



LIFE BALANCE
CHIROPRACTIC CENTRE

7 COMMON MISTAKES WOMEN MAKE WHEN PREGNANT

MISTAKE 1 – WANTING TO DO THINGS PERFECTLY

We met a mum recently who in her desperate attempt to perform and be perfect, had signed up for every course on pregnancy, and brought every book from amazon in the hopes it would help her to be more in control. Other pregnant women seemed to gravitate towards her because she knew so much, but whilst she might seem to have a lot of information at her fingertips, her reliance on information means that amid all this she sometimes misses what her body is trying to tell her.

TIP: Rather than trying to control everything you can instead focus on reconnecting with what's important. Your preferences, body, baby space and breath.



MISTAKE 2 – WORRYING THEY'RE ALWAYS GETTING IT WRONG

Research has shown a prevalence between 10 – 25% of all pregnant women worry too much. So, from early on in pregnancy they can start to believe that pregnancy is a fragile time. They can become scared to move, do their normal routines and restrict their lifestyle for fear of getting it wrong. Life becomes a little monotonous for them. They end up listening to well-intentioned people like her friends or family, without checking to feel if it applies to them. Often, we meet parents who have been scouring the internet till 2 am and doing some unfortunate googling, determined to find out about the warnings for their age, tests being done or what their friend said to them. Only to become more confused and overwhelmed as every piece of information is different and contradictory.

TIP: Rather than fighting or listening to everything, you work to empower your psychology and what you must believe so you can build yourself up and trust in yourself.

“WITH ALL THE CHANGES AND ADJUSTMENTS HAPPENING IN YOUR BODY AND IN YOUR LIFE, IT’S NATURAL TO FEEL NERVOUS, SCARED OR FEARFUL, AND HORMONAL CHANGES CAN ALSO MAKE YOU VULNERABLE TO VOLATILE EMOTIONS.”

DR GENEVIEVE VON LOB, CLINICAL PSYCHOLOGIST AND THE AUTHOR OF FIVE DEEP BREATHS

MISTAKE 3 – IGNORING THE BODY’S WARNING SIGNALS

There are underlying core issues that have not yet been treated or misdiagnosed. Often we meet pregnant women, like Lisa who are suffering with back pain that was misdiagnosed and was told nothing could be done other than medications and that it would go away. Many times, when pain strikes it is often ignored and there is hope that it will go away. Sometimes they may wait because it's something that they are not sure what it is or have a pathway to do anything about and so they live with it. The problem they have is the wait and see approach often making simple problems become chronic and exacerbated that can take many months to fix and heal and may never fully do so. They become habitual and without getting to the root of the problem, the issue is very unlikely to be resolved on its own.

TIP: If you have pain seek help, don't suffer in silence just because you felt let down. Often though you will find the waiting list may be a while, so look for registered private healthcare professionals like a chiropractor who come recommended and have the appropriate training and experience in identifying and dealing with their type of problem. A great resource is the pelvic partnership to find recommendations and advice.

MISTAKE 4 – REALISING PRIVATE DOESN'T ALWAYS MEAN MORE EXPENSIVE

Monika a mum of two was hesitant about paying to go and see someone privately. For her it was the mad dash to work, the school run, tuition class and play dates. The back and hip pain she developed made it impossible to get up and down, she couldn't even carry a grocery bag, let alone walk for long periods. She was off work because she was a trainer and exercising was too painful. We asked her how much she thought not going and seeing someone quicker had costed her already in terms of time with her boys, energy and lost work. It was only when she realised this she got empowered and starting working with her body rather than against it.

TIP: Find a system that works for you and take some time to way up what you are missing out on because of what the pain is preventing you from doing with family and work.



MISTAKE 5 - IGNORING THE BIGGER PICTURE

They forget that it's easy to obsess over the small stuff like what baby pram to get or how the room should look. It is through this lack of understanding that they forget about their position and their baby's positioning in pregnancy leading up to childbirth. We often find it is only when they have their second or third child they put an importance on position of both the passenger and the passage the birth canal and hips.

TIP: Find people and resources who can help you better understand the relationship of passage and passenger with your hips, pelvis and spinal alignment and how you can interrelate and positively influence your birth experience.

MISTAKE 6 - THINKING IT CAN BE DONE ALONE

They try to do everything on their own because that's how they have always done it. We regularly get comments like "I am the glue that keeps the family together". They don't realise this is unsustainable and it just leaves them overstressed and overworked. They don't end up building a pathway community that can support them and make the whole process more fun.

TIP: Recruit the help of friends, partners and health care professionals to help you better deal with the stresses and strains of pregnancy, childbirth and early parenting.

MISTAKE 7 - NOT FINDING THE TIME OR MAKING WAYS TO RELAX WITH THEIR FRIENDS

All too often we hear of mums who are working a full-time job and then looking after a household. It's the classic superwomen syndrome that leads to anxiety, feeling overstressed and exhausted. Is it any wonder the head gets so foggy with all that stress running riot on the body and mind. They don't make time for friends because they are overstretched and find themselves not even being able to spend enough quality time with the family. So, they don't know where to put their limited energy and lack support.

TIP: Build a support network. The litmus test to know if you are stressed is they ask your spouse. Don't try to alter everything at once, realise slow and steady is fine and be prepared to cut yourself some slack and give yourself space to wing it. By listening to your body, you keep safe from strains and enjoy this special time.





THE AUTHOR



Dr Josh's journey into health started as a kid. His passion meets at the intersection of a love of learning, about principles that contribute to quality health and the self healing ability of the body and human potential. He sees health challenges and injuries as a way to inspire people to live a better life and is recently curious about exploring new ways to create value at this intersection.

CONTRIBUTER



Rosie started her career as a designer. Having realised her passion for chiropractic and how chiropractic can improve people's quality of life she went on to pursue her passion and co-created Life Balance.

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