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Miscarriage	<p>Miscarriage is a term used to describe the spontaneous loss of a pregnancy before the 20th week. It is a relatively common experience, affecting about 10 to 20 percent of known pregnancies. However, the actual number is likely higher, as many miscarriages occur very early in pregnancy before you might even know about a pregnancy.</p> <p>The most common symptoms of a miscarriage include vaginal spotting or bleeding, pain or cramping in your abdomen or lower back, and fluid or tissue passing from your vagina. If you notice this, consult your healthcare provider immediately.</p> <p>The most common cause of miscarriage</p>	<p>Reference: Miscarriage. Mayo Clinic. 2021.</p>	<p>https://drive.google.com/file/d/1NWP83hqLcduu0uOzbdEh30bd2VYxBH8W/view?usp=drive_link</p>
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Trying for Pregnancy After Miscarriage: Timing and Considerations	<p>Pregnancy after miscarriage can be a difficult decision to make. It is natural to want to try again for another pregnancy right away, but it is important to wait until you are physically and emotionally ready. The recommended waiting time before attempting to conceive again is six months to a year to allow the uterus to recover and for the endometrial lining to become strong and healthy again.</p> <p>There is no perfect amount of time to wait, but some healthcare providers recommend waiting six months to a year before trying again. It is safe to conceive after two or three normal menstrual periods if no tests or treatments for the cause of the</p>	Reference: American Pregnancy Association. Pregnancy after miscarriage.		https://drive.google.com/file/d/12onL0OZPKRCOuPiiyb-7ta8fryWhoyxa/view?usp=drive_link
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What do these terms mean	<p>What do these terms mean?</p> <p>Follicular phase (Before an egg is released)</p> <p>Ovulatory phase (Release of an egg from the ovaries)</p> <p>Luteal phase (After the egg is released)</p> <p>Menstrual phase (when an egg isn't fertilised and you get your period)</p>		https://drive.google.com/file/d/1x3w38DuDlyc_W2K0CNnX7gsXcdCSBrnA/view?usp=drive_link	
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<p>Stay Ahead of the Curve: Preparing for Pregnancy</p>	<p>Develop a plan for your reproductive life.</p> <ul style="list-style-type: none"> - Discuss pregnancy intentions with your partner, aligning values and timing. - Share the plan with the provider to anticipate and address potential preconception issues. <p>Health Care Provider's Guidance:</p> <ul style="list-style-type: none"> - Reduce pregnancy risks with expert advice. - A pre-pregnancy care visit with your healthcare provider can improve the chances of a healthy pregnancy. <p>Adopt a Healthy Diet and Lifestyle:</p> <ul style="list-style-type: none"> - Lower your gestational diabetes risk by following a diet. - Include exercises to reduce risks further - Increase fiber intake, reduce sugary cola 	<p>NTDs: Neural Tube Defects</p> <p>Reference:</p> <p>Can you promote a healthy pregnancy before getting pregnant?</p> <p>Eunice Kennedy Shriver National Institute of Child Health and Human Development.</p>		
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<p>Stay Ahead of the Curve: Preparing for Pregnancy (Continued)</p>	<p>Vaccinations:</p> <ul style="list-style-type: none"> - Get up-to-date on vaccines before pregnancy. - Some boosters and essential vaccines are recommended. Check with your HCP <p>Manage Medical Conditions:</p> <ul style="list-style-type: none"> - Control health issues like diabetes, high blood pressure, infections, asthma, seizure disorders, and maternal phenylketonuria before conception. - Getting health problems under control before and during pregnancy reduces the risk of miscarriage and stillbirth as well as other health problems for the infant. <p>Avoid Harmful Habits:</p> <ul style="list-style-type: none"> - Quit smoking, drinking, and drugs. - During pregnancy, these substances can increase the risk for SIDS 	<p>NTDs: Neural Tube Defects</p> <p>Reference: Can you promote a healthy pregnancy before getting pregnant? Eunice Kennedy Shriver National Institute of Child Health and Human Development.</p>		
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Did You Know?	On average a woman menstruates for about 7 years during their lifetime.	Reference: Fast facts: Nine things you didn't know about menstruation. UNICEF.		
Did You Know?	Many girls do not have complete and accurate understanding of menstruation as a normal biological process. Educating girls before their first period -- and, importantly, boys -- on menstruation, builds their confidence, contributes to social solidarity and encourages healthy habits. Such information should be provided at home and at school.	Reference: Fast facts: Nine things you didn't know about menstruation. UNICEF.		
Question	Option 1	Option 2	Option 3	Option 4

What are the most common symptoms of a miscarriage?	Fever and chills	Severe headache and dizziness	Vaginal spotting or bleeding, abdominal or lower back pain, passing of fluid or tissue from the vagina	Persistent cough and shortness of breath
Which of the following activities is NOT a cause of miscarriage	Working	Smoking and alcohol consumption	Uncontrolled diabetes	Routine exercise and sexual intercourse
What is the recommended waiting time before attempting to conceive again after a miscarriage?	One month	Three months	Six months to a year	Two years
What percentage of women who have experienced one loss will go on to have a successful pregnancy the next time,?	50%	65%	75%	85%
PMS: Don't let it control you.	Are you experiencing PMS symptoms like mood swings, fatigue, swollen breasts or constipation? Track them to stay informed.			

Unlock facts about irregular periods	Did you know that irregular periods are common but could be a sign of an underlying issue? Read more on our app.			
Thinking about quitting the pill?	Coming off the pill may be a big change, but don't be afraid. Here's what you need to know for a smooth transition			
Understanding Miscarriage	What is miscarriage? What causes it? How does one cope with it? Know more and stay informed.			
Update now: Enhance Your Momsup Experience!	Discover new features and improvements in our latest app update.			
Exciting new content alert!	We've just added informative blogs, infographics and health tips for all stages of life. Check it out now!			

Feeling Hot During Pregnancy: Causes, Tips, and When to Seek Help	<p>Pregnancy is an incredible journey filled with excitement and memorable moments. However, it also brings about various changes in a woman's body, including mood swings, weight gain, morning sickness, and an increased body temperature. While feeling hot during pregnancy is common, understanding the factors behind it can help you stay prepared and prevent overheating.</p> <p>Physiological Factors: Several physiological changes contribute to the feeling of heat during pregnancy. Hormonal imbalances in the first trimester, widened blood vessels, a higher metabolic rate, and carrying your baby during the third</p>	<p>Reference: Why am I always feeling hot during pregnancy? North Atlanta Women's Care. Available at:</p>	<p>https://drive.google.com/file/d/1fUKmpwhEQm0LLKDVNykbjHZ-nPUUDvNv/view?usp=drive_link</p>	
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<p>Gestational Diabetes: Managing Your Health and Your Baby's</p>	<p>Congratulations on your pregnancy! As you embark on this incredible journey, it's important to be aware of the potential considerations and challenges that can arise along the way. One such condition to be mindful of is gestational diabetes, a type of diabetes that develops during pregnancy. Although it may sound intimidating, understanding how to manage gestational diabetes can help ensure a healthy pregnancy and a healthy baby.</p>	<p>Reference: Centers for Disease Control and Prevention. Gestational diabetes.</p>	<p>https://drive.google.com/file/d/1E5MDneEWyNHQCtsFIP9GR3jiRT0FsrXE/view?usp=drive_link</p>	
	<p>What causes gestational diabetes? It occurs when your body can't produce enough insulin during pregnancy. Insulin is a hormone that allows your cells to use blood sugar as energy. Hormonal changes and weight gain</p>			

Are you feeling sick	<p>Many women do in early pregnancy.</p> <p>Try taking plenty of rest.</p> <p>Sip on liquids, especially water little by little.</p> <p>Eat small, frequent meals of plain foods that are high in carbohydrates and low in fat</p>		https://drive.google.com/file/d/1DXBRqpERawnaLCb22ssGaf1BkSTUPs52/view?usp=drive_link	
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<p>Cord blood banking: Unlocking Cord Blood's Healing Power</p>	<p>Cord Blood Defined The blood that remains in the umbilical cord and placenta after birth.</p> <p>Life-Saving Potential Holds stem cells to regenerate blood and immune systems.</p> <p>Standard form of treatment for over 80 diseases Treats 80+ disorders like blood cancers, solid tumors, blood disorders and more</p> <p>Family Protection Cord blood is a 100% match for your baby and has a higher chance of a match with the siblings</p> <p>Future Potential Clinical trials explore autism, cerebral palsy, and more.</p> <p>Conditions Treated with Cord Blood Leukemia, Myeloma, Lymphoma</p>	<p>Reference: Cord blood Cordlife.</p>		
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Reasons to consider cord blood banking	<p>Reasons to consider cord blood banking</p> <p>1. Likelihood of needing stem cells We become more vulnerable to diseases as we age. Research shows that 1 in 3 people will benefit from regenerative medicine therapy</p> <p>2. Higher chance of finding a match You're more likely to find a cord blood match within the family than bone marrow, which means your family member can get treatment sooner.</p> <p>3. Lower risk of complications Studies have shown that transplant complications are lower when patients get stem cells from a family member.</p> <p>4. Once-in-a-Lifetime Opportunity You only have one chance to</p>	Reference: Cord blood Cordlife.		
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Did You Know?	Within the first trimester, your baby's body is beginning to take shape. Your little one is developing everything from a brain and spinal cord to fingernails.	Reference: Your first-trimester guide. UNICEF Parenting.		
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Did You Know?	Implantation bleeding, a common phenomenon during early pregnancy, occurs approximately 10-14 days after conception. It occurs when the fertilized egg attaches to the lining of the uterus, often around the time when a menstrual period would be expected. This light spotting or bleeding is lighter than menstrual bleeding. Implantation bleeding is considered a normal part of pregnancy and is experienced by about one-third of pregnant women.	Reference: 1. What is implantation bleeding? American Pregnancy Association. 2. Implantation bleeding: Common in early pregnancy? (2022) Mayo Clinic.		
Question	Option 1	Option 2	Option 3	Option 4

Which of the following physiological changes during pregnancy can contribute to feeling hot?	Decreased metabolic rate	Widened blood vessels	Carrying one child	Reduced hormonal imbalances
What is one of the external factors that can affect body temperature during pregnancy?	Drinking cold beverages	Spending time in hot tubs or saunas	Engaging in swimming	Incorporating cooling houseplants into the living space
What causes gestational diabetes?	Hormonal changes and weight loss during pregnancy	Insulin resistance and hormonal changes during pregnancy	Lack of physical activity during pregnancy	Consuming too much sugar during pregnancy
How can gestational diabetes be managed?	Trying to lose weight during pregnancy	Regular blood sugar checks and following a healthy eating plan	Avoiding all physical activity during pregnancy	Taking medications without consulting a healthcare provider
Staying active during pregnancy	Staying active during your first trimester is important for both you and your baby's health. Make time for low-intensity exercises each day. Consult with your doctor for safe and effective workout options.			

TT Vaccination Reminder	Get the TT vaccine as recommended by your doctor. Book your appointment today!			
Each pregnancy is unique.	Did you know that every pregnancy is different! Know more about how various symptoms, surprising changes & over your overall experience may affect you physically and emotionally.			
Your pregnancy: Ask the right questions	Don't be afraid to ask your doctor any questions you have. We have a list that you could come in handy for your doctor's visit.			
Quiz it out!	Our new quiz set is here! Test your knowledge & see how you compare with other players.			
Fresh Blogs Released!	Stay updated with weekly content on Moms Up. Don't miss out!			

Signs of crawling	<p>Crawling is a significant developmental milestone for babies as it marks the start of their independent movement. It's the time when they start exploring their environment and moving from one spot to another.</p> <p>Usually, babies start crawling when they're between 6 to 10 months old, but some little ones might skip this phase entirely and go straight to walking.</p> <p>You'll know when your baby is ready to crawl when they start doing mini push-ups, lifting themselves up on their arms, and then propping themselves up on both their arms and knees before rocking back and forth. Eventually, they'll push off with their knees to move forward.</p> <p>Crawling requires a</p>	Reference: Parents. When Do Babies Crawl?	https://drive.google.com/file/d/1jcnbF7O54dYke1FB_eufhGxtPmsA3Xjpr/view?usp=drive_link	
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Pros and cons of swaddling	<p>Swaddling has been a common practice for centuries, with evidence dating back to 4000 BC. Around 1 in 5 babies in the UK are swaddled in the first few weeks of life. Swaddling involves wrapping a baby gently in a light, breathable blanket, leaving their head and neck free, to help them feel calm and sleepy. Some parents say swaddling helps their baby to sleep better, reducing crying and stress. Research shows that swaddling, when used alongside sound and movement, can be effective at soothing crying babies. It can also encourage babies to sleep deeper and for longer. However, there are some risks to be aware of when swaddling your baby. Tightly swaddling a</p>	<p>Reference: NCT. Swaddling a baby: Benefits, risks and seven safety tips. Retrieved from: https://www.nct.org.uk/baby-toddler/slings-and-swaddling/swaddling-baby-benefits-risks-and-seven-safety-tips#:~:text=for%20safe%20swaddling.-,What%20is%20swaddling%3F,reduce%20the%20chance%20of%20suffocation</p>	<p>https://drive.google.com/file/d/1esLXhAsvNsSw783-OoVNKy-pHaJgQ-wJ/view?usp=drive_link</p>	
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Meconium	<p>Fill in the blanks</p> <p>Your baby's first poop is called _ E _ O _ I U _</p> <p>M E C O N I U M</p> <p>It can be green, brown, or yellow in colour.</p> <p>Your baby may pass meconium within the first 24 to 48 hours after birth.</p>		https://drive.google.com/file/d/1LwJl9LRScX20hgbcDlxv6OAi7OUBbnr/v/view?usp=drive_link	
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<p>Breastfeeding is still important after your baby turns one</p>	<p>Breastfeeding is still important after your baby turns one</p> <p>Breastmilk continues to provide important nutrients for as long as your baby continues breastfeeding.</p> <p>Babies who breastfeed into the second year and beyond are less likely to become overweight.</p> <p>Breastfeeding helps your baby fight off infections and builds a stronger immune system.</p> <p>Breastfeeding is good for mothers too! It reduces your risk of breast and ovarian cancers, type 2 diabetes and cardiovascular diseases.</p> <p>The longer you breastfeed the more these risks are reduced.</p> <p>WHO recommends</p>	<p>Reference: World Breastfeeding Week 2023. World Health Organization</p>	<p>https://drive.google.com/file/d/1Dv8_rbf2GHRfaKO218TVoAi2wE48fyOh/view?usp=drive_link</p>	
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<p>Your baby will tell you they are hungry</p>	<p>Your baby will tell you they are hungry by:</p> <ol style="list-style-type: none"> 1. Bobbing their head or turning and opening their mouth 2. Wriggling, clenching their fists 3. Putting their hands near their face chewing on their fingers 4. Licking their lips, opening and closing their mouth or making sucking noises. 5. Crying: Oops! Too late! <p>Crying is often a late sign of hunger. Looking for other hunger cues so you can put your baby to the breast while they are calm and ready to feed.</p>	<p>Reference: World Breastfeeding Week 2023. World Health Organization</p>	<p>https://drive.google.com/file/d/1Ath69ViTcNuege5wiUjmx6TM0q7IemN/view?usp=drive_link</p>	
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Did You Know?	<p>During breastfeeding:</p> <ul style="list-style-type: none"> - At the start, breast milk is watery, satisfying your baby's thirst. - This initial milk, known as foremilk, is a blend of water and nutrients - Over the course of nursing, the fat content gradually rises. - The milk rich in fat toward the end is referred to as hind milk - Ensuring your baby nurses for at least 15 minutes guarantees they benefit from this nourishing hind milk.. - It's important for your baby to empty the breast for optimal nourishment and growth 	<p>References:</p> <ol style="list-style-type: none"> 1. The Children's Hospital of Philadelphia (2014) Breastfeeding tips for beginners, Children's Hospital of Philadelphia. 2. What is foremilk and Hindmilk Imbalance? WebMD. 		
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Did You Know?	<ul style="list-style-type: none"> - Breast milk contains lactose, essential for proper development. - Lactose encourages the growth of beneficial gut bacteria, bolstering your baby's immunity against harmful pathogens. - Lactose plays a vital role in brain and nerve tissue development, aiding in your baby's cognitive growth. - It fuels your baby's energy for growth and skill development, providing them with the necessary vitality to learn and thrive. 	Reference: What is foremilk and Hindmilk Imbalance? WebMD.		
How often should I breastfeed my baby?	In the first year, babies should breastfeed at least 8 times in a 24 hour period. Most babies tend to breastfeed more often.	Reference: World Breastfeeding Week 2023. World Health Organization.	7-Parenting.jpg	

Is your baby breastfeeding at least 8 times a day?	If your baby seems full and relaxed after feeding and is growing well, you can rest assured that they are getting enough milk.	Reference: World Breastfeeding Week 2023. World Health Organization.	8-Parenting.jpg	
Is my baby latching properly	Breastfeeding counselling can provide reassurance, build confidence and help solve problems.	Reference: World Breastfeeding Week 2023. World Health Organization.	9-Parenting.jpg	
Question	Option 1	Option 2	Option 3	Option 4
At what age do babies typically start crawling?	Between 3 to 5 months old	Between 6 to 10 months old	Between 12 to 15 months old	Between 18 to 24 months old
What physical and cognitive skills are essential for babies to start crawling?	Strong muscles in the legs and feet	Strong muscles in the back, neck, shoulders, arms, and core	Developed fine motor skills in the hands	Proficient language skills for communication
What is the purpose of swaddling a baby?	To keep the baby warm and cozy	To help them feel calm and sleepy	To encourage them to start rolling over	To prevent hip dysplasia
What should parents do when their baby shows signs of rolling over?	Continue swaddling to prevent them from rolling	Transition the baby away from swaddling	Swaddle more tightly to support their movements	Increase the use of swaddling products
Did you know?	Breast milk provides all the necessary nutrition for a newborn. Click here to know all about it.			

Is your baby allergic to milk?	Are you concerned that your baby is reacting negatively to their milk? Here's how to tell.			
Effortlessly Track Your Little One's Feedings: Introducing Our Feed Tracker Feature!	Effortlessly Track Your Little One's Feedings with our New Feed Tracker Feature!			
Join Our Community Chats - You Belong Here!	Feeling alone? Connect with others in our supportive community chats. You're not alone, join us now!			
Happy World Breastfeeding Week! Celebrate with Us	Let's celebrate, promote and support breastfeeding together!			
World Breastfeeding Week Tips	Discover tips for balancing breastfeeding & nutrition			