Ladybird
Childcare Services

FIT PREGNANCY, BEFORE AND AFTER

Erasmus+

Kilcooley
WOMEN'S CENTRE

PARENTING 4 YOUTH
Parenting Awareness for Young People

A healthy pregnancy

- **Prenatal care** is preventive healthcare for the pregnancy and delivery of the baby. It consists of regular check-ups with doctors and nurses.

- **Fitness during pregnancy** refers to lifestyle choices taken during the gestation period.

Three points for fit pregnancy & baby:

NUTRITION

PHYSICAL ACTIVITY

MENTAL WELNESS

Pre Pregnancy Health

Approaching a normal body weight already prior to conception can markedly minimize the risk of unhealthy pregnancy outcomes for both

Risk of unhealthy pregnancy outcomes for both if excessively over

BMI < 25

WHY BMI < 25?

>30 → overweight

clinically obese

- Gestational diabetes
- Develop preeclampsia
- Caesarean section
- Postpartum haemorrhage

- Still-born
- Might be too big (macrosomia)
- Hypolyglycemia

KEY MICRO NUTRIENTS

- Folate
- Calcium
- Iodine
- Vitamin D
- Vitamin B12
- Iron

FOLIC ACID (VITAMIN B9)

- Essential to healthy fetal development

- Needs folate to :
  - Synthesize and repair DNA
  - Cell division and growth
  - Produce healthy red blood cells → prevent anemia

Folates are essential nutrients

Mental health while trying for a baby

Sometimes you have to close your eyes and hold on in sheer terror and sometimes you just have to put your hands in the air and enjoy the ride.

Imagine that this is your very own feelings tree. Before you go to sleep at night you can leave all your uncomfortable feelings and worries with the tree while you sleep peacefully

Relaxation techniques

- **Mindful breathing** can have a focusing, calming effect for your whole mind and body.

Sit quietly in a chair with both feet on the ground and your hands in your lap. Allow yourself to feel centered .

Close your eyes if you feel comfortable doing so or let your focus fall softly on the floor a meter or so in front of you.

Bring all of your attention to the physical act of breathing.

Start to notice the breath as it enters your body through your nose and travels to your lungs.

Relaxation techniques

Make yourself comfortable and take a deep breath in through your nose.....and release the breath through your mouth.

Breathe in gently... .....and as you breathe out, let the air carry the tension out of your body.

Scan your body for any areas of tension, and for each area, let the relaxation soften the muscles. Let the feeling of relaxation grow....spreading calm throughout your body.

Breathe in relaxation..... and breathe out tension..... Breathe in calm.... and let all the tension go as you exhale....

Relaxation techniques

- Take 5 minutes to think about happy things -
  - A happy place
  - My favourite memory
- Best thing you have ever done or achieved
  - Favourite song
  - Favourite food
- A funny memory

Benefits of a fit & healthy pregnancy

- Less complications during pregnancy
- More energy during pregnancy
- Easier labour
- More chances of a **healthy baby**

Cutting out bad habits

- Making good lifestyle choices will directly impact the health of a growing fetus.
- Habits such as **smoking**, **drug use**, and **alcohol consumption** have been linked to serious complications and risks for both mother and baby.

Cigarrette smoking during pregnancy

- Possible effects on the baby:

- Most common cause of low birth-weight babies wich is

most common cause of death and illness in first weeks of life

Possible pregnancy complications:

- Vaginal bleeding
- Ectopic pregnancy
- Premature placental detachment
- Premature labour and delivery

Alcohol consumption during pregnancy

- Possible effects on the baby:

- Fetal Alcohol Syndrome

- can cause underweight and abnormalities in central nervous system

- Possible pregnancy complications:

- Miscarriage
- Premature labour and delivery
- Stillbirth

Exercising during pregnancy

What are the benefits of training during pregnancy?

- Prevents the classical back aches
- Women who achieve good musculature will push easily in vaginal labour
- Prevents abdominal diastasis
- Decreases risk of gestational diabetes
- Improves cardiovascular and muscular capacity in the whole body
- Corrects body posture
- Improves pelvis mobility
- Improves sleep quality
- Helps control weight gain
- Faster recovering after childbirth
- Decreases risk of caesaria or instrumental labour
- Prevents pre-eclampsia

When to train and when not to?

ABSOLUTE CONTRAINDICATION to train in groups (it is allowed to do it individually)

- Breaking of membranes
- Risk of premature labour
- Unexplicable bleeding
- Placenta previa
- Pre-eclampsia
- Cervical incompetence - FORBBIDEN
- Restriction of uterine growth
- Multiple pregnancy (triplets)
- Uncontrolled Diabetes type I
- Uncontrolled hypertension
- Uncontrolled tyroid disease
- Severe cardiovascular or breathing disease

When to train and when not to? According to CSP (2018)

RELATIVE CONTRAINDICATION: Decrease intensity in the first trimester in athletes, regular gym members train as usual

- Previous recurring abortions
- Gestational hypertension
- History of premature labour
- Cardiovascular or breathing disease
- Symptomatic anemia: weakness, tiredness…
- Malnutrition
- Eating disorders
- Twins pregnancy after week 28
- Important known diseases

General and specific recommendations

- **PHYSICAL ACTIVITY:** At least between 20 and 30 minutes of moderate **physical activity** EVERYDAY or most days. Understanding physical activity as: any body movement produced by muscles that imply an energetic expense bigger than resting.

- **EXERCISE: Strength training + Aerobic training. Referring to planned, structured and repetitive physical activity, that aims to maintain physical condition and health.**

General and specific recommendations

According to CSEP (2018-2019) it is recommended:

- **ALL women without contraindications should be physically active during the WHOLE pregnancy**
- 150 min/week of moderate physical activity: to achieve clinically significant benefits and reduction of pregnancy complications
- At least 3 days per week. But it is recommended to be active every day.
- Aerobic+Strength = more benefits + Yoga and Strechting (breathing/meditation)
- Muscular training of the pelvic floor to prevent urinary incontinence
- Women with dizziness, nausea or discomfort, avoid supine positioning

General and specific recommendations

IMPORTANT TO REMEMBER:

Physical activity during pregnancy, minimises risks and shows women all the benefits that it delivers.

According to ACOG 2015 there's **NO EVIDENCE** for prescribing **ABSOULTE REST**, so ALL women have to at least walk.

Risks of **EXTENDED ABSOLUTE REST**: thromboembolism, bone demineralization...

- **Women who trained before pregnancy without complications:** should continue training with moderate or even higher intensity
- **Women who did not train before pregnancy:** it is a good moment to start an active lifestyle

What to avoid?

- Diving
- Horse riding
- Skiing
- Valsalva
- Crunch
- Supine
- Activities in high heights or with risk of falling

EXAMPLE OF PREGNANCY TRAINING

TRAINING ROUTINE: 4 exercises + 1’ cardio going up and down the stairs, 30” one leg + 30” the other leg: 40” exercise + 20” rest before the next exercise

SQUATS

ROWING

MONSTER WALK

WALL PUSH-UPS

REPEAT EVERYTHING TWICE

How does the woman feel after childbirth?

- Physical changes: diastasis, image, muscle tone...
- Low energy levels
- Increase of costs
- Sleep lack or bad quality
- Taking care of the baby
- Programmed life: lactance, schedule...

How does the woman feel after childbirth?

Most importantly: HOW WAS THE LABOUR?

- Vaginal
- Forceps
- Caesarea
- Epistomy

LABOUR ASSOCIATED PATHOLOGIES (could be avoided training):

- Prolapse
- Urinary incontinence
- Sexual disfunction
- Abdominal diastasis
- Post-partum depression
- Lower back and cervical pain

POST-PARTUM DEPRESSION

- The birth of a baby can trigger a jumble of powerful emotions, from excitement and joy to fear and anxiety. But it can also result in something you might not expect — depression.
- Most new moms experience postpartum "baby blues" after childbirth, which commonly include mood swings, crying spells, anxiety and difficulty sleeping. Baby blues typically begin within the first two to three days after delivery and may last for up to two weeks.
- But some new moms experience a more severe, long-lasting form of depression known as postpartum depression. Rarely, an extreme mood disorder called postpartum psychosis also may develop after childbirth.
- Postpartum depression isn't a character flaw or a weakness. Sometimes it's simply a complication of giving birth. If you have postpartum depression, prompt treatment can help you manage your symptoms and help you bond with your baby.

Baby blues symptoms

Signs and symptoms of baby blues — which last only a few days to a week or two after your baby is born — may include:

- Mood swings
- Anxiety
- Sadness
- Irritability
- Feeling overwhelmed
- Crying
- Reduced concentration
- Appetite problems
- Trouble sleeping

Postpartum depression symptoms

- Postpartum depression may be mistaken for baby blues at first — but the signs and symptoms are more intense and last longer, and may eventually interfere with your ability to care for your baby and handle other daily tasks. Symptoms usually develop within the first few weeks after giving birth, but may begin earlier — during pregnancy — or later — up to a year after birth.

Postpartum depression signs and symptoms may include:

- Depressed mood or severe mood swings
- Excessive crying
- Difficulty bonding with your baby
- Withdrawing from family and friends
- Loss of appetite or eating much more than usual
- Inability to sleep (insomnia) or sleeping too much
- Overwhelming fatigue or loss of energy
- Reduced interest and pleasure in activities you used to enjoy
- Intense irritability and anger
- Fear that you're not a good mother
- Hopelessness
- Feelings of worthlessness, shame, guilt or inadequacy
- Diminished ability to think clearly, concentrate or make decisions
- Restlessness
- Severe anxiety and panic attacks
- Thoughts of harming yourself or your baby
- Recurrent thoughts of death or suicide

Postpartum psychosis

- Confusion and disorientation
- Obsessive thoughts about your baby
- Hallucinations and delusions
- Sleep disturbances
- Excessive energy and agitation
- Paranoia
- Attempts to harm yourself or your baby

Remember!!

Although this information has been collated from experts:

- Always seek individual advice from midwives or doctors
- Listen to your body
- Do not be ashamed to ask for help
- Mental health before during and after pregnancy is just as important as physical
- There are many organisations who can help various situations.
  - Medical professionals
    - Health visitors
    - Social services

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