



The Ultimate Guide to Having a Healthy Pregnancy

ABSTRACT

What you put in your body before becoming pregnant, during your pregnancy and after the birth can affect your baby. Eating the right foods, knowing what food and drink to avoid, regular exercise and quitting smoking and alcohol are all important if you are to increase your chances of a healthy pregnancy.

INTRODUCTION

Health care during pregnancy is called prenatal care. Getting prenatal care can help you have a healthier baby. It also lowers the risk of your baby being born too early, which can lead to health problems for your baby.

During prenatal care, your doctor or midwife can find any health problems that may come up. A midwife is a health professional who provides health care during pregnancy and helps pregnant people during childbirth.

I. Having a healthy pregnancy

Healthy eating

You don't need to 'eat for two' while you're pregnant. You just need to have more of the nutrients your baby needs for their healthy development, and fewer foods that are high in salt, sugar and fat. These can be harmful both for you and your baby.

It's recommended that you eat a wide variety of fruits and vegetables of different types and colours every day. You can also fill up on wholegrains – 8 to 8 ½ serves a day when you're pregnant is fine. It's important to eat foods that are high in iron, like red meat and tofu, and to eat plenty of dairy food, such as reduced fat milk, yoghurt or cheese for calcium. Eating fruits, vegetables and legumes and drinking plenty of water will help with any constipation.

Healthy weight gain

Being overweight or obese when you're pregnant is linked to a range of health problems that can affect both you and your baby, including stillbirth or preterm birth, birth defects, high blood pressure, gestational diabetes and depression. Being significantly overweight can affect the birth and your ability to breastfeed. Overweight women will need extra care during pregnancy and at the birth.



Being underweight is also a problem in pregnancy. It can lead to greater risk of preterm birth or a small baby.

Your doctor will tell you how much weight it is recommended that you gain during the pregnancy. This will depend on how much weight you had at the beginning. Even if you are a normal weight before you fall pregnant, gaining too much weight too quickly is bad for you and your baby.

Alcohol

Whenever you drink alcohol, it passes through the placenta and enters the baby's bloodstream. Drinking alcohol increases the risk of miscarriage, stillbirth and premature birth. Heavy drinking can lead to fetal alcohol spectrum disorders, which can cause lifelong problems for your child.

If you drank a small amount of alcohol before you knew you were pregnant, it's unlikely to have harmed your baby. But when you know you are pregnant, there is no safe level of drinking. The more you drink, the greater the potential harm to your baby. Binge drinking (drinking a lot of alcohol on one occasion) is especially dangerous for your baby.

Smoking

Smoking and passive smoking during pregnancy are very harmful to your baby. They increase the risk of pregnancy complications, preterm birth and miscarriage. They

can also lead to low birthweight, sudden infant death syndrome, and long-term health problems in your child.

Physical activity

Pregnant women are encouraged to do some sort of physical activity every day. You should build up to between 150 and 300 minutes of moderate-intensity physical activity each week.

Talk to your doctor about the best sort of physical activity for you. Brisk walking, swimming and cycling are all good choices. Joining a walking group, swim club or yoga class can keep your motivation up.

Immunisation

If you are planning to get pregnant, make sure you are up to date with your rubella (German measles) and varicella (chickenpox) vaccinations. Both of these diseases can cause serious complications for your baby.



Two vaccinations are recommended during pregnancy:

Influenza: Being pregnant puts you at much higher risk of complications from the flu (influenza). Influenza can be very serious for a newborn baby too. The best way of

preventing flu is to have an influenza vaccination, which is free for all pregnant women under the National Immunisation Program.

Whooping cough: Whooping cough can be deadly for newborn babies. Before they are old enough to be vaccinated, you can protect them by being vaccinated yourself. It's recommended you have the whooping cough vaccine between 20 and 32 weeks into each pregnancy. It's also free under the National Immunisation Program.

Exposure to chemicals

There are a several substances you should avoid while you're pregnant. These include second-hand tobacco smoke, some household chemicals, radiation, bacteria and fungi, pressurisation, and chemicals at work.

Chemicals that can harm your baby include some antibiotics, sterilising chemicals, cleaning or laboratory supplies, pesticides or fertilisers. Your baby can be affected if you breathe, swallow or sometimes touch these. The risk depends on the chemical and the amount you come into contact with.

II. Nutritional Needs During Pregnancy



As you probably know, your body goes through *lots* of physical and hormonal changes during pregnancy. To fuel yourself and your growing baby, you'll need to make great food choices from a variety of sources.

Eating a healthy, balanced diet will help you feel good and provide everything you and your baby need. The food you eat is your baby's main source of nourishment, so it's critical to get all of the nutrients you need.

The good thing? All of these nutrition guidelines aren't that hard to follow and provide some delicious options. Even with cravings (*hot sauce on peanut butter, anyone?*) you can craft up a healthy menu in no time.

Increased nutrients

No surprise here: Your body has increased nutritional needs during pregnancy — you're feeding a whole new person! Although the old adage of "eating for two" isn't entirely correct, you do require more micronutrients and macronutrients to support you and your baby.

Micronutrients are dietary components, such as vitamins and minerals, that are only required in relatively small amounts.



Macronutrients are nutrients that provide calories, or energy. We're talking carbohydrates, proteins, and fats. You'll need to eat more of each type of nutrient during pregnancy.

Here are some general guidelines on a few important nutrients that will need to be adjusted based on your needs:

Nutrient	Daily requirements for pregnant women
calcium	1200 milligrams (mg)
folate	600–800 micrograms (mcg)
iron	27 mg
protein	70–100 grams (g) per day, increasing each trimester

Most pregnant people can meet these increased nutritional needs by choosing a diet that includes a variety of healthy foods such as:

- protein
- complex carbohydrates
- healthy types of fat like omega-3s
- vitamins and minerals

What and how much to eat

Your goal? Eat a wide variety of foods to provide everything you and your baby needs. It's not that different from a regular healthy eating plan — just amplified a bit.

In fact, current guidance is to continue to eat as you normally would in your first semester, then increase 350 calories daily in your second trimester and 450 calories daily in your third trimester as your baby grows.

As often as you can, avoid overly processed junk foods. Chips and soda, for example, contain no nutritional value. You and your baby will benefit more from fresh fruits, vegetables, and lean proteins, such as chicken, fish, beans, or lentils.

Protein

Protein is critical for ensuring the proper growth of baby's tissues and organs, including the brain. It also helps with breast and uterine tissue growth during pregnancy.

It even plays a role in your increasing blood supply, allowing more blood to be sent to your baby.

Your protein needs increase during each trimester of pregnancy. Research suggests that protein intake during pregnancy should be even higher than some current recommendations. It's time to ramp up those shrimp fajitas, pork curries, jerk chicken, and salmon teriyaki.

You'll need to eat about 70 to 100 g of protein a day, depending on your weight and which trimester you're in. Talk to your doctor to see how much you specifically need.

Good sources of protein include:

- lean beef and pork
- chicken
- salmon
- nuts
- peanut butter
- cottage cheese
- beans

Calcium

Calcium helps build your baby's bones and regulates your body's use of fluids. It does a body good, right?



Pregnant women need 1,000 mg of calcium, ideally in two doses of 500 mg, per day. You'll likely need additional calcium to supplement regular prenatal vitamins.

Good sources of calcium include:

- milk
- yogurt
- cheese
- low-mercury fish and seafood, such as salmon, shrimp, catfish, and canned light tuna
- calcium-set tofu
- dark green, leafy vegetables

Folate

Folate, also known as folic acid, plays an important part in reducing the risk of neural tube defects. These are major birth defects that affect the baby's brain and spinal cord, such as spina bifida and anencephaly.

When you're pregnant, the American College of Obstetrics and Gynecology (ACOG) recommends 600 to 800 mcg of folate. You can get folate from these foods:

- liver
- nuts
- dried beans and lentils
- eggs
- nuts and peanut butter
- dark green, leafy vegetables

Iron

Iron works with sodium, potassium, and water to increase blood flow. This helps ensure that enough oxygen is supplied to both you and your baby.

You should be getting 27 mg of iron per day, preferably alongside some vitamin C to increase absorption. Good sources of this nutrient include:

- dark green, leafy vegetables (noticing a trend with this one?)
- citrus fruits
- enriched breads or cereals
- lean beef and poultry
- eggs

Other considerations

Other nutrients are necessary to keep you thriving during your pregnancy like choline, salt, and B vitamins.

Aside from eating well, it's important to drink at least eight glasses of water each day and to take prenatal vitamins. It's difficult to obtain sufficient amounts of certain nutrients, including folate, iron, and choline, from food alone.

Make sure to speak with your doctor about which prenatal vitamins you should take.

Food Fix: What to Eat When Pregnant

Cravings and food aversions

During pregnancy, you may experience aversions to particular foods, meaning you won't like the smell or taste. You may also have cravings for at least one type of food.

Pregnancy cravings

You might start aching for a donut, Chinese food, or a strange food combination like the classic pickles and ice cream.

It's unclear why women develop food cravings or aversions during pregnancy. However, researchers believe hormones play a role.



It's fine to give in to these cravings sometimes, especially if you crave foods that are a part of a healthy diet. However, you should try to limit your intake of junk food and processed foods.

There's usually a tasty alternative that will be a better option. Craving some french fries? Oven-roasted sweet potato wedges can feel just as indulgent with lots of good nutrients.

Pregnancy aversions

Food aversions, on the other hand, may only be problematic if they involve foods that are important for baby's growth and development.

Talk to your doctor if you have adverse reactions to foods you should be eating during pregnancy. Your doctor can suggest other foods or supplements to compensate for the lack of those nutrients in your diet.

Healthy weight gain during pregnancy

If you're concerned about weight gain, don't stress too much. Some weight gain is normal during pregnancy. The extra weight provides nourishment to the baby. Some of it is also stored for breastfeeding after the baby is born.

Women gain an average of 25 to 35 pounds (lbs.) during pregnancy. It's normal to gain less weight if you start out with more weight or to gain more weight if you were underweight before pregnancy.

You can speak with your doctor about the appropriate amount of weight for you to gain during your pregnancy. The chart below provides some general guidelines, though everyone is different.

Recommended weight gain during pregnancy with one baby

Starting weight	Body mass index*	Suggested weight gain
underweight	< 18.5	28 to 40 lbs.
average weight	18.5 to 24.9	25 to 35 lbs.
overweight	25 to 29.9	15 to 25 lbs.
obese	> 30.0	11 to 20 lbs.

*Body mass index (BMI) can be calculated using the following equation:
 $\text{weight (in pounds)} / \text{height (in inches)}^2 \times 703.$

Healthy exercise

Besides eating a nutrition-focused diet, exercising during pregnancy can help you manage your health and de-stress. Swimming and walking are good choices to get moving. Choose an activity (or a variety!) that you enjoy.

Avoid any extreme sports or contact sports, such as rock climbing and basketball. Staying safe while getting your move on is ideal.

If you didn't exercise before your pregnancy, start out slowly and don't overdo it. Consider looking into some exercises or classes that focus specifically on pregnant people for extra support.

III. 7 Ways To Ease Anxiety During Pregnancy



If you're a soon-to-be parent feeling on edge about everything from the results of your next blood test to what color you're going to paint the baby's room, you're not alone. Research from the *Journal of Mental Health and Clinical Psychology* found that 20% of people reported onset of new anxiety during pregnancy. In many cases this anxiety is specifically about having a healthy pregnancy, delivery or baby, and is known as pregnancy-related anxiety.

Whether you're long acquainted with anxiety or are experiencing it for the first time, there is help out there, including professional counseling, medication, acupuncture and more. Keep reading to better understand some of the symptoms and causes of anxiety during pregnancy, and options for coping mechanisms and treatment.

Causes of Anxiety During Pregnancy

Some biological causes of anxiety during pregnancy include hormonal changes that are essential to maintaining a healthy pregnancy. "Women produce more cortisol and estrogen during pregnancy, which can cause anxiety," explains Kenosha Gleaton, M.D., a board-certified OB-GYN and medical advisor of Natalist.

“In the first trimester specifically, progesterone and estrogen levels rise, which may result in anxiety, irritability, depression, fatigue and feelings of sadness,” she adds.

Those changes in hormone levels can affect areas of the brain that control anxiety and emotional regulation, emphasizes Kristin Yeung Lasseter, M.D., a board-certified reproductive psychiatrist and faculty member at the University of Texas at Austin’s Dell Medical School.

Additionally, a previous personal or family history of anxiety or other mental health conditions, childhood trauma or a history of pregnancy loss or complications with pregnancy, labor or delivery can all be contributing risk factors for anxiety during pregnancy, according to the American College of Obstetricians and Gynecologists (ACOG).

Symptoms of Anxiety During Pregnancy

Anxiety during pregnancy can present itself in a variety of ways. Here are some of the main symptoms of anxiety during pregnancy, according to Dr. Lasseter and Georgia Witkin, Ph.D., a clinical psychologist and head of patient services development for Progyny:



- Feeling on-edge, jumpy, nervous or on high alert due to higher levels of the hormone adrenaline
- Excessive worries about the health of the pregnancy, the baby or the preparation for the birth

- Difficulty falling or staying asleep
- Heightened fearfulness in large crowds or other typically anxiety-provoking settings
- Trouble relaxing and tenseness
- Feeling distracted or disoriented
- Having less energy, lower sex drive or lower mood
- Having panic attacks or racing, intrusive thoughts

What Is a 'Normal' Amount of Anxiety During Pregnancy?

Many pregnant people will feel at least a little bit jittery throughout their pregnancy, as there's a sense of a loss of control over their body and the circumstances around the pregnancy, says Dr. Witkin.

“When you are pregnant there's a lot of re-living the past: ‘Did I eat right? Did I drink too much? Did I eat enough protein?’” says Dr. Witkin. “There's also an enormous amount of pre-living the future: worrying about things that haven't happened yet, such as how long to breastfeed for immunity, what happens if the baby gets sick, etc.”

How to Ease Anxiety During Pregnancy

Depending on the level of anxiety you experience, therapy techniques and dietary and lifestyle changes may be able to provide some relief.

Explore Cognitive Behavioral Therapy

Cognitive behavioral therapy, or CBT, is a therapy technique that involves evaluating your anxious or negative thought patterns and applying healthier coping mechanisms. Dr. Lasseter refers to CBT as “the most effective non-medication treatment for anxiety during pregnancy.”

Employ Relaxation Techniques

Making a point to physically relax your body has been proven to reduce maternal stress, according to a small, 2021 study that analyzed stress levels in pregnant people after relaxation techniques involving music, guided imagery and rest[2]. Other helpful practices for reducing anxiety symptoms during pregnancy include meditation, acupuncture and prenatal yoga, according to Dr. Lasseter.

Modify Your Diet

Aim for a balanced diet that's nutrient-rich, which is proven to help with the symptoms of anxiety, says Dr. Gleaton. She recommends adding omega-3-packed foods like salmon (a type of seafood that's low in mercury) into your meals to help support healthy brain function.

Additionally, a 2020 systematic review found a link between vitamin D deficiency and anxiety in pregnant people[3]. Dr. Gleaton suggests adding vitamin D sources—such as eggs and sardines—to your plate, as it can help protect against drops in mood-boosting hormones such as dopamine and serotonin.

Beli Women's Prenatal + Multivitamin



- Nourishes your body preconception & promotes healing postpartum
- Added 400mg of choline to aid in healthy neural tube development
- Formulated with high quality iron and TRAACS minerals that are easier to absorb and gentler on the stomach
- Includes optimal levels of methylfolate for healthy fetal development and B vitamins to support energy

Find a Daily Release

If your OB-GYN gives you the greenlight for exercise, go for it, says Dr. Lasseter, as the hormones you release while sweating are great for stress and anxiety relief. You can also try low-impact activities to help slow down your thoughts and feel grounded in your body, like a daily walk, yoga or meditation session, adds Dr. Gleaton.

Prioritize Rest

You need additional sleep when you're anxious or stressed to help your body and brain recharge, says Dr. Gleaton, who recommends a solid eight to 10 hours during pregnancy. This can be easier said than done, though—a study in *Obstetric Medicine* found that 73% of pregnant people experience some form of insomnia by their third trimester

Sleeping well can be difficult for pregnant people due to increased urine frequency, discomfort, acid reflux and restless leg syndrome, so you might need to allocate some time for a nap during the day. Dr. Gleaton also recommends sleeping with a pregnancy pillow to relieve some of the tension in your back, and a screen-free bedtime wind-down routine including habits like yoga, reading or journaling.

Find Things You Can Control

“Any activity that increases your sense of control will give you a rest from the adrenaline surges,” says Dr. Witkin. Try cleaning your desk or closet, organizing your wallet or paying some bills, she suggests, to balance out what you can't control with things that you have control over.

Try a Rhythmic Activity

These types of activities can similarly help you ground yourself and calm your mind because you know what to expect next, says Dr. Witkin. She suggests listening to some slow jams, specifically music that is slower than your heartbeat (which is around 72 beats per minute), going for a jog or rewatching a favorite movie or series.

Can You Take Anti-Anxiety Medication During Pregnancy?

One treatment for managing more severe anxiety during pregnancy is medication. Most anxiety disorders are treated with selective serotonin reuptake inhibitors (SSRIs), which are often considered the safest type of anxiety medication to use during pregnancy, according to Dr. Lasseter.



“The most common risk associated with exposure to SSRIs in pregnancy is neonatal adaptation syndrome, which is typically a mild condition that resolves within several days without long-term effects,” says Dr. Lasseter. Neonatal adaptation syndrome may involve symptoms such as jitteriness, restlessness and rapid breathing, mostly in babies whose birthing parents took SSRIs up until delivery. In most cases, these symptoms dissipate within the first five days after birth, according to research in *Nature*.

When to See a Doctor

If you are pregnant and experiencing feelings of prolonged sadness, fear or anxiety for two weeks or more, reach out to your doctor for guidance. Some keys to look for include anxiety impacting your sleep, appetite, work and relationships, according to Dr. Witkin.

In some cases, these concerns can be addressed in sessions with a mental health professional, whether with a partner or individually. “Most couples who are going through a pregnancy and reach out for help find that between three and eight sessions is enough, but everyone is different,” says Dr. Witkin.

IV. Importance of Hygiene during Pregnancy



Feminine hygiene is an important part of your overall health as a woman. This becomes doubly important when you have a new life on board as a pregnant woman, to avoid any infections that might cause complications. Yet intimate hygiene during pregnancy doesn't get discussed often enough. We're here to change that.

How Pregnancy Affects Vaginal Health?

When you're pregnant your changing hormone levels as well as the increased blood flow in the body can cause a higher amount of vaginal discharge. Most discharge is odourless and usually appears yellowish when it dries. This is harmless and shouldn't cause you any problems. Changes in discharge or foul-smelling discharge could be indicative of a problem and must be checked by your doctor at the earliest.

Why is Hygiene Important during Pregnancy?

The vagina doubles up as the birth canal and is also a route for passage of infection into this part of the body. Which makes it a crucial player in the health of your pregnancy. Here are some common infections to watch out for:

- Yeast infections are very common during the 2nd trimester and cause your vaginal discharge to change to thin, whitish, and odd-smelling and may lead to itching. Such infections occur when the yeast and acid balance in the vagina is out of balance. They won't endanger your pregnancy but can be very uncomfortable. But the good news is that it can be easily controlled.

- Bacterial vaginosis is another vaginal infection to watch out for - this results from an imbalance of good lactobacilli and bad bacteria. You may notice a fishy-smelling thinner than normal discharge. It could be white, green, or grey and may result in itching.

V. How to Safely Clean Your House While Pregnant

It would be lovely if all of your household chores disappeared when you had a positive pregnancy test. But sadly, most pregnant people still need to clean their homes while expecting.

Although pregnancy is a good time to delegate chores when you can (you need your rest!), nine months is a long time to go without vacuuming and scrubbing. There are a few new rules to follow while housekeeping to keep you and your baby safe.

Avoid Fumes

Avoid using harsh, abrasive chemicals. Try your hand at some green cleaning instead. This will protect you in pregnancy, but also prepare you for a shift in how you care for your home without harsh chemicals once your baby is born. You would be amazed at what you can do with vinegar, baking soda, and lemons.



Keep Away From the Kitty Litter

The one chore that you do need to nix is changing the kitty litter and cleaning the litter box. Coming into contact with cat feces can cause you to contract toxoplasmosis.² This parasitic infection can cause miscarriage or premature delivery.

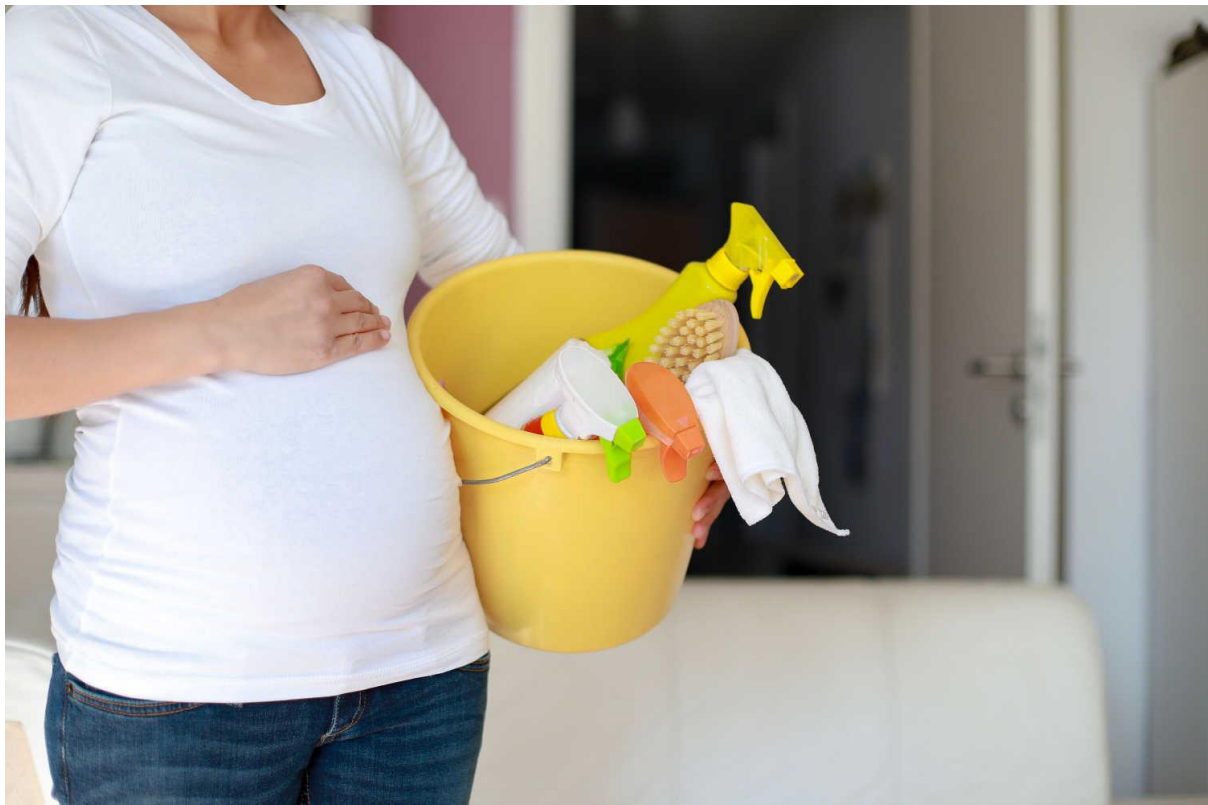
Watch Your Back

While unlikely to be a problem at first, your back may start to ache as you progress in your pregnancy. After the fourth month of pregnancy, your center of gravity changes. The lifting and carrying that occurs when cleaning may become more difficult.

This problem is aggravated if you don't use proper back mechanics (like lifting with your legs).³ Start now, so that it is second nature by the time that point comes. This is also true when reaching to clean things that are high up. Get extendable handles when possible to clean tall items like tops of cabinets and ceiling fans.

Don't Overdo It

The first and third trimesters are often marked by intense periods of exhaustion.⁴ Plan for this to alter how you clean.



If you were a once-a-week cleaner, for example, now you may need to find a way to spread your tasks out throughout the week. Try doing chores in 15-minute segments, maybe one in the morning and one later. This approach may help you prioritize. You may also rethink your house-cleaning needs, which are likely to change once your baby arrives anyway.

Be Careful With the Belly

It's true—eventually, your belly will get in the way. Be careful in small spaces, like a shower stall or behind furniture.

Also, be careful of bumping your belly. It is very easy to turn a corner and bump into something, including the corners of furniture. While it is highly unlikely to hurt your baby (due to the protective cushion of the amniotic fluid), you can certainly wound your pride and get a nice bruise.⁵

Keeping a clean house while pregnant isn't always easy. You have a lot going on, feel more tired than you're used to, and have a lot on your mind. Fatigue in pregnancy is real, as are other symptoms that may keep you from cleaning (or feeling like cleaning).



Consider asking for help from loved ones or friends. Or if you can, hire someone to come in and clean for you. Some services will do a single cleaning of your home. This also makes a great baby shower gift for the expectant parent and may become a necessity if you're on bed rest.

VI. 5 Cleaning Products To Avoid During Pregnancy And Their Substitutes

Brimming with happiness and anticipation, Pregnancy is undeniably one of the most beautiful phases in women's life. From the fluttering kicks to the heartbeat heard

during ultrasounds, a woman cherishes every moment with the growing baby. This makes her more cautious about protecting the baby from dangers and other harmful elements.

Some experts say exposure to toxins and chemicals might increase the danger, especially during the first and third trimesters. Therefore, avoiding cleaning products that contain ammonia, trisodium phosphate, hypochlorite and much more is good for keeping your baby safe.



Using toxic cleaning products on a regular basis can be extremely harmful during Pregnancy. Instead, you can use eco-friendly or chemical-free products that are safe for pregnant women and the environment.

Here is the list of five cleaning products to avoid during Pregnancy and their safer substitutes to achieve a clean abode.

5 Harmful Cleaning Products To Avoid

These products are laden with toxins that can pollute the air, release harmful fumes and cause serious health issues, especially during the pregnancy phase.

◦ Don't Bring Ammonia-Based Cleaners

Ammonia is one of the common chemicals present in the majority of store-bought cleaning products. Floor cleaners, glass cleaners, stain removers and disinfectants contain ammonia, and that's why you should avoid using them.

They can release pungent fumes that may cause irritation to the respiratory system and also harm the developing fetus. So, read the labels and avoid ammonia or bleach-based cleaners for your home.

If you are at the end of your lease, book a company that specialises in safe and budget vacate cleaning Perth to help you get the full bond back. You can ask them to bring chemical-free products if someone in your family is pregnant.

Safe Substitute: White Vinegar and Warm Water

Instead of using ammonia-based cleaners, you can prepare homemade all-purpose cleaning products using vinegar and warm water. You can add a few drops of dishwashing liquid to achieve desired results. You can use it to make a homemade drain cleaner and other cleaning products to maintain a healthy home.



This solution can help you remove stubborn stains, grime, grease and germs from different surfaces, such as ovens, glass, floors, windows, shelves, sinks, etc.

The acidic property of vinegar makes it a perfect natural stain remover, and the best part is that it won't cause any harm to pregnant women.

Tip: Keep the windows open and wear a face mask when using vinegar to clean your home in Perth.

○ Say No To Glycol Ethers-Based Products

Glycol ethers are a group of toxic chemicals found in household cleaning products, detergents and soaps.

Exposure to these products during pregnancy can be extremely harmful. They can reach the developing fetus and cause congenital disabilities, miscarriage and other developmental abnormalities. These chemicals can also disturb the endocrine system and imbalance your hormones. Instead you should know the importance of green cleaning and use right products.

Safe Substitute : Baking Soda

This versatile cleaning agent works as a mildly abrasive and effective powder that can remove greasy and oily stains from almost all surfaces. It is a great alternative to glycol ethers-based cleaning products that are available on the market.

Use it as a paste to remove caked-on gunk and grime from a microwave or sprinkle it over your carpets to absorb stains and unpleasant odours; baking soda is undeniably one of the most powerful eco-friendly products.

○ Stop Buying Store-Bought Room Fresheners

Air or room fresheners, laundry detergents and toilet bowl cleaners contain phthalates. It is a group of hazardous chemicals that are used in cleaning agents to boost the fragrance.

As per recent research, pregnant women who use chemically-laden dish soap and laundry detergent had a higher percentage of phthalates in their urine. The worst part of these products is that they can lead to congenital reproductive anomalies in male kids. It can also cause respiratory problems if you are using products in the long run.

Instead of reading the labels, you can avoid using cleaning products that have strong fragrances.

Eco-Friendly Substitute: Essential Oils

You can use lemon, orange, lavender, tea tree, lemongrass, rosemary and other essential oils to freshen up your rooms, carpets and rugs. The best way to use it during the cleaning process is by mixing it with white vinegar and soapy warm water.

Spray the solution to remove stains and banish bad smells as well. You can also use a diffuser to disperse natural essential oils into the air. These oils come with great health benefits, and that's why you should use them regularly in a housekeeping task.



○ Aerosol Products

These products release a fine mist into the air and thus cause serious health problems and respiratory disorders for pregnant women. Regular use of air fresheners and other aerosol products can cause asthma and other breathing problems in your child.

You should read the labels and avoid buying these harmful products. If you are preparing the rented property for inspection, book a company that can bring environmentally-safe products for an expert vacate cleaning Perth to help you pass the inspection.

Non-toxic Substitute: Hydrogen Peroxide

It is one of the best cleaning products that can remove stains, bad odours and make your house look clean and shiny. Mix 3 per cent of hydrogen peroxide with warm water and spray over the mould, grease, and stubborn stains.

Use a microfiber cloth or brush to get rid of grime and achieve sparkling results.

◦ Formaldehyde-Based Cleaning Products

These are also hazardous products that are commonly used in store-bought disinfectants. Of course, these can kill harmful germs and bacteria, but the toxic fumes can cause respiratory disorders and create pregnancy complications.

Natural Alternative: Baking Soda and Lemon

Baking soda works wonders in banishing musty smells and killing germs, while lemon is a natural degreaser and bleach. Both can be used to clean and disinfect surfaces safely and soundly.

Mix both ingredients and create a healthy and hygienic indoor environment that is perfect for a pregnant woman.



You can use baking soda in different ways to freshen up indoor air without releasing toxic fumes.

Many vacate cleaning Perth professionals also use natural and safe substitutes for harmful cleaners to keep the environment toxic-free for customers' well-being.

Taking extra care of your health is imperative during pregnancy. So, read the labels before buying any store-bought cleaning products avoid these chemicals and keep

your baby healthy. You can make eco-friendly cleaning products using vinegar, baking soda, lemon and hydrogen peroxide to spruce up your home like a pro.

CONCLUSION

Discover the essential insights for a healthy pregnancy with The Ultimate Guide to a Healthy Pregnancy. This comprehensive resource provides valuable information on nutrition, exercise, and more to support expecting mothers in their journey.

From practical tips on prenatal vitamins to managing morning sickness, the guide covers every aspect of a safe and thriving pregnancy. It offers a trimester tracker for easy monitoring and insights into each stage of development, making it an ideal companion for any mom-to-be. Trust this guide to navigate the exciting path to motherhood with confidence and well-being.

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