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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## Pregnancy Calendars

By Celia Namart

A pregnancy calendar is a fun and informative way to keep track of your pregnancy and ensure a

healthy outcome for you and your baby. For most women, pregnancy and birth is one of the key points in life and a pregnancy calendar will help you live the experience to the fullest. Detailed week-by-week information about the bodily changes happening to yourself and your baby, as well as handy advice regarding everything from nutrition to exercise, are just some of the things pregnancy calendars have to offer.

Standard features of most pregnancy calendars include: how to take care of yourself throughout each stage of pregnancy; tips on how to meet increasing nutritional needs while staying physically fit; and how much weight you should gain during pregnancy. Some may also include a detailed outline of your baby's weekly development and instructions from the experts on how to ensure that you both progress the way that you should. Many pregnancy calendars can be customized to fit your own unique personality and include spaces for a diary and a record to keep track of doctor's appointments and other important dates.

Pregnancy calendars are fun to use and, best of all, they are often free or cost a minimal amount. Many internet sources offer free downloads of pregnancy calendars and a simple online search will reveal dozens of choices. Most can be personalized and some websites will even send you e-mail alerts as important milestones draw near. Some pregnancy-related or Women's and Children's Health magazines offer a free pregnancy calendar to paid subscribers.

Huggies offers an excellent pregnancy calendar while American Adoptions has an online version accompanied by weekly updates. American Baby and Pregnancy Weekly both have calendars that are available online and can be personalized. Baby Fit features a week-by-week, development-specific pregnancy calendar while Baby Center has create-your-own pregnancy calendar options and tools. The choices are endless and the results amazing. Many people treasure their pregnancy calendars as keepsakes or use them to compare with future pregnancies.

Most pregnancy calendars are very simple and user-friendly. Anyone can understand them and the facts are presented in a clear-cut, down-to-earth manner. The hardest part for most people is

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calculating the due date, but this is usually provided by your physician. Even if it is not, most pregnancy calendars include instructions on how to calculate the due date that are easy to understand for even the most math illiterate person.

Pregnancy is no longer just a 9-month waiting period for the big day. With the help of a pregnancy calendar, expectant mothers can become actively involved in all the exciting changes of pregnancy, while at the same time benefiting their health. A handy source for expert advice, it can also do much to alleviate anxiety, as the due date looms closer. The truth is, a pregnancy calendar is just one excellent way to make the most of your pregnancy.

Celia Nemart writes about family and medical issues on the internet, Celia is a dedicated mother that is aware of the dangers of the lack of information about Pregnancy

<http://pregnancy.healthandcosmetics.com>

### **Track Your Pregnancy Progress With A Pregnancy Calendar**

**By Derek Marsh**

To help you manage the unbearable waiting times associated with your pregnancy, a pregnancy calendar can help track your progress as well as provide invaluable memories of your pregnancy. For 9 months, a mother-to-be watches her body transform from the shape she knows, to something that is a life support system for the baby growing inside her.

#### 1. Keep Track Of Your Growth

Whether it is something that she can pin on the wall, or something that she has on a file on her computer, or even a website where she has a login-in that takes her direct to her page, the calendar will show at a glance how far she has left to go in her journey towards motherhood. Many of these daily pregnancy calendars will give tips on how to cope with the different pregnancy symptoms that occur during the different stages, such as heartburn, sleeplessness, and Braxton Hicks.

#### 2. Online Calendars Are Available

The online daily pregnancy calendars give even more information. There are even illustrations of how the baby looks during each trimester. She can actually visualize the baby behind the bump and see her baby progress in her mind. It's also possible to purchase a daily pregnancy calendar book where each day you can journal about how you are feeling, any symptoms or check-ups you have, noting the cravings or weight gains, or even preserving the little things you want to say to the baby. Once complete this provides the new mother with a precious picture of the journey she took bringing her baby into the world.

#### 3. Results For Your Doctor

There is a practical purpose behind a pregnancy calendar – if there are any complications with the

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pregnancy your doctor will have a complete picture of the development of you and your baby during this time and may be able to pinpoint the problem. For example, by recording your meals in the calendar the doctor may be able to link a specific allergen to the welfare of your baby and recommend the removal of that food item from your diet. Babies do not always have the same allergies as their parents.

For more great pregnancy related articles and resources check out

<http://pregnancynurse.info>

The Classified List



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