PREGNANCY FAQS

1.After how long do cravings start?

There isn't a specific time but expect them in your first trimester (it could be as early as 5 weeks into pregnancy). They'll get stronger in your second trimester, and then eventually stop in your third trimester.

Some women crave fatty foods like chips. Others get pregnancy cravings for things they didn't like before they got pregnant, or strange combinations of food.

If you find yourself craving things that aren't food, like toothpaste, coal or even soil, speak to your midwife or doctor, as this may be a sign of a vitamin deficiency.

2.How should I sleep in pregnancy?

Depending on how you normally like to snooze, you might have to rethink your favourite position while you're pregnant.

If you sleep on your back, it's safe to continue during the first trimester, but as your bump gets bigger and heavier you'll need to sleep on your side, so it's best to get into the habit as soon as you can.

By the third trimester (after 28 weeks of pregnancy), sleeping on your side is the safest position for your baby as it helps prevent the risk of stillbirth. Don't worry, if your pregnancy is uncomplicated your risk of stillbirth is low (1 in 200 babies are stillborn) and going to sleep on your side will make it even lower.

3.How do I prepare for breastfeeding?

It's a good idea to read as much as you can about breastfeeding before the birth. This will help you feel more confident and prepared. There is lots of useful information and practical tips in our feeding your baby section. Read about breastfeeding positions, how to express your breast milk, and practical tips on dealing with common breastfeeding issues. If you have any breastfeeding questions, you can always ask the Breastfeeding Friend voice assistant from Start for Life, available on Amazon Alexa, Facebook Messenger and Google Home, 24/7.

4.Signs of labour

Things that should prompt you to contact us would be:

Strong cramping or contractions around the abdomen, coming at regular intervals

Fluid coming from the vagina

Vaginal bleeding

Everyone experiences different versions of these signs, and if you are unsure, please contact us.

5.What exercises should I do?

If you have been exercising before pregnancy, you are encouraged to continue! However, we do discourage activities that put you at risk for falls, or trauma to the abdomen area.

While yoga is safe, hot yoga is not recommended, nor is sitting in a hot tub with a temperature greater than 102 degrees, as we do not want your body’s temperature to rise that high around your baby.

If you were not exercising regularly before becoming pregnant, you should not start anything rigorous. But walking, jogging, and swimming are great exercises to keep you healthy while pregnant.