



# Fit Pregnancy & Baby I: General Introduction

## Parenting Awareness for Young people

Project n. 2019-1-UK01-KA205-060936



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Co-funded by the  
Erasmus+ Programme  
of the European Union



# A healthy pregnancy

- **Prenatal care** is preventive healthcare for the pregnancy and delivery of the baby. It consists of regular check-ups with doctors and nurses.
- **Fitness during pregnancy** refers to lifestyle choices taken during the gestation period.

# Three pillars of a fit pregnancy & baby:

## NUTRITION



## PHYSICAL ACTIVITY



## MENTAL WELNESS



# Benefits of a fit & healthy pregnancy

- Less complications during pregnancy
- More energy during pregnancy
- Easier labour
- More chances of a **healthy baby**



# Bonding with the foetus



The **bond** between a mother and her newborn in turn influences the baby's **future growth and development**.

A strong bond between a mother and her baby is associated with better development outcomes later in life.

# Watching weight gain

Healthy weight and healthy lifestyle behaviours are considered as essential prerequisites for a successful pregnancy.

Excessive gestational **weight gain and obesity** are shown to significantly **increase risks of complications during pregnancy and birth** as well as elevating the risk of obesity in the offspring.

# Cutting bad habits

Making good lifestyle choices will directly impact the health of a growing fetus.

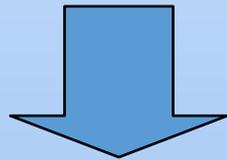
Habits such as **smoking**, **drug use**, and **alcohol consumption** have been linked to serious complications and risks for both mother and baby.



# Cigarette smoking during pregnancy

## Possible effects on the baby:

- Most common cause of low birth-weight babies which is



most common cause of death and illness in first weeks of life

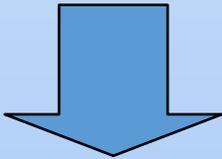
## Possible pregnancy complications:

- Vaginal bleeding
- Ectopic pregnancy
- Premature placental detachment
- Premature labour and delivery

# Alcohol consumption during pregnancy

Possible effects on the baby:

Fetal Alcohol Syndrome



can cause underweight and abnormalities in central nervous system

Possible pregnancy complications:

- Miscarriage
- Premature labour and delivery
- Stillbirth

# FIT PREGNANCY & BABY



- Psychological changes during prenatal and postnatal stages
- Nutrition in pregnancy
- Prenatal and postnatal physical activity
- Motherhood in people with disabilities

# Sources



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