacturers add vitamins back in to compensate, these vitamins are often synthetic and are not easily absorbed by your body. Compounding the problem, pregnancy hormones slow digestion. The same hormones that soften our tissues in preparation for childbirth also cause our stomach and intestines to work less effectively. *We recommend two or less servings of soaked or sprouted whole grains per day.*

Try to consume a serving of two of whole, organic citrus fruit every day. Kiwi fruit and Strawberries are also great sources of Vitamin C. Vitamin C is important for your body's manufacture of collagen, the substance that holds your tissues together. Vitamin C is essential for strengthening your uterus so that it performs well in labor. Vitamin C is also critical for increasing iron absorption as well as boosting your body's defenses against infection.

Always eat whole, organic fruit, not fruit juices. The fiber present in the whole fruit is essential to slowing the digestion of the fructose, preventing nasty spikes in your blood sugar levels. Besides, with your digestive system working sluggishly already due to pregnancy hormones, you need all the fiber you can get to keep things moving along! *We recommend one to two servings of citrus or other high vitamin C fruits and berries a day*

Healthy Fats

Healthy fats and oils are essential for your body to absorb key fat-soluble vitamins like vitamins A, D, E and K. They also make your skin more stretchable, preventing stretch marks and preventing tearing during delivery.

Because fat will contain a higher toxin load than proteins and vegetables, it is essential to consume only organic sources of fat as part of your healthy pregnancy diet.

The best sources are organic butter from grass-fed cows, unrefined, organic coconut oil and cod liver oil.

Butter is great for cooking because it does not break down under high temperatures the way olive oil and other vegetable oils do. Coconut oil does well under high temperatures as well and is rich in lauric acid for your immune system.

We also recommend that everyone consume a serving of cod liver oil every day for the Omega 3 fats and because it is an excellent source of vitamin A and D in their whole food (read most digestible) form.

If you have been shying away from cod liver oil because of fears about Vitamin A, read [Vitamin A for Fetal Development](#) and [The Vitamin A Saga](#) .

[Vitamin A Knavery](#) is a great analysis of a recent studies that “proved” Vitamin A was dangerous. For more information about healthy fats read [Know Your Fats](#) . *Be sure to eat at least four tablespoons of butter a day along with two tablespoons of coconut oil and a teaspoon of cod liver oil.*

Yellow and Orange Colored Fruits and Vegetables

Yellow and orange colored fruits and vegetables are full of beta carotene which your body converts to vitamin A. As discussed previously, Vitamin A is known for its role in preventing infection. During pregnancy, when the pressure of the growing uterus on the bladder is constant, extra vitamin A helps to protect against bladder and kidney infections.

Vitamin A is essential for the development of your baby’s organs, central nervous system, heart and respiratory systems. (*reference: Maija H. Zale of the Department of Food Science and Human Nutrition, Michigan State University, published J Nutr. 2001;131:705-705*)

We recommend you eat at least one serving of yellow or orange colored fruits and vegetables a day as part of your healthy pregnancy diet.

Salt

Salt is an essential nutrient. It is necessary to prevent hypovolemia, or too little blood circulating through your body and placenta, a condition caused by restricted salt intake. The more blood you have circulating, the more nutrients you baby receives. Too little salt in your diet can also cause leg cramps and fatigue. *We recommend that you salt your food to taste with natural sea salt.* Our favorite brand is [Real Salt](#)

Water

Water is essential to staying hydrated. You need to drink plenty of water throughout your pregnancy to prevent headaches and to ensure adequate blood volumes.

Did you know that water accounts for seventy-five percent of your baby’s total body weight at birth?

Soft drinks, fruit juice and other sugar laden drinks are not recommended because they will cause rapid increases in your blood sugar. You should also avoid caffeine laden beverages as they can dehydrate you. *Be sure to drink at least eight to ten glasses of filtered water (or spring water) per day.*

Supplements

We don’t generally recommend a lot of supplements as part of a healthy pregnancy diet. Food in its whole form provides better nutrition and assimilation than

supplements. *However, it is important for you to take a good whole food pregnancy vitamin while you are pregnant.* It should induce at least 600 mcg of Folate (Folic Acid in its whole food form) as part of your healthy pregnancy diet. Our favorite pregnancy vitamin is [Perfect Prenatal by New Chapter Organics](#) because they use organic herbs and cultured whole-food vitamins and minerals.

The only other supplement that we recommend as part of your healthy pregnancy diet is fiber. Fiber is important to keep things moving along thru your pregnancy-induced-sluggish digestive system. Unfortunately, most fiber supplements are laden with either sugar or artificial sweeteners. You want to stay away from both while you are pregnant. Our favorite way to supplement fiber is to buy whole psyllium husks and add two to four tablespoons to a glass of water mixed with a package of [Emergen-C](#) or ¼ cup unsweetened, organic cranberry juice.

Pregnancy Diet in a Nutshell

We recommend that you eat the following everyday

Protein

Consume 80-100 grams of complete protein per day. You should plan to have at least ONE protein food at every meal. Good sources of protein include organic free-range chicken, [organic grass fed beef](#), organic grass fed lamb, organic pork, wild caught salmon from Alaska, organic raw whole milk or organic whole pasteurized (but not homogenized milk). For information about [raw milk](#). Your protein intake should include:

- You should have at least ONE serving of [beef](#) or lamb every day
- Drink at least FOUR 8-ounce glasses of milk per day
- You should also consume TWO free-range, organic chicken eggs and TWO additional egg yolks
- You should have at least ONE serving of wild caught salmon from Alaska per week

Green Vegetables

- You should consume at least TWO servings of green vegetables every day. Good choices include spinach, chard, broccoli, baby salad greens.
- You get extra credit for ONE serving of a [lacto-fermented](#) vegetable like sauerkraut and pickles each day.

Healthy Fats

In addition to the fats you consume eating protein as recommended above, you should include the following additional healthy fats.

- FOUR tablespoons of [butter](#) per day, preferably from pasture-fed cows
- TWO tablespoons of expeller pressed organic [coconut oil](#) per day. Our favorites are [Radiant Life True Virgin Coconut Oil](#) and [Artisana 100% Organic Raw Coconut Oil](#) available at Whole Foods.
- TWO teaspoons of [Cod Liver Oil](#) per day. Our favorites are Blue Ice Fermented Cod Liver Oil and Blue Ice Fermented Cod Liver Oil and High Vitamin Butter Blend available at [Radiant Life](#)

Soaked or Sprouted Whole Grains

Reminder! It is important that the grains you consume are properly prepared so that the antinutrients and enzyme inhibitors have been neutralized. For more information about this read [Be Kind to Your Grains...And Your Grains Will Be Kind To You](#) .

- ONE serving of Oatmeal using thick rolled or steel cut oats that have been soaked in water with a couple tablespoons of lemon juice overnight. For how to prepare healthy porridge get [Nourishing Traditions](#) , a great cookbook about how to prepare traditional foods.
- ONE serving of organic sprouted or sour dough whole grain bread with butter or cheese. Our favorite is [Sprouted Organic 100% Whole Grain Ezekiel 4:9 Cinnamon Raisin Bread](#) (available at Whole Foods) lightly toasted, slathered with butter and organic peanut butter.

Fresh Fruit

Fresh Fruit is an important because it contains vitamin C. Be sure to choose organic as fruits are heavily sprayed.

- Eat ONE serving per day of a citrus fruit or other fruit high in vitamin C. Excellent choices include organic oranges, strawberries, and kiwi fruit.

Salt

Salt is an important part of a healthy diet for pregnancy. Salt your food to taste with natural sea salt throughout your pregnancy. Our favorite brand is [Real Salt](#) which we purchase at Whole Foods.

- Salt your food to taste.

Fluids

- Be sure to drink at least a QUART of filtered or spring water each day.
- Bone Broths as prepared in [Nourishing Traditions](#) are a great source of nutrients and calcium, while also soothing for your stomach. During winter months in particular, we suggest you have soup made with homemade bone broth at least ONCE a week. Check out our [Crock Pot](#) and [Chicken Recipes](#) for quick and easy ideas.

To Avoid at All Costs

Here are the worst foods you could consume while you are pregnant. Hopefully, you will cut them out of your diet permanently since they all damage your health!

- *Trans* fatty acids (e.g. hydrogenated oils)
- Junk food
- Egg Substitutes
- Commercial fried foods
- Sugar
- White flour
- Soft drinks
- Caffeine
- Alcohol
- Cigarettes
- Drugs (even prescription drugs)

Struggling to Eat Healthy?

Check out [our healthy food list](#) where you can see a huge list of healthy foods to eat with very little preparation. Most meats you can broil or barbeque in less than fifteen minutes. Combine that with a steamed veggie or a tossed green salad and you have a healthy meal in less than thirty minutes.

Weight Gain in Pregnancy

Weight gain in pregnancy is a huge concern for many women. You want to know how much weight you should gain and you worry about how hard it will be to take it back off. Here is what you need to know.

You need to eat a healthy pregnancy diet.

Why? Your baby is counting on you for the nutrients it needs to be healthy. Making a baby takes a tremendous amount of energy. The nutrients in your *blood*, not stored in your tissues, are most available to your baby. Bottom line, if you aren't getting the proper nutrients in your diet, your baby will not be getting the best possible start. Your first priority should be getting the proper nutrients for your baby.



If you eat a healthy pregnancy diet and cut out all junk and processed food, you don't have to worry about weight gain in pregnancy.

Yes, we really did just say that. If you cut out all of the bad foods we recommend you avoid and only eat healthy foods as we recommend, you will gain the perfect amount of weight during this pregnancy.

The Right Amount of Weight Gain in Pregnancy

We often get asked, "But what about me, how much weight gain in pregnancy should I expect?" Many books and doctors will try to give you a magic number. Right now the popular figure is usually somewhere between 20 and 30 pounds. But here's the trick when it comes to weight gain in pregnancy... Everyone has different genetics. You can't even look to your mother because she has only half of the same genetics as you.

The right amount for you to gain is the amount that your body needs to support a healthy pregnancy.

Irrespective of how much you eat, your hormones will dictate how much of that energy your body holds onto. If your genes want to make sure you are prepared to maintain your pregnancy in the face of a potential famine, your body will hold onto more calories than if your genetic makeup is not so conservative. Women with both types of genes still need to make sure that they are consuming the right nutrients **every day** so that the right building materials are there to make their baby. Does this give you carte blanche to eat whatever you desire? Unfortunately no. What it means is that if you stick to eating a healthy pregnancy diet and cut out everything

that isn't listed above, you will gain exactly the right amount of weight for your body during this pregnancy.

One thing you will notice about the food choices that we recommend is the concern over spiking blood sugar levels. This is because insulin is the fat storage hormone! When your blood sugar levels go up your body releases insulin to bring it back down again. Insulin removes the glucose (sugar) from your blood and stores it in fat cells. Certain carbohydrates are what spike your blood sugar levels. Protein and fat do not. If you really feel you are gaining way too much weight, it may mean that you have adrenal fatigue or gestational diabetes. In either case, you can try cutting out the fruit and the grains. Instead, eat more green veggies so that you will still get the vitamin C. Spinach has a lot of vitamin C and is a great choice for both boosting your iron levels and vitamin C.

Once you realize how important getting the right nutrients is for the development of your baby, you can see how unfortunate it is for women to restrict their calories based on weight gain over nutrition. You may keep your weight gain down to 20 pounds, but what are the repercussions for your unborn child if the proper nutrients in the necessary quantities are not available?

At least 80 grams of protein a day as well as green vegetables and healthy fats are critical components of a [healthy diet for pregnancy](#). Did you know that your brain and that of your child is made up of 75% cholesterol? That is why doctors recommend full-fat milk for children, children need cholesterol for healthy brain development, both in utero as well as throughout their childhood. This is just one example of the importance of getting good nutrition during your pregnancy.

Please, take it from us, you need to worry about eating the right foods and cutting out the empty calories and processed foods out of your diet. You don't need to worry about what the scale says.

Pregnancy Exercises

Pregnancy exercises are an important component in your plan to stay healthy and low risk during your pregnancy. The following pregnancy exercises are important for preparing your muscles for labor and delivery. They will also help keep you as comfortable as possible during your pregnancy.

Natural Parenting Advice is geared to providing advice to working parents, parents who do not have a whole lot of free time. For this reason, we are not going to recommend fifty exercises that you could do each day. We are going to stick to the minimum number of exercises that you need to perform. These are the exercises that helped us achieve natural childbirth.

If you have a little extra time, take a pregnancy yoga class in addition to doing your pregnancy exercises. Pregnancy yoga will help prepare your muscles and is a great place to practice abdominal breathing – which is essential for avoiding unnecessary pain during childbirth.

Time for our standard disclaimer: You should use caution and check with your healthcare provider before doing any pregnancy exercises. This is especially true if you are experiencing any complications during your pregnancy. Women who have back, neck or knee injuries should be careful to avoid any discomfort while doing pregnancy exercises

Cat Stretch

Cat stretch is the most important of the pregnancy exercises. It tones and conditions your lower back and abdominal muscles at the same time it relieves pressure on your lower back, blood vessels, and bladder.

This exercise moves only the lower body. To prevent over-arching, look down at your hands the entire time. In hands and knees position with your hands directly under your shoulders and your knees directly under your hips, relax your lower back and allow your pelvis to tilt forward. This will cause a slight arching in your lower back, like a horse gets when they are old.



Do not force the arch. Only allow your back to arch as much as is comfortable. The goal is to stretch, not strain.

Hold the stretch for a few seconds before bringing your back to a neutral position. Next tuck your hips under and press your back up towards the ceiling like a frightened cat. Keep looking down at your hands. Hold for a few seconds before returning to a neutral position.

We recommend that you do this exercise first thing in the morning and before relaxation practice at night at a minimum. You should also do it several times during the day, any time you notice your back is sore.

Squatting

Squatting is a common position used in many cultures. It is especially beneficial when you are laboring and giving birth because it opens your [pelvic outlet](#) an additional 15%. Squatting helps your baby get into the proper position for delivery.

During the pushing phase, squatting provides natural alignment and puts pressure on the top of the uterus which helps your body during expelling contractions. This all results in a more productive second stage.

Squatting is the second most valuable because, in addition to helping your baby get into the proper position for birth, it helps prepare the leg muscles and the perineum.

Start by standing upright with your legs comfortably apart. Then bend your knees slightly and tuck your hips under. Tucking your hips is critical as it will relieve pressure on your lower back. Next, lean forward a little and bend your knees with your heels on the floor until your bottom comes all the way down.



For balance it helps to hold onto something like the arm of your couch. If you can't keep your heels on the floor, practice with a blanket rolled up under your heels or wear shoes with low heels. If you have knee trouble, place a rolled up towel behind each knee before you go down or place a low stool or blocks underneath you. Sit upright or leaning slightly forward on the lowest stool or prop that you can with your legs wide apart and your heels on the floor.

Hold the squat for as long as you can, but for one minute minimum. Build up over time and find ways to get comfortable while squatting.

During your pregnancy be sure to squat instead of leaning over to pick things up. Be sure to squat first thing in the morning and last thing at night for one minute minimum. Try to squat for an extended period of time at least once a day while reading or watching TV.

Sit on the floor in Diamond or Cross Legged position

Sitting cross-legged is a healthy natural position. It is our favorite pregnancy exercise. If you see a group of kids sitting on the floor they will often assume a cross-legged position. This is a healthy position that encourages the uterus to move forward, increasing circulation and stretching the inner thighs. This is a great position to encourage your baby to turn head-down with his or her face towards your spinal cord - the best position for birth.



Diamond sitting is best done with something behind you to support your back. It provides all of the advantages of cross-legged sitting. It stretches your legs more effectively than cross-legged sitting and since your legs are not crossed, there is no compression on the blood vessels in your lower legs.

For cross-legged sitting: sit on the floor or a firm pillow with your legs crossed. Remember to use good posture. Don't hold this position too long, instead lean forward or backward and stretch your legs occasionally.

For diamond sitting: sit on the floor with a couch or wall behind you. Place the soles of your feet together and bring them in as close to your body as is comfortable. Let your knees fall down towards the ground. Place pillows or another form of support under your knees so that you can relax fully. Hold this position for five minutes or longer. Over time try reducing the support under your knees so that they descend closer to the ground and provide more stretch to your inner thighs. You can also play around with how close you can get your feet to your pelvis.



Try to sit on the floor as often as possible instead of the couch or a chair throughout your pregnancy. During your third trimester, in particular, it is important to sit upright to prevent your baby from going into a posterior position. Posterior babies are much harder to deliver. Plan to sit in the diamond position at least once a day for five minutes at a minimum.

Kegels

This exercise tones and conditions your [pelvic floor](#). This is the only one of the pregnancy exercises that we strongly recommend you do throughout your pregnancy and for the rest of your life! Why? Poor tone in your [pubococcygeus muscle](#) (the muscle kegel exercises strengthen) causes incontinence. It is the muscle that allows you to stop the flow of urine midstream. Also called the PC

Muscle, it keeps your insides from sliding out of the bottom of your pelvis while you are walking around.

If haven't been doing your [kegels](#) , you are likely to wet your pants when coughing or sneezing. You are likely to have less sensation during intercourse. A poorly toned PC muscle can be dragged down by baby's head during birth (instead of popping thru as designed). This sagging or distension of the pubococcygeus causes unnecessary pain, may cause premature flexion of your baby's head, may lead to prolonged second stage (pushing) labor, and may cause damage to the muscle during childbirth. See how important it is to keep your PC muscle toned?

To find your kegel muscle, try stopping your urine in mid-flow next time you go pee. To contract your kegel muscle fully, it should feel like you are pulling everything in your pelvic area up. After you find your kegel muscle you need to contract it at least 150 times a day. You need to contract it, hold it for a couple seconds and then let it go.

This is easy to fit in, no one can tell you are doing kegel exercises, even if you do them at work in the middle of a meeting! The trick is to make doing them a routine. Otherwise, you will pee in your pants while laughing at a party and realize that you haven't done any kegels for months!

We recommend doing kegels every time you are stopped at a red light in your car. This is a double bonus! You can laugh without fear and you aren't just wasting your precious time every time you are sitting at a red light!

In Conclusion

While you are pregnant, listen to your body. Do pregnancy exercises to prepare your body for a natural delivery. Avoid doing anything that hurts. Your body is changing rapidly. Be aware of [things to avoid while you are pregnant](#) . Your baby is growing rapidly. Your body will tell you what it needs and what to avoid if you listen closely.

Most important, **enjoy being pregnant**. It may be uncomfortable at times - like when you are doing your pregnancy exercises - but the joys are numerous. Only you can feel your little baby moving inside of you. This is the **ONLY** time in your baby's life where you have total control. Do your pregnancy exercises, make every day count and enjoy every minute. These are memories you will have for the rest of your life!

Ready to start thinking about delivering your baby?

We hope you have found our Natural Pregnancy Advice guide helpful.

Our last pregnancy recommendation is that you start thinking about taking a childbirth class either online or in person as soon as possible. If you are unable to do either, we have loads of [free childbirth advice](#) on our website.

[Here are our top childbirth tips.](#)

We also recommend our [Natural Pregnancy and Childbirth Advice eBook](#). It covers all of the most important information we deliver during our in person childbirth classes. Knowledge is power!



Topics Covered in our Natural Pregnancy and Childbirth Advice eBook

Natural Childbirth

What Happens During Natural Birth?

What You Need to Give Birth Naturally

Why You Should Take a Childbirth Class

Childbirth Education Classes

- Hospital Childbirth Classes
- Lamaze Childbirth Education Classes
- Bradley Childbirth Education Classes
- Birthing From Within
- Independent Childbirth Classes
- Online or Self Paced, At Home Childbirth Classes

Deciding Where to Deliver

Giving Birth in a Hospital

- Giving Birth in a Birthing Center

- Giving Birth at Home

How Your Body Prepares Itself and Your Baby for Delivery

Pre Term Labor and How to Avoid It

- The Difference Between Pre Term Labor and Braxton Hicks Contractions
- Causes for Pre-Term Labor
- How to Prevent Pre Term Labor
- What To Do if you Suspect You Are in Pre Term Labor

Preparing for Natural Childbirth

All About Labor and Delivery

Stages of Labor – An Overview

- Early Signs of Labor
- First Stage
- Second Stage
- Third Stage

How far along are you?

Stages of Labor in Detail

- First Stage - Early Labor
- First Stage - Active Labor
- First Stage - Transition
- Second Stage – The Pushing Stage
- Third Stage - Delivery of the Placenta

Newborn Tests and Procedures



Why you need to think about Newborn Tests and Procedures BEFORE Your Baby is Delivered

- Suctioning
- Weighing and Measuring Length
- Baby's First Bath
- Umbilical Cord Clamping and Cutting
- Eye Ointment
- PKU Testing – AKA Newborn Screening
- Vitamin K
- Hepatitis B Vaccine
- Circumcision

Hepatitis B Vaccine at Birth – Digging Deeper

Vaccination - 5 Things to Consider Before Vaccinating Your Children

Advantages of Breastfeeding



- Best nutrition for baby
- Less Illness and Healthier Baby

- Stay connected with your baby
 - Breastfeeding is easier than formula feeding
 - Breastfeeding is easier for working moms
 - How to Breastfeed
-

Sample Birth Plan



- Environment
- Prior to Labor
- First-Stage Labor
- Second-Stage Labor
- Cesarean Section
- Third-Stage Labor
- Newborn Procedures

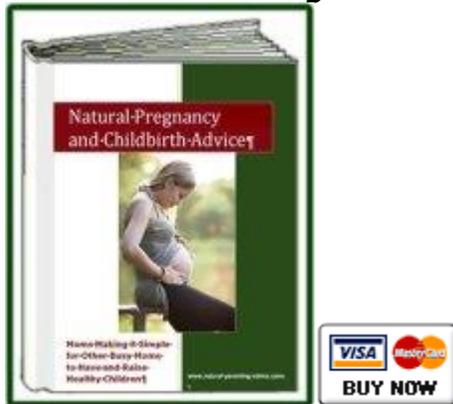
Documenting your Birth Experience

- Therese's- Birth Story

Cycle Chart

- Printable Cycle Chart For You To Fill Out

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