

Chapter 1 : Balancing Pregnancy, Life, and Work - Jenn Bays

Balancing work and pregnancy obviously has its challenges. Being pregnant is a full-time job: symptoms, prepping, researching, discomfort, appointments there's always something! Despite it all, pregnancy isn't a ticket to slack at work, nor at anything else.

You are thrilled, to say the least. You have a full-time job and a career that is demanding, challenging and truly satisfying. And now you hear that motherhood is a full-time job as well! It requires unconditional devotion, and demands compromises and adjustments beyond your level of comprehension, at this point. You slowly begin to experience early pregnancy symptoms like bloating , nausea, vomiting, headaches , extreme tiredness and subtle mood changes. Some people around you notice changes in your temperament while others are indifferent to the change. And now you worry about balancing work during this beautiful and truly fulfilling stage of life. Inform your boss about your pregnancy: This is particularly important if you need some time off from work for your visits to the doctor and other check-ups, need some of your workload transferred in case you are having a difficult pregnancy, and you do not wish to be mommy-tracked. Informing your boss helps both of you set the right expectations of each other in terms of work during this time of your life Share the news with your colleagues: Informing your close colleagues in the first trimester is important to help them know of your fragile emotional, physical and psychological condition. You may choose the right time to inform colleagues who are not a part of your immediate work group based on your judgment. Understanding colleagues ensure a fun, relaxing and compassionate work environment during pregnancy which will help you handle the stress and physical discomfort better. Also, some of your colleagues who have already had children can help you with some wise advice to make pregnancy even more beautiful Speak to your HR partner about work options: If your doctor has informed you of a particularly difficult pregnancy or the need for a bedrest, it is best to speak to your HR partner about it, after speaking with your immediate supervisor or boss. Your HR partner can help you better understand company policies and work options such as leave, flexible schedule, work-from-home, maternity leave, and returning to work part-time after the maternity leave , thus helping you make a judicious decision about the same. Make sure you have a good work-during-pregnancy and post-pregnancy plan etched out and agreed upon if your health is a concern At work, deal with pregnancy symptoms with maturity: Symptoms such as morning sickness , nausea, dizziness, vomiting, and headache could cause you to be irritable and absolutely not in your element while at work, during pregnancy. Carry a paper bag and washcloth with you at work, in case you cannot prevent vomiting at your desk. Also, keep some candies, cookies or crackers at your desk to rid yourself of the nauseous feeling and sudden hunger pangs. Do not over-exert yourself while trying to prove yourself at work, especially during pregnancy. If your work involves running errands and being on your feet, try to sit and rest your feet, periodically. Since exhaustion and tiredness are the bitter truths of pregnancy, try and ease your work commute, if and as much as you can Pay attention to your diet and exercise routine: Being occupied is no excuse for neglecting hunger. In fact, you must eat healthy and nutritious food during your pregnancy. Carry small portions of different kinds of food such as vegetables, salads, and fruits, and eat them at regular intervals. Avoid eating junk food, and keep yourself from gaining extra weight. Make sure you invest about minutes each day in exercise. Simple stretching exercises and meditation can help you make a fresh and inspiring start to each new day. If your work mandates you to sit at your desk all day, make sure you get up at regular intervals and take a short walk around your work area or in the office premises Take your medication on time: Do not forget your pregnancy vitamins and iron tablets in the wake of work pressure. During pregnancy, you will feel depressed and exhausted on some days; while on other days you will feel excited and full of energy. Take a break on the days that you feel drained out and request your colleagues to take some workload off you. On the days that you feel pumped up, work extra hard and complete as much as you can Plan ahead of time and display professional etiquette: Discuss important project timelines with your boss and plan their execution well ahead of time, to avoid disappointments and misunderstandings. Also, introduce them to the interim contact before you take off on your leave, and ensure a seamless and easy transition for your clients These positive changes and

adjustments can help you make work during pregnancy an enjoyable and fulfilling experience. Enjoy your pregnancy, be honest about how you feel, and take every day as it comes. Have a beautiful and safe pregnancy!

Chapter 2 : Working during pregnancy: Do's and don'ts - Mayo Clinic

Balancing Pregnancy and Work tells you everything you need to know to do your job at this important time of your and your baby's life calmly and with confidence.

However, many new moms do not find it easy to juggle both a successful career and motherhood. Successful moms with flourishing careers give it all it takes to balance both areas of life. Even though many moms find themselves in this conundrum, getting proper advice on the subject is hard to come by and the inability to balance the two can have detrimental emotional, psychological, and physical consequences. Lisa Weinberger, a mother and lawyer, says that proper planning, setting achievable goals, and prioritizing tasks in both the work and home spheres will help a 21st century mom achieve a balanced and healthy life. Eat healthy but indulge every now and again. Having healthy eating habits, especially in the first trimester of pregnancy, is of utmost importance. However, satisfying your cravings is often a good thing as your body will need more sugars, fat, and nutrients to nurture your growing baby. But just like with any indulgence, make sure not to go to excess. Be proactive about your pregnancy and post-pregnancy routine at work. Discuss what will make you less stressed at work during your pregnancy period. Take extra care of your health on purpose. Rest as much as you can and exercise as often as you can. Fitness Expo has a range of both standard and light equipment that can serve this purpose well. Exercising does not always mean lifting heavy weights. Exercises like walking, light jogging, and stair climbing are also a few ways to ensure that your body remains fit without wearing out often. This will also help combat backaches, sleeping disorders, fatigue, and leg swelling, all of which are common pregnancy symptoms. You should speak up and seek help from your partner, older kids, family members, friends, colleagues, and sometimes strangers. Depression Sometimes pregnant women become overly worrisome and anxious, often leading to depression. Anxious thoughts and feelings can make you unable to focus at work and at home during pregnancy. This is most likely due to the tons of new hormones flooding your body and mind. However, if you notice that negative thoughts and feelings are invading your mind for more than a few weeks, consider telling your health practitioner. What about postpartum depression? Not only is this a physiological issue some women feel immense guilt, shame, and despair when they cannot balance their new work life with new motherhood. It was suspected that she entered into postpartum depression due to the pressures of not having a balance at work and at home as a mother of three. However, sometimes more extreme methods of treatment are necessary for such a serious condition. Please note that depression kills and once the seeds have been sown, it can take very little time before it takes over the soul. In essence, signs of depression should be nipped at the bud by seeking help from experts as quickly as possible. Advice For the 21st century working mother, some sources of advice include healthcare professionals, family members, friends with children, and support groups online. Remember, however, that the best medical advice should be sought from your healthcare practitioner or doctor as all women have different needs, and what works for one mother may not work for another. You must be determined to create the right harmony between these different facets of life in order to achieve stability.

Chapter 3 : About Your Privacy on this Site

Millions of women work during their pregnancies, sometimes right up until giving birth. Nancy Hall is the author of the new book "Balancing Pregnancy and Work," which addresses everything woman.

The first order of business? I was sick all the time and I had absolutely no energy. I was easily in bed by 7 and regularly took naps on my lunch break at work. The house was the absolute last thing on my radar and it showed. De-clutter, Deep Clean, and Reorganize. Whether it was going through my closet and dressers or decluttering our desk that had become a catch all I got something done each week. That has been such a tremendous help. Within a month my kitchen, laundry room, guest room, master bedroom and bathroom was gone through and cleaned. I washed down walls, cleaned ceiling fans, appliances, etc. This is Spring Cleaning on Crack. I swear to you it has made all the difference in the world and keeping it on the fridge helps keep it in the forefront of my mind. Set a New Precedent. You are setting yourself up for failure that way. I made my sink of hot, soapy water before I started cooking and as I was finished with something I would put it in the sink. No more of that Mama, it just creates more work for you tomorrow. The next thing I added was not allowing laundry to go more than one day without being folded and put away. This is so hard for me. I hate folding laundry with a passion but you know what I hate more? Yes, that has happened. Starting with smaller goals like those have made it easier to keep up with the overall picture. Take 15 minutes a day and pick-up the house. I move clothes to hampers, trash to the trash can, glasses to the sink, shoes to closets, etc. Now I have a smaller home so this may need to be adjusted for you. You may need to take 15 minutes a day and do one room, or one level. Any quick picker-uppers when you can will open up more time for you to enjoy on your actual days off. I have a list for everything, especially right now. I invested in a Plum Paper planner and I absolutely love it. The fact that you can pick from a lot of pretty colors, add so many different options, personalize it, and choose your start month are all aspects that I love. I got the vertical design which allows me to add notes to the left side of my planner. I keep calls I need to make, bills I need to pay that week, and any smaller tasks I need to handle by the end of the week on the left. Every morning when I get to my desk I open that planner and see what needs to be handled. Even a reminder to return a Redbox comes in handy when prego brain decides to strike. Learn to say no. This has been so hard for me. I have always been go, go, go with roughly 10 different things going on at one time. I also have to keep this in mind in my work day. I am most productive first thing in the morning so if there is anything imperative that needs to happen I handle it as soon as I get in. Which brings me to my next point. I am very lucky to work with a very family oriented company and in an office that strives to take exceptional care of their employees. So when I found out I was pregnant I told them right away. I understand that many women are not afforded this luxury so as you navigate your own first trimester be sure and take care of your current responsibilities but I would suggest not taking on any new projects. I think it benefited me and my team greatly that everyone knew so early. They understood if I was feeling sick and would take care of the phone calls I had to jump off of in order to make it to the restroom. They also were considerate making sure that I got the early lunch if I needed my nap earlier or if I needed to eat sooner. Remember to take a breath. This is going to be one of the most joyous and life changing events of your life. I know how it can overwhelm you. What needs to be done, what needs to be cleaned, what needs to be purchased, how your plans are being judged by other mothers, and everything in between. However, take the time to focus on the things you are most looking forward to as well. Getting the car seat in my truck.

Chapter 4 : Balancing Pregnancy, Life, and Work - Tech Featured

In Pictures: How To Balance Work And Pregnancy Women who worked hard to climb the corporate ladder worry the boss will put them on the "mommy track," giving them less-challenging projects.

Tweet on Twitter Have you ever walked into a room or sat at your desk and looked at the pile of crap that has to get done? The first order of business? I was sick all the time and I had absolutely no energy. I was easily in bed by 7 and regularly took naps on my lunch break at work. The house was the absolute last thing on my radar and it showed. De-clutter, Deep Clean, and Reorganize. Whether it was going through my closet and dressers or decluttering our desk that had become a catch all I got something done each week. That has been such a tremendous help. Within a month my kitchen, laundry room, guest room, master bedroom and bathroom was gone through and cleaned. I washed down walls, cleaned ceiling fans, appliances, etc. This is Spring Cleaning on Crack. I swear to you it has made all the difference in the world and keeping it on the fridge helps keep it in the forefront of my mind. Set a New Precedent. You are setting yourself up for failure that way. I made my sink of hot, soapy water before I started cooking and as I was finished with something I would put it in the sink. No more of that Mama, it just creates more work for you tomorrow. The next thing I added was not allowing laundry to go more than one day without being folded and put away. This is so hard for me. I hate folding laundry with a passion but you know what I hate more? Yes, that has happened. Starting with smaller goals like those have made it easier to keep up with the overall picture. Take 15 minutes a day and pick-up the house. I move clothes to hampers, trash to the trash can, glasses to the sink, shoes to closets, etc. Now I have a smaller home so this may need to be adjusted for you. You may need to take 15 minutes a day and do one room, or one level. Any quick picker-uppers when you can will open up more time for you to enjoy on your actual days off. I have a list for everything, especially right now. I invested in a Plum Paper planner and I absolutely love it. The fact that you can pick from a lot of pretty colors, add so many different options, personalize it, and choose your start month are all aspects that I love. I got the vertical design which allows me to add notes to the left side of my planner. I keep calls I need to make, bills I need to pay that week, and any smaller tasks I need to handle by the end of the week on the left. Every morning when I get to my desk I open that planner and see what needs to be handled. Even a reminder to return a Redbox comes in handy when prego brain decides to strike. Learn to say no. This has been so hard for me. I have always been go, go, go with roughly 10 different things going on at one time. I also have to keep this in mind in my work day. I am most productive first thing in the morning so if there is anything imperative that needs to happen I handle it as soon as I get in. Which brings me to my next point. I am very lucky to work with a very family oriented company and in an office that strives to take exceptional care of their employees. So when I found out I was pregnant I told them right away. I understand that many women are not afforded this luxury so as you navigate your own first trimester be sure and take care of your current responsibilities but I would suggest not taking on any new projects. I think it benefited me and my team greatly that everyone knew so early. They understood if I was feeling sick and would take care of the phone calls I had to jump off of in order to make it to the restroom. They also were considerate making sure that I got the early lunch if I needed my nap earlier or if I needed to eat sooner. Remember to take a breath. This is going to be one of the most joyous and life changing events of your life. I know how it can overwhelm you. What needs to be done, what needs to be cleaned, what needs to be purchased, how your plans are being judged by other mothers, and everything in between. However, take the time to focus on the things you are most looking forward to as well. Getting the car seat in my truck.

Chapter 5 : 'Balancing Pregnancy And Work' - CBS News

How to Balance Pregnancy and Work. In this Article: Managing Your Symptoms While at Work Maintaining Professionalism Preparing for Maternity Leave Community Q&A It can be difficult to make important decisions or work on major projects when you're not feeling your best.

Email Millions of women work during their pregnancies, sometimes right up until giving birth. Nancy Hall is the author of the new book "Balancing Pregnancy and Work," which addresses everything woman needs to know to get through those nine months while staying in the workplace. Hall explains some of the guidelines: Most women only end up taking about 10 and-a-half weeks because you not only have a new baby - you have a new expense. When breaking the news to your boss, Hall advises women to make an appointment and let him or her know directly. I realize the trade show is coming up. Be happy about it while telling the news. She had been so professional, she forgot to be happy. While she and her husband Jack, a freelance sports writer, have often talked about starting a family, those discussions always had a kind of dreamlike quality. But now Susannah finds herself thinking about the very practical issues of having a baby: How motherhood will affect her career. Money is tight already, and taking an unpaid maternity leave could make matters worse. Also, she worries about leaving her clients for very long. Thirty-four-year-old Arline, an airline ticket agent, and her year-old husband Dell, a building contractor, have been trying to conceive for about 8 months. Kim, a year-old hospice nurse, is enjoying the early days of her pregnancy. Your dream baby may still be at the "gleam in your eye" stage, blessed with every possibility. Or you may be actively trying to conceive, already thinking of yourself as a mother-to-be. Or you may be pregnant already. Just as no two pregnancies are alike, no two women, or couples, think about their growing family in the same way. Maybe you never gave motherhood much thought, or had mixed feelings about the impact parenthood would have on your life. Maybe your pregnancy came as a surprise, and you are still trying to sort out your own feelings about the changes to come. You may work for yourself or someone else, in or out of your home, or you may be searching for a job. As a working woman and a mother-to-be, you are not alone. Nearly two-thirds of women in the United States with a child under age one are in the paid labor force. Reading this book is just as important as eating right and taking care of yourself during your pregnancy. The latter two protect you and your baby; this book will help protect your job and career. This should include the following steps. Build a healthful diet. Now is the time to curb any junk food habits and build a diet based on fruits, vegetables, dairy products, lean meats, and whole grains. Talk with your health care provider about which kinds of fish are safe for you; many contain unhealthy levels of mercury. Pop a prenatal vitamin. Numerous studies find that the folic acid in these vitamins essential for cell reproduction and growth and also found in leafy vegetables, grains, breads, cereals, and liver, where it is known as folate can help to prevent neural tube defects like spina bifida. You probably already know how bad smoking is for you, but you should also be aware of the potential dangers should you become pregnant. Smoking increases your risk of having a tubal ectopic pregnancy, of miscarriage, and of premature delivery. Children born to women who smoke are more likely to be colicky as infants, and to have behavior problems as toddlers. Then there are even more reasons to quit: Smoking can impair fertility by causing a decrease in estrogen. Smoking has also been linked to premature degeneration of the ovaries and depletion of healthy egg cells. Limiting your exposure to second-hand smoke is important as well. Second-hand smoke is associated with the same types of health risks as if you were the smokerâ€”both for you, and when you get pregnant, for your baby. Visit your doctor for a complete checkup. This should include a Pap test and gynecological exam, family medical history, and a screen for sexually transmitted diseases. Make sure your vaccinations are up to date. Get a complete dental exam and teeth cleaning. Hormonal changes during pregnancy also make you more prone to gingivitis and periodontal disease, so starting with a clean slateâ€”and clean teeth and gumsâ€”is a good idea. Become familiar with your own menstrual cycle. This can help you to identify your most fertile times, and may serve as a clue for your health care provider in the event you have difficulty becoming pregnant and help you pinpoint the date when you do become pregnant. During that first visit, expect to describe your family history and receive a complete physical examination. This visit usually covers

not just the physiological aspects of your health—weight, blood pressure, medical history—but also discussions of your lifestyle: Which—if any—prenatal screening or assessment tools you want to use during your pregnancy is a matter for you, your partner, and your healthcare provider to decide. Many factors, including your age, reproductive history, family history, and ethnicity, are taken into consideration when determining whether a certain test is right for you. Think of these tests as tools to help you control—or at least be aware of—the many elements that will characterize your pregnancy. Of course, once you get the confirmation, one of your first questions will likely be: We talk about the 9 months of pregnancy, but health professionals think of a full-term pregnancy in terms of weeks or days. Human babies gestate for approximately 40 weeks, or days. To calculate your due date—or, in the quaint but slightly forbidding terms of a previous generation, your "estimated date of confinement," or EDC—the way your doctor does, get out your calendar. Figure out the first day of your last normal period and add days. You have a date on which you could be giving birthday parties for many, many years. If doing the math seems like too much trouble, figure out the first date of your last period and try one of the following online pregnancy calculators:

Chapter 6 : 3 Ways to Balance Pregnancy and Work - wikiHow

Balancing Pregnancy and Work is a little dated but an excellent resource on how to approach subjects such as telling your b There may be other books on this subject, but this is the only one the library had, and it stood out helpfully from the sort of week-by-week pregnancy bibles.

Being pregnant is a full-time job: Life keeps going and there are tons of tips and tricks we can apply to be able to juggle it all. I am currently on my second trimester, and so far, I am extremely proud of everything I have been able to accomplish at work while growing my little human. The first trimester was physically terribly challenging. Every pregnancy is different, but we can all agree that our bodies immediately change, inside and out. In the early stages we tend to keep pregnancy a secret, and keeping noticeable symptoms quiet at work may be one of the hardest things to deal with. To help me get through, I brought healthy snacks into the office, to avoid nausea from getting unbearable, things like nuts, yogurt, hummus, fruit, cheese bars, olives, mixed trail, edamame and drank tons of water! I would also sit near a door during meetings, where I could quickly make an exit if I was feeling severely nauseous, take a breather and come back refreshed. Aside from going to bed as early as I could, I also tried to take walks during the day to keep my body moving and get fresh air. Balancing appointments can also interrupt your work routine. These are the best times to interfere the least with your routine, as well to hide it from colleagues, if you need to. Just keep in mind to completely avoid days where you have big meetings or work appointments, as some doctor visits may take longer than others, this will also avoid additional stress. Talking about it will also release tension, making it easier to deal with your pregnancy at work, as you can then easily be honest about how you are feeling. Always remember it is completely OK to have weaker days, just work extra hard on days you are feeling better. Everyone around you will appreciate your efforts. Currently, I am full of energy and giving it my all at work. Part of what I am doing now is prepping for my third and fourth trimester, also crucial to be able to continue managing my business at the end of my pregnancy as well as with a newborn, when it gets harder again. Anticipating what is to come is as important. How am I prepping? With these tips and tricks I can rest more towards the end of my pregnancy and enjoy my baby girl when she arrives.

Chapter 7 : Balancing Pregnancy and Work: How to Make the Most of the Next 9 Months on the Job by Na

*If you're currently trying to juggle growing a baby with growing your career, **Balancing Pregnancy and Work** is the indispensable guide you'll need to make the most of the next 9 months. Packed with realistic tips and personal stories from women who have been in your elastic-waist pants, it covers everything from breaking the news to your.*

Sign up now Working during pregnancy: Know how to battle symptoms and stay healthy while getting the job done. By Mayo Clinic Staff Most women can continue working during pregnancy. Being pregnant, however, might present challenges at the workplace. To stay healthy and productive on the job, understand how to alleviate common pregnancy discomforts and know when a work task might jeopardize your pregnancy. To ease nausea at work: That double latte you craved every morning before pregnancy or the smell of foods reheated in the break room microwave might now make your stomach flip-flop. Steer clear of anything that triggers nausea. Crackers and other bland foods can be lifesavers when you feel nauseated. Keep a stash at work for easy snacking. Ginger ale or ginger tea might help, too. Handling fatigue You might feel tired as your body works overtime to support your pregnancy and resting during the workday can be tough. It might help to: Eat foods rich in iron and protein. Fatigue can be a symptom of iron deficiency anemia, but adjusting your diet can help. Choose foods such as red meat, poultry, seafood, leafy green vegetables, iron-fortified whole-grain cereal and beans. Take short, frequent breaks. Getting up and moving around for a few minutes can reinvigorate you. Spending a few minutes with the lights off, your eyes closed and your feet up also can help you recharge. Drink plenty of fluids. Keep a water bottle at your desk or in your work area and sip throughout the day. Cut back on activities. Scaling back can help you get more rest when your workday ends. Consider doing your shopping online or hiring someone to clean the house or take care of the yard. Keep up your fitness routine. Although exercise might be the last thing on your mind at the end of a long day, physical activity can help boost your energy level especially if you sit at a desk all day. Go to bed early. Aim for at least eight hours of sleep every night. Resting on your left side will maximize blood flow to your baby and ease swelling. For added comfort, place pillows between your legs and under your belly. Staying comfortable Proper lifting during pregnancy As your pregnancy progresses, everyday activities such as sitting and standing can become uncomfortable. Remember those short, frequent breaks to combat fatigue? Moving around every few hours also can ease muscle tension and help prevent fluid buildup in your legs and feet. Try these other strategies, too: Using an adjustable chair with good lower back support can make long hours of sitting much easier especially as your weight and posture change. Elevate your legs to decrease swelling. If you must stand for long periods of time, put one of your feet up on a footrest, low stool or box. Switch feet every so often and take frequent breaks. Wear comfortable shoes with good arch support. Consider wearing support or compression hose, too. Bend at your knees, not your waist. Keep the load close to your body, lifting with your legs not your back. Avoid twisting your body while lifting. Keeping stress under control Stress on the job can sap the energy you need to care for yourself and your baby. To minimize workplace stress: Make daily to-do lists and prioritize your tasks. Consider what you can delegate to someone else or eliminate. Share frustrations with a supportive co-worker, friend or loved one. Practice relaxation techniques, such as breathing slowly or imagining yourself in a calm place. Together you can decide if you need to take special precautions or modify your work duties during your pregnancy.

Chapter 8 : How to Balance Pregnancy and Work

Balancing being pregnant, house work, being a wife, and being a co-worker can become quite the circus act but with a little extra organization, planning, and elbow grease you'll ease into the transition with only a couple bumps.

Chapter 9 : 8 Tips To Balance Work During Pregnancy | Being The Parent

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