

1

ACHIEVING A SECOND PREGNANCY



If you are reading this book it is because you have begun to embark on the exciting path of having a second (or third) child. Whereas the first time around there was only you and your partner's situation to consider, now there's another person whose entire future life will be affected by the decision you make. There will be many factors to consider and possibly treatment to undergo if conception doesn't happen as you'd wish.

Making the decision

Most people think hard when planning for another child. They have to take many factors – emotional, financial and practical – into consideration. On the other hand, sometimes the decision is taken out of one's hands – and that brings its own consequences.

Emotional considerations

You may wonder if you have had enough time alone with your first born, before embarking on another pregnancy. There is no absolute right or wrong answer to this question. Having a second child will definitely affect the time you have with your first child, but bear in mind the positives can outweigh any perceivable negatives. Realise that there will be ways to divide yourself so that you will be able to still spend some alone time with your first child (and later, with your second); for example, take advantage

of family and friends who are willing to babysit. Also, be prepared that, depending on your child's age and personality, bringing home a new baby will have an effect on him. There's a reason why they call it "sibling rivalry", and it often stays around for a long time (see page 13). However, the bonds that your children make can be special and enduring and learning to deal with siblings can be an important and valuable lesson in life. If your first child is very young, however, he may not even understand the concept of a baby brother or sister, so don't feel frustrated if he doesn't respond as you expect.

Financial considerations

Having a child, as you know, is not cheap. The current costs of a child in the first year are approximately £4,000.00 and there is no doubt that

ONLY CHILDREN

Until a second baby arrives, your firstborn is an only child. And if he's aged three or four years and still doesn't have any brothers or sisters, you may be worried that he'll become spoilt, precocious and more comfortable in the company of adults than he is with children his own age. Yet that is not an inevitable outcome. Psychological studies involving thousands of children have found that an only child (when compared to a child with brothers and sisters) is no more likely to be spoilt, attention-seeking or demanding than any other child. Having his parents' love and attention all to himself does not automatically make him selfish – it all depends on how he is managed at home. In fact, an only child often makes a better leader, and frequently shows excellent initiative when required to do so. It seems that mixing mainly with adults during his early years teaches him how to think about others and how to work as part of a team. The evidence from research confirms that an only child is usually just as happy as any other child, and is just as self-confident.



OVERCOMING NAUSEA

Now, with one child to look after already, morning sickness may be even more difficult to cope with than the first time round. No one knows exactly what causes morning sickness, but hormonal changes, tiredness and an increased sense of smell probably play a part. Here are a few ideas to try:

- **Have small, frequent meals** as you may find these easier to cope with. Make every mouthful count by ensuring meals and snacks are packed with nutrients for you and your developing baby.
- **Eat simple foods and avoid spicy meals** A simple ginger biscuit (ginger is often recommended as a remedy for nausea) and hot water with lemon can make a good snack. Try avoiding curries and other hot foods, also fried foods, which tend to cause nausea. You may find eating a couple of plain crackers before you get up in the morning helps to relieve your symptoms.
- **Spend time in the fresh air** Get out as often as possible. This will benefit you and your child.

- **Rest when you can** Tiredness may play a part in causing morning sickness. Also, make sure you allow yourself plenty of time to sleep at night.
- **Get up slowly** Give yourself as much time as possible in the morning. Rushing around may worsen your nausea.
- **Avoid getting too warm;** feeling overheated may be a cause.
- **Try to avoid strong smells** open the windows when you are cooking.
- **Eat what you fancy** You need to restrict sugary foods to some extent, but eating what you feel like can sometimes help.
- **Eat protein-rich snacks** Try lean meat, nuts and eggs.
- **Drink water throughout the day** but in frequent small amounts.
- **Try ginger tea.**
- **Never miss meals** Hunger can contribute to nausea.



per day when trying to conceive and, once pregnant, for the first 12 weeks of pregnancy. The recommended dose is higher if you are a diabetic or have had a baby with a neural tube defect. It is a good idea to include foods that contain folate (natural folic acid) in your diet.

The other necessary supplement is vitamin D (10mcg per day) for healthy bones and teeth. It is found in a few foods – oily fish, egg yolk, fortified margarine and spreads. Sunlight helps you to produce it, so build up your supply by spending some time outdoors in clement weather.

As for your child, it is often recommended that children should have supplements of vitamins A and D from six months of age unless they are having more than 500mls of infant formula per day. It is worth discussing whether your child needs them with your doctor or health visitor.

If you do decide to supplement your diet or your child's with added vitamins, it is important to take only supplements that are appropriate for pregnancy or for your child's age.

Expecting twins or more

Although there are no specific guidelines in the UK for nutrition for twin or multiple pregnancies, it is generally accepted that there is a need for additional calories and nutrients throughout the pregnancy. In fact, gaining adequate weight in the first 20 weeks predicts a higher birth weight for the babies. The US Institute of Medicine recommends that regardless of pre-pregnancy weight women pregnant with twins need to gain between 16 and 20 kg (35-45 lbs). Some of this – say 2.5 kg (5 lb) – should be in the first trimester, with a weight gain of 0.7 kg (1.5 lb) a week after this. If you are expecting triplets, you may need to gain a total of around 23 kg (50 lb), or 0.7 kg (1.5 lb) per week.

It is not just additional calories that you require. To support the additional increase in blood volume and your growing uterus as well as the development of two or more babies, you also require additional calcium, essential fatty acids and iron.

It is important that your diet contains a good mix of nutrient-rich foods and an all-round antenatal

NOT FOR THE UNDER FIVES

While you are thinking about which foods are safe for you, you will also need to remember that there are a number of foods that are not suitable for young children. These include:

- **Whole or chopped nuts** they may cause choking. Talk to your doctor before giving your toddler peanuts if she has an allergic condition like allergic eczema or a food allergy (or if parents or siblings have allergies) as she may have a higher risk of peanut allergy. If you do give your child peanuts you should wait until she is six months old and crush them to avoid choking. Watch out for any signs of an allergic reaction and seek urgent medical advice if necessary.
- **Salt** avoid adding salt to your child's food. Between the ages of one and three, a child's diet should contain no more than 2g per day. Ideally, you should restrict your salt intake too as it can contribute to high blood pressure. Processed foods are often high in salt – it is worth avoiding these where possible and keeping to the low-salt options for yourself and your child if you do use them.
- **Honey and sugar** avoid adding them to foods to make them more appetising. They provide empty calories and encourage a 'sweet tooth'. Also, honey should not be given under the age of one, as there is a very small risk of it causing the serious bowel infection botulism.
- **Sugary and fizzy drinks** can cause dental problems and again feed a sweet tooth. Go for no added sugar options and stick to water or milk between meals.
- **Skimmed milk** doesn't offer enough vitamin A or calories for the under fives. They can have semi-skimmed milk from the age of two as long as they are eating a well-balanced diet.

Getting your home ready

As this is your second child, you will already know quite a bit about preparing for a new baby. Still, the arrival of your second baby (and possibly a third) will mean more changes, which will need to be thought through. You may need to move your first child to another room or, if she is staying put, to prepare a second nursery room.

You may be planning to have your new baby sleep in your room for a while, perhaps until he is sleeping through the night. But it is still a good idea to prepare the nursery now so you are ready when the time comes for him to sleep on his own. It will also be convenient to have a separate room straight away for nappy changing and storing toys and clothes. You may also wish to put a comfortable chair in there so that you or your partner can relax in it later on.

If your first child is moving from the nursery to her own room, it is important to make the move

HEALTH FIRST

safe decorating

Many paints, wallpapers, strippers and carpets contain toxins that are dangerous in pregnancy. If you are planning to decorate, take your older child away with you and let your partner or professionals rip off paper, strip paint, pull up carpets, sand floors and re-decorate with eco-friendly materials before you arrive back.

well before the birth of her new brother or sister. This will ensure she has settled in plenty of time before the new arrival and doesn't feel that the new baby is taking over her room. If she is old enough, it's a good idea to let her help choose the decor and furniture for her room.

Preparing the nursery

Getting your home ready for your new baby will be a really enjoyable task for you and your partner. If your first child is staying in her own room, you will have a new nursery to prepare but if it's your older child who is moving, you may have to update the existing



ASSEMBLING THE BASICS

Once your new baby comes home, you are going to have two (or more) children to take care of, so your time to get the shopping done will be sparse. Get as many of the things you will need as possible for your new baby ahead of time – like nappies and formula (if using) – so they will be waiting for you when you get home. It is also a good idea to stock your pantry well in advance since you won't have tons of time to shop for groceries. Be sure to include things that can be prepared quickly and with little effort.

On-line shopping may be really helpful, since you can do this right from home!

You will have many of the essentials already, but will need to double-up on some items. Here are the basics as a reminder.



- Cot or Moses basket
- Mattress with waterproof cover
- Fitted bottom sheets



- Cellular or other lightweight blankets
- Muslin cloths – essential for protecting your clothes and wiping up baby's dribble
- Changing mat plus nappies and wipes
- Baby alarm – not all parents have these, but you may find one particularly useful now that you are caring for two little ones. It is easy it become engrossed in what you are doing with your first child and the alarm will let you know when your new baby needs you.



- Baby car seat – you will need another of these. Look out for ones that are user-friendly to make getting into the car with two children as easy as possible.



- Buggy or pram plus a baby carrier
- Baby bath



- Cotton wool
- Large soft towels
- Flannel or sponge
- Baby wash – this is suitable for young children too
- Baby hairbrush