



PREGNANCY AND YOUR BABY -II

Dr. Lata Shridharan

2109 W Spring Creek Pkwy,
Suite: 200

Plano, Texas 75023

Phone (972) 618 3547

Fax (972) 618 3587

Email: planonaturalpediatrics@gmail.com

<http://www.txnaturalpediatrics.com/>

www.facebook.com/naturalpediatrics

MISCARRIAGES & BIRTH DEFECTS

The ALARMING STATS: According to the March of Dimes, ~50% of all pregnancies end in miscarriage. The risk of a miscarriage drops to 10% in your eighth week. The risk of having a baby born with a birth defect is 3-5%.

Some factors increase the risk:

- a) Alcohol: A small amount can lead to "Fetal Alcohol Syndrome," which increases the risk of miscarriage, developmental delay, and hyperactivity in the child.
- b) Drugs: Needless to say – Drug kills.
- c) Cigarettes: The more a woman smokes, the higher the risk of miscarriage, stillbirth, low birth weight, premature birth, Sudden Infant Death Syndrome (SIDS), & possible death.
- d) Medications: Accutane/Retinoic acid given for Acne, Antidepressants substantially affects the baby's health.
- e) Antibiotics: Most antibiotics are safe but there are exceptions. Avoid Aminoglycosides, Tetracycline and Doxycycline during pregnancy and breastfeeding.

AIR QUALITY

You may have heard about the recent study that links poor air quality with high risk of Autism. Children spend most of their time indoors and the Air Quality matters. Children's breathe much closer to the ground than adults, and as a result, heavier airborne chemicals pose more of a risk to children than to adults.

THE EFFECT:

- a) There is a strong correlation between poor indoor air quality and asthma. Asthma is the 3rd leading cause of hospitalization among children under the age of 15.
- b) Longer Term effects of air pollutants like VOCs, Ozone are Cancer, Headache and Neurological diseases.

ACTIONS

- 1) Ventilate you house frequently.
- 2) Eliminate products in your home that contain VOCs (e.g. products NOT certified by GREENGUARD Environmental Institute) & unnecessary chemicals.
- 3) Use non-fragrant, water-based cleaners
- 4) Avoid any product with odor
- 5) Keep indoor humidity at < 60% relative humidity.

BREASTFEEDING

The American Academy of Pediatrics (AAP) recommends breastfeeding exclusively for the first six months. No juice, formula or solid foods in the first 6 months.

Breast milk has the perfect mix of antibodies and nutrients for a baby's development and can protect a baby from a range of illnesses such as diarrhea, ear infections, SIDS, bacterial meningitis, diabetes, obesity & asthma.

Breastfeeding causes uterine contraction that helps your body return to its pre-pregnancy shape.

FEW TIPS

1. Watch for hunger cues like crying, fussing, licking her lips or sucking the fist.
2. Feed your baby "on demand," or whenever (s)he asks for it.
3. Not sure if he is getting enough? - Keep a log of how often he eats, urinates and has bowel movements.
4. Try to stick to a feeding schedule
5. If you are going back to work - Pump milk while at work.
6. Talk to your pediatrician if you are worried.

****DISCLAIMER: This is NOT a medical advice nor does it substitute for one. Try them at your own risk.**

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