



Katrina Ridout

— NUTRITION —

CREATE

PREGNANCY

YOUR GUIDE TO A HEALTHY JOURNEY



WELCOME

This booklet serves as your indispensable companion on your remarkable journey into motherhood, whether you're trying to conceive, expecting, or already pregnant. From the moment you embark on the path to parenthood to the day you hold your baby in your arms, we're here to offer guidance and information to ensure your pregnancy experience is as healthy and joyful as possible.

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Preparing for Pregnancy

Becoming a parent is a significant step, and thorough preparation is key to a healthy and successful pregnancy. This phase involves several critical components to set the stage for conception and a safe pregnancy:

Understanding the Menstrual Cycle

- Your menstrual cycle plays a crucial role in understanding your fertile window, which is the optimal time for conception.
- The cycle typically lasts 28 days, with ovulation occurring around the 14th day. Tracking your cycle allows you to identify your fertile days and increases your chances of getting pregnant.

Fertility Awareness

- Fertility awareness involves recognising the signs and symptoms of fertility and ovulation in your body.
- You can track changes in cervical mucus, basal body temperature, and use ovulation predictor kits to pinpoint the most fertile days of your cycle.



Preconception Health

- Prior to conceiving, it's essential to focus on your overall health, both physically and emotionally.
- This includes achieving a healthy body weight, managing any chronic conditions, and discontinuing harmful habits like smoking, alcohol consumption, or substance use.

Genetic Counselling

- Genetic counselling is especially relevant if you or your partner have a family history of genetic disorders.
- A genetic counsellor can help you understand your risk of passing on genetic conditions to your child and discuss available testing and options.

Lifestyle Adjustments

- Lifestyle changes are often necessary to create a safe and nurturing environment for conception and pregnancy.
- These adjustments may involve improving your diet, increasing physical activity, and ensuring you are up-to-date on vaccinations. Lifestyle choices like quitting smoking, moderating alcohol intake, and avoiding certain medications are crucial to reducing risks to the developing foetus.

The First Trimester

Confirmation of Pregnancy:

The first trimester begins with the confirmation of pregnancy, often through a home pregnancy test. This moment can be incredibly exciting and sometimes accompanied by a range of emotions.

Physical and Emotional Changes

During this period, you may experience a rollercoaster of physical and emotional changes. From breast tenderness and fatigue to mood swings, these changes are part of the process.

First Prenatal Visit

Your first prenatal visit is a significant milestone. During this visit, your healthcare provider will establish your due date, discuss your health and medical history, and initiate important prenatal tests and screenings.

Dealing with Morning Sickness

Morning sickness, characterised by nausea and vomiting, can be a challenging part of the first trimester. You'll learn strategies for managing these symptoms and ensuring proper nutrition.

Nutritional Recommendations

Proper nutrition during the first trimester is vital for your baby's development. You'll receive guidance on essential nutrients like folic acid, iron, and calcium to support your growing foetus.



The Second Trimester

Baby's Development Milestones

The second trimester is marked by significant milestones in your baby's development. Their organs and systems continue to develop, and you'll start feeling the baby's movements, a moment of joy for many parents.

Weight Gain and Body Changes

Weight gain is expected, and your body will undergo various changes to accommodate your growing baby. Learning to embrace these changes is an essential part of this trimester.

Ultrasound and Gender Reveal

This trimester often includes a detailed ultrasound, which allows you to see your baby's development and might reveal the gender if you choose to know.

Planning for Maternity Leave

Preparing for maternity leave becomes an important consideration during the second trimester. You'll need to understand your workplace policies and plan your time away.

Preparing the Nursery

Nesting instincts often kick in during this trimester, leading to the preparation of the nursery and gathering of baby essentials. It's an exciting time of anticipation and readiness.





The Third Trimester

Preparing for Labour

The third trimester is all about preparing for the big day. This includes creating a birth plan, discussing your preferences for labour and delivery, and ensuring you have a support system in place.

Childbirth Classes

Childbirth classes are a valuable resource during this trimester. They provide information on various aspects of childbirth, pain management, and postpartum care, helping you feel more confident about the upcoming labour.

Signs of Labour

Knowing the signs of labour, such as contractions, water breaking, and cervical changes, is crucial for a timely arrival at the hospital or birthing centre.

Packing Your Hospital Bag

It's essential to have a well-prepared hospital bag with necessities for both you and your baby. This bag ensures a smooth transition to the hospital when labour begins.

Birth Plan

A birth plan outlines your preferences for labour, delivery, and postpartum care. It can include choices about pain relief, who will be present, and other important considerations for your birthing experience.

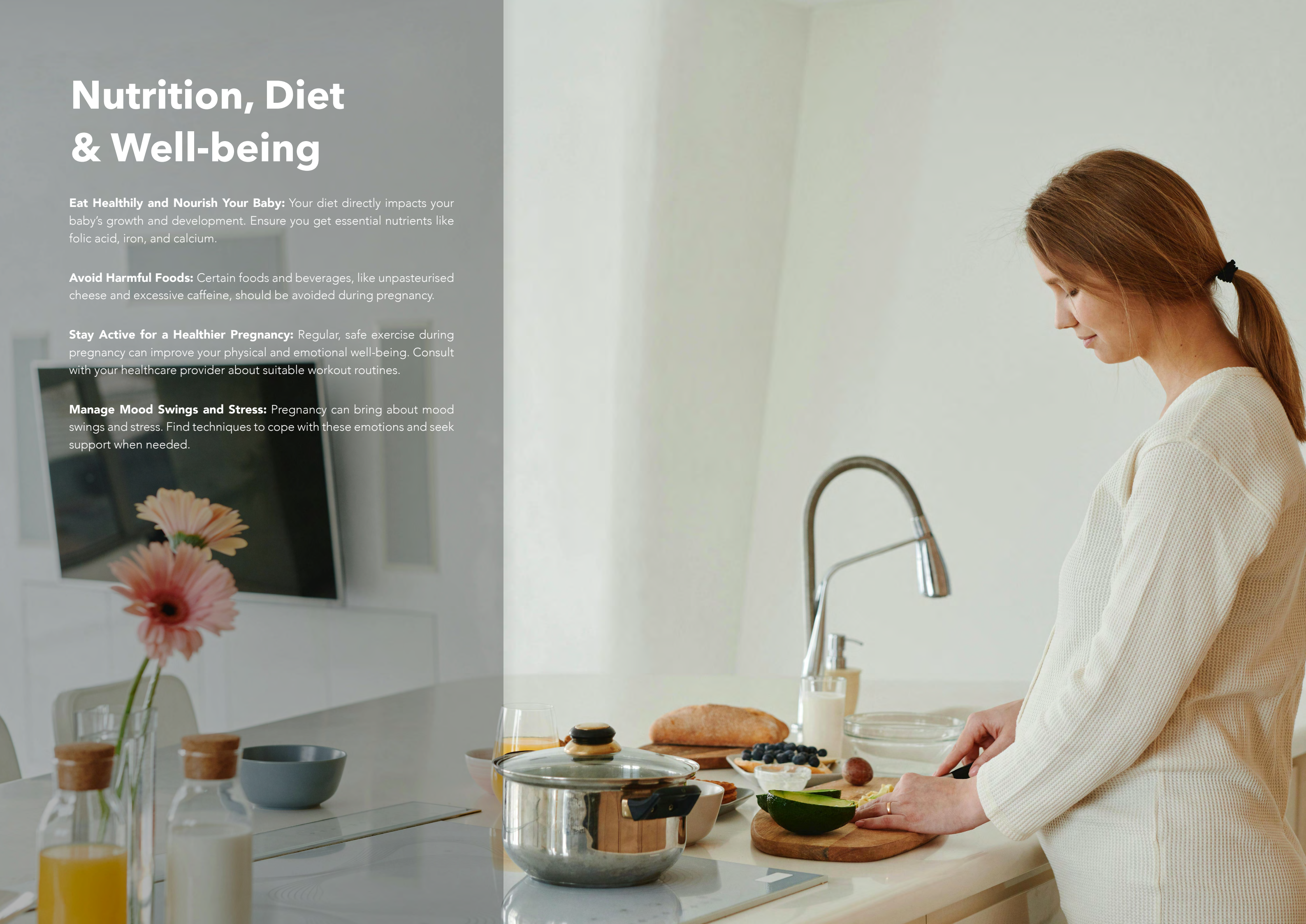
Nutrition, Diet & Well-being

Eat Healthily and Nourish Your Baby: Your diet directly impacts your baby's growth and development. Ensure you get essential nutrients like folic acid, iron, and calcium.

Avoid Harmful Foods: Certain foods and beverages, like unpasteurised cheese and excessive caffeine, should be avoided during pregnancy.

Stay Active for a Healthier Pregnancy: Regular, safe exercise during pregnancy can improve your physical and emotional well-being. Consult with your healthcare provider about suitable workout routines.

Manage Mood Swings and Stress: Pregnancy can bring about mood swings and stress. Find techniques to cope with these emotions and seek support when needed.





Prenatal Care

Regular Check-ups and Screening

Regular prenatal visits are vital to monitor your health and your baby's development. Your healthcare provider will track your progress, check for potential complications, and offer guidance.

Seek a Healthcare Provider

Choose a healthcare provider who aligns with your preferences, whether it's an obstetrician, midwife, or family doctor.

Managing Potential Complications

Pregnancy may come with risks such as high blood pressure (preeclampsia), gestational diabetes, or preterm labour. Learn about these and how to manage them.

Risks and Complications During Pregnancy

Preeclampsia

- Preeclampsia is a serious condition marked by elevated blood pressure and potential organ damage.
- Regular prenatal check-ups are crucial for early detection and management, as untreated preeclampsia can escalate to a life-threatening state known as eclampsia.

Gestational Diabetes

- Gestational diabetes can develop during pregnancy and impact glucose processing.
- Routine screening helps identify it, and it's typically managed through dietary adjustments or, in some cases, insulin therapy.

Miscarriage

- A miscarriage is the loss of a pregnancy before 20 weeks and is frequently due to chromosomal abnormalities.
- If you suspect a miscarriage, it's vital to seek immediate medical attention for safe and supportive care.

Preterm Labour

- Preterm labour occurs when contractions begin before 37 weeks, increasing the risks of premature birth and related health challenges for the baby.
- Identifying risk factors and seeking medical help promptly if you experience signs of preterm labour is crucial for better outcomes.



Ectopic Pregnancy

- An ectopic pregnancy happens when a fertilised egg implants outside the uterus, often in a fallopian tube.
- Symptoms include abdominal and shoulder pain and vaginal bleeding; immediate medical attention is essential to address this non-viable pregnancy.

Regular prenatal care is your best defence. Early detection and intervention can greatly improve outcomes.



Labour, Delivery, and After Birth Care

Preparing for the Big Day: Create a birth plan, select a birthing location, and consider your preferences for labour.

Pain Relief Options: Explore pain relief methods like epidurals, breathing techniques, and hydrotherapy.

Partner's Role During Labour: Discover how your partner can provide support and be a valuable presence during labour.

Postpartum Care

Caring for Your Newborn: Understand the first hours after delivery, breastfeeding or formula feeding, and essential newborn care.

Your Postpartum Recovery: Be prepared for physical and emotional changes after birth. Learn about postpartum depression and how to seek help if needed.

Resources and Support:

Postpartum Support Groups: Connect with other new mothers and share experiences in support groups.

Parenting Classes: Consider enrolling in parenting classes to prepare for your new role.

Maternity Leave Benefits: Understand your rights and benefits regarding maternity leave and financial support.

Breastfeeding Resources: Explore resources and information on breastfeeding and formula feeding.



Katridout Support

Kat Ridout understands the profound uniqueness of each individual's body, influenced by diverse factors such as diets, medical histories, genetics, lifestyles, and personal preferences. It is this recognition of individuality that forms the foundation of her approach. Kat's commitment to tailoring nutrition advice to meet your specific needs sets her apart as a dedicated expert in the field of fertility, pregnancy, and early life nutrition.

With more than fifteen years of experience in private practice and high-level research, Kat possesses specialised knowledge to help women and couples achieve successful conception and minimise the risk of miscarriage. Her expertise extends to managing a wide range of health conditions, including but not limited to PCOS, endometriosis, diabetes, IBD, disordered eating, autoimmune conditions, and other rare genetic conditions. She is well-versed in addressing factors such as egg and sperm quality and quantity, thin uterine lining, and recurrent miscarriages.

Kat Ridout's unwavering commitment to individualised care and her wealth of experience make her a valuable resource for those seeking to enhance their fertility and increase their chances of achieving a successful pregnancy.



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