

Pregnancy=Reading?

Pregnancy habits influence later development

It's important to take care of yourself during pregnancy, not only for the baby's growth but also later on as kids get older. During this critical time, things such as the baby's weight and smoking during pregnancy have been linked to later problems in reading & behavior in kids. This gives pregnant mothers more reasons to listen to health advice from their doctors.



Below are 3 practical ways to support your child's future development. Anyone can follow this advice, so why not start today?

Pregnancy



Low birth weight
Born early
Smoking during pregnancy

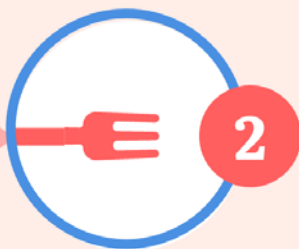
Kids later on

Sounding out words
Understanding text
Paying attention
Following instructions
Conduct problems



40 weeks

Get your pregnancy as close to 40 weeks by delaying labor and delivery for as long as possible. If it is not needed, avoid surgery before 37 weeks. This can also prevent your baby from having to stay longer in the hospital. Allow the baby's brain to grow. Babies born too early are also born small and have other problems with development.



Healthy baby weight

Aim for a healthy weight of at least 5 lbs.8 oz. Babies born small may have problems learning to read and behaving later on. Eat enough healthy food (340-450 more calories than normal) and exercise, so you gain the right amount of weight and help your baby reach a healthy weight.



No smoking

Smoking cigarettes during pregnancy is known to lead to babies born early or/and small. This habit can also damage the baby's heart and lungs. Now we are learning that smoking is also linked to how kids think and behave later on. Other ways you manage stress include exercise, support groups, and if needed, seek professional help for depression and anxiety.

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