

PREGNANCY
RELATED TIPS
(SHORT PREVIEW)

CONTENTS

- 1) Creative ways to announce your pregnancy**
- 2) How to Look Stylish When Pregnant?**
- 3) Ways New Mums Can Get Back In Shape**

1) Creative ways to announce your pregnancy:

There isn't a more wonderful feeling than knowing that you have another being inside you. Well, here are some fun ways to announce your pregnancy to your loved ones.

1. Use the email

- You could send a creative email or hand written messages to all those you want to break the news to.
- The mail could have a dancing and singing animated baby in it.
- You could also write a funny message announcing that you are expecting.

2. Throw a Party

- Throwing a fun party to announce the good news can be a great way of sharing your happiness.
- You could have a baby themed party.

3. Wear it in style:

- You can get really creative with fabric paints and a t-shirt.
- Write a cool message like '1+1=3' and more.
- Both you and your husband could wear tees with funny messages on them.

4. Let your elder child say it:

- If you have an elder child then it can be very cute way of breaking the good news.
- You could click a picture of him/her with a sign saying , 'I am going to be a big brother/sister soon'.
- You could send the picture to your family and friends.

2) How to Look Stylish When Pregnant?

Carrying your baby safely inside your body, giving birth to a life are all the concerns of expectant mothers. But one additional concern most pregnant women have is, how to look excellent in spite of bump, without any embarrassments and without wearing loose saggy clothes?

Here are some tips for you:

➤ Avoid Wearing Loose Clothes:

- Gaining few pounds doesn't permit you to lose your styling sense.
- One can look gorgeous even when plump.
- You have gained only a few pounds so don't get all paranoid and take a plunge in your husband's wardrobe.
- Try to procure some balloon dresses of flowing material which do not stick to your tummy and at the same time, do not sag on your figure.
- This will give your confidence a boost and also induce a 'feel good factor'.

- **Avoid High Heels:**
 - By avoiding high heels, you are persuaded of avoiding any hitch in walking during pregnancy.
 - To walk suitably, during pregnancy, you must use flats, which in turn boosts your stature as well.

- **Experiment with your style:**

Being pregnant does not mean you have to compromise with your style. You can still look special and stunning by just making some alterations in your attire collection. Get a fashionable hairdo that suits your body type.

3) Ways New Mums Can Get Back In Shape:

Dedication and patience are key to losing post delivery baby weight and looking like your pre-baby self again.

Losing pregnancy weight needn't be the challenge you think it is. The important thing is not to rush into changing your body as its taken nine months to look this way.

Use these tips as given below to get you started in your post pregnancy body goals:

- **Breast Feed your Baby:**
 - Some women are uncertain about the idea of breastfeeding.
 - But breast milk is considered the way forward.
 - Not only is it exactly what your baby needs, readily available and free, but the best news is that it can help you shed the weight.

- **Zumba for new mums:**
 - Zumba combines Latin dance, pumping music and aerobic routines to help you trim down and tone up.
 - Zumba is an excellent full body workout which really burns the calories: upto 500 an hour in fact. Not only do you lose weight but it's also a great time to de-stress.

- **Have a good diet:**

It's the same whether you want to lose your holiday weight or whether you're trying to get rid of your post-birth bump; what you eat affects your weight.

- **Jog or power walk:**

Jogging or power walking are not only excellent ways to keep fit but they also aid weight loss; roughly each mile the average person will burn around 100 calories.

➤ **Swim your way:**

- Straight after the birth, it's not advisable to jump headfirst into an intense weight loss plan.
- Ease into weight loss by swimming, which is gentle enough on your tired body but targets the areas you want to tone, such as thighs and stomach.

➤ **Sleep properly:**

As a new mum you will be sleep deprived, lack of sleep can slow down your metabolism and increase your appetite.