

Beat the heat...5 survival tips for a summer pregnancy

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Beat the heat...5 survival tips for a summer pregnancyBy: Sandy Jamieson, 'BA (Hons)', member of APPPAH, author of "Zaida Baby - My First Keepsake" www.zaidababy.com

Beating the heat may seem easy enough for expecting moms this summer...apparently this is the coldest July on record ever! But we all know that this possibly can't be it! Summer has to be right around the corner! And so, being prepared is always key. Here are a few tips for surviving a summer pregnancy.

1. Stay hydrated. Of course you should drink lots of water, but drinking orange juice, milk and sport drinks are beneficial as they replace the electrolytes that you've sweat out in the sun. And be creative. Make a mocktail...grab the biggest wine glass you can find and mix 100% fruit juice with mineral water and add a splash of fresh lime.
2. Wear breathable clothing and light colours. Cottons and linens are great choices, and whites and pastels won't absorb the sun's light like black. Check out a maternity store in your area. Now you can actually be stylish, cool and pregnant!
3. Go swimming. In addition to being refreshing, if you are suffering any discomfort with sciatica, it can be a nice release. It will also lower your body temperature...not to mention that you'll feel weightless!
4. Find some shade and limit the amount of time in the sun. If you find that you are over-heated, take a cool shower, or put a cold damp cloth on your neck or forehead to lower your body temperature. Or go see a movie or go shopping...these options are always cool and fun!
5. Relax and put your feet up! Swollen ankles or feet? Edema (abnormal fluid beneath the skin) can be worse in the summer. Putting your feet up can help to reduce the swelling. If you can talk someone into giving you a foot rub, that just might make the swelling worth it!

About the Author: Sandy Jamieson has a degree in Honours Sociology and a diploma in Early Childhood Education. She is also a member of the Association for pre- & perinatal psychology and health, and has taken a platform in the community to bring awareness to the public on the importance of prenatal bonding. Understanding the importance of developing a prenatal bond became a passion after publishing "Zaida Baby - My First Keepsake", a keepsake baby book that focuses on positive pregnancy. Written in three parts, it has traditional baby book features with baby's first year, but also includes a pregnancy journal and unlike any other baby book it begins with an inspirational love letter. And it's wrapped in a black linen hardcover exterior with silver foil stamping...to represent mom's stylish side! "Zaida Baby - My First Keepsake" is getting recognized as a unique keepsake that can make a difference. Zaida Baby, meaning fortunate baby, is the name of a company that is working towards creating a future of happier, healthier and more emotionally secure children. Give your gift of love today! Visit www.zaidababy.com for more information.

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