



Kate Bergamasco

PREGNANCY GUIDE

Supporting you on your
journey to parenthood!

By Kate Bergamasco

WELCOME



Hi, I'm Kate!

I'm a mum of two, endorsed midwife, lactation consultant (IBCLC), child health nurse and Hypnobirthing Australia practitioner with decades of experience.

I work with families across Adelaide to achieve a positive pregnancy, birth and postpartum. I do this through a range of holistic, modern midwifery services.

I believe in setting you up for success by showing you how to tune into your body and baby, and follow your intuition.

This guide has been created to help you through the early stages of pregnancy. I hope to release your worries so you can focus on growing your beautiful family without stress.

Please visit my website to learn more about the services that I offer, and don't hesitate to get in touch if I can help you in any way.

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NEWBORN

- 04** **I'm pregnant, now what?**
- 06** **Common pregnancy complaints**
- 13** **Where do I go for maternity care?**
- 15** **Healthy eating & exercise**
- 20** **Discovering your philosophy for pregnancy & birth**

I'M PREGNANT

NOW WHAT?

Congratulations! Now that you've seen that positive pregnancy test and perhaps cried tears of disbelief and happiness, you'll no doubt be feeling a mixture of excitement and trepidation about what's to come.

It's not unusual (for first timers especially) to take a handful of home pregnancy tests before finally believing you are truly pregnant!

You may want to visit the GP and ask for a blood test to confirm, however it is not long before some of the signs of pregnancy help to reassure you of the presence of a growing baby inside. By the same token, some women don't experience any early symptoms and that is completely normal too.

During this early stage many couples decide to keep this a secret to themselves, often waiting until 12 weeks when most pregnancies are thought to be viable before sharing their news. Of course, it's totally ok if you decide to share the happy news with your loved ones as well.



NEXT STEPS...

Next you should schedule an appointment with your GP who will confirm your pregnancy, estimate when your baby is due and provide a reference to your pregnancy care provider.

Use this worksheet to write down any relevant information they should know, such as the date of your last period, your medical history etc.

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NOTES

COMMON PREGNANCY COMPLAINTS

01

NAUSEA OR MORNING SICKNESS

02

CONSTIPATION

03

TIREDNESS

04

SORE BREASTS

05

EMOTIONAL CHANGES

NAUSEA



MY TIPS

- Eat small frequent meals
- Try to have some protein with each meal; it will keep you satisfied and maintain blood sugars for longer
- Carry nutritious snacks

WHAT CAN HELP

- Rest
- Dry crackers
- Ginger or Peppermint tea
- Ginger tablets
- Ginger ale
- Anti-nausea wristbands
- Acupuncture/ acupressure - by a qualified professional

MORNING SICKNESS

Nausea is a really positive sign! Research suggests it might be due to the effects of a hormone produced by the placenta called human chorionic gonadotropin (HCG).

Despite its name, morning sickness can happen day or night. It will usually pass by the second trimester.

Food aversions are normal, and it is common to crave simple carbohydrates at this time. Hunger can make you feel worse.

Some women with healthy pregnancies never experience morning sickness.

WHEN TO SEE A DOCTOR

If nausea or vomiting is causing significant discomfort, or if you suspect that you have hyperemesis gravidarum, you should see your doctor.

Look out for very dark urine, blood in vomit, extreme fatigue, dramatic weight loss and/or dehydration due to inability to keep fluids down.

Your doctor may prescribe you with medicine to help ease your symptoms, such as an antiemetic (to prevent vomiting), or vitamin and mineral supplements.

CONSTIPATION



CONSTIPATION

An increase in the pregnancy hormone progesterone can cause your gut to work less efficiently and your food to move more slowly through your intestines. This is known as reduced gastric motility.

Another cause of constipation is the medicines and supplements that some women take during pregnancy.

Constipation may be unpleasant for you, but it won't harm your baby.

Usually, your symptoms will resolve after you give birth.

MY TIPS

- Eat higher fibre foods such as all bran & prunes
- Drink lots of water & exercise, even short walks
- Don't strain to avoid haemorrhoids

WHAT CAN HELP

- Increase fluids & fibre
- Fibre supplements
- Laxatives
- Try a different prenatal vitamin

WHEN TO SEE A DR

Sometimes constipation can be a sign of something more serious such as haemorrhoids, faecal impaction or rectal prolapse.

In rare cases, constipation can be caused by more serious conditions such as tumours.

Speak with your doctor if you are concerned, and especially if you notice blood in your stools.

Avoid home remedies for constipation, like castor oil or mineral oil, unless your provider recommends you take them.

Not all laxatives are suitable for pregnancy, so be sure to check first with your doctor.

TIREDNESS



MY TIPS

- Take a prenatal vitamin
- Eating a varied diet
- Go to bed early
- Rest during the day where possible

WHAT CAN HELP

- Rest as much as you can
- Eat a balanced diet
- Drink plenty of water
- Eat regularly to keep blood sugar levels stable
- Gentle exercise
- Fresh air outside
- Iron supplements

TIREDNESS

It's common to feel tired, or even exhausted, during pregnancy, especially in the first 12 weeks.

Hormone changes play a big role, especially the hormone progesterone which rises sharply in the first trimester.

Tiredness is a signal from your body to slow down and give it time to adjust.

For most women, energy levels will improve in the second trimester but may return in the third because of disrupted sleep and increasing discomforts.

WHEN TO SEE A DR

Occasionally extreme exhaustion can be a sign of depression. If you have any of the other symptoms such as feeling hopeless and losing interest in the things you used to enjoy, speak to your doctor or midwife.

There is treatment that can help.

Be sure to let your doctor or midwife know if you frequently feel dizzy or faint.

A blood test may be ordered to check your iron levels, and your provider may prescribe a supplement.

SORE BREASTS



SORE BREASTS

Sore and tender breasts is one of the earliest symptoms of pregnancy.

Many expecting mums report feeling some discomfort at or around six weeks.

Once the egg is fertilised, your body begins to produce hormones such as oestrogen, progesterone, and prolactin which stimulate your breasts and cause the milk glands inside them to grow.

Thankfully the pain will ease up as your pregnancy progresses.

MY TIPS

- Invest in a new bra without underwires
- Enforce a "no-touch" zone - sorry partner
- Be prepared for your bra size to change multiple times during pregnancy

WHAT CAN HELP

- A supportive bra
- Cold compress
- Warm showers
- Loose fitting clothes
- Breast pads

WHEN TO SEE A DR

If you are experiencing life-disrupting breast pain, bloody or clear discharge is coming from your nipple, you can feel a lump in your breast, and/or have signs of infection such as redness, pus, or a fever please see your doctor.

If you are having any symptoms (or lack thereof) that concern you, it's always best to check with your health care provider.

Pregnancy symptoms are different for everyone and not having one or another doesn't necessarily mean that something is wrong. It may however provide some peace of mind by discussing with your provider.

EMOTIONAL CHANGES



MY TIPS

- Be kind to yourself
- Talk to your partner and explain what you're going through
- Put down the fear-mongering pregnancy books

WHAT CAN HELP

- Affirmations
- Yoga/ Meditation
- Sleep
- Gentle exercise
- Eating a balanced diet
- Watching a good romantic comedy
- Time with friends
- Fresh air and sunshine outside

EMOTIONS

While being very excited about pregnancy, the hormonal changes may mean you cry more easily.

Mood swings during pregnancy are caused by a variety of factors, including your rapidly changing hormones, the physical discomforts of pregnancy, and the very normal worries of upcoming life change.


If you find yourself feeling excited one moment and in tears the next, you're far from alone. Although, there is a difference between "mood swings" and depression and anxiety.

WHEN TO SEE A DR

If you find no pleasure in daily life, or suffer from a lot of sleeplessness (insomnia), sadness, tearfulness, anxiety, hopelessness, feelings of worthlessness and guilt, irritability, appetite change, or poor concentration, talk to your health professional.

Depression or anxiety during pregnancy can increase the risk of experiencing postpartum depression or anxiety.

Both depression and anxiety can have adverse health effects on your newborn baby and yourself.



I trust that my
body knows
exactly what it's
doing

Vaginal bleeding is another cause of concern in the early stages of pregnancy. Despite what you might believe, it is common and does not always mean you have a problem.

Around 5-6 weeks you may get a small old bloody discharge which can be a sign of implantation bleeding. As the foetus implants it can cause a small discharge. Brown loss is old blood and less concerning.

“Fresh blood” may also be normal unless associated with pain. If you have pain and bleeding go to the hospital for a check-up.

WHERE DO I GO FOR MATERNITY CARE?

The first point of contact is your GP where you will get a referral to a hospital, obstetrician, birth centre or private midwife. Before then, consider what sort of birth you want, and don't just settle for the first provider. Here are some things to consider:

PUBLIC

- Free for all Australian citizens
- Some out of pocket for optional tests
- May have option of midwifery continuity of care
- May be a different midwife/doctor each visit
- If not in Midwifery Group Practice different midwife in labour
- Early discharge (4-24 hours after birth)

PRIVATE

- Continuity of care with an obstetrician of your choice
- Longer stay in hospital (4-6 days)
- Cost \$3,000 - \$10,000
- Extra out of pocket costs for anaesthetist and paediatrician
- Doctors often busy and may have minimal time to explain birth
- Some obstetricians have high rates of Caesarean and induction of labour

MGP & PRIVATE MIDWIVES

- Low rates of intervention
- Greater maternal satisfaction
- Parents receive education
- Develop rapport with midwife who will be at your birth
- Care often at your home
- Philosophy is birth is normal
- Spaces are limited in the MGP
- You might not meet the criteria
- Private midwife cost \$3,000+ (Medicare rebates available for Endorsed Midwives)

ASK QUESTIONS

- What are your philosophies and beliefs about birth?
- What is your c-section rate and in what situations do you recommend one?
- What is your induction rate and when do you think induction should be considered?
- When are you taking holidays?
- What happens on weekends?
- How long after my "guess date" can I go?

NOTES

Use this worksheet to write down what you want in your pregnancy and childbirth, and take notes as you discuss with different care providers.











A large, solid pink rectangular area intended for additional notes or a summary.

HEALTHY EATING

AND EXERCISE



What you eat and drink during pregnancy will have a significant impact not only on your health, but also your baby's health and development.

Any improvement you can make to your diet during pregnancy will benefit both you and your baby.



Maintaining a healthy weight is very important for you and your baby both in the short and long term.

Healthy weight gain in pregnancy depends on your pre-pregnancy weight, number of babies you're carrying, and other factors such as morning sickness.



Try to remember pregnancy is not a time for strict 'dieting'.

If you or your health professional believe you are gaining too much weight there are ways you can manage this without depriving yourself of food.

FOODS TO AVOID

There is a greater risk of infection during pregnancy, and so it is recommended that women avoid any foods which carry a higher than average risk of causing infection.



Soft cheeses

i.e. brie, camembert, feta, ricotta, blue cheese, dips that include these cheeses



Raw or undercooked eggs

and items containing these i.e. a runny poached egg, mayonnaise/aioli, desserts containing raw eggs



Chilled seafood

i.e. oysters, sashimi and sushi, smoked ready-to-eat seafood, and cooked ready-to-eat prawns



Pre-packaged salads and fruit

as well as sprouted seeds such as alfalfa, bean and snow pea sprouts



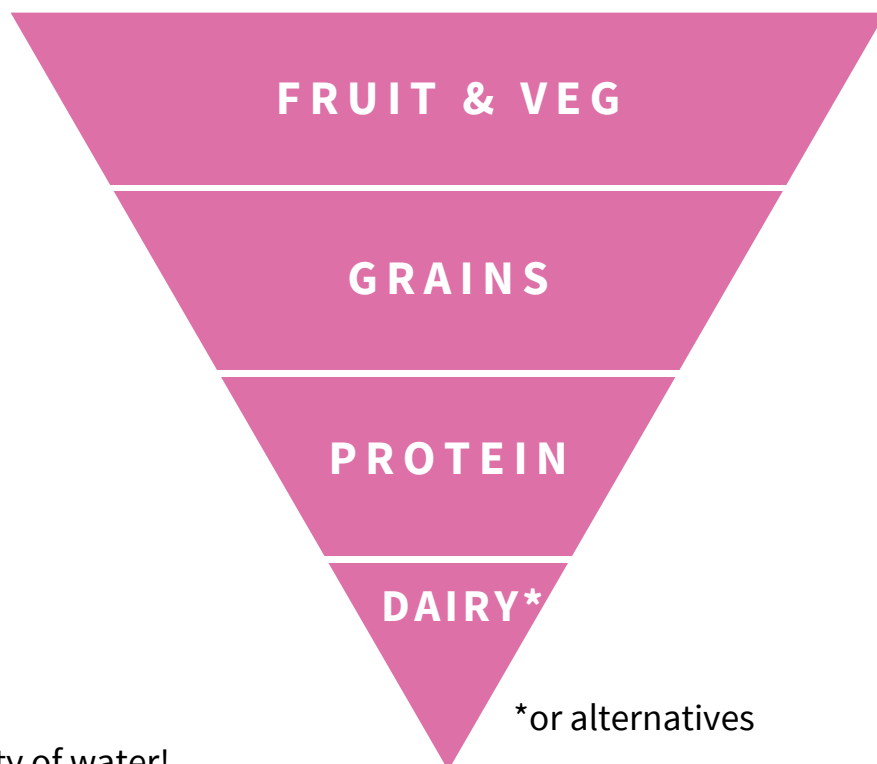
Deli meats

from delicatessens, sandwich bar or buffets and sliced ready-to-eat packaged deli meats i.e. salami, ham, and ready-to-eat chicken



PREGNANCY DIET

The Australian Dietary Guidelines provide up-to-date advice about the amount and kinds of foods that are important to eat to maintain health and wellbeing during pregnancy. They are based on scientific evidence and research.



+ drink plenty of water!

What you eat can affect your mood!

You baby is developing its taste in utero.

The weight gained in pregnancy may take a long time to lose after birth.

Healthy eating is important for your mood, energy levels, your long-term health and your baby's long-term health.

EXERCISE

DURING PREGNANCY

Exercise offers many physical and emotional benefits. All pregnant women without complications are encouraged to exercise as part of a healthy lifestyle during their pregnancy.



EXERCISE BENEFITS:

- Increased energy, improved sleep and stress relief
- Reduced back and pelvic pain
- Improved circulation and posture
- Decreased risk of complications such as pre-eclampsia and pregnancy-induced hypertension
- Preparation for the physical demands of labour
- Fewer complications at delivery and faster recuperation

Your body will undergo many changes during pregnancy. Some will affect your ability to exercise, or require you to modify your exercise routine.

Activities that are generally safe during pregnancy include walking, swimming, cycling – outdoors or on a stationary bicycle, jogging, muscle strengthening exercises, including pelvic floor exercises, exercise in water (aquarobics), yoga, stretching and other floor exercises, pilates and other pregnancy exercise classes.

PELVIC FLOOR EXERCISES



Your pelvic floor muscles are weakened during pregnancy so it is important to begin conditioning them from the start of your pregnancy.

You can do pelvic floor exercises lying down, sitting or standing. Ideally, aim for five or six sessions every day while you are learning the exercises. After you have a good understanding of how to do the exercises, three sessions each day is enough.

Before you start, direct your attention to your pelvic floor muscles. Gradually lift and squeeze your pelvic floor muscles as if you are stopping the flow of urine. Release gently and slowly.

Exercises include:

- Squeezing and lifting slowly making sure you can release fully each time. Then try to hold firmly for 5 building to 10 seconds while breathing normally. Release slowly. Repeat up to 10 times.
- Perform quick, strong squeezes and lifts. Repeat 10 times. Again, make sure you can release fully each time.
- Remember to squeeze and lift the muscles whenever you clear your throat, sneeze or cough.

Talk to your care provider if you are having trouble, they may refer you to a women's health physiotherapist.



DISCOVERING YOUR PHILOSOPHY FOR PREGNANCY & BIRTH

Society's birth philosophies are fed to us through movies, social media & shared stories from family & friends. As an expecting parent, you might not have stopped to consider what your personal birth philosophy is. Here are some questions to ask yourself...

01

Do you feel birth is a normal physiological process?

02

Where do you see yourself when you imagine your birth?

03

Does medical technology make you feel safe?

There is no right or wrong... it is your body, your baby and your birth.

Consider taking an independent birth class so you can be informed of all your options and therefore have the evidence to support your wishes.

HYPNOBIRTHING

What is it? & How can it benefit you?



- Hypnobirthing is a type of childbirth education class which teaches parents how to achieve a very deep state of relaxation
- Mothers who are knowledgeable about birth and the options available to them are more relaxed and therefore labour more easily
- When mothers are able to calmly accept the sensations during labour, they will experience less discomfort
- Birth partners learn how to support and advocate
- Couples are able to calmly and confidently meet whatever turns birthing takes

Hypnobirthing uses a combination of different techniques:

- BREATHING TECHNIQUES
- LIGHT TOUCH MASSAGE
- ACUPRESSURE
- VOCALISATION
- SELF-HYPNOSIS
- VISUALISATION
- MOVEMENT
- DEEP RELAXATION TECHNIQUES



Q and A

Hypnobirthing

**I believe everyone deserves a positive birth.
One without fear or pressure from outsiders!**

Here are some frequently asked questions about my Hypnobirthing classes. If you have any others, don't hesitate to ask me!

Q Will I remember my birth?

Yes! The Hypnobirthing mother is deeply relaxed but very much an active participant in the labour process. She may return to a conversant state or choose to become mobile whenever she desires.

Q How is the birth partner involved?

He or she practices with the mother in helping prepare for deep relaxation.

During labour the partner guides the labouring mother through hypnosis prompts, relaxation techniques, deepening methods and visualisations, provides comfort measures and joins in welcoming the new baby.

Q What if I'm planning a vbac or c-section?

Hypnobirthing is very beneficial for mums who have special circumstances. In fact many providers now request you take the course!

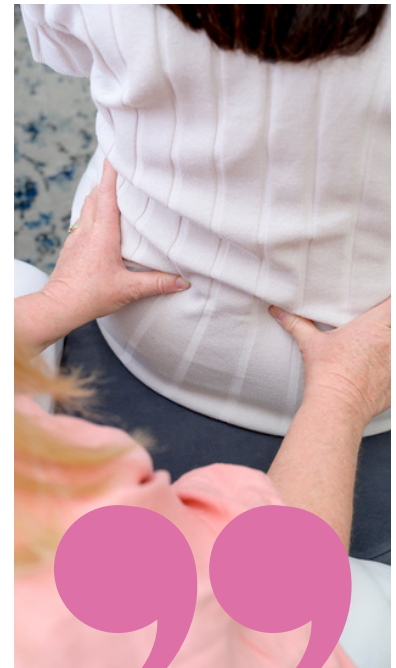
We have special tracks and an alternative program for caesarean birth.

Q When should I start my classes?

You can begin Hypnobirthing any time, but we recommend starting between 20 and 30 weeks.

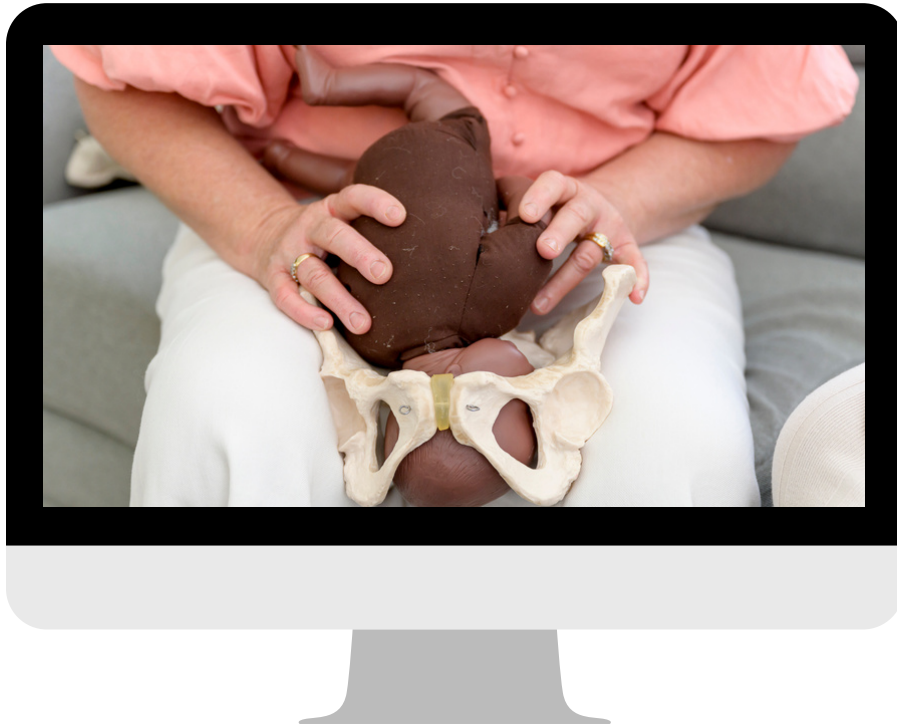
This will give you time to practice the self-hypnosis, relaxation and other effective techniques for gentle birthing - while also ensuring the course is fresh in your mind.

If you are outside that range, please don't worry. You can still attend the classes and achieve a beautiful calm birth. Just ask me about your options.



**MY
HYPNOBIRTHING
COURSE WILL
GIVE YOU ALL
THE TOOLS YOU
NEED TO FEEL
EMPOWERED &
EXCITED ABOUT
BIRTHING YOUR
BABY**

JOIN MY HYPNOBIRTHING CLASSES!



AS A MUM, MIDWIFE, REGISTERED NURSE, CHILD HEALTH NURSE,
LACTATION CONSULTANT (IBCLC) AND
HYPNOBIRTHING AUSTRALIA PRACTITIONER
I WILL OFFER YOU A MORE **WELL-ROUNDED** BIRTH EDUCATION.

Know what to expect, avoid unnecessary interventions and
be an active participant in your pregnancy & birth!

VISIT MY WEBSITE
FOR UPCOMING
CLASS DATES

THANK YOU



Pregnancy is such a special time, and I hope this guide has helped ease your concerns so you can enjoy every moment!

Wishing you all the best in your pregnancy and parenthood journey.

Kate xo

MIDWIFE EDUCATOR LACTATION CONSULTANT

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