



TACKLING THE  
INSIDE JOB  
AND THE  
OUTSIDE JOB

Being pregnant can sometimes feel like a full-time job, especially if you are a working woman. There is absolutely no harm in continuing to work if you are having a normal pregnancy as long as you are more cautious during this time. However, it'll do you good to follow expert advice on how to handle the major issues you'll face at your workplace during these months.

Listed below are a few tips for pregnant working women

#### **Eat three to five healthy meals a day**

Nutritious snacks, like sliced raw vegetables, fruits, yoghurt, cheese, dals, sprouts, soya, milk and egg products are ideal for pregnant working women. It is also important for you to eat at least four servings of calcium every day. Folate and Omega-3 supplements, as prescribed by your doctor, are important to keep your mental and physical health in check. They are also necessary for the proper development of your baby.

#### **Keep healthy snacks available at work**

Snack on popcorn, peanut butter and crackers, cheese, hard-boiled eggs and fruit through the day, as hunger or low blood sugar levels can cause nausea. Medication for morning sickness is available if the problem becomes serious. Otherwise, try natural home remedies. Also, you should keep yourself well hydrated by sipping on iced water, lemon juice or barley water.



#### **Stay organised**

Keep a notepad handy and write reminders to yourself at work and at home. List all doctor's appointments and responsibilities at work on your calendar, which you should keep with you at home and at work. Stick to your schedule to avoid becoming over worked and excessively tired.

### Supplements

Make sure you get enough vitamin C from fruits, juices, or supplements.

### Get ten or eleven hours of sleep per night

A good night's sleep is essential to ensure good blood flow to the baby and will help prevent swelling.

### Moderate exercise

Going for a walk around the office, will help reduce the possibility of blood clots, varicose veins and swelling of the feet and legs. Avoid heavy work and lifting, as well as heavy exercise. Also remember to put your feet up at night. Consult your doctor before you begin any exercise program.

### Do not smoke and stay away from second-hand smoke

Smoking is harmful for both mother and baby. Exposure to smoke can cause abortions, premature births, low birth weight, and infant deaths.

### Avoid alcohol

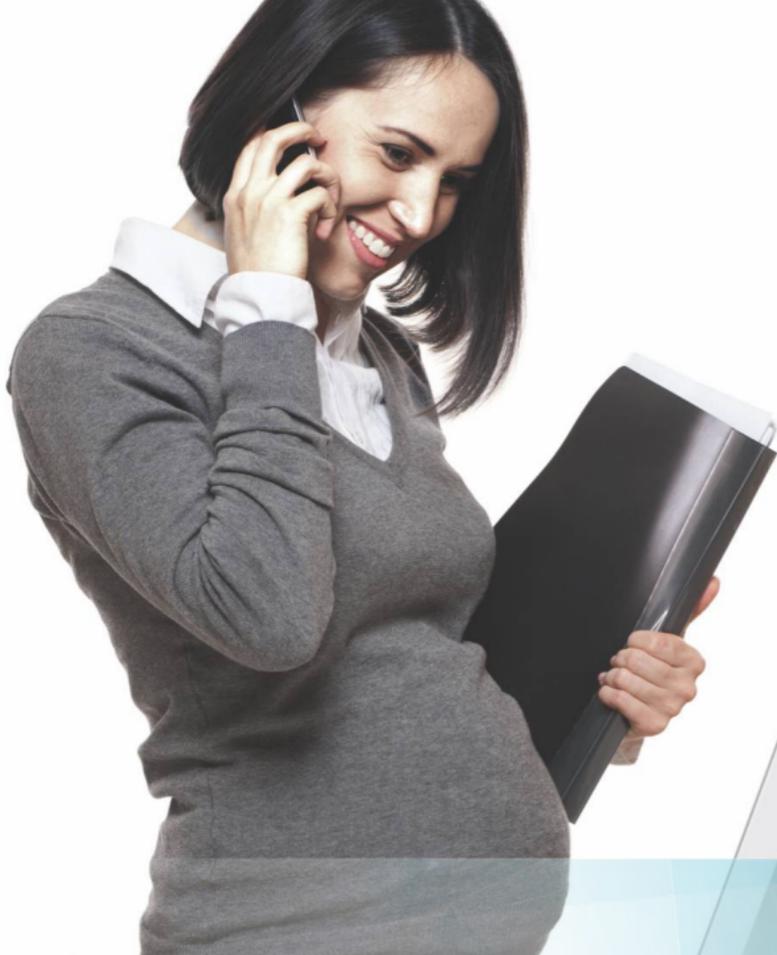
There is no safe amount of alcohol that a woman can consume during pregnancy, so it is ideal for a mother-to-be to stay away from alcohol. Fetal Alcohol Syndrome (FAS) causes severe retardation and birth defects for the baby and this can be caused even by small amounts of alcohol.

### Take breaks during work

Ensure that you schedule a fixed time to relax during the workday, to avoid getting stressed out.

Pregnancy is definitely challenging for working women. It is a time when you have to obey your body rather than it being the other way round. Staying active and alert is a smart way to wait out the nine-month period of anticipation, especially for those who do not suffer from pregnancy sickness, and whose jobs are important to them. Following these simple tips can help you do well in office and lead a normal life during pregnancy.





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