

Congratulations On Your 6Th Month Of Pregnancy!

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By Blooming Marvellous

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You are now entering the second trimester, some mothers find this the most comfortable stage of pregnancy. It's a very exciting time, you've got a lot to look forward to in the coming months so it's important that you keep yourself fit and well by eating a balanced diet and exercising regularly.

Your baby is now approximately 31 centimeters in length and weighs about 800 grams. Eyebrows and eyelids are now developed and your baby can open and close its eyes. The lungs have filled with amniotic fluid and breathing motions have begun.

Your baby begins to develop hearing and taste senses

Your baby will gain weight due to muscle, organ and bone development

Your baby may start to respond to noise outside the womb

You may be able to hear foetal heartbeat through stethoscope

Your baby's veins will become visible through the skin

Your baby's brain will grow rapidly.

Your morning sickness should have eased and many women feel more energised and experience a general feeling of well-being and contentment. You don't yet have the full weight of a maturing baby placing stress on your body so it's the perfect time for some gentle exercise. Try to get as much rest as you can because you'll find it easier to sleep now than in the later stages of your pregnancy.

It's often thought that pregnant women are supposed to be radiant and glowing but that's not always the case. All women are different and experience various physical changes that are perfectly normal

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during pregnancy. You might find that certain areas of the skin begin to darken, stretchmarks may develop and heartburn is quite common at the six-month mark.

You can expect to gain approximately 6 kilograms (13 lb) in the next three months so if you haven't already made the transition to maternity wear, it's a good idea to start thinking about buying a few comfortable pieces.

Pregnancy can be an exciting and sometimes overwhelming time. Everybody seems to have an opinion or suggestion on what to do and how to stay healthy. To help ease any concerns you might have, we've put together our Top 10 Health Tips so you can relax, stay safe and enjoy this special time.

Choose a health care professional that you feel comfortable with. It's important that you have someone to talk to if you are worried at any stage of your pregnancy.

Attend regular antenatal checkups. It's important that you stay healthy and monitor the development of your baby.

Eat a healthy, well balanced diet. Remember that what you eat and drink can have an effect on your baby and eating healthily means you have a better chance of staying well throughout your pregnancy.

Avoid high-risk foods. It's a good idea to stay away from soft cheeses, pre-cooked meat and unpasteurised dairy products. Don't forget to wash all fruit and vegetables thoroughly.

Follow basic hygiene procedures. For example, washing your hands thoroughly after touching pets or preparing food.

Avoid situations that may pose a health risk. Handling your pet's litter tray, preparing raw meat or fish or gardening without gloves can all be potentially harmful for pregnant women.

Be aware of potential hazards in the home and workplace. Some substances or equipment may be hazardous for you and your unborn child.

Exercise regularly. Gentle exercise and stretching throughout your pregnancy are great ways of preventing excess weight gain and reducing back ache.

Always check with your doctor or health care professional before taking any over-the-counter medicines or supplements.

Give up smoking and avoid being around smokers. Smoking, drinking and other forms of drugs are all potentially dangerous to your baby. Women who smoke while pregnant run greater risk of giving birth to an underweight baby.

Blooming Marvellous specialise in providing stylish, practical and good value maternity wear and baby clothing, along with the best in innovative and stimulating nursery equipment. Our range can be viewed

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The Truth About Early Pregnancy Tests

By Karen Zastudil

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You've missed your period and you think you may be pregnant. You've been trying for so long and you really would like to know!

What should you do now? Well, in the early days, there was a trip to the doctor and the rabbit test. Unfortunately, if you were expecting all the rabbit could expect or hope for was a quick death. Today there is something better! In the early 1970's the home pregnancy test came to be. By detecting levels of human chorionic gonadotropin (hCG) in the urine we are now able to quickly and effectively find out if we are expecting, in our own home without endangering any wildlife. But, how reliable are these tests?

Don't be misled by manufacturers claiming 99% accuracy within the first day or two of a missed period. New research suggests that the majority of home pregnancy tests are not able to detect the small amounts of hCG passed in the urine this soon.

"If it's really essential to you to know whether you're pregnant as early as possible, then you must use a super-sensitive test." It was noted that among 18 products tested, only one – First Response Early Result Pregnancy Test – appeared to be sensitive enough to detect pregnancy in at least 95 percent of women on the first day of their missed periods.

"Only 3 of the 18 products tested produced a positive result when testing urine that contained the amount of hCG typically present during the second day after a woman's first missed period. By the third day, 8 products tested appeared effective. It should be noted that all home pregnancy tests become more accurate after at least one week of a missed period".

CONGRATULATIONS!

Source: Scienceblog, Reuters Health
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Karen Zastudil is a graduate of Cleveland State Univeristy, – as the parent, Karen is an advocate for others who are interested in parenting and womens issues. Karen shares her wisdom and her resources at <http://www.womenatthesummit.com>

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