

Pregnancy Myths and Facts

- Colleen Kraft, M.D., FAAP
- Amanda Perez, M.S.W., EHS NRC

NHSA

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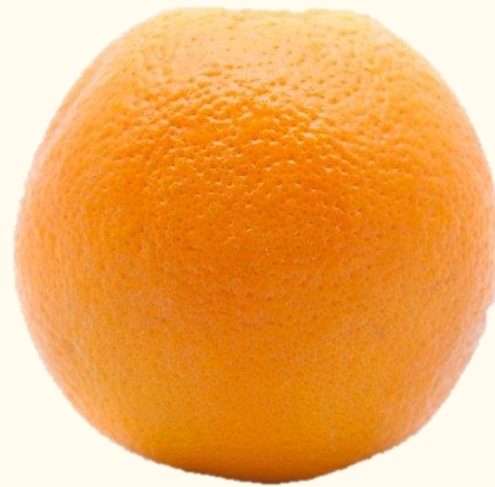
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So much information...



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I am eating for two!

“Since I have a growing baby, I need to eat twice as much!”



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Eating for Two? Myth!

- Healthy weight gain is 25-35 pounds.
- Mothers should add 300 calories per day.
- Extra weight is a worry!



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I eat whatever I want!



**“It doesn’t matter
where the calories
come from!”**



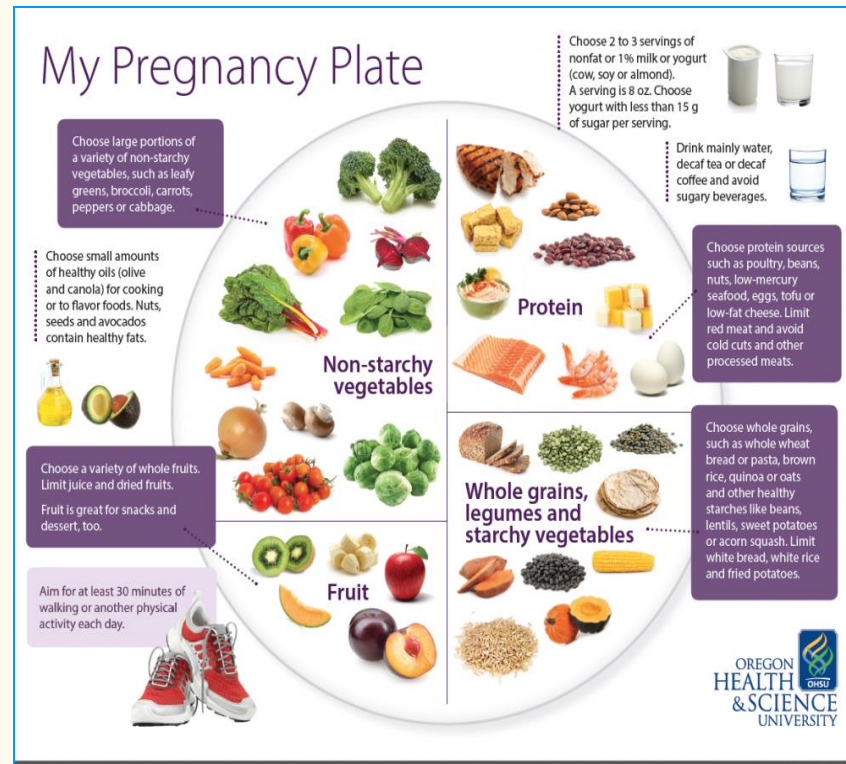
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Eat whatever? Myth!

It matters how
a mother gets
her calories!



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I can't drink coffee!

**“Caffeine is
harmful to my
developing
baby!”**



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No coffee? Myth!

Have up to
200 mg of
caffeine
per day!



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I can't eat fish!

“Fish contains mercury and other chemicals that are harmful for my baby.”



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No fish? Myth and Fact!

Salmon, shrimp and
canned light tuna
are ok!

Avoid swordfish,
shark, tilefish, and
king mackerel, as
well as raw fish.



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I can't color my hair!



**“Hair dye is
not safe for
me or my
baby.”**



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No hair dye? Myth and Fact.

- Most hair colors are safe!
- Avoid hair dye with ammonia in it.



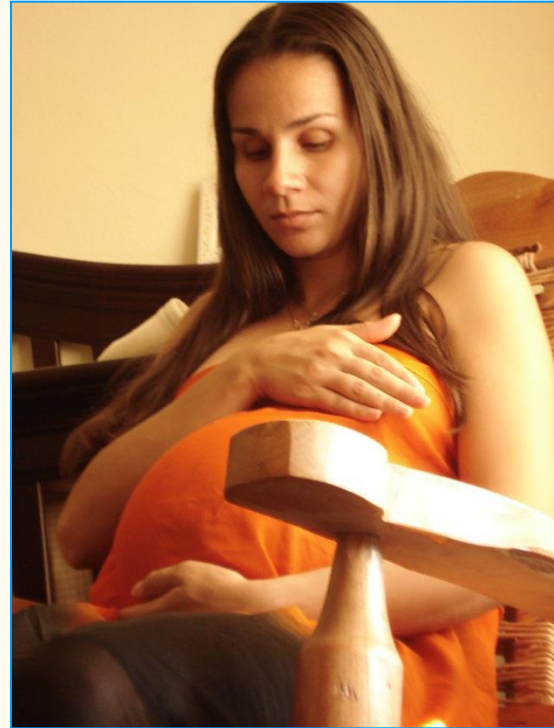
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I need a flu vaccine!

“The flu is awful! I should get a flu shot!”



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Need a flu vaccine? Fact

**Pregnant women
are more at risk
with the flu.**

**The flu shot is not
harmful!**



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My partner makes no difference to my baby!



**“He/she can
parent when the
baby is born.”**



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Partner makes no difference? Myth!



**Partners can be
big influences
on their babies
– even in utero!**



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I have to get rid of my cat!

**“My cat could
make my baby
sick!”**



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Lose the cat? Myth!

But, pregnant women should avoid changing litter boxes.

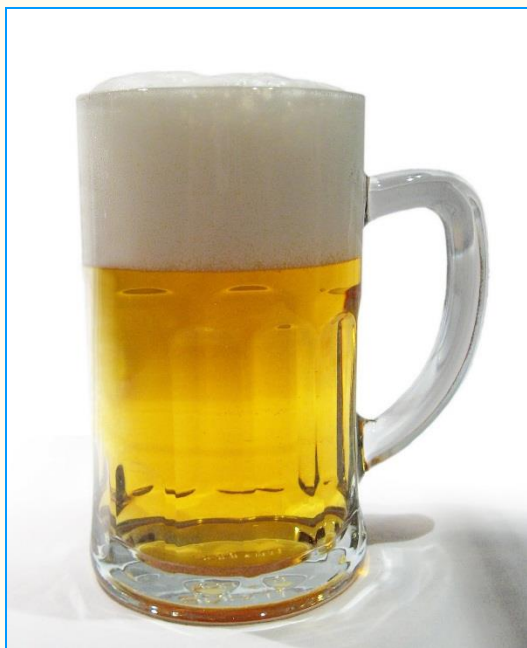


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Beer won't hurt my baby!



**“I can drink a
beer a day
during
pregnancy.”**



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We don't know what amount of alcohol is safe during pregnancy!



**It is best not to
drink alcohol
during
pregnancy.**



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My baby is big, so he's healthy!

**“My doctor says
my baby is big, so
I know he's sturdy
and strong!”**

**BIGGER
IS BETTER**

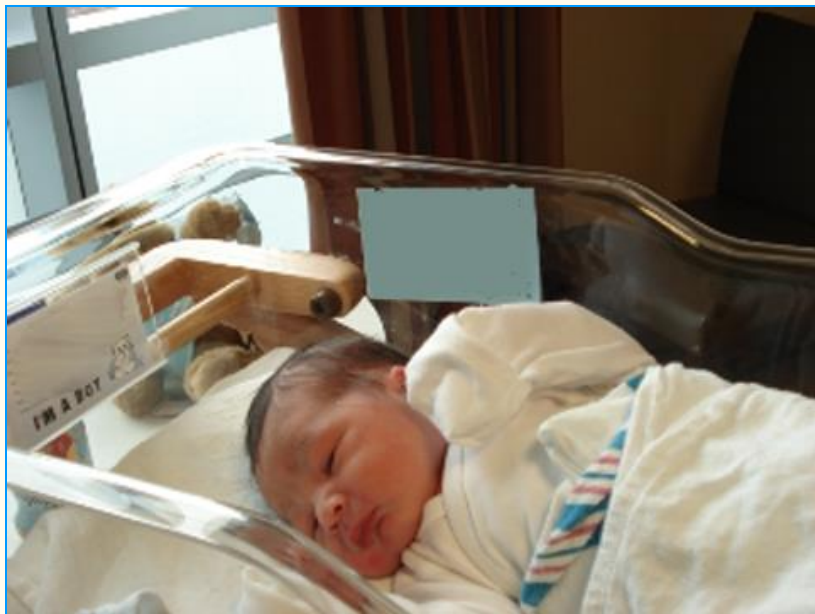


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Big is healthy? Myth!



Ideally, a baby will be between 6 and 8 lbs.



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My baby isn't doing anything in there!

**“She or he is
just relaxing.”**



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Idle baby? Myth!

A baby is
growing and
learning at a
tremendous
pace in utero!



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I'm using cocoa butter to prevent stretch marks!

“If I use this lotion, my skin won’t stretch to make those lines!”



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Cocoa butter for stretch marks? Myth!

**Cocoa butter can
make skin more
sensitive!
Some women are
allergic.**



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I am sleeping on my left side!



**“It increases the
blood flow to
my baby!”**



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Left side sleeping? Myth!

**Sleep in the most
comfortable
position for you!**



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My baby is wearing like a girl/boy!



“I am wide on the side, so I am having a girl! I am pushing out front, so it’s a boy!”



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Knowing the sex? Myth.

**Even sonograms
are not 100%
accurate!**



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Working with Families



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WHAT MYTHS HAVE YOU HEARD ABOUT PREGNANCY?

