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# *Pregnancy eBook*

About the pregnancy and becoming a Mother for all women who are planning, expecting and who are Mamas already

# *Pregnancy eBook*

The sweetest journey of your life

*For all mothers to be*



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I was (I'm) lucky in my pregnancies to never suffer any of the common ailments of late pregnancy, to have had straightforward births and to have recovered relatively quickly postpartum.

However, morning sickness got me every single time, and it was a doozy. From about 5 or 6 weeks into the pregnancy to the 12 or 14-week mark, I felt what I can only describe (and believe me, I've TRIED several times to describe it to my husband to give him a sense of how it feels!) as a combination of motion sickness and a bad hangover. Blehh!

In my first pregnancy with David, the pregnancy sickness set in straight away. At first, I thought I had the flu - I felt nauseous and dizzy and tired ALL DAY LONG (wasn't 'morning sickness' only something you felt in the morning?). Even typing about it now makes me recall the feeling. Bleh again! The same happened now, with my 3rd pregnancy when

I found myself HAVING an afternoon nap (I'm not a person who takes nap normally), every single day and I would sleep for 1 to 2 hours (!) every day in these first weeks of my pregnancy. Otherwise, I would not be able to go through the afternoon, I felt so much tired.

Apparently, morning sickness (or nausea) affects two-thirds of pregnant women. While there is not much you can do to stop it, on the next pages are a few things that helped me get through it:

### 3.1 Tips on battling morning sickness:

- Eat smaller meals more regularly. Don't let yourself get too hungry or too full.
- Don't wait too long to eat in the morning and avoid drinking tea or coffee on an empty stomach.
- Try to eat protein and fat-rich foods like nuts, avocados, cheeses, etc. If these foods don't appeal, try just a little on crackers or corn chips.
- Drink lots of water and don't wait until you're thirsty. Get into the habit of drinking water throughout the day. I craved ice cold water and fresh juice.
- Indulge your cravings. I never really liked pickled cucumbers (a typical polish food), until I became pregnant with David and now with my 3rd pregnancy, I craved it! I suddenly found myself drawn to the supermarket to find some more pickles for dinner! If there's something you're craving just go for it (it's better than eating nothing at all). I also observed, that in the second trimester my cravings for sour food stopped and I enjoy the sweets more.

### 3.2 Tips on battling morning sickness (continue):

Encourage others to cook for you. I found food tasted better if I didn't cook it myself. I had a hard time smelling spices and herbs – even garlic with olive oil – which made it tricky to cook. If this isn't possible, perhaps try preparing your food at





4. *Gender reveal: do it - yes or no?  
Have you find out the gender of  
your baby?*

Being pregnant, one of the first questions people tend to ask is 'Do you know what you're having?' It's such a natural conversation starter. I know it's one of the first questions I tend to ask pregnant women I meet as well.

This is my third pregnancy and at 22 weeks we don't know yet what gender is. Having a boy and a girl already, I feel extremely lucky, as I won at the BINGO (they say!).

So, it doesn't matter that much for us. But for our children, oh boy! It matters a lot and it looks like both Victoria and David is anxious to discover whether the baby is a brother or a sister.

The thing I've noticed lately is that more often than not, people tend to find out their baby's gender. I guess it's become increasingly easy (and tempting!) to find out, especially now that you can do an easy blood test from just 10 weeks that reveals your baby's gender.

Also, I always get surprised by people when they tell me they don't want to know the gender at all! Few of my friends didn't want to discover the gender and they loved the surprise at birth so much, they just couldn't imagine finding out what they are having during pregnancy.

I can see all the reasons for finding out - to help connect with your baby, to help your other children connect and adjust, to help with choosing a name, to help you prepare, reveal, and those tiring questions from everybody about gender. Isn't it funny how some people want to know, while others can feel so passionately about not finding out?!

I love the anticipation of waiting! But for sure not until the



*What about you?*





end of the pregnancy!

I wish I was the type that could wait for the gender to reveal at the birth but I really felt like I wanted to know early to help connect to our baby. So, we kept the secret until 23rd week and finally, we thought to organize a baby gender reveal party! I like throwing parties and I have enjoyed so much all the preparation and organization process!







*I hope you've enjoyed this eBook.*

*Coming soon  
Preparing for the birth, delivery of the  
baby and the fourth trimester.*