



# Maintaining a healthy pregnancy



Birgit Mitchell with her children;  
Alex, Sophia and baby bump, Oliver.

**Women who maintain a healthy pregnancy are less likely to have complications during pregnancy and are more likely to have a positive birthing experience. So, take care of yourself and work with your lead maternity carer to follow our top tips for maintaining a healthy pregnancy.**

right amount of weight for you is very important if you are underweight or very overweight at the start of your pregnancy. With excessive weight gain comes a high risk of developing raised blood pressure and gestational diabetes. Discuss the appropriate weight gain in your pregnancy with your midwife.

it will be advised that women will need to travel away from Wairarapa to give birth in Hutt Valley.

### Visit your Dentist

Don't forget about your oral health: Brush, floss, and get regular dental care. Hormonal shifts during pregnancy can make you more susceptible to gum disease. So see your dentist for a check-up if you haven't had a visit in the last six months.

### What is a BMI and what does this mean for you?

When booking in with a midwife, a weight and height measurement is taken to find your overall body mass index (BMI). Women with a high BMI early in pregnancy will be offered an appointment with the obstetrician to see where the safest place is for birth. If a BMI is over 45



## Cutting out bad habits

Making good lifestyle choices is important for the health of your growing baby.

Pregnant women need to cut out smoking, drug use, and alcohol consumption. These have been linked to serious complications and risks for both mother and baby.

Let your midwife know if you're having trouble giving up, so you can get help.

## Hospital equipment amnesty If you no longer need it - please bring it back!



Not using that wheelchair anymore? Have any therapy items you no longer need? Forgotten to return your crutches or bathroom equipment?

**Please return hospital equipment you no longer need, so it can be used by those who do!**

### Healthy Eating

Eat for you, not for two. A simple way to satisfy your nutritional needs during pregnancy is to eat a variety of foods from each of the food groups every day. Eating healthily is doubly important when you are pregnant. That's because every day your baby's brain and organs are growing and they need lots of the right nutrients to do this.

### Exercise

Whether you're a couch potato or a gym-bunny, exercise has an important role to play in your pregnancy. Being active during pregnancy means you're likely to be able to cope better with the physical demands of pregnancy and labour. Walking or swimming for 30 minutes every day is ideal. Just remember not to push yourself too hard or let yourself get overheated or dehydrated.

### Weight Gain

If you gain too much weight in pregnancy you may find it harder to lose the weight you gained following the birth of your baby. Gaining the

## Four steps for your next health care visit

- P Prepare for your visit**  
Write down your questions, make a list of your medicines, take a support person/ask for a translator
- L Listen and share**  
Say if you don't understand, say if you can't afford or can't take your medicines, talk about your health
- A Ask questions**  
Your health providers really want you to ask questions so you can make important decisions together.
- N Note down what you hear**

ASK QUESTIONS, BE INFORMED



HEALTH PROFESSIONALS WANT YOU TO BE ACTIVELY INVOLVED IN YOUR OWN HEALTH CARE