Pregnancy Myths and Facts

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So much information...
I am eating for two!

“Since I have a growing baby, I need to eat twice as much!”
Eating for Two? Myth!

• Healthy weight gain is 25-35 pounds.

• Mothers should add 300 calories per day.

• Extra weight is a worry!
I eat whatever I want!

“It doesn’t matter where the calories come from!”
Eat whatever? Myth!

It matters how a mother gets her calories!
I can’t drink coffee!

“Caffeine is harmful to my developing baby!”
No coffee? Myth!

Have up to 200 mg of caffeine per day!
I can’t eat fish!

“Fish contains mercury and other chemicals that are harmful for my baby.”
No fish? Myth and Fact!

Salmon, shrimp and canned light tuna are ok!

Avoid swordfish, shark, tilefish, and king mackerel, as well as raw fish.
I can’t color my hair!

“Hair dye is not safe for me or my baby.”
No hair dye? Myth and Fact.

• Most hair colors are safe!

• Avoid hair dye with ammonia in it.
I need a flu vaccine!

“The flu is awful! I should get a flu shot!”
Need a flu vaccine? Fact

Pregnant women are more at risk with the flu.
The flu shot is not harmful!
My partner makes no difference to my baby!

“He/she can parent when the baby is born.”
Partner makes no difference? Myth!

Partners can be big influences on their babies – even in utero!
I have to get rid of my cat!

“My cat could make my baby sick!”
Lose the cat? Myth!

But, pregnant women should avoid changing litter boxes.
Beer won’t hurt my baby!

“I can drink a beer a day during pregnancy.”
We don’t know what amount of alcohol is safe during pregnancy!

It is best not to drink alcohol during pregnancy.
My baby is big, so he’s healthy!

“My doctor says my baby is big, so I know he’s sturdy and strong!”
Big is healthy? Myth!

Ideally, a baby will be between 6 and 8 lbs.
My baby isn’t doing anything in there!

“She or he is just relaxing.”
Idle baby? Myth!

A baby is growing and learning at a tremendous pace in utero!
I’m using cocoa butter to prevent stretch marks!

“If I use this lotion, my skin won’t stretch to make those lines!”
Cocoa butter for stretch marks? Myth!

Cocoa butter can make skin more sensitive! Some women are allergic.
I am sleeping on my left side!

“It increases the blood flow to my baby!”
Left side sleeping? Myth!

Sleep in the most comfortable position for you!
My baby is wearing like a girl/boy!

“I am wide on the side, so I am having a girl! I am pushing out front, so it’s a boy!”
Knowing the sex? Myth.

Even sonograms are not 100% accurate!
Working with Families
WHAT MYTHS HAVE YOU HEARD ABOUT PREGNANCY?