

Pregnancy Myths and Discomforts

1. 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

Pregnancy discomfort	Own management	Proper management
1. Headache	Massage the head	Rest, proper nutrition, and adequate fluid intake may help ease headache
2. Nausea and vomiting	Drinking of hot/lukewarm water	Eating small meals several times a day and having a diet high in protein and complex carbohydrates can help in alleviating the symptoms
3. Leg cramps	Massage legs	Stretching, intake of proper amount of calcium and magnesium, and drinking adequate amount of water
4. Backache	Standing up and moving around	When standing, stand straight and tall and applying back massage and warm compress to affected area
5. Breast discomfort	Wearing a more comfortable bra/ not wearing any bra	Wearing a good support bra may help a patient feel more comfortable
6. Fatigue	Rest and sleep	Rest, eat healthy, and exercise

2. Interview you 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
1. Eating balut will make the baby hairy	Whether the child will be hairy or not depends on the genes of the parents
2. If the mother often cries during pregnancy, the baby will become a crybaby	Babies cry when they feel hungry, unsettled, wet or uncomfortable, or just because they need a cuddle. Sometimes they cry with no reason at all
3. Eating twin bananas to increase chances of getting twins	Having twins depends on the genes of the parents

4. Do not take a bath at night	It's okay to take a bath at night as long as warm water is used
5. Eating more than before the pregnancy (Eating for 2 people)	Consume food which will provide you and your baby's necessary nutritional needs

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