

30 things you need to know about pregnancy

600+ pages long with Info and tips about pregnancy

by pregancymusthaves.com

Best Pregnancy Scar Removal Creams and Treatments of 2019

General Introduction

Pregnancy is a time when every **mother** is in her own world imagining the phase when she would be able to see her **baby**. She would be able to hold the baby in her hand. She would be able to feel her.

A mother who is expecting to keep herself updated with the **checklist** she had already **prepared** for the **baby**.

The checklist would include various things such as taking care of baby, parenting tips, the baby food, baby toiletries and what not.

But in all this, she generally forgets to think about herself. Yes, along with the baby it is very important to keep a check on yourself (the mother who are expecting).

You are the most important thing as when you would be healthy you would be able to keep your baby healthy. So, start making a checklist today itself, of all the

things that you would need and you must have during pregnancy and even after that.

Pregnancy Must Have – Scar And Stretch Marks Removing Cream

PreganacyMustHave.com bring you some of the most important things that you would need while you are going through this beautiful phase of being a mother.

Things such as **pregnancy pillow, water bags, soft slippers for a night, and scar removing creams or stretch marks cream.**

Best Pregnancy Scar Removal Creams and Treatments

Yes, these **stretch mark removing cream** will be the most important product that you will find useful during post **pregnancy stages**.

It would become to face the world with your **stretch marks** and gradually you will lose your confidence and faith in yourself. You will find every possible way to hide yourself and your body behind the **drapes**.

Sometimes people believe that they will have to live with these **stretch marks** forever as the **pregnant part of the skin**. Some also believe that removing those marks will need a huge amount of money as it will be removed **surgically**. People have also been complaining about the deep, old, scars that are so stubborn that they are not removed even after taking painful measures.

To save you from such drastic phase we bring you some of the best and cost-effective products – creams that will help you remove the marks within no time and you will still retain your beauty and shape even in your post-pregnancy stages.

With these innovative cream, you will be able to remove the marks and help your skin to heal. We will be discussing some of the best products that will help your skin to get rid of those scars in a most effective manner.

The creams are not just like every other product in the market. These are rigorously tested and posses some of the highest quality ingredients. They are proven to provide some very impressive results for scar reduction.

Best Pregnancy Scar Removal Creams and Treatments



Find the comprehensive list of products here:

Art Naturals Stretch Mark and Scar Removal Cream – This cream generally comprises of the most organic and natural ingredients that are derived from various plants and herbs. It is also considered as the most cost effective stretch marks cream today in the market.

Before using it just get to know the insights of the product. It is completely filled with potential anti-oxidants such as vitamin E. Vitamin E are best known for its healing benefits and they also help in improving the skin layers.

With this cream, you will be able to improve the microcirculation of your skin and allow it to absorb the nutrients that will help in removing the tough scar tissues

and repair it from within the skin. It has added glycerin and dimethicone which helps to lock the moisture in the skin and add softness to it.

The key component of the cream which helps in fading the dark spots and also normalize the skin tone of that area. Its product also comprises of shea butter which has the capability to soften the skin and retain the softness for a longer period of time. Shea butter mixes well with rosehip seed oil and sunflower oil which will get absorbed inside the skin and remove the heavy oily appearance.



When these ingredients come together in a single product then you will get the desired results just in 3 weeks time period. But this is also depended on the depth and age of your scars. You will start feeling that your skin is gaining the softness and tenderness again.

The skin will start renovating within 30 days time span. But keep in mind that you will have to follow the procedure religiously to see the desired results. The cream gets absorbed easily inside the skin leaving behind a bright skin without any stretch marks.



Pros:

- Effective for both fresh and older scars
- Unscented
- Contains fatty acids and antioxidants

Cons:

- The effect will take longer to see results on older scar tissue
- Less budget friendly

Body Merry Fading Stretch Marks and Scar Cream:

Get the best high quantity organic products which are comprising of all the natural ingredients. The major component of this cream is organic cocoa butter. If you are finding a way to get rid of your stretch marks and pregnancy scars then this is the best product for you.



The cream has the ability to provide help to your skin in 2 different ways. Both the ways are just perfect in removing the scars and also making it look young and healthy. You won't need to hide any body part anymore.

You can flaunt it in the way you want. The cream works on the surface of the skin and potentially even outs the hyperpigmentation and discolored areas. The cream has the capability to provide healthy nutrients that will heal the stretch marks even the ones that have deeper marks.

The skin will produce collagen and elastin – the two main factors that keep the skin healthy and plump. The stomach area will look like one of the best parts of your body. Many people have been recommending it as they have got some

excellent results. The key component of this cream is allantoin, which is a strong keratolytic agent.

This agent is quite potent in removing the dead cells and recycling the old cells and impart help in promoting the growth of new cells. You will see the desired soft skin within a short period of time. The alpha hydroxy acid that is one of the ingredients of the cream will help you to get rid of the marks and help the skin to appear less damaged.

With the use of lactic acid along with glycerin, your skin will be able to lock the moisture even when it is winter. It is specifically designed for the body and not for the face, so be while using it.

You need to massage the cream in circular motions for about twenty minutes each day. The marks will start fading and will make it appear light and mild with a bit of scent.

Pros:

- Contains Allantoin
- Is effective for both women and men
- Addresses scar healing on the surface and in the deeper skin tissues

Cons

- Not for use on the face
- Lightly scented

Extreme Stretch Marks and Scar Repair Cream:

PregnancyMustHave brings to you one of its best product that will help you remove the stubborn scar skin tissues and stretch marks that would easily heal

the darkness of the tissue even if they are deeper. It is not recommended for the face skin scars.



This is a revolutionary product which is comprised of all the natural ingredients and is specifically designed for the mother who is in their post-pregnancy stage or is expecting one.

This extraordinary cream rips the benefits of natural healing powers of Shea Butter, Cocoa Butter and aloe vera. These things combine to work on your body to create a regenerative process. With this cream, you can easily avoid some very expensive cream which causes irritation to the skin.

You can also find some natural ingredients such as vitamin E and B5 along with tocopherol and green tea extract in order to heal the skin and prevent it from further damage.

You will witness a dramatic change in the appearance of this skin. The cream will suit everyone as it has nourishing and hydrating qualities which can be used on face and body as well. The product is also cost-effective so won't be getting any sort of budget conscious. The greasy nature of the cream helps it to get absorbed in the skin easily. You should use it once every day.

Pros:

- Natural and organic ingredients
- Is soothing to the skin
- Smooth and well absorbed
- Budget-friendly

Cons

- Consistency is quite thick
- Can potentially cause breakouts in some users

Selevax Intensive Scar Cream

With this cream, you can start to see the result on new as well old scars and marks. You will be seeing results just in 3 weeks time. The product is a bit expensive but it is worth the try.

This is also made up of all the natural ingredients and organic components. It is a hydrating cream that will aim to keep your scars from forming for the next time.

SELEVAX

intensive scar cream BY SÉNVIE



before Selevax



after Selevax

“ I love the product. I had an abdominalplasty 4 months ago and my scarring is greatly reduced...like pinkish/white stage. It smells great as well and absorbs quickly as well. Highly recommend! ”

You can also heal your injuries along with your scars and blemishes. With shea butter and cocoa butter, you can actually get your skin softer than usual. These are the main ingredients of the cream.

Your skin will get the power boost of vitamin C and E along with a cell that will help your skin to stimulate with algae extract. It will easily nourish the affected body part and will also rejuvenate it to look better with fading scars.

The cream can easily go with Jojoba oil and grapeseed oil – the combination will be absorbed by the skin and help it glow. You can apply the cream on the stretch marks area and leave it overnight. To get a consistent result to keep following it till you start observing the changes. Along with fading scars, your skin will improve.

Pros

- Can effectively reduce new scar formation
- Useful on dry, cracked, irritated skin
- Provides deep moisture

Cons

- Cocoa scent can be too strong for some users
- Heavier texture

InstaNatural Scar Gel Cream

Yes, one of the most recommended products of all time for post-pregnancy stretch marks. But sometimes a high-quality product comes with a higher price tag. This cream directly works on your epidermal cells with a cutting edge ingredient such as Epidermal Growth Factor, Kola Gotu, and Astaxanthin.

It is one of the expensive items on the list.



It will come in the form of gel and heal your skin with the help of epidermal cells. With the use of EGF, you can easily encourage the growth of healthier skin and it will also repair the damaged cells and get rid of dead cells. EGF promotes the growth of healthier skin cells to replace the old and damaged cells.

This will help you to heal the scars and stretch marks. The product comprises of some other components also such as Astaxanthin and Fucoxanthin. These are efficient anti-oxidants which when applied will aid the cells in healing and will not leave any strong scent. The cream will come in a bit darker color instead of pure white.

The product comes with a dispenser in order to make it easy to use and apply. The texture of the cream is a bit light but you will find that it is heavy on nutrients. Some of the customers have also reported that the scars and stretch marks start fading within less than 2 weeks time. Yes, you might feel that complete healing takes longer but you will see the improvements really fast.

Pros:

- Treats scars with cutting edge ingredients
- Easy to use dispenser bottle
- Safe for application on any part of the body

Cons:

- Can be expensive
- The color of cream is tan, not white

Conclusion:

At PregnancyMustHave we aim to provide some of the best product to help every mother out there. We hope you like this comprehensive list of creams which you can use to get rid of your pregnancy scars and stretch marks.

Pregnancy Pillow – When And How To Use It?

Pregnancy, as we are all aware, is a challenging as well exciting period for every woman who is expecting a baby soon. Those critical 9 months are quite demanding for both the mother and father. The mother needs care, love, affection along with being diligent on the part of a mother.

This is necessary to ensure that the baby is perfectly fine and safe in mother's womb. The baby should receive all the necessary support, care, and nutrition that is essential for its full-fledged growth and development.

In this phase mother and baby, both needs equal care and nourishment. She is the one carrying the baby in her womb and to expect a healthy delivery of the baby mother needs the proper nutrients and also her ambiance has to be very positive.

A Mother has to be very alert to protect the fetus from any physical harm from external sources. The women who are expecting should get a positive environment, safe, comfortable, where she can move freely all around the place. So, one of the most important aspects that come here is the sleeping position of a mother. In such cases, most of the time the partners have to spend sleepless nights just to check if the mother is sleeping in the proper position. The awkward sleeping position can severely harm the baby from inside.

These things happen because the normal mattresses on which we sleep are not specifically designed for pregnant women.

The discomfort while sleeping will lead to body aches and disturbs the person. But don't worry, PregnancyMustHave brings you some of the greatest collection of maternity pillow which will help the mothers to sleep comfortably in her bed without getting any disturbance in sleep. At some places, it is also called a pregnancy pillow.

So what exactly is a maternity pillow or pregnancy pillow?

What is a Pregnancy Pillow or Maternity Pillow?

The pillow that is specifically designed for pregnant women is called Maternity Pillow or Pregnancy Pillow. They suit the body that the changing contours of the body as the baby womb grows bigger and bigger. It is designed to offer support in various sleeping position. As they provide support to the entire body they tend to be very long than the usual pillows. With these pillow support, the mothers are able to get proper, sound and comfortable sleep. The pillows are also helpful during the post pregnancy periods when sleeping actually becomes a bit challenging.

By getting to know what a pregnancy pillow is, now you can suggest it to all the women who are expecting a baby or you can also gift them just to show your concern towards them. It will be a great gesture for the to-be-mothers. Now let's move on to see what are some other benefits of it apart from supporting the body contours and helping a mother sleep.

The 4 Benefits Of Pregnancy Pillow

Some other benefits are listed below:

Offer Comfortable Sleep and Avoid Body Aches and Pains:

We all are quite familiar with the fact that during pregnancy the body weight of the mother keeps increasing which indirectly puts pressure on the back, legs, and hips. It is very important to provide rest to these body parts. And the most suitable time to give that rest is while sleeping. The Pillow supports these body parts which are under stress for the whole day. It will also prevent the body from any type of pains or aches.

Blood Circulation Of The Body Is Enhanced:

There are various sleeping positions which might be harmful to the baby and mother both. Sometimes it might happen that the blood circulation of the body is not taking place properly and the mother starts feeling the cramps. With these Pregnancy Pillows, you can easily promote the blood circulation of the body. With the help of Pillow, you can prevent the mother from sliding on her side which will make her body in an uncomfortable position. The growing belly part needs to be taken care of. These pillows impart extra softness and cushioning that allows comfortable sleep in any position whichever the mother feels perfect for her. In such cases, the pillow proves to be the best for her.

Longer Sleeping Hours, Relaxed And Better:

Taking rest at a regular time is the best therapy one can give the mothers (it is also applicable generally). It is the key to a stronger and safer pregnancy. With maternity pillows, you will be able to sleep for long hours and will have a better sleep.

Maternity Pillows Are Helpful Even After Delivery:

Maternity pillow will be useful even after delivery of the baby as it will come handy to put your baby in the right position, in order for the child to learn how to latch properly.

Now as we are clear with the facts and benefits of Pregnancy Pillows, let's see when should we start using these pillows? As you that your pregnant or when the body starts to change its formation gradually.

The best time to start using a pregnancy pillow is when you start feeling uncomfortable while changing your sleeping position. It is reported that most of the women start to gain the shape after 20 to 21 weeks of Pregnancy, the belly portion of the body will gradually expand and you will feel the pain in the ligament due to the increased weight. So, now you know when you can start using the maternity pillow.

Different Types Of Pregnancy Pillow

Let's begin to know what are different types of Pregnancy Pillow and how you can use them. The markets are flooded with several different types of Pregnancy pillows and you can observe the different shapes and sizes and choose the best that suits your body. Each and every pillow poses a different set of features and caters to a different set of needs.

A mother should select her maternity pillow by knowing all the features and understanding all the discomforts being faced. You must be aware of the fact that every pregnancy is quite different from one another and so are the challenges associated with it. So, be careful while selecting your pregnancy pillow. PregnancyMustHave brought to you some of the greatest collection of Pregnancy Pillows to choose from.

Pregnancy wedge pillow:

The wedge pillows are also known as the Pregnancy Cushion or Maternity Cushions. They are the smallest of the type available. These type of pillows are mostly used during the post pregnancy phase. Wedge pillows are round and triangular in shape. The roundness and softness of the cushion provide support to the belly portion that was stressed out during the nine months time.



How will you use it:

The pillow needs to be placed under the belly portion or tummy portion to provide the support. You can also keep it in the back to give it necessary support while sleeping sideways. You can also use this pillow as your standard pillow. It will provide assistance and relieve heartburn and reflux. It will raise the head above the average level from the body height. By this, you can easily get the support to the entire body.

Full-length pregnancy pillow:

With a full-length pillow, your entire body will get the support. These pillows are long and provide cushioning to the entire body. They are designed specifically to impart good comfort level to the arms, legs, and tummy. The mothers can easily hug the pillow and even embrace it. Yes, there is one setback that these pillows do not provide much comfort to the back portion of the body. There are two types of a full-length pillow – straight full-length pregnancy pillow and flexible full-length pregnancy pillow.



How will you use it:

The full-length pregnancy pillows are specially designed to hug and cuddle. These are not like other pillows as you cannot place them under the belly or put them behind the back. But yes one good feature is that you can wrap your arms and legs around it and embrace the center of the pillow.

Pregnancy Total Body Pillow:

This is quite a huge pillow with a height of around five to six inches long. It has proved to be perfect for mothers of any height. The pillow will completely wrap the mother all around. Total Body Pillows are useful during the second or third trimester. Why this period? Because mothers need support to the belly as they start to feel uncomfortable during the 3rd trimester or 2nd trimester. They need extra care to support the spinal cord. Moreover, these pillows provide comfort to

the hip and back by reducing the level of pain. You will find that there are two types of Total Body Pillows – U-Shaped and C-Shaped. The U-Shaped and C-Shaped pillows need to be used in different ways.

How will you use it:

Total body pillows are designed specifically for the people who wish to sleep in the riding position. In this case, you can easily place your head on the top of the pillow and your body can slide your back into the curved area of the pillow.

U-shaped:

With the U shaped pillow you can easily support your entire body that will include your belly portion which gradually keeps increasing with time. It is good for mothers who cannot easily sleep on the back due to the weight. The back of the body is also supported with this pillow.



C-Shaped:

Similar to the U shaped pillows, the top of the pillow is used to rest the head portion and slide the body to the remaining part of the pillow. You can easily slide to any side of the pillow and sleep in a better way.



The Pregnancy Pillows are the greatest accessories for the mothers and quite convenient for them as well. To get a good night's sleep you can easily get a different type of pillows for yourself, your wife or any person in your family who is expecting.

Once we have discussed the different types of pillows let see how should we select them and on what basis. Let's see how we can choose the right pillow for us. PregnancyMustHave provides a different pillow that will serve a different purpose. You must pick the right one only after verifying it with all the requirements. These are the checklist points that you need to check before finalizing the pillow:

Will you be able to wash the cover of the pillow? Will you be able to remove the pillow cover?

Yes, definitely. This is a very important question as cleanliness is what matters the most and especially for them to be mothers. You cannot have her use a pillow that is not cleaned properly. The pregnancy is a progressive stage, the mother usually sweats a lot. So maintaining hygiene is a must.

What would be the filling of the pillow?

Different pillows will be filled with different stuff and one should be aware of it. Different materials have a different set of properties. The filling has the potential to impact the comfort level of a mother which will indirectly affect the sleeping pattern and time.

- Polyester fiber filling
- Styrofoam Ball Filling
- Microbeads Filling
- Memory Foam Filling
- Buckwheat Filling
- Therapeutic Filling
- Organic Filling

What should be the size of the pillow?

If you wish to have a bigger pillow then you must think that it will occupy more space on the bed. It will also be heavier to lift. Yes, it will be helpful if you have a tendency to keep moving your head while you're asleep.

Conclusion:

With all said and done, pregnancy is the most important part of the phase of a mother's life and she needs utmost care during that period. With an amazing collection of Pregnancy Pillow at **PregnancyMustHave** you can gift her one of the best things that will comfort her during those nine months and even after that. Stay tuned for more updates on pregnancy.

Pregnancy Dress – When And How To Use It?

General Introduction:

Pregnancy Dress

Are you expecting your **little one** really soon? I guess that would take nine months. And these nine months will prove to be one of the most important phases of a mother's life. The phase is **Pregnancy**, it is the most beautiful phase of a **woman's life**. During this period of nine months, a woman undergoes many **physical, emotional and mental transformation**.

She needs extra care and affection throughout this phase. Her body hormones keep changing sue to which she might feel extremely happy, sometimes sad, and sometimes irritated. It is all because of the changes that take place in her body.



Pregnancy dress

The Beautiful Phase Of Pregnancy

With this, a partner must always take care of things that she would need during this time. For example, she would need **pregnancy pillows** for her **body** where she could easily **rest** her **bump** and also **reduce** the level of her **body pain** and **aches**. Moreover, she would also need her medicines on time and at a regular interval.

One of the most important thing after all this would be her **maternity clothes**. **Pregnancy dresses** or **maternity clothes** are important because she would feel **comfortable** in it. The **clothes** have to very soft and impart a **comfy feeling** to her. The **clothes** should be designed in such a way that they allow the abdominal area to expand easily as it will be imperative to both **mother** and her **baby**.

If the **clothes** do not provide her the comfort she would feel suffocated and will easily get irritated. Her **feelings** and **emotional anxiety** would also **affect** the **growth** of the **baby**. Hence it is very important to select clothes that she finds **comfortable** and easy to **fit**.

Till now, you might have scrolled all the Instagram pages and **online stores** where you could find **woman clothing** to make your **lady** love **look fabulous** even with her **bump**. You have to **dress** her **bump** in such a way that it looks effortless and fun. No matter what the season is, you can easily figure out what would **suit her**.

With the right **maternity clothes**, you can actually flatter yourself. **PregnancyMustHave.com** brings you some of the best **collection** of **maternity dresses** or **pregnancy dresses** which will make You look—and feel—your best as you count down each **trimester** to your **delivery day**.

When Should You Buy The Pregnancy Clothes Dresses

The most important thing here is that when should you buy these **pregnancy clothes**. When you are at the beginning of your first trimester you won't feel the need for any such **clothing** but as the baby bump gradually increases you will feel **uncomfortable** and **suffocating** in your **old clothes**. So, you should consider the **timing**.

We are quite familiar with the fact that no two women have the same **experience** during . It indirectly means that you might be wondering when to start using

pregnancy clothes. It completely depends on the mother, when she wants to start wearing the **clothes** in which she feels **comfortable** and **free**. But yes you may get some **hints** from our **blog**.

- **The points to consider when should you buy pregnancy clothes:**
- **When you feel that you need to unbutton the hook of your pants.**
- **You feel that Spandex is your most suitable clothing material.**
- **When you feel bloated for the entire day.**
- **When you feel that your bump is peeking out of the shirt and will be clearly visible to the nearby people.**

The most probable time is when the bumps go up to the level of the navel. At around 20 to 21 weeks time most of the women start to show up the bump. But it also depends on the **weight, body type, number of babies and height of the woman**. You should resist yourself from buying the **pregnancy clothes** for the first trimester (i.e. around the first 12 weeks) as during this time you will still be observing the changes that take in your body. Being a mom for the first time will definitely give you butterfly in your stomach.

If you consider yourself a fashionable chic then you must go for different urban pregnancy lifestyle. During the second trimester, the belly will actually start to form and this would be the right time to start collecting your things.

Till now, we saw that all the facts are pointing towards the fact that you need pregnancy clothes.

What are some essential factors that a mother or her partner must consider before buying pregnancy clothes? Read on to find some tips while selecting pregnancy clothes and how to figure out the right pregnancy clothes.

What size maternity clothes to buy?

When it is a **woman's first pregnancy** then it becomes very difficult to guess the progress of the **baby**. Moreover, the to-be-mother gets confused with the size of the clothes that she should be buying for the coming months. So, it becomes trickier to estimate the size of the **pregnancy clothes or dresses**. It was surveyed by many **fashion designers** that wearing something **comfortable** and loose helps the mother stay free as well its good for the **baby**.

What are some of the Pregnancy Clothing Essential Points that Needs To Be Considered?

It is quite common to hear two buzzwords during your pregnancy phase one is 'basics' and another one is 'essentials'. There are some you might find already available in your closet and some might be new to you. Choose wisely and be happy.

Pregnancy Maxi Dresses For To Be Mothers: It is a form of Maxi dress, long till ankle level. It is a dress that will make you feel less grumpy because with time the shape and silhouette of your body will change.

T-Shirt And Lose Tops:

For to be mothers you can buy materials that are stretchy and available in a different color, for example, white, grey and black. Along with the t-shirts, you can get pregnancy jeans which will make it a complete set for the mothers. She can even go out for shopping or even just for strolling.

Mommy Jeans:

Yes, You can some comfortable jeans that are loose-fitting till the ankle level. You might be observing many changes happening in your body with a gradual increase in the belly portion. You can try out some of the most super-comfy pregnancy jeans. Once you get to hold on this you will never feel like going back to the old ones.

Mother Leggings:

It is one of best thing today for all body type women. It is a good idea to have a few pairs of colorful leggings that you can always wear in the rotation. They will take the shape of your body (legs) and will make you feel comfortable. It will easily mold the body and are hands down for the best option for being comfortable.

Your Undergarments:

It is often seen that people discuss what they should wear on the external body parts. But along with that, you must also take care of the internal body parts. You should always a good amount of your budget in your underwear and also on few stylish and supportive bras. During pregnancy the breasts also need care and nutrition, wearing tight bras for all day long will not make the mothers comfortable. Being very intentional about the intimate layers of your body then you must set a tone to it.

Your Must-Have – LBDs are your MVPs:

Getting an LBD is to be added in your closet. A little black dress is needed to make you feel confident to attend the type of wedding or ceremony while you are on with your trimesters. Having 2 to 3 such dresses will help you in emergency cases so that you don't have to run to the stores at the last moment.

But these LBDs must be very very comfortable and the material of the cloth also has to be very soft. Make sure it covers your bump in a very normal way and you do not feel very tight in it. It should give you a flaring feeling.

Would You Like To Try Menswear:

You can easily get hold of the oversized blazer. This is a great option which you can cover it on any size t-shirt or top. Along with giving you a chic look you can even fit yourself in it. You won't be feeling any sort of pregnancy difficulty through oversized clothes. It will be quite comfortable and trendy.

Let's check some of the tips that will help to choose the right pregnancy clothes or maternity clothes.

Some of the tips for what to look for in pregnancy clothes:

If you already know that you have entered your most beautiful phase then you might have scrolled the internet online stores and Instagram to find the best set of clothes for your coming months. So we are here to help you choose the best clothing. Here are some of the factors that you should consider while choosing the right material for your pregnancy clothes.

The clothes should match all the requirements such as fashion, trend, fabric, and budget. Some items in your wardrobe might also last beyond your bump time.

Does the material of cloth stretch?

You must keep a check on the material of the pregnancy cloth or fabric. It should be stretchy. So that when your body changes and grows gradually with time. You will be gaining weight along with that the belly bump or your baby bump will also grow throughout your trimester. Get anything that has a flexible effect to the fabric it will stretch like jersey and give you a comfortable feeling and flexibility.

Does the fabric of the cloth have sheerness?

You must check that the pregnancy cloth fabric is having a slight sheerness to it. So that when you bend or stretch during your work or exercise it will make you feel comfortable. You won't feel suffocated in the fabric. The cloth should be able to provide easy motion to the body which is quite important for a pregnant lady.

Mother s will need to check Ruching Embrace:

It is a specific feature that will allow to-be moms to easily cover up the body with flexible clothing that will help your bump to grow without any sort of hindrance. The **material** is so good that even if you buy it in the first trimester of your **pregnancy** you won't feel like throwing it away or keep it away deep inside the

closet when you have completed the **pregnancy phase**. The material will be suitable for every person rather slim or healthy. The main thing is it should be flexible for the baby bump.

You must always think beyond your pregnancy phase or time:

Yes, it is quite important to think that the clothes you buy for **pregnancy phase** then it should also be useful after the phase. The finance that you spent on those **clothes** should not go in vain. So choose wisely when to pick the **clothes**.

It should be useful during pregnancy as well as after that. Moreover, you should keep in mind that if you would be **breastfeeding** the child then the upper portion of every dress must be flexible.

Conclusion:

We had a very intensive discussion regarding the clothes that a pregnant lady or a to-be mom should be wearing. At PregnancyMustHave you can easily access the **Pregnancy Dress** or **Maternity Clothes**.

They provide some of the greatest collection which will suit all the body types. You can also find clothes in a different fabric from which you can choose the best one for yourself. Go Hurry!

6 Best Heartbeat Monitors For Pregnancy Explained

General Introduction:

Babies are one of the precious **gifts** God gives to **parents**. After becoming a parent suddenly two young people (a couple) extra caring affectionate and responsible towards the baby. Yeah, it gives **goosebumps** to every woman who would be reading it. Being a mother is a daunting task but before that **carrying** the **baby** in the **womb** for nine **months** always needs some extra efforts from a mother's side as well as her partner.

If you are living in a joint family then you would be surrounded by your cousins and elders who would be giving you a lot of advice every day. A quite exciting phase of a woman's life isn't it? But this phase also comes with billions of **questions**. Now, you might be making a checklist as to what to **buy** for the **baby** and even for **yourself**. One such thing that you would find very **helpful during** your **pregnancy** period is a **Heartbeat Monitor**.



Baby heart beat monitor

Yes, your mind would be full of questions as to why do I need a **Heartbeat Monitor**? Will it be useful for a to-be mother? Is it safe to use it for a longer period of time? Will there be some restrictions or is it quite flexible to use? Now, to clarify all your doubts first of all we need to know what exactly is a **Heartbeat monitor** and how it is used?

What Are Heartbeat Monitors?

A **heartbeat monitor** is a device that measures the **heartbeat and rhythm of the baby (fetus)**. It will easily help your **family doctor** or your **personal nurse** to **identify the health of the baby inside the womb**. You can easily use this device while your late **pregnancy stage** or just before the **labor** stage.

You must be aware of the fact that the **average heart rate** of the baby should be between **110 and 160 per minute**. The heart rate can vary between 5 to 25 beats per minute. The device will help you to check whether the heart rate is normal or not. It will happen only when the bay does not get enough oxygen in the womb.

Two Different Ways Of Checking The Heartbeat

Once we are clear with the fact as what is a Heartbeat Monitor or Heartrate Monitor. Let's move on to understand the two different ways in which the HeartBeat Monitor operates. The two ways are External Heartbeat Monitoring and Internal Heartbeat Monitoring.

External Heartrate Monitoring:

Through external method the device which is used to listen and record the heartbeat of a baby through the belly portion. The Doppler Ultrasound device is often used during the prenatal checks the measure the baby's heart rate. Moreover, it is also used to check the baby's heart rate even during labor. It is necessary to check that the baby's heart rate is continuous during the labor period.

For this, the ultrasound probe is fastened around the belly. The heart rate and its pattern are then shown on a paper or sheet that are attached to the machine. You might be feeling tempting to switch to the couch and sit there for the entire pregnancy phase or period.

Internal Heartbeat monitoring:

Though this method you can see that a thin wire is inserted in the mother's body through her cervix. The wire is connected to the monitor which is then attached to the baby's scalp. This method is more accurate than the External heartbeat

monitoring as it gives a better reading because the baby's movement does not affect the reading.

This method is only possible if the fluid filled in the womb is broke which is used to surround the bay and protect it. When the sac gets broken the cervix is opened and the wire can be easily inserted. The internal monitoring should only opt when external monitoring does not give you good results.

Or it can also be used to closely monitor the baby's development before or during labor. The device you can check how many contractions you are having and at what rate. By making all these analyses it becomes easier for the doctor to check the mother's and baby's health.

The Overview of some important baby heartbeat monitors

Product	Ease of Use	When It Works	Cost
Stethoscope	Average	18 to 22 Weeks	\$10 to \$80
Fetoscope	Average	18 to 22 Weeks	\$25 to \$90
Pinard Horn	Complicated	18 to 22 Weeks	\$25 to \$300
Amplifiers	Complicated	Depends	\$20 to \$30
Doppler	Depends	8+ Weeks	\$150+
Fetal Monitor	Professional Use Only	20+ Weeks	Professional Use Only

By getting to know all this information about the devices and the different ways to check the heart rate of the baby it becomes tempting to take home such devices.