

NEWSLETTER - PREGNANCY AND BABY

'TIRED' EDITION

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EATING FOR ENERGY

Feeling tired and rundown? Your daily activities and mood can be affected by a lack of energy. The most important way to determine your energy levels as well as your alertness and focus is to eat properly throughout your day. During pregnancy, your increased progesterone level can also affect the way you feel.

For a detailed list of energy boosting foods you can eat during pregnancy, go to page 3.



COFFEE AND TEA ? YES PLEASE!!

Can you still drink coffee and tea during pregnancy? Yes! You can enjoy up to 200mg of caffeine in a day. That's about one cup of espresso coffee, two cups of instant coffee, one and a half cups of pod coffee, or four cups of black tea.



OTHER WAYS TO BOOST ENERGY

Getting sufficient sleep, eating healthy, taking magnesium supplements, drinking water in large quantities, eating food in small quantities during day, taking supplements like vitamin B12 and doing exercise or yoga are the best ways to boost your energy during pregnancy.



THE MAGIC OF WATER

During pregnancy, your body needs more water to cope with the demands of your changing body. Dehydration during pregnancy can also cause other symptoms such as headaches, nausea, cramps, oedema and dizziness. It's especially important to stay hydrated in the last trimester, when dehydration can cause contractions that can trigger preterm labor. Drink water regularly!



When all else fails, the **MOMMY SLEEPCATION**. As a mother of 6 and birth doula, I find myself often checking into hotels for the sole purpose of **SLEEPing** and **HYDRATING**. I have learned to do this guilt free, as I come back home recharged, refueled, and in a better mood for all.



THE CRANKY BABY

Overtired babies will find it difficult to settle and sleep. disengaging, Don't try harder to engage and overstimulate them. (this includes singing and moving to try to put them to sleep)

Here's a good rule of thumb:

- 0-4-month-olds should be awake less than 45-60 minutes
- 4-6-month-olds can be awake for 1-2 hours
- 6-12-month-olds can be awake for 2-3 hours
- 12-18-month-olds can be awake for 3-4 hours
- 18 months-2 years can handle 4-6 hours of awake time

ENERGY BOOSTING FOODS

- Dried fruits (Prunes, dates)
- Oatmeal (topped with berries?)
- Pumpkin
- Broccoli
- Lentils
- Hummus
- Salmon
- Nuts
- Eggs
- Milk and Cheese
- Apples
- Lean Poultry
- WholeGRAINS (Quinoa, Popcorn, Brown Rice)



An overtired baby can be difficult to settle, so the first thing to do is figure out how you can calm them and help them relax to induce drowsiness. Here are some strategies:

- Swaddle your baby (stop swaddling once baby can roll), even if they fight it, which many tired babies will.
- Once they're swaddled, hold them tightly against your chest.
- Breastfeed or give your baby a bottle.
- Gently and slowly rock or bounce your baby and put them down drowsy but still awake.



SIGNS OF A TIRED BABY

What are signs baby has become overtired?

When your little one becomes overtired, they may be inconsolable and difficult to settle. It will take more effort to get them to sleep.

Signs of an overtired baby include:

- Fussiness and crying
- Difficult to calm
- Yawning
- Overactivity - be careful, as this may be interpreted as ready to play, not ready to sleep!



FIRST FOODS FOR BABY

These foods are great first foods for your baby when he/she is ready to start on solids. (these are great either pureed or as finger foods if doing baby led weaning)

- Avocado
- Banana
- Broccoli
- Apple
- Salmon
- Egg
- Sweet Potato
- Yogurt
- Green Beans
- Squash

When are babies ready to eat?

The general rule of thumb is that babies can start eating solid food between 4 and 6 months of age. But every baby is different. Determining just when yours is ready has more to do with his physical development than his exact age because it's dangerous to give solid food to a baby who can't yet swallow it. Consult your baby's doctor as well as follow your maternal intuition.

Tired Mom,
Tired Baby



MOTHER, BIRTH DOULA, COACH

This Newsletter was created for you with love by Caridad Saenz, mother of 6 and birth doula and Coach.

For more information, visit EmpoweredGentleBirth.com



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