

Looking after you ...
Keeping you informed ...
Keeping you up to date.

HEALTH BYTES

What to expect when you're expecting

Your pregnancy journey is filled with choices. With Pregnancy Awareness Week in February, now's the time to understand which decisions really matter, like looking after your health.

Take care of yourself

A healthy pregnancy for you and Baby starts with self-care:

- **Eat better:** load up on lean protein and plan meals with foods rich in B12 and folic acid, iron and omega-3 fatty acids.
- **Move:** regular exercise, such as walking or yoga, boosts mood and builds muscle - you will need all your strength - and moving will also help with constipation and insomnia.
- **Rest:** have a regular sleep schedule and short breaks during the day.

Safety note: Always consult your healthcare provider before starting something new when pregnant. Eat oily fish only twice a week.



Surround yourself with support, arm yourself with knowledge, and know your rights

Rally your team and communicate: Your partner, friends and family, doctor and/or midwife, doula and/or nurse all have a role to play.

Know your pre-existing conditions that could cause pregnancy complications and learn more about potential problems, stick to regular check-ups and speak to doctors about any concerns.

SA laws protect pregnant women in the workplace and ensure access to healthcare - make sure you know the facts.



Prepare for the big day

Having a birth plan eases anxiety and makes for a better experience:

- How would you like to give birth, where, and who will be with you?
- What are your pain management options?

Understanding your choices makes your pregnancy more fulfilling. Remember to be flexible! You are well on your way to becoming a mom!



Reference: Department of Health

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