

30 Tips To Surviving First Trimester Cheat Sheet

1. You don't have to stop drinking coffee just decrease to 12 ounces a day or less.
2. Try a pregnancy pillow for better sleep.
3. Take naps when your tired and as you can fit it in to your schedule.
4. Create an on hand Morning Sickness Kit with tricks that work for you.
5. Save a trip to the store and shop online for groceries that have delivery.
6. Try to distract yourself when you feel sick.
7. Stay away from strong smells that trigger.
8. Go outside regularly to get a breath of fresh air.
9. Don't take your vitamins on an empty stomach.
10. Try eating bland food or food high in protein low in fat and see what sits well with you.
11. Eat smaller meals frequently.
12. Drink between meals and try carbonated drinks for upset stomach.
13. Move slowly when your not feeling well.
14. With a migraine or headache make sure to keep volume and lights low.
15. Take Tylenol if you are having a headache.
16. Keep some reading material in the bathroom for when you are stuck on the toilet.
17. Drink prune juice daily to stay regular.
18. If your constipated you can take Mylanta.
19. Invite your spouse to get involved. Ask for support when you need a shoulder to lean on
20. Don't over-commit yourself and become overwhelmed... take it easy.
21. Mood swings are normal... remind yourself its just the hormones
22. Invest in a comfy bra for your sore boobies.
23. Drink lots of water, try using a water tracker.
24. Swap your personal care products for more natural options.
25. Get on a prenatal that works well for you.
26. Consider taking Probiotics Omega 3 and Vitamin B supplements.
27. Eat as healthy as you are able but mostly keep from having an empty stomach.
28. Know red flags and when to call doctor or go to hospital
29. If your really anxious talk to doctor about extra appointments for peace of mind.
30. Also if anxious can get counseling to talk about your feelings.