



MOMMY'S  
SECRETS TO HAVE A

# HAPPY PREGNANCY

COMPILATION OF THE BEST TIPS  
TO MAKE BEARABLE THIS BEAUTIFUL  
STAGE OF OUR LIVES.

# MOMMY´S SECRETS TO HAVE A HAPPY PREGNANCY

*Compilation of the best tips to make  
bearable this beautiful stage of our lives.*

By Nazirababy



**NAZIRA**  
BABY

© NAZIRA BABY, [2022]

Edited by SandS SSM

All rights reserved.

## *Preface*

Pregnancy is a time of great joy and anticipation but can also be a time of uncertainty and worry. Our goal is to provide you with the information you need to make your pregnancy as healthy and happy as possible. We offer advice on everything from nutrition to exercise to sleep and more.

## *Table of Contents*

Preface.....	3
Prenatal Control .....	6
Cravings.....	7
Cramps.....	8
Nausea.....	10
Tailbone Pain.....	11
Dental Health.....	13
Preeclampsia .....	15
Insomnia.....	17
Sleepiness.....	17
Cigarette.....	18
Coffee.....	19
Alcohol.....	20
Being overweight.....	20
Myths and False Beliefs .....	21
Epilogue.....	23

Because of the hormonal and physical changes that occur during this beautiful and stressful stage of our lives, we tend to worry excessively about things that have easy solutions and are within our reach.

Below I will tell you the tricks that worked for me during my pregnancies, along with advice from doctors and professionals in the area, who helped me go through each stage of them calmer and healthier. Also, some aspects of pregnancy concern us, opinions of specialists on the subject, and advice (based on my experiences during pregnancies).

I hope they are helpful to you as they were to me and help you enjoy your pregnancy

## ✓ PRE-NATAL CONTROL

It is essential to attend your appointments with a qualified obstetrician; in each of these appointments, your weight, vaccinations, exams, echograms, baby's development, which vitamins are necessary, etc.,

As well as clarify all your doubts about the changes you are experiencing in your body.

Please make a list of all the questions or things that worry you because sometimes, due to lack of time or nerve,s we forget them. We only remember them when coming home, do not be embarrassed to formulate them. The doctor is obliged to answer them and clear each one of them.

**\*Mommy's advice: don't miss your appointments and do all the exams that your doctor tells you..**

## ✓ CRAVINGS

Sometimes are considered simple whims, but believe me; they are genuine for those who suffer them; they can occur at any time of the day or night and can range from wanting to eat chocolate to mixtures of foods that you would not normally eat, passing through dirt, or any other thing, the real cause of these is still not clear.

Studies that have been carried out on this subject have not found much relationship is what people believed between the cravings of a pregnant woman and what her body needs; this is what people typically thought:

Some experts believe that they may have some basis related to the hormonal changes that occur during pregnancy and that they have a powerful impact on the senses of taste and smell.

Other specialists, including some nutritionists, believe that cravings arise to compensate for a nutritional need; for example, a deficiency of vitamin B could justify the desire to eat chocolate, the lack of beta carotene



would justify the taste for peaches and the need for protein could be related to the desire to eat red meat.

In the psychological aspect, it is believed that the cravings of pregnant women respond, on the one hand, to a greater need for affection on the part of the woman towards her partner and, on the other, to the deviation of the feeling of anxiety caused by pregnancy. The fact that the foods most craved are the "forbidden" ones, such as chocolate, suggests a psychological cause.

***\*Mommy's Advice: Don't worry if you can't satisfy a craving that won't harm your baby. Instead, try to make the healthiest options the ones you do.***

## ✓ CRAMPS

These usually appear in the second trimester and can worsen as the pregnancy progresses.

While they can occur during the day, they are probably more noticeable at night. Metabolic, vascular, and nervous changes cause them.

The metabolic changes during pregnancy, such increase in phosphorus and the decrease in calcium in the blood, favor the appearance of cramps.

During pregnancy, there is a slowing of vascular venous return, which favors the appearance of both edema and cramps.

And finally, the correction of the axis of the spinal column due to uterine growth during pregnancy causes compression in the nerves of the lower extremities, also favoring the appearance of cramps.

Consider reducing the intake of phosphates, and you should increase the calcium input.

Gentle, passive stretching of the affected limb and avoiding high-heeled shoes are highly recommended.

***\*Mommy's advice: when you feel one lying down, put your right foot against the wall; it's incredible how immediate the relief is.***

## ✓ NAUSEAS

They usually start in the first trimester of pregnancy but can last until the end.

They are more frequent in the morning but can occur at any time or night.

The exact cause of morning sickness is unknown, but experts believe it is due to changes in a woman's hormone levels during pregnancy.

Other factors that can make nausea worse include an increased sense of smell and gastric reflux in pregnant women; these are not serious and do not harm the baby in any way; it may even be a sign that everything is going well with you and your baby.

It is also thought that they may be associated with a lower risk of miscarriage and probably show that the pla-

centa is producing all the appropriate hormones for the growing baby.

To help counter these, eat more protein and carbs, try spreading apple or celery slices with peanut butter, nuts, cheese, crackers, low-fat dairy products like skim milk, cottage cheese, and yogurt, and soft foods such as gelatin and broth.

Cookies can also calm the stomach, avoid foods high in fat and salt, try to eat before you feel hungry, avoid large meals, do not eat when you are too hungry or too full, and drink more water.

***\*Mommy's advice: eat a cracker on an empty stomach; it works for me every time..***

### ✓ TAILBONE PAIN

Also called coccygodynia or coccygodynia, it is a common condition that tends to become more frequent during and after childbirth, with second pregnancies.

The most frequent cause is usually a dislocation or even fracture of said bone caused by a fall or blow in the practice of some sport, during pregnancy it is more common that its origin is hormonal because, in this period, the relaxin hormone is produced whose function is "open or separate" the joints to allow the baby to come out, also the change of posture with the increase of the belly among others.

To relieve it, you can use the following:

- Apply heat to the area or alternate heat and cold with compresses.
- Wear comfortable shoes.
- If you have to sit for long periods, get up and walk around every once.
- Staying active and practicing some exercise helps a lot.
- Take an analgesic (only Tylenol and only if the doctor tells you to).
- Use a donut cushion if your chair is very hard.

- Sleep on your side, preferably the left, never faces down.

It usually goes away only a few weeks after delivery.

*\*Mommy's advice: crush arnica leaves in a piece of cotton cloth and apply it to the sore area or ask your doctor if you can use a cream based on said plant.*

## ✓ DENTAL HEALTH

The common belief is that women lose a tooth with each pregnancy. However, with good oral hygiene and professional oral health care, pregnant women's teeth can remain healthy.

Another common belief is that the unborn baby takes calcium from the pregnant woman's teeth, causing cavities. Of course, THIS IS NOT TRUE.

During pregnancy, women may be at higher risk of developing cavities because they eat more often to prevent nausea. Tooth decay is 100 percent preventable; however,

if left untreated, tooth decay can cause tooth pain and can lead to tooth loss.

When women are pregnant, their bodies undergo very complex changes, and many women notice that their gums are sore, inflamed, or tend to bleed. These are the symptoms of gingivitis, an infection of the gum tissue; anyone can get gingivitis. However, pregnant women are at higher risk of gingivitis due to hormonal changes. If gingivitis is not treated, it can lead to more severe gum disease and tooth loss.

The best way for pregnant women to prevent cavities and gingivitis is to clean their teeth and gums.

Brush your teeth, gums, and tongue with toothpaste or cream after every meal.

Floss once daily and see a dental health professional for a thorough cleaning.

Avoid foods that are high in sugar.

If the decay is already present, the only way to stop it is through treatment at your dentist's office. If cavities and gingivitis are prevented or treated correctly, there is no reason for pregnant women to lose their teeth.

**\*Mommy's advice: Don't chew ice; this is a frequent craving during pregnancy and harmful to your teeth.**

### ✓ PRE-ECLAMPSIA

This pregnancy complication causes a sudden increase in blood pressure after 20 weeks of pregnancy and high protein levels in the urine.

It usually occurs in the last trimester.

In rare cases, symptoms may not start until after delivery, called postpartum preeclampsia.

Although the exact cause is unknown, it is related to poor blood circulation in the placenta.



Among the risk factors, we mention the following:

- Chronic high blood pressure or chronic kidney disease
- High blood pressure or pre-eclampsia in a previous pregnancy
- Obesity
- You are over 40 years old
- Multiple pregnancies
- You are Afro-descendant
- Of preeclampsia history
- You have certain underlying diseases such as diabetes, lupus, or thrombophilia (a disorder that increases the risk of blood clots)

It is essential to do periodic urine tests to detect it in time, so your doctor can tell you the optimal strategy to control it.

***\*Mommy's advice: avoid as much as possible the intake of salt and canned foods, and flavor your meals with fresh herbs such as cilantro and chives, garlic, or ginger.***

## ✓ INSOMNIA

One of the expected consequences of hormonal and physiological changes during pregnancy is sleep disturbances, such as excessive daytime sleepiness and insomnia.

Regular physical activity during pregnancy can help you fall asleep more quickly if you have insomnia.

Avoid heartburn with small, frequent meals.

Avoid eating three hours before bed.

***\*Mommy Tip: Sleeping on your left side with your head elevated can also relieve heartburn symptoms and help you fall asleep better..***

## ✓ SLEEPINESS (SOMNOLENCE)

During the first trimester of pregnancy, most women complain of feeling tired and sleepier than usual, and this is due to the high level of progesterone and estrogen, which is responsible for preparing the uterus for implantation.

The ideal is to rest as much as possible, but if the situation does not allow it because you have other tasks, you should take additional measures, such as a light diet or physical activity. On the contrary, the abuse of exciting drinks is not recommended because they keep us awake. They can harm the fetus.

***\*Mommy's advice: TAKE ADVANTAGE and sleep as much as you can while you are pregnant; after your baby's arrival, it will be a little difficult for you to sleep as usual.***

## ✓ CIGARETTE

The mother who smokes transmits nicotine, carbon monoxide, and many other chemicals to her growing baby.

Similarly, it would be best if you stayed away from people who are smoking, whether they are co-workers, family members, or people in public spaces.

Smoking during pregnancy increases the risk of miscarriage or stillbirth, premature birth, low birth weight,

sudden infant death syndrome (SIDS), asthma, and other breathing problems.

**\*Mommy's advice: If you are a smoker, consult your doctor about methods to help you quit smoking.**

### ✓ COFFEE

It is advisable to reduce or eliminate caffeine consumption. Studies show that consuming more than 200 to 300 milligrams of caffeine daily (2 to 3 cups of coffee, depending on serving size, brewing method, and brand) can put you at risk for pregnancy. Consuming less than that amount is safe.

High caffeine intake has been associated with an increased risk of miscarriage and possibly other pregnancy complications.

**\*Mommy's advice: help reduce your coffee consumption by gradually mixing it with decaffeinated until you eliminate regular coffee. Don't drink tea or cola drinks, as they also have caffeine..**

## ✓ ALCOHOL

Alcohol is quickly passed on to the baby, and the baby's body can't get rid of the alcohol like the mother's. This means that the baby tends to accumulate high concentrations of alcohol, which remain in his body longer than in the mother.

Drinking a moderate amount of alcohol, as well as regular binge drinking, can damage the baby's nervous system.

**\*Mommy's advice: Don't worry if you drank liquor before you knew you were pregnant; this won't harm the baby; the important thing is that you don't do it anymore. If you tend to consume alcoholic beverages, tell your doctor, who will guide you in the steps you need to take to quit.**

## ✓ OVERWEIGHT

You often gain weight during this stage, but the best thing you can do to have a healthy pregnancy is to eat a

variety of foods, exercise regularly, avoid alcohol and tobacco, and keep your doctor's visits. If you didn't exercise much before you got pregnant, talk to your doctor about how you can slowly increase your activity

**\*Mommy's advice: Eat more fresh vegetables and fruits, do not abuse sweets, and get used to taking daily walks.**

## **MYTHS AND FALSE BELIEFS**

There are many, and although some may seem credible or logical, most are not.

Here are some of the most popular:

**Eat for two:** Consuming more food will only make you gain weight, which is harmful to you and your baby.

**Losing a tooth in each pregnancy:** Maintaining good health and dental hygiene will not happen.

**Eating a lot of oranges will make your baby born "clean":** That will only raise your vitamin C levels, but remember that everything in excess is wrong.

**Looking at an eclipse will stain the baby's skin.** Please don't believe that.

**The shape of the belly determines the sex of the baby:** completely unfounded.

**Heartburn is a sign that your baby will have a lot of hair:** There is no scientific evidence to prove it.

**Foods like hot milk with cinnamon or hot pepper can induce labor:** At most, it will cause heartburn.

**Dyeing your hair will harm the baby:** The chemical components of the dyes are not strong enough. They can cause discomfort due to their strong odors; if you need to wait for the third trimester or get wicks, do not do full hair dyes.

**Practicing sports during pregnancy is harmful:** On the contrary, as long as they do not require too much effort, they will benefit you both physically and emotionally.





## Epilogue

Pregnancy is a magical stage; the sweet wait is a process full of many emotions. Still, it also has its difficult moments and chaotic face, Do not take this advice or any other if you are unsure or have confirmed with your doctor trustworthy.

At Nazirababy, we strive to investigate and collect all the information that will help us on this beautiful path of being mothers.

Our main intention is that you feel good and have a healthy and beautiful baby.

Finally, I think it is essential that you maintain a positive attitude, do not worry too much, pray or connect in the way that best makes you flow, do not take for granted that your partner should know how you feel, tell him, express yourself, read, find out, be thankful for everything you are going through, laugh a lot, enjoy your pregnancy and above all **BE HAPPY.**



Find out more by visiting

<https://www.nazirababy.com>

Follow us on;

[Facebook](#)

[Instagram](#)

[TikTok](#)