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Young parents

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OCTOBER 2011



RM10

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TAKE A BABYMOON (OR TWO!)

"The pregnancy went well. My wife and I – she's also a gynaecologist – even managed to take two short holidays. The labour progressed smoothly and it was pain-free as my wife had an epidural. As a result, we could breastfeed and bond with our baby immediately."

– Dr Christopher Ng, GynaecMD Women's & Rejuvenation Clinic. His daughter is 10 months old.

GIVE BABY A HEALTHY START

"For my first pregnancy, I was extremely careful about my diet and medication. I was also working part-time, so I had the luxury to rest for a while in the afternoons, as it was also recommended by my gynae because I was diagnosed with complications.

"I gave up coffee – which I was massively addicted to – and was eating a lot of vegetables and salads. My husband gave up smoking during that pregnancy as well. Because of the good care and effort, my son was born at a healthy 3.8kg.

"When I had my second baby, I was working full-time and had my toddler son to look after, too. I realised that I became more relaxed about prenatal care. I'd sometimes miss medication and check-ups, and didn't take my meals regularly. I had resumed drinking coffee, but didn't consume enough milk or take calcium supplements.

"As a result, during the last few days of the pregnancy, I had severe backache and leg pains. My daughter was born at just 2.7kg and continued to be a sickly child for a couple of years after birth. I still feel guilty about not taking enough care during the time when I was pregnant with her."

– Dr Anupriya Agarwal, National University Hospital. She has a nine-year-old boy and a six-year-old girl.

PREP YOUR BODY

"I swam two to three times a week, and occasionally worked out on the cross trainer and exercise bike for 30 to 45 minutes each session. Staying fit helped prepare my body for labour, which were short and easy both times. The first one lasted four hours, while the second lasted three.

"I also ate a well-balanced diet, which included wholegrains like oats, brown rice and wholemeal pasta. Eating well and exercising made the entire pregnancy easy. I had lots of energy and was still working till the day I delivered."

– Dr Chia Yin Nin, KK Women's and Children's Hospital. She has two sons aged six years and three months.

WATCH THE SCALE

"I tried to have regular, balanced meals, as it was often difficult with my work schedule. I was also very particular about excessive weight gain. Being an obstetrician, I know that this can result in severe backache, swelling of the hands and legs, and the arrival of stretch marks. I took up yoga and pilates from the 14th week of my pregnancy and did them regularly till my third trimester. Exercising helped alleviate pain in my buttocks, back and muscles. But I wish I had taken some photos of myself before I gave birth!"

– Dr Irene Chua, Gleneagles Hospital. She has a two-year-old child.

INVOLVE THE SIBLINGS

"I wished I had involved my elder children with their younger siblings more during my pregnancies, so that they would have more memories of those special times. Looking back, I could have brought them along to my prenatal check-ups and scans. I could have also included them when I was shopping for baby essentials and even choosing the names."

– Dr Su Lin Lin, National University Hospital. She has three daughters aged nine, seven and five.