



Pregnancy Handbook

First time mothers are overwhelmed with emotions mixed with anxiety when they discover that they are pregnant. Before and during your Journey you will explore new experiences, and now is the right time to take matters into your own hands. Find out what awaits you in the months to come by reading through and following this detailed guide at your disposal. We will walk hand in hand, throughout your nine months of discovery, making sure you are confident and aware as a mother should be.

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You're going to be a Mother



The Duration of the Pregnancy

The lab test confirms what you have dreamed and longed for, and your Doctor announces the happy news: you are really pregnant! Flight 101 taking off to Motherhood Land! Fasten your seatbelt on this exciting journey which should last about 280 days/40 weeks.

Pregnancy Dos and Don'ts



1. Visit your Doctor

Pay regular visits to your Doctor throughout the period of your pregnancy to follow-up on necessary examinations and to receive appropriate medication, and professional advice that will ensure your well being and promote the health of your baby.

2. Follow a healthy balanced diet

The common saying that “a pregnant woman must eat for two” is absolutely misleading! After All, your fetus is so small in size that she doesn't need much to feed on. In fact, medical research has in recent times further highlighted the importance of good nutrition and adequate diet during all nine months of pregnancy. Make sure to follow a healthy and nutritious diet, without caving in to excessive food consumption. You will notice that you will gradually gain weight during pregnancy and your body will go through changes; however, your weight gain must follow a harmonious pattern with every passing month.

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3. Medication & Smoking

Regularly refer to your doctor's advice in all matters related to medication intake and social habits. But as a general guideline we advise you to: - Avoid taking any medication that has not been specifically prescribed for you by a physician at a time when you were aware of your pregnancy. - If you are a smoker, stop smoking as soon as you find out about your pregnancy – or a

few months in advance if your pregnancy is planned – which we hope will lead you to quit smoking permanently.

4. Nausea

Unfortunately, during the early stages of pregnancy a number of women experience nausea, also known as morning sickness, although it may last well during the day and often lead to vomiting. Depending on your state of body and mind, your doctor may in some cases prescribe medication. Nausea is not dangerous and is one of the symptoms caused by the rising hormone level in your body. To alleviate the symptom, we advise you to reduce your intake of liquids during this period while relying on dryer foods, to consume smaller portions in more frequent meals throughout the day and include plenty of fruits and vegetables in your diet to replace the minerals and vitamins that your body loses when vomiting.

5. Pregnancy Cravings and temper

The rise of the level of hormones in the body of a pregnant woman early on may cause mood swings and affect behavior; some women find themselves bad tempered while others unusually calm, or they may simply feel an overwhelming need to sleep or contrarily sleep less. Some swear that they have overpowering cravings over a certain food item – although we recommend limiting food consumption and avoiding caving in to cravings.

6. Exercise to maintain your figure

It is essential that you dedicate an appropriate amount of time for exercise on daily basis so you can maintain your figure during pregnancy. It is advisable that you engage in a physical activity to make sure that you keep your body changes under control and regain your pre-pregnancy shape sooner than later after delivery.

7. Dress Appropriately

You may find difficulty choosing clothes that suit you in pregnancy, but whatever you do, always make sure to put on clothes that provide gentle support through a combination of a semi-elastic pad with an all-around adjustable elastic belt that is seamless so you do not compromise the normal

growth of your baby. Maternity outfits come in a variety of shapes and colors and can be found in specialty shops as well as regular retail stores. Always pay attention to the elastic band on garments around your waist, the under clothes in particular, making sure that they do not press tightly against your belly, as it will grow noticeably. At the later stages, we recommend that you wear a corset specially designed for pregnancy and that you carefully select its size according to each month to ensure that you are safely and comfortably supported. We also recommend that you wear special maternity stockings that help support your legs and alleviate the discomforts that may arise because of your increased weight, while avoiding high-heel footwear, and choosing flat, comfortable shoes instead.

Congratulations You're having a Baby



For the first time, your arms will give warm welcome to your new born. Your joy and relief may soon turn to anxiety about the new responsibility that you are going to bear: this seemingly fragile and helpless human being is entirely dependent on you, to nurture and care for, surround and protect! We would like to draw your attention to a number of things to help you better understand in a time of mixed emotions:

1. Crying

Your baby's first cry is a moment of delight for you because it means that your baby was born soundly and that the lungs are functioning normally after their first contact with air. Soon after, the baby's crying ceases to be a source of concern. Be reassured that all babies cry, some more than others, and that you as a mother should not be too concerned with the normal crying of healthy, clean and well-fed baby. After all, babies' communications skills are limited to crying, and it will not take you long before you begin to distinguish an "I'm hungry" cry from an "it's nap time" cry.

2. Newborn Weight Loss

It is normal for babies to lose a bit of weight soon after birth, due to the loss of excess fluids from their body, and this should not be alarming to mothers. Rest assured that your baby will gain additional weight eventually and will make up for any temporary loss in just a few day's time.

3. The umbilical cord

Immediately after your baby is born the delivery doctor cuts and ties their umbilical cord. In a few days the umbilical cord will dry out, shrivel and fall off on its own: you must clean it and the area around it once a day, making sure that you pat it dry at all times.

4. The bodily functions

You may notice that your baby cries while passing urine for the first few times and this is perfectly normal. You may also notice that the color of your baby's stool changes gradually until it reaches a fairly yellowish color and again that is normal as well. In general, the delivery doctor thoroughly examines your baby moments after the delivery and he should give you advice on any particular matters of concern with regards to its overall health, if there are any.

5. Circumcision

The circumcision of boys in Islam is "Sunna", which means it is strongly recommended; in fact, medical research has clearly demonstrated the health advantages of circumcision that is usually performed during the first few days of the life of your baby boy.

6. Doctor Visits

Please visit your doctor and your baby's doctor regularly.

Caring for the health of your Baby



Before leaving the hospital with your baby, your doctor will explain to you the vaccination schedule that will accompany your child at birth and later in life. You should be aware that some of these vaccines may be painful to your little one, while others can cause restlessness and mild fever, but rest assured that they are all baby safe and that the symptoms are normal and short lasting. You can alleviate some of them by using medication specifically prescribed for your baby by the doctor.

Feeding your Baby



Breast Feeding

As mentioned in the Holy Quran, the normal nursing period should last two years of the baby's life.

Mother's milk is the only complete source of nutrition for the baby and there is no equivalent or complete substitute. During the first few days after delivery, the mother's milk will generally be yellowish in color and will contain a high concentration of proteins, sugars and vitamins, in addition to chemicals that increase the newborn's immunity.

Research shows that breast-fed babies do grow faster and healthier than formula-fed babies, and that breast-feeding has a positive psychological and emotional effect on both the mother and child and the bond between them. If you are able to breast-feed, it is highly recommended that you do not deprive your newborn such benefits. Throughout the period in which you nurse your child, you will notice that milk will occasionally leak from your nipples and soil your clothes. To protect your clothes we recommend that you use KiKO absorbing pads for the breast that highly contain any leaking droplets of milk. We advise you to maintain a balanced diet and a moderate intake of fluids during the nursing period and that you avoid certain food groups such as onions and spices which may cause irritability to your child as they are passed on through the milk. We also suggest adequate physical, emotional and psychological rest for the nursing mother knowing that the quality of her milk may adversely affect her child if any of these factors are neglected.

Bottle Feeding

There may be circumstances when a mother can no longer breast-feed her baby and consequently has to resort to bottle feeding an infant milk formula that is recommended to her by a doctor. It is then that the feeding turns into an automated mechanical process, where there is no room for emotions, and babies will suckle the milk out of the container to their satisfaction using the growing jaw muscles. We advise you to avoid such a bond free scenario by holding on to your baby tightly, looking into the eyes, while hugging and talking throughout the process, every time.

During the first few days of your baby's life you will discover that the crying is usually a sign that the baby is hungry and you may notice a steady increase in the number of feeds. Keep in mind, however, that your baby has no understanding of meal times should be fed whenever hungry. Early on, babies will follow a pattern of milk consumption at fairly regular intervals, a pattern that varies from one child to another.

As a general rule, we recommend that you allow your baby to eat and sleep as much as required, and change baby's nappy/clothes as soon as they are wet.

Read the instructions on feeding bottles and baby formula containers carefully if you are feeding your infant using a glass or a plastic bottle. It is very important that you follow recommended portions indicated on the labels as otherwise may make your baby sick. Always make sure that the bottle you give to your baby is clean and properly sterilized.

After your baby finishes feeding, carry them against your shoulder, giving a gentle shake and pat on the back until they burps; however, do not be concerned if baby does not burp. Lay your baby on the side after feedings.

Nursing Bottles

Your baby treasures the nursing bottle in a way that an adult can never understand; what we consider to be not more than a glass/plastic container is in fact a dear reminder and a substitute of a mother's breast. We are fully aware of the moments of intimacy that the mother shares with her baby at feeding times, and the KiKO nursing bottles are designed to ensure that the

process is made easy and smooth for both mother and child, bringing it closest to natural breast-feeding.

The improvement of the nursing bottle undergoes constant research and development, and KiKO is proud to bring the best nursing bottles and nipples that the latest studies have come up with. All KiKO bottles have a very smooth inner surface aiming to prevent the formation of milk deposits which in turn may cause the growth of bacteria. A new KiKO bottle was also introduced with a narrower cross-section at the top so that all the milk flows smoothly towards the nipple; the cup-like lid prevents the contamination of the nipple when in contact with air.

All KiKO nursing bottles can be sterilized. All KiKO plastic bottles are BPA free – (Bisphenol A)

Bottles are designed to prevent stomach upset and gripes. Moreover, the nipple design controls free milk flow and disallows your baby to swallow air bubbles along with the milk, therefore preventing hiccups and teaching the baby to suckle appropriately.

The KiKO team hopes you find this pregnancy handbook useful during your months of pregnancy and beyond. Always remember to pay extra attention to yourself; you have the gift of life.. We wish you a smooth sailing pregnancy, a safe delivery and a healthy baby!