

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 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.

Client Name: P.M.L

Age: 32 years old

Pregnancy Discomfort	Own Management	Proper Management
Nausea	<ul style="list-style-type: none"> ● She makes sure to drink lots of water ● She avoids walking too much. 	To manage nausea, the pregnant mother can get plenty of rest, get plenty of rest that make her feel sick, and eat small, frequent meals of plain foods that are high in carbohydrate and low in fat.
Sore Breast	<ul style="list-style-type: none"> ● Reports no management 	To relieve sore breast, the pregnant mother may use a cold compress and apply it over her breast. Other interventions include wearing a supportive bra. The supportive bra helps by lifting up the breasts and taking pressure off the area.
Fatigue	<ul style="list-style-type: none"> ● Takes frequent naps 	Increase the amount of sleep and rest by taking naps, and performing relaxation techniques. Moreover, hydrating, exercising regularly, and ensuring a proper diet help relieve fatigue during pregnancy.
Lower Back Pain	<ul style="list-style-type: none"> ● Changes her position often. Lays on her back. ● Gets back massages. ● Minimizes standing and walking 	To manage lower back pain, the pregnant mother need to practice good posture. She could also widen her stance when standing to support her better. Another way to manage this is by regularly exercising. Regular physical activity can keep your back strong and might relieve back

		pain during pregnancy
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2. 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?

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Age: 32 years old

Pregnancy Myth	Truth
Paglilili (inexplicable liking towards someone or something)	The mother's inexplicable liking towards someone or something may be attributed to the hormonal changes brought about by pregnancy. The appearance of the child, on the other hand, cannot be influenced by what the mother sees. Instead, it is genes that dictate what traits are inherited from either biological parents.
Wearing a necklace may cause the umbilical cord to wrap around the baby's neck	Nuchal cord is not influenced by the pregnant mother's choice of wearing a necklace but is instead caused by the fetal movements that the baby makes before they are born.
The darkening of the armpits indicates the baby's gender.	Hyperpigmentation is caused by higher levels of estrogen, progesterone, and melanocyte-stimulating hormone. There is no correlation between any skin changes during pregnancy and the sex of the baby. Moreover, there is no scientific evidence that backs up this claim.