



Health Tips For Women's Wellness

ISSUE: AUGUST 2024

WORLD BREASTFEEDING WEEK - AUGUST 2024



CareNine is a pregnancy support program structured to educate, guide and reassure 'mothers-to-be' with the help of counselling from specialists; all under one roof.



Women's Health: Healthy diet tips for working women

Good health can't be compromised for a good career. Find out some easy and effective tips to maintain a healthy diet while juggling between home and work.



Preconception Care: Yoga poses to practise when trying to conceive

Many women try alternative ways to help make their conception stage easier. Trying different yoga poses can be a good place to start with. Here's your guide to begin!



CareNine: Common breastfeeding positions to choose from

Breastfeeding can seem natural but it actually takes effort to practice the techniques. Here are some common positions you can try and choose from.



CareNine Beyond: How to prepare your child for a new sibling?

Sibling jealousy is common but that shouldn't stop you from fostering a healthy relation between your kids. Know how you can prepare your firstborn before their sibling arrives.



CareNine: Why do hands feel numb and tingling during pregnancy?



Numbness in hands is a common complaint most pregnant women have and now is the time to learn the science behind it. Read on to find out.



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Women's Health: Healthy diet tips for working women

It's not uncommon for people to ignore healthy eating habits whenever the work pressure increases. Most working women are always occupied with work and can neglect nutritional food. Rather, they start gravitating towards unhealthy snacks and quick bites. A healthy diet is crucial for energy, focus and overall well-being. Here are some tips to help maintain a nutritious diet despite a busy schedule:

Start the day right

- **Healthy breakfast:** Never skip breakfast. It boosts metabolism and provides energy for the day. Opt for a mix of carbohydrates, proteins and healthy fats. Try options like poha, upma or a vegetable omelette with whole-grain toast. You can also opt for a whole-wheat roti with protein-packed fillings.
- **Hydrate:** Begin your day with a glass of warm water. Add lemon for detox benefits. Continue to drink water throughout the day to stay hydrated. Carry a reusable water bottle with yourself at all times.

Mid-morning snack

- **Fruits and nuts:** Carry fruits like apples, bananas or oranges. Nuts and seeds are also great for a quick snack. They are rich in essential nutrients and keep you full. Avoid sugary or processed snacks.

Balanced lunch

- **Mix of nutrients:** Ensure your lunch includes a balance of carbohydrates, proteins and vegetables. A plate with chapati, sabzi, dal and a bowl of curd is ideal. You can also go for salads with protein sources like chickpeas or tofu.
- **Whole grains:** Choose whole grains like brown rice or whole wheat instead of refined grains. They provide sustained energy and are more nutritious.

Afternoon snack

- **Healthy munchies:** Avoid junk food. Instead, have roasted chana, a small bowl of sprouts or a handful of makhana. These snacks are low in calories and high in nutrients.

Dinner

- **Light and early:** Have dinner at least two hours before bedtime. Opt for a lighter meal such as khichdi, a bowl of soup or a salad with grilled paneer or chicken.
- **Portion control:** Be mindful of portion sizes to avoid overeating. Eating smaller portions helps in better digestion and prevents weight gain.

General tips to keep in mind

- **Meal prep:** Plan and prepare your meals in advance. This saves time and ensures you have healthy options available.
- **Avoid processed foods:** Reduce intake of processed and junk foods. They are high in unhealthy fats, sugars and salt.
- **Incorporate superfoods:** Include superfoods like spinach, almonds, flaxseeds and turmeric in your diet. They boost immunity and overall health.
- **Stay hydrated:** Drink plenty of water. Herbal teas and infused water are also good options. Limit your consumption of caffeinated beverages.
- **Control stress:** Stress can lead to unhealthy eating habits. Practice relaxation techniques like yoga, meditation or deep breathing.
- **Prioritise sleep:** Adequate sleep is crucial for overall health. Aim for 7-8 hours of quality sleep each night.

A healthy diet is essential for working women to maintain energy levels and improve productivity. By making mindful food choices and planning meals, it is possible to eat well despite a busy schedule. With our tips, you can have a well-balanced diet for good health. If you need personalised dietary suggestions, you can also reach out to your healthcare provider for more details.

Sources:

- Max Healthcare
- Procto
- U.S. Department of Health & Human Service
- Cleveland Clinic



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Preconception Care: Yoga poses to practise when trying to conceive

Many women turn to yoga for support when trying to conceive. Specific yoga poses can enhance fertility by improving blood flow, reducing stress, strengthening key muscles and balancing hormones. Here are some effective yoga poses to practise when trying to conceive.

1. Baddha Konasana (Butterfly Pose)

How to Do It: Sit with your spine straight. Bring the soles of your feet together. Hold your feet with your hands. Gently flap your thighs up and down like butterfly wings.

Benefits: This pose improves blood flow to the pelvic region. It helps open up the hips and groin area. It also reduces stress and anxiety.

2. Viparita Karani (Legs-Up-the-Wall Pose)

How to Do It: Lie on your back near a wall. Extend your legs up the wall, keeping them straight. Keep your arms relaxed by your sides. Stay in this position for 5-15 minutes as per your body's capacity. Focus on breathing deeply.

Benefits: This pose promotes relaxation and relieves stress and anxiety. It increases blood circulation to the pelvic area. It also helps in relieving lower back tension.

3. Setu Bandha Sarvangasana (Bridge Pose)

How to Do It: Lie on your back. Bend your knees and place your feet flat on the floor, hip-width apart. Lift your hips towards the ceiling. Clasp your hands under your back for support. Maintain this position for 5-10 minutes before releasing.

Benefits: This pose strengthens the back muscles and the pelvic floor muscles. It improves blood flow to the reproductive organs and helps support the uterus health. It also helps balance hormone levels.

4. Balasana (Child's Pose)

How to Do It: Kneel on the floor. Sit back on your heels. Bend forward, extending your arms in front of you. Rest your forehead on the ground.

Benefits: This pose promotes relaxation and reduces stress. It stretches the hips and thighs. It calms the mind and relieves fatigue.

5. Paschimottasana (Seated Forward Bend)

How to Do It: Sit with your legs extended in front of you. Inhale and lengthen your spine. Exhale and bend forward, reaching for your feet.

Benefits: This pose stretches the lower back and hamstrings. It stimulates the ovaries and uterus. It helps reduce anxiety and improve focus. This is the most recommended yoga pose for fertility by experts.

6. Shavasana (Corpse Pose)

How to Do It: Lie flat on your back. Keep your legs slightly apart and arms by your sides, palms facing up. Close your eyes and relax completely. Start by staying for 5 minutes in this pose. You can slowly increase the time as you start experiencing the calmness it brings.

Benefits: This pose promotes deep relaxation. It helps reduce stress and anxiety. It also allows the body to absorb the benefits of the other poses.

Incorporating yoga into your routine can significantly benefit your fertility journey. Practising yoga regularly can create a conducive environment for conception and also improve your overall fitness. However, remember to always consult with your healthcare provider before starting any new exercise regimen. Get started on your conception journey with a calm and healthy mind and body.

Sources:

- Healthline
- ReproMed Fertility Center
- Indira IYF



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CareNine: Why do hands feel numb and tingling during pregnancy?

Pregnancy is a time of significant change in a woman's body. One common issue many women face is the sensation of numbness and tingling in the hands. This is mostly caused by Carpal Tunnel Syndrome and it goes away after giving birth.

In addition to numbness in the hands, if you find your legs, back and buttocks being numb, the culprit can be fluid retention. Pregnant women often retain more fluids, leading to swelling in various body parts, including the hands. This swelling can compress nerves, causing numbness and tingling.

Other reasons include hormonal fluctuations during pregnancy affecting nerve function and causing sensations of numbness and tingling. Poor blood circulation and vitamin deficiency can also be a cause.

In case there is any underlying medical condition causing this, always refer to your healthcare provider. However, Carpal Tunnel Syndrome continues to be the most important factor.

Carpal Tunnel Syndrome

Carpal Tunnel Syndrome (CTS) is a common condition that occurs when the median nerve, which runs from the forearm to the hand, is compressed at the wrist. This can cause pain, numbness and tingling.

Symptoms of Carpal Tunnel Syndrome

- **Numbness and tingling:** Usually felt in the thumb, index, middle and ring fingers. Often occurs at night.
- **Pain:** In the wrist, palm or forearm. Can extend to the shoulder.
- **Weakness:** Difficulty in gripping objects. Frequent dropping of items. Dexterity also decreases.
- **Swelling:** Sometimes the hand or wrist may appear swollen.

Causes

While fluid retention is an underlying reason, you can get Carpal Tunnel Syndrome during pregnancy if you use forceful and repetitive hand gestures. Using any vibrating equipment can also cause it.

Diagnosis

- **Physical examination:** Checking for swelling, tenderness and sensation in the hands.
- **Tinel's sign:** Tapping the median nerve to see if it causes tingling.

- **Phalen's maneuver:** Flexing the wrist to see if it produces symptoms.
- **Electromyography (EMG):** Measuring electrical activity in muscles to detect nerve damage.
- **Nerve conduction study:** Assessing the speed of nerve signals in the carpal tunnel.

Treatment options

- **Lifestyle changes:** Reducing repetitive hand movements. Taking frequent breaks. Using ergonomic tools.
- **Wrist splints:** Wearing splints at night to keep the wrist straight.
- **Medications:** Your healthcare provider can prescribe nonsteroidal anti-inflammatory drugs (NSAIDs) to reduce pain and swelling.
- **Steroid injections:** Corticosteroids injected into the carpal tunnel to reduce inflammation.
- **Physical therapy:** Exercises to strengthen the wrist and improve flexibility.
- **Surgery:** In severe cases, a carpal tunnel release surgery may be necessary. This involves cutting the ligament pressing on the median nerve.

Prevention

- **Ergonomics:** Adjust your workspace to keep your wrists in a neutral position. Also maintain good posture when working with typing tools or writing instruments.
- **Stretching Exercises:** Regularly stretch your hands and wrists before and after any demanding activity.
- **Proper Technique:** Use correct hand positions while performing tasks.
- **Breaks:** Take frequent breaks from repetitive tasks to rest your hands and wrists.

Carpal Tunnel Syndrome is a manageable condition with the right approach. Simple lifestyle changes, ergonomic adjustments and medical interventions can significantly improve the symptoms. It is important for all pregnant women to know this, so that the next time they have a tingling sensation, they can immediately connect with their healthcare providers.

Sources:

- Cleveland Clinic
- Parents
- Mayo Clinic



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CareNine: Common breastfeeding positions to choose from

World Breastfeeding Week is celebrated from 1-7 August each year to raise better understanding of breastfeeding and its techniques. Keeping up with the global spirit, let us discuss common breastfeeding positions you can consider as a new mom or expecting mother.

Breastfeeding can be challenging, especially for new mothers. The right position can help ensure a good latch, prevent pain and promote effective feeding. Here are some common positions to choose from.

1. Cradle hold

- Description:** The cradle hold is a classic breastfeeding position. Sit comfortably and hold your baby in your lap. Support your baby's head with the crook of your arm, ensuring the baby's body is facing you.
- Benefits:** This position is easy and comfortable. It's ideal for full-term babies and mothers who have mastered breastfeeding.
- Tips:** Use pillows to support your back and arms. Ensure your baby's head and body are aligned to prevent neck strain.

2. Cross-cradle hold

- Description:** The cross-cradle hold is similar to the cradle hold but offers more control. Hold your baby with the arm opposite to the breast you are feeding from. Use your other hand to support your breast.
- Benefits:** This position provides better control over your baby's head. It's great for newborns and babies with latching difficulties.
- Tips:** Use a pillow to support your baby. Guide your baby's mouth to your breast for a proper latch.

3. Football hold

- Description:** The football hold, also known as the under-arm hold, involves holding your baby under your arm like a football. Support your baby's head with your hand and your breast with your other hand.
- Benefits:** This position is excellent for mothers who had a C-section. It keeps the baby away from the incision site. It's also good for mothers with large breasts or small babies.
- Tips:** Place a pillow under your arm for support. Ensure your baby's body is tucked closely to your side.

4. Side-lying position

- Description:** The side-lying position allows you to breastfeed while lying down. Lie on your side with your baby facing you. Support your baby's back with your arm and use your free hand to guide your breast.
- Benefits:** This position is comfortable for night feedings and mothers recovering from a C-section.
- Tips:** Ensure your baby's head is at the level of your breast. Use pillows to support your back and keep you comfortable.

5. Laid-back position

- Description:** The laid-back position, also known as biological nurturing, involves reclining slightly while your baby lies on your chest. Let gravity help your baby latch on.
- Benefits:** This position promotes skin-to-skin contact. It's great for encouraging natural feeding instincts.
- Tips:** Find a comfortable reclining position. Allow your baby to find the breast and latch on naturally.

Signs of good positioning

Look out for the following signs to know if your baby is in the right breastfeeding position:

- Their head and body should be in a line. They can't swallow easily if their head is bent.
- The baby should be close to your body to latch well to the breast.
- Support their entire body with your arm along the back, especially in the case of newborns.
- Keep their head such that they approach the breast from underneath the nipple. An ideal way to do this is ensure their nose is next to the nipple.

Finding the right breastfeeding position can make a significant difference in your breastfeeding journey. Experiment with different positions to see what works best for you and your baby. If you still need help, don't hesitate in reaching out to your healthcare provider.

Sources:

- Cleveland Clinic
- UNICEF
- Mayo Clinic



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Welcoming a second baby is emotionally similar to the first one but now you also need to help your first child adjust with the baby. The arrival of a new sibling can be a big adjustment for a child. They may feel excited, anxious or even jealous. Preparing your child in advance can help them feel included and ready for the changes ahead.

1. Talk about the baby

- **Early conversations:** Start talking about the baby early in the pregnancy. Use simple language and age-appropriate words to explain that a new baby will join the family.
- **Answer questions:** Encourage your child to ask questions. Answer them honestly and reassure them about any concerns. Also address the fact that the mom will stay away for a while before the baby comes. Take their help in packing your hospital bag to keep things real.

2. Involve them in the process

- **Include in preparations:** Let your child help with baby preparations. They can assist in setting up the nursery, choosing baby clothes or packing the hospital bag.
- **Prenatal visits:** If you're comfortable, take your firstborn to prenatal visits and let them listen to the new baby's heartbeats. If not, you can show them the ultrasound image to create curiosity and familiarity.

3. Read books on the topic

- **Children's books:** Read books about new siblings together. Stories can help your child relate to the situation and understand their feelings.
- **Discuss emotions:** Talk about the characters in the books and how they feel. This can help your child express their own emotions.
- **Use photographs:** Bring out photos of the early days of your child. Tell them stories about their growing up, late-night tantrums and feeding dramas. This will help them associate the same patterns with the newborn too.

4. Maintain routines

- **Consistency:** Try to keep your child's routine as consistent as possible. Familiar routines can provide a sense of security and stability. This will also help them not feel ignored once the baby arrives.

- **Special time:** Make time for one-on-one activities with your child. This reassures them that they are still important and loved. You will see a reduced case of sibling jealousy by simply allocating individual time to your firstborn.

5. Prepare for changes

- **Realistic expectations:** Explain how things might change when the baby arrives. Discuss how the baby will need a lot of attention but that this doesn't mean your love for them will change.
- **Practice care:** Use a doll to show your child how to hold and care for a baby. This can make them feel more confident and involved. Once they feel their importance as a big kid, they'll also feel more responsible for the baby.

6. Encourage bonding

- **Sibling bond:** Encourage your child to talk, sing or read to the baby. This helps them feel connected and fosters a bond from the beginning.
- **Positive reinforcement:** Praise your child for being gentle and helpful with the baby. Positive reinforcement encourages good behaviour and a loving relationship.

7. Address jealousy

- **Acknowledge feelings:** It's normal for your child to feel jealous. Acknowledge their feelings and reassure them that it's okay to feel that way. Keep reminding them that they are loved despite feeling negative emotions.
- **Special roles:** Give your child a special role in caring for the baby. Being a "big helper" can boost their confidence and reduce jealousy. This can also give you a new avenue to connect with your bigger baby.

Preparing your child for a new sibling is crucial for a smooth transition. By talking about the baby, involving your child in preparations and maintaining routines, you can help them adjust to the new family dynamics. Remember, a well-prepared child can lead to a harmonious and loving relationship between siblings.

Sources:

- Cleveland Clinic
- Mayo Clinic
- Raising Children.net.au