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A factual, educational publication to help you make informed decisions about your pregnancy, birth and parenting experiences


Read the **EXPECTANT** mothers guide online



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toMom.me

A free, monthly newsletter with a roundup of the best this internet has to offer about mom-to-be and baby.

Issue #52

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Pregnancy

THOUGHTFUL CHILD BIRTH WEBINARS

ON YEAR SIGN UP IS FREE

Booking is essential!

www.thoughtfulchildbirth.co.za

Prematurity & what it entails

Prematurity awareness day is to raise awareness of the challenges and burden of preterm birth globally.

JOIN US AS WE ADDRESS PRETERM BIRTH & IMPROVE THE SITUATION OF PRETERM BABIES & THEIR FAMILIES.

BOOK NOW

EXPECTANT mothers guide

Baby toMom.me

Pregnancy

Planning your pregnancy

Creating a baby together is nothing short of a miracle - and will be one of the most important decisions of your life. Your health and that of your baby will both benefit from a healthy pregnancy. It's never too early to start planning a pregnancy. Ideally, you should plan your pregnancy at least 3-6 months in advance. This will allow you to prepare for a healthy conception and pregnancy, a physical check-up by your doctor and ensure that you are in the best health to ensure that your baby provides the healthiest environment in which to grow your baby.

Read more

Pregnancy

Evidence on: Pregnancy at Age 35 and Older

In this Evidence-based article, we will cover how many people give birth at age 35 and older, the risks of pregnancy at age 35 and older, and the benefits, guidelines, and research on induction and cesarean delivery for advanced maternal age.

Why is this important?

Over the past few decades, there has been a dramatic increase in the number of people giving birth at age 35 and older. In the United States, this increase started in the mid-1970s and has continued to steadily rise ever since. In 2016, 14% of all births were to women aged 35 and older, up from 10% in 2013, 11% in 2012 and 9% in 2010. Meanwhile, the overall U.S. birth rate per 1,000 females aged 15-44, as well as the teen birth rate and the birth rate for people in their twenties, are at record lows.

Read more

You do a lot of growing up when you're pregnant. It's suddenly like, 'Yes. Here it is, folks. Playtime is over.'

Jane Weideman

EXPECTANT Expectant Mother's Guide Survey App

Expectant Mother's Guide Journey App

Available on the App Store and Google Play

COVID-19

Pregnant and recently pregnant people - at increased risk for severe illness from COVID-19

What you need to know:

- Although the overall risk of severe illness is low, pregnant people and recently pregnant people are at an increased risk for severe illness from COVID-19 when compared to non-pregnant people.
- Having certain underlying medical conditions, and other factors, including age, can further increase a pregnant or recently pregnant person's risk of severe illness from COVID-19.
- Pregnant people with COVID-19 are also at increased risk for preterm birth (delivering the baby earlier than 37 weeks) and might be at increased risk for other poor pregnancy outcomes.

Read more

Designed for newborn skin protection.

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Baby Talk!

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A free, monthly newsletter
with a roundup of the best the
internet has to offer about
mom-to-be and baby.

To Momme

I'm really excited to come and meet
you: I've heard your voice and I've felt
your touch; now I'm looking forward
to seeing your face!

But before I come, I want to make sure
you're ready for me. There is loads of
information out there on the internet
about me, but you need to make sure
that you're learning the right stuff!

So I've organised some friends to get all
the best info together, just for you.
They'll even email it to you every
month, for free!

Momme, please sign up and make sure
that you're ready for me!

Love you lots,
Baby



Scan to sign up or go to <http://toMom.me>