

Pregnancy Myths and Discomforts

Interview a pregnant woman or any woman who has been pregnant (face-to-face, if possible, or via Messenger, Text, Call, etc.). Ask her on what discomforts did she feel during her entire pregnancy. List the discomforts she identified and examine if she did it right and what intervention could've been a better way of managing her discomfort.

Name: FPM

Age: 49 y/o

G3 P2-0-1-2

Pregnancy Discomfort	Own Management	Proper Management
Vomiting	<ul style="list-style-type: none">• “Ginagawang busy yung sarili.”• Eating cravings	Remove noxious stimuli and drink ginger tea.
Heightened sense of smell	None	Leave doors and windows open if possible.
Difficulty sleeping	Sleeping in Sims Position	Sleeping in sims position.
Shortness of breath	None	Practice good posture to allow the uterus to move away from the diaphragm as much as possible.

Interview your mother or grandmother (whoever is available) and ask them about pregnancy myths. List all that they can identify? If one of your future clients will raise this concern, how/what answer will you give them?

Pregnancy Myth	Truth
Pregnant women should not look at ugly things because the child will be born ugly.	The baby's appearance is predetermined by the genes of the parents.
Avoid wearing necklaces or wrapping towels around your neck as it will cause the umbilical cord to wrap around the baby's neck.	It is possible for the umbilical cord to wrap around the baby's neck, particularly during the second and third trimesters. This is caused by the baby's own movements in the womb and not external factors.
The scent of a pregnant woman attracts monsters.	The presence of supernatural beings are not acknowledged in the scientific community.
Practicing "pagbibigkis" or using of belly binder to prevent air (lamig) from entering the stomach.	There is no passage of air in the umbilicus. The umbilical cord and placenta deliver nutrients from the mother to the baby. They also provide the baby with the oxygen-rich blood necessary for growth.
The shape of the previous sibling's nipples will determine the gender of the unborn child. If the nipple is round, the baby is a boy. If it's inverted, it will be a girl.	A child's biological sex (male or female) is determined by the chromosome that the male parent contributes.