



Top feel-good tips for Pregnancy

Also for You:

Osteopathy and Cranial Osteopathy

In pregnancy, and mother and baby check ups after birth

Post-natal Pilates

1:1 classes or small groups

Homeopathy

Safe in pregnancy and when breastfeeding

Naturopathy

Nutritional advice and support for all the family

Take the right supplements:

400mcg of Folic Acid daily
10mcg of Vitamin D daily
Omega 3, EPA and DHA daily, either in capsule form or increase in your diet.

Educate yourself

Book up antenatal classes well in advance, read up on pregnancy and labour, and talk to your family and friends. With knowledge you can make confident, informed decisions.

Eat the rainbow

Choose colourful plates of food, including lots of fresh, local, seasonal produce. By the 3rd trimester you will need an extra 500 calories. And drink plenty of water.

Don't stress

Build your support system. Chat to your midwife, family and partner if you have any worries. Try mindfulness practices and meditation.

Stay Active

Low impact exercise is great in pregnancy and you can try walking and swimming. Ante-natal Yoga and Pilates can help with breathing, relaxation and postural changes.

Bounce on a Ball

Rock, bounce and circle your hips on a ball to ease back ache, improve baby's position and practise positions for labour.

Beat Heartburn and Nausea

Eat little and often, try crackers and eating or smelling ginger. Avoid greasy foods and eating late in the evening. Take lots of deep breaths to get your diaphragm 'massaging' your stomach.

Beat Aches and Pains

Osteopathy can help with postural changes, carpal tunnel syndrome, neck, shoulder and back ache, pubic symphysis dysfunction, swelling, headaches, cramping and indigestion.