



The Best Prenatal Care!

“The best prenatal care you can get is what you give yourself every day of your pregnancy”

- Choose your care provider carefully. One who will listen and respect you.
- Eat wisely! A nutritious whole foods diet will ensure a healthy baby and mother.
- Practice surrounding yourself with a positive, pleasant, relaxed environment. Your partner can play an important role in this. Babies pick up emotional and environmental cues before birth and they can affect their disposition after birth.
- Balance activity and rest for a healthy body. Exercise regularly. Rest often. Naps are a wonderful gift to give yourself! Get enough sleep to feel well rested.
- Take walks in the fresh air daily. Sunlight provides vitamin D, a necessary nutrient.
- Drink 8-12 glasses of pure water or herbal teas daily. Minimize caffeine and artificial sweeteners. Red raspberry and nettle teas are particularly helpful and delicious.
- Choose comfortable loose fitting clothing that makes you feel good. Low heeled shoes will help as your posture and center of balance shift.
- Kegal! Kegal! Kegal! Make this exercise a regular part of your day to strengthen and tone your perineum.
- Take daily baths. Not only will this make you clean, water is soothing and helps eliminate impurities as well as benefits circulation.
- Surround yourself with a clean, tidy and pleasant home or office.
- Abstain from all known toxins and harmful substances. This includes toxic cleaning supplies, over the counter medications, illicit drugs, industrial chemicals, and addictive substances.
- Cultivate a positive mental attitude. This helps create a cheerful child and pleasant family. Avoid anger and unfounded fears.
- Educate yourself about your new role and issues surrounding it. Read, watch videos or DVDs, and talk to positive people.
- Allow yourself to be creative and productive. Let your dreams flow and grow.
- Arm yourself with information, resources and educational materials to help you grow.
- Cultivate a good relationship with God.