

## Pregnancy Myths- Debunked

1. You should not exercise during pregnancy- **FALSE!**

Exercise during pregnancy can actually boost your mood, help relieve nausea, increase energy, help with a healthier pregnancy and easy delivery.



There are some parameters that should be followed: extra warm up/cool down, hydration and monitoring your heart rate. Check with your Obstetrical provider for recommendations or modifications that may be needed for your current exercise routine. You should be able to hold a conversation during your workout.

2. You are eating for 2 people. -

**False!**

In reality, you only need an extra 350 - 450 calories per day depending on where you are in your pregnancy. You should eat twice as healthy, including nuts, yogurt and fresh fruits.



3. Having sex during pregnancy is dangerous. - **FALSE!**

While there are some conditions where intercourse is a “no-no”, it is safe in a normal, uncomplicated pregnancy.

You may need to experiment with different positions to find what is most comfortable for you and your partner. It will NOT hurt the baby!!! 😊

4. Hair dye should be avoided during pregnancy - **FALSE!**

It is recommended that you avoid hair dye during the first trimester. Continue with your self-care and feel beautiful!

5. You cannot have any caffeine during pregnancy. - **FALSE!**

Whoa, give me back my coffee/tea!



Stopping your caffeine intake suddenly may cause rebound headaches. The recommendation is to consume less than 300 mg of coffee for day. Enjoy!

6. Hot tubs, steam rooms, saunas and hot yoga are okay to do during pregnancy. - **FALSE!**

These activities should be avoided as they will raise your core body temperature and can affect the baby. A warm tub bath or shower is safe.

7. I can eat any type of meat I want. - **FALSE!**

Red meat and salmon should be well done for consumption. White, flaky fish (cod, tilapia, haddock, shrimp) are all fine and should be hot.

Raw meats, including sushi can harbor bacteria which is concerning because of the decrease in our immune system to allow the pregnancy to grow.

8. Getting an epidural will prolong my labor. - **FALSE!**

Most women get an epidural during the active phase of labor and the epidural allows our bodies to relax and rest in preparation for the delivery.

9. My mood does not affect the baby. - **FALSE!**

There have been studies that show a mother's mood during pregnancy does have an impact on the baby. Being aware of your mood and taking opportunities for self-care are a couple steps you can take to help.



10. I should avoid ALL medication during pregnancy. - **FALSE!**

Medications have categories indicating their safety during pregnancy. If you are on a medication, speak with your provider to determine if the medication is safe or should be discontinued.