

## Conceive

<http://www.parenting.com/article/tips-for-getting-pregnant>

<http://www.livescience.com/44221-how-to-get-pregnant.html>

[https://www.babycenter.com/0\\_how-to-get-pregnant-fast\\_10337115.bc](https://www.babycenter.com/0_how-to-get-pregnant-fast_10337115.bc)

<http://www.marchofdimes.org/pregnancy/getting-pregnant.aspx>

## Trying to conceive

<http://www.livescience.com/44221-how-to-get-pregnant.html>

The most important advice for a woman who wants to get pregnant is to get to know her body, specifically her menstrual cycle.

"It's important to know how far apart her cycles are so she can more accurately time intercourse to try to get pregnant," Pavone said.

## Record menstrual cycle frequency

A woman who wants to have a baby should monitor whether the first days of her period tends to come the same number of days apart every month, which is considered being regular.

Conversely, her periods may be irregular, meaning her cycle lengths vary from month to month. By tracking this information on a calendar, a woman can better predict when she might be ovulating, the time when her ovaries will release an egg every month.

A woman's egg is fertile [for only 12 to 24 hours after its release](#), according to the March of Dimes. However, a man's sperm can survive in a woman's body for about six days, notes Planned Parenthood.

## Monitor ovulation

Women with regular cycles generally ovulate two weeks before the arrival of their periods, Pavone said. It's harder to predict ovulation in women with irregular cycles, but it usually occurs 12 to 16 days before the start of the woman's next period.

There are several methods women can use to help determine their most fertile days each month.

Home ovulation-prediction kits can take some of the guesswork out of finding when a woman is ovulating. They're good to use for this purpose, Pavone said, but she suggested reading the instructions before using the products, since each kit can be a little different.

Sold at drug stores, the kits test urine for [luteinizing hormone](#), a substance whose levels increase each month during ovulation and cause the ovaries to release an egg. The [three days right after a positive test result](#) are the best time for couples to have sex to increase their odds of becoming pregnant, reports the American Pregnancy Association.

Other clues to ovulation include the basal body temperature method, in which a woman takes her temperature before she gets out of bed every day and charts this on a graph for at least three menstrual cycles. After a woman ovulates, her basal body temperature typically increases less than half a degree Fahrenheit (0.3 degrees Celsius). A woman is most fertile during the two to three days before this slight rise in body temperature, reports the Mayo Clinic.

A second method is tracking cervical mucus, which involves a woman regularly checking both the amount and appearance of mucus in her vagina. A study published in the journal Fertility and Sterility found that [women who checked their cervical mucus](#) consistently were 2.3 times more likely to get pregnant over a six-month period.

Just before ovulation when a woman is most fertile, the amount of mucus increases and it also becomes [thinner, clearer and more slippery](#), said the March of Dimes. When cervical mucus becomes more slippery, it can help sperm make its way to the egg.

### Have sex every other day during the fertile window

The "[fertile window](#)" spans a six-day interval, the five days prior to ovulation and the day of it, according to the American Society for Reproductive Medicine. These are the days each month when a woman is most fertile.

One study found that intercourse is most likely to result in a pregnancy when it occurs two days before ovulation.

Research has shown that there hasn't been a big difference in pregnancy rates between couples who had sex every day during the "fertile window" (37 percent) compared with couples who had sex every other day (33 percent), Pavone said. "And having sex every other day might be easier for a couple to pull off," she added.

There are plenty of [common misconceptions](#) and old wives' tales about conception. For example, there's no evidence that sex position will influence a couple's chances of having a baby, nor does a woman lying on her back for a certain amount of time after intercourse increase the odds of conceiving, Pavone told Live Science.

### Strive for a healthy body weight

Being too heavy can reduce a woman's odds of conceiving, but being too thin can make it even harder to have a baby.

Research has shown that a woman who is overweight (her [body mass index](#), or BMI, is greater than 35) can take twice as long to become pregnant as a woman whose BMI is considered normal, Pavone said. A woman who is underweight (her BMI is less than 19) might take four times as long to conceive, she said.

Having too much body fat produces excess [estrogen](#), which can interfere with ovulation. Losing 5 to 10 percent of body weight before a woman starts trying to get pregnant could improve her fertility, according to the American Society for Reproductive Medicine.

Women who are too thin might not be getting regular periods or could stop ovulating.

### Take a prenatal vitamin

Pavone recommends that women who are attempting to conceive start taking a prenatal vitamin even before becoming pregnant. This way, a woman can find one that's more agreeable to her system and stay on it during pregnancy, Pavone said.

Another option is to take a daily multivitamin, as long as it contains at least 400 micrograms (mcg) per day of folic acid, a B vitamin that's important for preventing birth defects in a baby's brain and spine, Pavone said.

The Centers for Disease Control and Prevention urges women to take 400 mcg of folic acid [every day for at least one month before getting pregnant](#) to help prevent birth defects.

Getting a head start on folic acid supplementation is a good idea because the neural tube develops into the brain and spine three to four weeks after conception occurs, before many women realize they're pregnant.

### Eat healthy foods

Although there may not be a specific fertility-promoting diet, eating a variety of healthy foods can help prepare a woman's body for pregnancy by giving her adequate stores of critical nutrients such as calcium, protein and iron. This means eating a variety of fruits and vegetables, lean protein, whole grains, dairy and healthy sources of fat.

Besides taking a supplement containing folic acid, a woman can also obtain this B vitamin from foods such as dark green leafy vegetables, broccoli, fortified breads and cereals, beans, citrus fruits, and orange juice. [[Related: High Cholesterol Levels May Make It Harder to Get Pregnant](#)]

When trying to get pregnant, eat lower amounts of high-mercury fish, such as swordfish, shark, king mackerel and tilefish. And [limit albacore \(white\) tuna to 6-ounces per week](#) to reduce exposure to mercury, a toxic metal, the Food and Drug Administration recommends.

Also, go easy on caffeine: Consuming more than 500 milligrams of caffeine a day has been linked with a decrease in fertility in women. Having 1 to 2 cups of coffee, or less than 250 mg of

caffeine, per day before becoming pregnant appears to have no impact on the likelihood of conception, according to the American Society for Reproductive Medicine.

### Cut back on strenuous workouts

Being physically active most days of the week can help a woman's body prepare for the demands of pregnancy and labor. But getting too much exercise or doing frequent strenuous workouts could interfere with ovulation.

Doctors see a lot of menstrual disturbances in women who exercise heavily, and a lot of times these women need to cut back on their workouts if they want to become pregnant, Pavone told Live Science.

### Be aware of age-related fertility declines

As women get older, their fertility decreases because of age-related changes in the ovaries that cause a decline in the quantity and quality of their eggs.

There's a gradual fertility decline in women beginning in their 30s, a sharper decline after age 37 and a steep decline after age 40, Pavone said. These declines mean it may take longer to become pregnant.

### Kick the smoking habit

Smoking can lead to fertility problems in both women and men. Chemicals found in cigarette smoke, such as nicotine and carbon monoxide, [speed up the loss rate of a woman's eggs](#), said the American Society of Reproductive Medicine.

It's also a good idea for women to stay away from secondhand smoke, which may affect their chances of becoming pregnant. Marijuana and other recreational drug use should also be avoided while trying to conceive.

### Give up alcohol

It's safest to avoid alcohol when a woman is hoping to become pregnant. Drinking alcohol at moderate (one to two drinks per day) or heavy levels (more than two drinks per day) can make it [difficult for a woman to get pregnant](#), according to The American College of Obstetricians and Gynecologists.

Once a woman becomes pregnant, there's no safe amount of alcohol that she can consume, Pavone said.

## Create a fertility-friendly home and work environment

Frequent exposure to lawn and farm pesticides, pollutants, or chemical solvents used at work can harm a woman's fertility. She can take steps to [minimize these exposures](#) by protecting her face with a mask or wearing protective gloves, glasses and clothing around potentially toxic materials, recommends the American Society for Reproductive Medicine.

Stress management is also important. Trying to get pregnant is stressful enough for many couples. Although [the exact role of stress in a woman's chances of conceiving is unclear](#), it makes sense for women to develop good coping strategies to help manage stress at home and at work. Find ways to relax both body and mind, whether by exercising, taking deep breaths, listening to music or doing yoga. [[Related: Stay Up Late? How It Could Hurt Your Fertility](#)]

## Know when to seek help

A woman and man should consider having an infertility evaluation if the woman is 35 or older and has not become pregnant after six months of having sex regularly without using birth control, Pavone said. A 2012 study published in the journal PLOS One also concluded that for women over the age of 35, it may be appropriate to [start investigation and treatment](#) more quickly than for younger women.

Pavone also recommended that a woman who is under 35 and her partner should consult a fertility specialist if she has failed to become pregnant after one year of having unprotected intercourse on a regular basis.

*This article is for informational purposes only, and is not meant to offer medical advice.*

## Additional resources

- Find fact sheets, headlines and other [information about reproductive health](#) at ReproductiveFacts.org.
- The March of Dimes answers [frequently asked questions](#) about pregnancy.
- The FDA and the EPA encourage pregnant women, those who may become pregnant, breastfeeding mothers and young children to [eat more fish](#) and to eat a variety of fish from choices that are lower in mercury. Read their advice, and questions and answers.

## Getting pregnant

<http://www.marchofdimes.org/pregnancy/getting-pregnant.aspx>

You've thought carefully about having a baby and decided you're ready. You stopped [smoking](#) and drinking [alcohol](#). You're eating healthy foods and taking a multivitamin with 400 micrograms of [folic acid](#) every day. You've visited your health care provider, and you're putting money in your savings account each month. You're ready to start trying to get pregnant.

## How does pregnancy happen?

A woman's ovaries release an egg every month, about 14 days before the first day of her period. This is called ovulation. When a couple has sexual intercourse and does not use [birth control](#) around the time of ovulation, a man's sperm swim to meet the woman's egg. When a sperm penetrates the egg, it's called fertilization or conception. The fertilized egg (embryo) then travels to the woman's uterus (womb), where it burrows into the lining of the uterus and begins to grow.

## When is the best time to try to get pregnant?

A woman's egg is fertile for only 12 to 24 hours after its release. A man's sperm can live up to 72 hours after intercourse. So the best time to have sex if you're trying to conceive is:

- A few days before ovulation
- The day of ovulation

The closer intercourse is to ovulation, the more likely it is you'll get pregnant. And the more often you have sex, the more likely you are to get pregnant.

## How do you know when you ovulate?

**If your period is regular (it comes the same number of days apart every month):** Use the [March of Dimes ovulation calendar](#) to help you figure out when you can get pregnant.

**If your periods are irregular (the number of days apart varies from month to month):** There are a number of fertility tracking methods that can help you determine when you're ovulating. They are listed below. It's important to talk to your health care provider to learn more about the most effective way to use them.

- **The temperature method:** Use a basal body thermometer to take your temperature every day before you get out of bed. This is a thermometer that can measure really small changes in your temperature. You can buy one at a drug store. Your temperature rises about 1 degree just as you ovulate. Have sex as close as you can to this rise in temperature for your best chance of getting pregnant.
- **The cervical mucus method:** Pay attention to the mucus in your vagina. It gets thinner, slippery, clearer and more plentiful just before ovulation.
- **Ovulation prediction kit:** Ovulation prediction kits test urine for a substance called luteinizing hormone (LH). This hormone increases each month during ovulation and causes the ovaries to release eggs. The kit will tell you if your LH is increasing. You can purchase ovulation prediction kits at pharmacies.

If you use the temperature or cervical mucus methods, begin tracking changes a few months before you want to conceive. If you're using an ovulation predictor kit, begin using it about 10 days after the start of your last period.

## What are the signs of pregnancy?

Knowing the signs of pregnancy can help you tell if you're pregnant. Here are some signs that you might be pregnant:

- You miss your period.
- You feel [sick to your stomach or throw up](#).
- Your breasts are big and sore. The area around your nipples gets darker.
- You crave certain foods. Or you really dislike certain foods.
- You feel tired all the time.
- A home pregnancy test shows you're pregnant.

If you have any of these pregnancy signs and think you may be pregnant, go to your health care provider. The sooner you know you're pregnant, the sooner you can begin prenatal checkups and start taking good care of yourself and your growing baby.

## What if you don't get pregnant right away?

If you don't get pregnant right away, don't worry. Most couples who try to get pregnant do so within 1 year. It may not happen immediately, but the odds are it will happen soon.

If you've been trying to get pregnant for more than a year (or 6 months, if you're over 35 ), talk to your health care provider. You can get tests to find out why you're having problems getting pregnant. Some women have irregular or infrequent ovulation or damage to the tubes that carry the egg to the womb. Some men have low sperm counts or abnormal sperm. Many couples can overcome these problems with [medical treatment](#).

## What can your partner do?

It takes two to get pregnant. If you're having trouble getting pregnant, your partner can do things to help his sperm production. He can:

- Quit [smoking](#), drinking [alcohol](#) and taking [street drugs](#)
- Ask his provider about medicine he takes. Some medicines, like those used to treat [high blood pressure](#) and infections, can affect a man's sperm. His provider may be able to switch him to another medicine while you're trying to get pregnant.
- Protect himself from harmful [chemicals](#), like solvents and lead
- Get medical treatment for any [STDs](#) he may have

## Have sex frequently

It may seem like a no-brainer, but given many couples' hectic schedules, it's easy to overlook this one. If you're not timing your cycles or you have irregular periods, you can cover your bases by having sex every other day, say fertility specialists.

## Figure out when you ovulate

### Step up sex before ovulate

<http://www.parenting.com/article/tips-for-getting-pregnant>

As soon as you pick up a hormonal surge, have sex that day, plus the next two days. Pregnancy rates peak two days before ovulation, says Clarice Weinberg, Ph.D., chief of biostatistics at the National Institute of Environmental Health Sciences. Some experts speculate that's when cervical mucus is at its optimum for helping sperm travel to the egg and break down its shell-like coating.

Sperm can live inside the uterus for 24 to 48 hours, which means there will be plenty on hand to greet the egg once ovulation starts.

Another reason to have sex before you ovulate, as opposed to the day it happens: An egg survives for only 12 to 24 hours after ovulation, so if you begin to ovulate in the morning and wait until nighttime to have sex, the egg may lose its viability by the time the sperm gets to it. In addition, says Dr. Zarmakoupis, cervical mucus starts to become thick and impenetrable right after ovulation, rendering it "hostile" to the passage of sperm.

### Things your man can do

And then this last one is for the men specifically. Keep those sperm cool! No warm showers, no hot tubs, no hot laptops in your lap, no super snug underwear, no bike riding. Anything that is going to increase the warmth in the genital area will decrease your sperm count as well as their motility. Furthermore, advise your partner to abstain from intercourse with you for 3-5 days before ovulation, to ensure enough sperm is built up to ensure maximum chance of conception.

### Which position is best for you?

An option that couples have together, would be your sexual position. Yes, sexual position. You have many options like doggy style, missionary, and side-by-side, but not all positions are created equal when you want to get pregnant. The best position for couples trying to conceive would be either doggy-style or missionary with hips slightly elevated. Both allow for deeper penetration, to ensure that the sperm is deposited as close to the egg as possible. However, be sure not to raise your hips too much because then you can bypass the cervix altogether. So be careful with that one. But keep in mind that a little bit of gravity can't hurt to help the sperm find its way to your egg. And also, after intercourse, it just makes good common sense to stay still laying down for 5-10 minutes, perhaps atop a small pillow or cushion, and allow the maximum amount of time for the sperm to find its mark – before getting up to go to the bathroom or walking around, etc.



Ovulate - ডিম্বাণু উত্পাদন

Odds

Ovaries -

<http://www.conceiveeasy.com/get-pregnant/how-to-get-pregnant-with-a-boy/>

<https://www.bellybelly.com.au/conception/how-to-conceive-a-boy/>

Best Sex Position to Conceive a Baby Boy:

Female Orgasm and concept a boy: