



### 1. How can I know the difference between real labor and false labor?

**Answer:** With real labor the contractions continually get stronger and closer together. Braxton Hicks contractions may occur every 5 minutes for an hour or more, but they do not get any stronger or closer together. Braxton Hicks contractions are “warm-up” contractions; they are your uterus getting in shape for labor. So don't be discouraged by them but use them to practice your breathing and relaxation.

### 2. If I have a really bad headache and can't handle what can I take?

**Answer:** It is safe to take regular strength Acetaminophen (Tylenol) or Ibuprofen (Advil). Both are considered safe in pregnancy. You should not take any form of aspirin. If you have a lot of headaches, you need to try to find the cause. The most common causes of headaches in pregnant women is stress or low blood sugar (from not eating often enough).

### 3. When will the baby come?

**Answer:** Your EDD (estimated date of delivery) is just that, an estimate. The medical community considers full-term to be anywhere from 37 weeks to 42 weeks. Your first due date is estimated from the date of your last period. Ultrasounds will give you another due date that is determined by measuring the baby. All due dates are just estimates. Your baby will come when he or she is ready!

### 4. How much weight is it normal to gain?

**Answer:** Normal weight gain in pregnancy is 25-35 pounds. This is not all baby! This is extra body fat, extra water, the placenta, your enlarged uterus, amniotic fluid, extra blood, and the baby. Some women who are underweight when they conceive will gain a little more because the body needs it to maintain the pregnancy. Some women who are overweight when they conceive will gain less if they are eating healthy. If you stay in the 25-35 pound weight gain, you will likely lose all of it plus some by breastfeeding your baby!

### 5. Can I continue working out and running during my pregnancy?

**Answer:** As a general rule you can continue to do anything that you are in the habit of doing. Pregnancy is not the time to start an exercise program or a new sport. The only things that are not recommended are high-impact sports (like kick boxing) and inversions in yoga. With many other things, your body will let you know when you cannot do it anymore. For instance, you may be in the routine of running 5 miles every day, but there will come a time in your pregnancy that you will not be able to run as your belly enlarges, then you will have to modify it to a walk.

### 6. How long should I nurse my baby?

**Answer:** The American Pediatric Association recommends breastfeeding for a minimum of 1 year. After that it is up to you and the baby. In other countries women nurse for 2-5 years. It is just our society that has put a limit on breastfeeding. When you decide to wean it should be to a cup not to a bottle. If your child is too young to drink from a cup then he/she is too young to stop breastfeeding.

### 7. When can I return to exercising after the baby is born?

**Answer:** You can begin Kegals immediately after birth. You can begin walking as soon as you feel like it. You should not return to your full exercise routine until 6 weeks post-partum.

### 8. When should I stop working?

**Answer:** As long as you are having a normal pregnancy, you don't need to stop working until you go into labor. Depending on what your job is, you may have to make some modifications, like if your job requires heavy lifting or standing for long periods of time.

### 9. What foods should I avoid when I am breastfeeding?

**Answer:** The same unhealthy foods you should avoid in pregnancy. As long as you are eating healthy, there is no restriction to what you can eat. A very small percentage of breastfed babies will have a reaction to something their mother eats. Unless your baby has a reaction, there are no food restrictions.

### 10. Is it OK to give the baby a pacifier?

**Answer:** To prevent nipple confusion, you should not give the baby a pacifier until he/she is at least 6 weeks old. Once they are 6 weeks old you can give them a pacifier, but be sure you do not substitute the pacifier for a feeding.