

# pink & blue

A baby with light brown hair and dark eyes is crawling on a white surface. The baby is wearing a blue and white checkered bow tie. The baby's mouth is slightly open, and they are looking directly at the camera. The background is plain white.

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We're looking for our cover babies! Submit your baby's photo for a chance to appear on the cover of an issue of *Pink & Blue*.

Babies must be six months or younger. Photos can only be submitted online at [coverbaby.brparents.com](http://coverbaby.brparents.com).

### ON THE COVER

**Cover Baby Jordan G. II** is lovable, sweet, and always on the go! He loves giving sweet eyes, kisses, and hugs, and you won't see him without a smile on his face. He is always ready to explore, read books, dance to music, and go for walks. He really loves his ABC Elmo toy, and he won't leave home without him.

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### Gear up! GIVEAWAYS

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# Expecting? Have Questions?

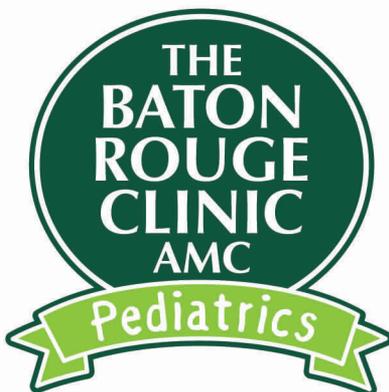
Having a newborn at home is a time of great joy and excitement but can also bring lots of questions and concerns. The pediatricians at the Baton Rouge Clinic understand your worries as parents with a newborn, and we would love to help ease some of those concerns.



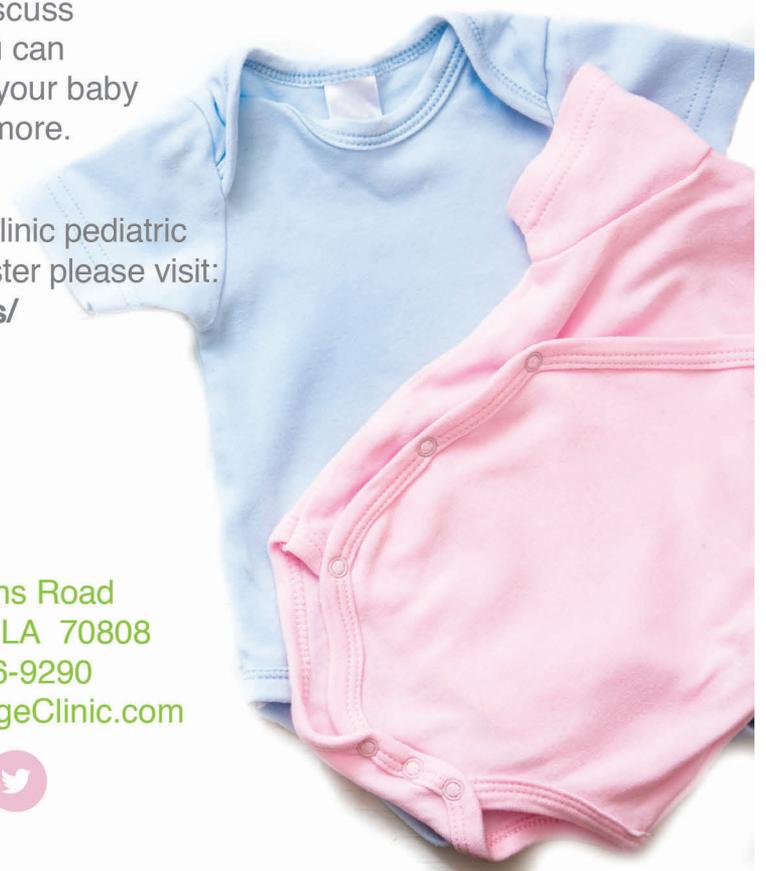
*How much should she eat? How much should he sleep? Is this normal?*

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# Your Friends and Your Pregnancy

**T**here is a great deal of preparation and anticipation when you're expecting a child. You prepare the house and read books on what you can expect from your pregnancy and the first months with your baby. You rely on the support of good friends to chat about potential baby names and the fact that you're nauseous, nervous, and excited, all at the same time.

Whether you are expecting your first baby or you're a seasoned parent, children change your life in unimaginable ways. As the momentous day approaches, your friends will share your anxiety as they wonder when your child will be born. They are supportive through your baby showers and cravings, but how will your friendships withstand the birth of your child?

All the preparation does not explain that having a child can significantly impact your friendships. Friends can often feel isolated from sharing this stage of your life and wonder how to remain close to you. Although you don't intend to appear distant or preoccupied, you have to work to find time to nurture these friendships after having a baby.

You may assume that you need to devote all of your time and energy to your family in order to be a successful parent. However, the truth is, you need to maintain a piece of yourself and your existing friendships.

Call your friends, hang out with them, and remember to ask about them. While it is natural to become enveloped in every new movement and sound your new baby makes, take the time to ask about aspects of your friends' lives as well. Besides, sharing the adventure of pregnancy, childbirth and parenting with someone who knows you well enhances the experiences and softens the difficult stages.

*Amy* Amy Foreman-Plaisance  
Publisher/Editor in Chief



Newly pregnant?

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---

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Woman's 

## LITTLE BITS

“

There is something very beautiful about being pregnant. I think I enjoy being pregnant more than not being pregnant. I know it could go either way, and the next pregnancy could be the complete opposite.”

—Chrissy Teigen



### BUCKLE UP, BABY!

Protecting your precious cargo is important, and it's crucial that you find a suitable car seat, install it properly, and follow the rules of the road. Crystal Pichon, a Nationally Certified Child Passenger Safety Technician Instructor at The Safety Place, recommends the following:

- Follow recommendations set forth by the American Academy of Pediatrics. A recent update suggests that children use car seats and booster seats until they reach the highest weight or height allowed by the safety seat.
- Seek hands-on help installing car seats from a certified professional. The Safety Place offers the Buckle Boogie program that educates the community about the proper use of car seats, booster seats, and seat belt fit. ■ [safetyplacela.org](http://safetyplacela.org)

### SUNBATHING, SUNSCREEN, AND SAFETY

Before you head to the beach or spend time out by the pool, it's important that you take the necessary steps to protect your bump and your skin. For instance, you may want to hold off on getting that bronzed look until after baby is born. Angela Hammett, BSN, RNC-OB, ICCE, LCCE, the Community Education Manager of Woman's Hospital, says, "We don't recommend sunbathing during pregnancy, especially because of the change in hormones causing the mom to be more susceptible to sun exposure." Although if you do plan to be in the sun, she recommends wearing a reputable sunscreen, all over, with good coverage and at least 30 SPF or above. Also, wear a wide-brimmed hat for further protection during your day in the sun.



### BEST BEGINNINGS

When your little munchkin is finally here, you will find yourself wanting to snuggle with him every chance you get. What makes this more exciting is that those extra snuggles are good for his development. Adding Kangaroo Care into your time with your little one provides an opportunity for you two to bond with skin-to-skin contact. Bethanie Delaney, a Certified Nurse Midwife at Ochsner Medical Center Baton Rouge, says, "Kangaroo care between a parent and their newborn has many positive health benefits. Skin-to-skin contact helps a newborn in many ways, such as regulating blood sugar and temperature, and may enhance brain development. In addition, studies show the ability to bond with and soothe your child increases, as well as the likelihood for better breastfeeding. Under a normal delivery, we recommend kangaroo care begin immediately after birth."



### COUNT THE KICKS

Feeling all of baby's kicks, jabs, and wiggles during your pregnancy will have you reaching for your phone to try and catch them on camera. While this is an exciting time for many moms, some worry about when they should be feeling baby's movement and how often. Angela Hammett, BSN, RNC-OB, ICCE, LCCE, the Community Education Manager of Woman's Hospital, says that it can vary on when mom will begin feeling the kicks. However, 20 weeks is usually the starting point. "Mom should start feeling baby's movement by 20 weeks. For those who have been pregnant before, they can feel them earlier. [However,] there's no reason to start counting baby's kicks until 30 weeks. By then, mom should count at least 10 in an hour," she says. With the Woman's Pregnancy app, moms can track their babies' kicks throughout the day, using the Kick Counter. And if any moms have concerns about their little one's fetal movement, they are encouraged to reach out to their doctors.



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### BETTER TO SNIP OR STAY?

Choosing whether or not to circumcise your baby is one of many things to think about during pregnancy. But, the decision may have you feeling overwhelmed. Fear not, mama! We consulted the experts to share both sides.

Dr. Terrie Thomas, an OB/GYN at Woman's Hospital, says, "Parents' choices to circumcise may vary according to religion, insurance coverage, or even geographic area of the country, with the highest rates in the Midwest and Northeast and the lowest rates in the Southern and Western states. Some of the medical benefits include prevention of bladder infections, HIV, cancer of the penis, and some sexually transmitted infections. Some of the known complications to circumcision include medical complications, which generally averages about 0.2 percent in the United States.

These would encompass pain, bleeding, infection, injury of the penis, inadequate or excessive removal of skin, and scar formation. Other reported (but unproven) reasons for avoiding circumcision include lower breastfeeding rates and sexual dissatisfaction.

If you do decide to circumcise your baby boy, proper care is crucial.

Dr. Thomas says, "Post-surgical care after circumcision varies according to which method is used. Some forms of circumcision require the application of Vaseline gauze whereas other methods simply require keeping the area clean with soap and water."



### DELAYED CORD CLAMPING AFTER BIRTH

When your baby enters this world, he will be attached via the umbilical cord until it is clamped. According to the World Health Organization, Delayed Cord Clamping (DCC) is done after more than one minute has passed. Elizabeth Fontenot, Certified Nurse-Midwife at the Birth Center of Baton Rouge, says, "When the cord remains attached, the placenta continues to pump blood into the baby. This leads to an increase in the infant's blood volume, which aids the transition to life outside the womb. It decreases the incidence of iron deficiency anemia and brain bleed, increases stem cells, reduces the need for blood transfusions, and is associated with improvements in neurodevelopment."

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## BABY LOVE

“Making the decision to have a child—it is momentous. It is to decide forever to have your heart go walking around outside your body.”

—Elizabeth Stone

Breast milk doesn't get the nickname “liquid gold” for no reason! Moms know that breast milk is a hot commodity, so being able to save every last drop is important. The **Milkies Milk Saver** collects all of the breast milk that leaks out while you nurse or pump, allowing you to save extra breast milk with each feeding. ■ [mymilkies.com](http://mymilkies.com)



Squash the queasiness and “breathe a Psi” of relief with **Psi Bands**. These FDA-approved bands are stylish and the perfect sidekick to have when it comes to morning sickness. They're adjustable, reusable, and waterproof, too. ■ [psibands.com](http://psibands.com)



You will feel like Oprah has awarded you a baby gift pack with the **Canailles Dream 6-in-1 Suitcase**. This multi-functional suitcase holds all of the gear you need for baby while also being able to transform into a baby seat, rocker, bassinet, changing tab, and bathtub. ■ [canaillesdream.com](http://canaillesdream.com)



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Carry your little one as he sleeps with ease with the **Patacake Baby Moses Basket**. Each Basket is woven by artisans in northern Ghana, featuring a design that is made with sustainable elephant grass and soft leather handles. ■ [patacakekids.com](http://patacakekids.com)



Maneuver with ease through the city with baby in tow with **Phil & Teds Dot Stroller**. This compact double stroller includes a double kit, so you can have one or two babies on board. It also features a five-point harness, adjustable handles, and multi-seat positions. ■ [philandteds.com](http://philandteds.com)

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Increase those special moments with your little one while also getting some comfort for yourself with the **Lalabu Soothe Shirt**. Available in black or gray, the shirt offers a pouch for baby to rest in while also does double duty as a nursing bra. ■ [lalabu.com](http://lalabu.com)



Styling your bump may not always be easy, but with this cozy t-shirt, you can get a laugh from family and friends. The **"I Think I Might Be Pregnant" Maternity T-Shirt** allows you to have some fun while showing off your newest asset. ■ [crazydogtshirts.com](http://crazydogtshirts.com)

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# Understanding Uteri

By Jessica Aslin

When it comes to hearts and the letter T, your uterus usually isn't the first thing you think of. But, your baby's home for the next nine months is truly an interesting place—and comes in a variety of shapes! There are many types of uteri, they all develop in various ways, and they can play a significant role in your pregnancy journey. Here's just how unique uteruses are.

## Fibroids

Uterine fibroids are noncancerous tumors that grow in the wall of the uterus. According to Dr. Ryan Dickerson, OB/GYN of Louisiana Women's Healthcare Associates, "Fibroids are the most common uterine issue and tend to be more prevalent in African American women. They can affect or not affect a pregnancy depending on the size and the place it attaches in the uterus." Typically, they are removable, and a woman will still be able to get pregnant, but there is some risk for placental abruption, preterm delivery, or the labor failing to progress.

## Cervical Insufficiency

The narrow part of the uterus that opens into the vagina serves as an important function throughout pregnancy as it makes sure baby stays housed in the uterus until he or she is ready. Dr. Dickerson mentions that "cervical insufficiency

is typically a stand alone issue, and can be corrected with a cervical cerclage. Unfortunately, most of the time, women don't know they have this until it's too late, but it can be addressed in subsequent pregnancies." Dilation of the cervix can happen prematurely and cause preterm birth or miscarriage. According to the American Pregnancy Association, this only happens with about 1 in 100 pregnancies.

## Tilted Uterus

A typical uterus is usually in a straight vertical position. When the uterus dips towards the back of the pelvis, it is considered tilted. Dr. Dickerson says, "It isn't an issue during pregnancy and can self adjust by the end of the first trimester. There's typically no reason to be concerned about a tilted uterus because of this reason."

## T-Shaped Uterus

T-Shaped uteruses are exclusively linked to Diethylstilbestrol or DES exposure. According to the American Cancer Society, DES is a form of estrogen that was prescribed from 1938 until 1971 to help some pregnant women who have had miscarriages or premature deliveries. At that time, it was believed that these problems might have been caused by low

levels of estrogen in the woman's body.

The following types of Mullerian Duct Anomalies are all "conditions that are present from birth and are all variations of one another in a woman's embryonic stage of development," according to Dr. Dickerson.

## Uterine Septum

Uterine septums (when a wall forms in the center of the uterus) often go unnoticed until a mom-to-be has had multiple miscarriages. Local mom Cassidy Saia had a

placental abruption at 35 weeks with her second son and experienced two miscarriages at 11 weeks before her uterine septum was discovered and



repaired. After Cassidy met with a fertility specialist, she learned just how common her condition was. Cassidy's doctor later informed her that the reason she was able to successfully have her two year old and 16 year old was because the fertilized egg implanted in a good spot in her uterus. "The two miscarriages must have implanted in the septum part and didn't receive adequate blood flow to grow," Saia shares.

Pregnancy can be normal if an egg attaches to the main uterine wall, but if it attaches to the septum, which has little blood flow, there isn't much of a nutritional source. Second trimester miscarriage can often happen with a septate uterus, but surgery to remove the septum can increase the likelihood of carrying a baby closer to term. Cassidy is expecting her rainbow baby in August. She receives anatomy scans every four weeks to ensure her baby is doing well.

### Unicornuate Uterus

In a unicornuate uterus, only one half of the uterus forms, and thus, the uterus is only half the size of a regular one. There is an initial risk of ectopic pregnancy with unicornuate uteri. Cesarean sections are often recommended due to the baby lying in a difficult position.

### Bicornuate Uterus

Bicornuate uteri are heart shaped and have two conjoined cavities, whereas a typical uterus has only one cavity. The biggest risk factor for this type is preterm labor as the baby tends to run out of room to grow due to the dip in the top of the uterus. Local mom Melissa Midkiff shares

that she learned about her bicornuate uterus during her first pregnancy. Since then, she has delivered four children and had one miscarriage. "All of my children were delivered via c-section due to being breech. Once the babies got larger, they seemed to settle in breech on the right side," she explains.

### Didelphic Uterus

A Bangladeshi woman recently made headlines after she gave birth to twins only a month after delivering her baby boy, and all of her babies were born healthy. An ultrasound can typically discover a didelphic uterus, but because she was from a rural area, she never knew about the dual pregnancies. In extremely rare occasions, a woman can have a double or didelphic uterus, and sometimes even a double cervix and/or vagina.

Risks to baby can vary from not having any issues throughout pregnancy to having recurrent second trimester miscarriages, depending on if the egg is implanted in the underdeveloped uterus.

"Most uterine abnormalities tend to carry some of the same risk factors," says Dr. Dickerson, "They can all increase the likelihood of a breech birth, and raise the risk for a preterm delivery since the uterus doesn't expand or get tighter in the same way."

### Mom Shares

"Every time I delivered, they would bring in students. We always joked, and said, 'Come on in, the more the merrier. Come see the heart-shaped uterus!'"

—Melissa Midkiff ■



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—Amy Poehler

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Women's Sleeveless Modal Maternity Maxi Dress Comfortable Tank Dress. BlackCherry. ■ [amazon.com](http://amazon.com)



Skater Top. Cherry Melon. ■ [cherrymelon.co.za](http://cherrymelon.co.za)



Cassedy Pumps. ALDO. ■ [aldoshoes.com](http://aldoshoes.com)



A photograph of a man in a white shirt smiling and looking at a pregnant woman's belly. The woman's hands are resting on her belly, and the background is a soft, out-of-focus outdoor scene.

# Daddy Hormones Turning Men into Fathers

**O**h, the joys of pregnancy. The exhaustion, the weight gain, the queasy tummy and frequent trips to the bathroom... and that's just daddy-to-be.

Everyone knows hormones are involved in a woman's pregnancy. They get the pregnancy going, keep the pregnancy interesting, and bring on the labor. Hormones get blamed for sleepless nights, ice cream and pickle cravings, and tears at someone not landing a deal on *Shark Tank*. But did you know that men experience similar ups and downs of their hormone levels when involved in a pregnancy?

The medical term for when a man suffers symptoms related to pregnancy is called the Couvade Syndrome. Couvade comes from the french word *couvee*, meaning "to hatch." Today, it has come to mean a man is having a "sympathetic pregnancy." Many people thought that a man's symptoms were all in his head, a reaction to the stress of impending fatherhood or a bid for sympathy. Not so, say researchers. Approximately 90 percent of men experience at least one pregnancy-related symptom.

Endocrinologist Katherine Wynne-Edwards and her colleagues recruited 33 couples from childbirth classes to participate in her observations of daddy hormones. The participants were tested for several weeks prior to and after the birth of their babies. Hormone levels were charted using saliva swabs.

The study observed the rising and falling of hormones in men during their partner's pregnancy. The hormones the

study covered include testosterone, estrogen, prolactin, and cortisol.

Testosterone is no stranger to most men and women. It is blamed for many unexplained actions of men. Testosterone is blamed for fights over football, joyriding, and teenagers doing wild stunts. Linked with competitiveness, testosterone levels rise in males in response to winning. Its production changes in response to behaviors that most men experience such as intercourse, sports, and work successes. This hormone is crucial to winning the mating game and gets the procreation started. Once the baby is born, however, the testosterone levels in men drop.

Psychologist Anne Storey found a 33 percent drop in testosterone in men during the first three weeks of the baby's life. The levels returned to normal by the time the infant was between four and seven weeks old. This change or dip in levels is thought to promote bonding by setting in motion the more cooperative, less competitive enterprise of parenting.

The next hormone, estrogen, was studied by Wynne-Edwards and graduate student Sandra Berg. They found that estrogen increased 30 days before birth and continued for the whole 12 weeks of testing after the birth. While men do have low levels of estrogen naturally, higher levels of estrogen can induce more nurturing behavior in males.

The third hormone is prolactin, which gets its name from the role it plays in producing lactation in women. Prolactin is the hormone we produce when we fall in love. It also instigates parental behavior in animals. Researchers Storey

and Wynne-Edwards found that prolactin rose by approximately 20 percent in men during the three weeks after their partner gave birth. Prolactin levels in men who experience pregnancy symptoms were significantly higher as well.

The final hormone is cortisol, the so-called "fight or flight" hormone. Cortisol levels increase in women during pregnancy. In fact, a cumulative rise in stress hormone levels sets off labor and delivery.

Mothers with high levels of cortisol can detect their baby by scent more easily. They also respond more sympathetically to their infants' cries and describe their relationship with their infants more positively, too.

Could the sights, sounds, and smells of a newborn affect hormones? During one part of the study, researchers had couples hold a doll that had been wrapped in a receiving blanket used by a newborn. They listened to a tape of a real newborn crying and then watched a video of a newborn struggling to breastfeed. The investigators took blood from the men and women before and after the test and discovered that men who expressed the greatest desire to comfort a crying baby had the highest prolactin levels and the greatest reduction in testosterone.

A man's hormones play a role in helping him experience the full range of emotions with regard to becoming a new father. The good news is that when daddy-to-be is complaining about mood swings or feeling nauseous, it may be a sign that his hormone levels are encouraging him to be a good, committed father. Pass him the ice cream and pickles, please! ■

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# Maintain Your Mental & Physical Health: Advice for Navigating Pregnancy

By Janine Kelbach



Creating a little human is tough, yet it's an incredibly rewarding moment for women. Pregnant women pay closer attention to their daily decisions, considering the impact on both themselves and their future children. While pregnancy challenges can be difficult, they are also manageable. Here's how to handle all of pregnancy's discomforts in a safe and healthy way.

## Foods to Focus On

Pickles, ice cream, chocolate, and cheeseburgers, oh my! The pregnancy cravings that mothers often recall are typically not always the healthiest of foods. However, a balanced diet is important for both the mother and the baby's overall health. In addition to having a positive effect on your baby's

development, a healthy diet can reduce the risk of common chronic diseases such as diabetes.

Brooke Schoonenberg, MS, RDN, LDN, CLT, explains that eating a well-balanced diet can ensure the appropriate amount of weight gain while pregnant. If your BMI is within the normal range (18.5-24.9) pre-pregnancy, experts recommend that you should gain between 25-35 pounds. Pregnant women should also aim for a daily diet that combines fiber-rich carbohydrates, lean proteins, and heart-healthy fats. It's also important to include adequate sources of iron, folate, and calcium.

Brooke's recommendations for go-to pregnancy foods include:

- **Oatmeal:** a fiber-rich whole grain that provides iron

- **Beans and leafy greens:** These foods are great sources of fiber and folate
- **Low sugar Greek yogurt:** a source of calcium that provides probiotics
- **Eggs:** a lean protein that provides mom with choline, a nutrient needed for fetal neurodevelopment

Are you wondering which foods can help pregnant women reduce discomfort and feel more energized? Brooke recommends, "Avoid foods high in sugar and/or fat as these will both leave you feeling sluggish soon after eating—think cheeseburgers, pizza, milkshakes, soft drinks, etc. Try eating smaller mini meals, especially as you get further along in your pregnancy when you may not be able to eat large meals."

Good snack choices for sustained energy include:

- Overnight oats with berries and nuts
- Apple with almond butter
- Cheese with multi-grain crackers

### **Nausea and Vomiting Solutions**

One of the most common conditions during pregnancy is nausea and vomiting, with 50-80 percent of pregnant women experiencing these symptoms. Small, frequent meals are often recommended to alleviate nausea. Before automatically reverting to drugstore medication to assist with nausea, ask your healthcare provider to prescribe vitamin B6 (pyridoxine). This can be taken alone or with vitamin B6 (pyridoxine) and doxylamine. Research has confirmed that vitamin B6 and vitamin B6 plus doxylamine is safe and effective for pregnant women and their fetuses.

### **Exercise During Pregnancy**

It's common knowledge that exercise can benefit our health, but what about during pregnancy? According to the American College of Obstetricians and Gynecologists (ACOG), "Physical activity in pregnancy has minimal risks and has been shown to benefit most women, although some modification to exercise routines may be necessary because of normal anatomic and physiologic changes and fetal requirements."

Therefore, it is recommended that women visit their healthcare providers for an evaluation to identify any medical reasons to avoid exercise. Overall, women with uncomplicated pregnancies are encouraged to engage in exercise before, during, and after pregnancy.

Exercising during pregnancy offers a range of benefits:

- Helps improve or maintain their physical shape
- Assists in weight management
- Reduces the risk of gestational diabetes in obese women
- Enhances psychological well-being
- Minimizes constipation
- Promotes better sleep
- Decreases depression risk

Pre- and postnatal education classes are a great way to add physical activity into your pregnancy journey. Joanna Kairdolf, a local fitness specialist,

encourages all of her clients to sign up for a pregnancy fitness class. Offering safe strength and cardio exercises, these fitness classes help boost mental wellness and promote a sense of community.

"I love the post-birth workout classes because they create a community setting for new mothers," says Kairdolf. The moms are allowed to bring the baby until about six to seven months when crawling begins. The classes help with mental health by strengthening relationships with new friends and enhancing the bond with your baby."

So what happens if you're a stranger to exercise, but you are looking to start during pregnancy? Joanna says that she usually eases her clients into exercise with walking activities. Modifications are available for each program, and a small class size offers individual attention to varying needs.

### **The Power of Acupuncture**

Holistic healing has gained popularity in recent years, leading many women to explore non-medicinal options for easing discomfort during pregnancy. Acupuncture is one of these solutions.

Acupuncture is defined as "a traditional Chinese medicine practice that involves the placing of thin, stainless steel needles at certain spots on the body." Needles stimulate the body's channels of energy along certain points. Depending on where the needles go, the process may result in a person feeling calmer, sleepy, or more energized. Acupuncture can also lead to subtle physical changes, like a drop or rise in certain hormones or increased blood flow to certain areas of the body such as the pelvis.

Stewart Sommers L-ACDPLM, a local expert in acupuncture, notes that most of his pregnant patients use acupuncture to help regulate their fertility cycles. Some fertility doctors also recommend acupuncture to women to help lower their overall stress levels. When stress hormones are high, fertility can be decreased.

Stewart will use acupuncture to help pregnant patients with a variety of other challenges they may be experiencing during their pregnancies, including

- Nausea
- Vomiting
- Poor sleep
- Headaches
- Back aches or pain
- Hormone regulation, particularly for women planning a natural childbirth
- Postpartum depression symptoms

If you have yet to experience acupuncture, it's common to worry about the pain. After all, it involves needles! Luckily, you can rest assured that the experience isn't painful. According to Stewart, the process should not hurt. You may feel a tingle or ache, but it should, overall, create a relaxing experience. The procedure takes about 45-50 minutes after the initial one-hour session.

A chiropractor can also serve as a non-medicinal option for treating pregnancy pain and discomfort. Dr. Joshua Blanchard, a local Chiropractor, says that he sees pregnant women for a variety of reasons, including:

- Treating lower back pain
- Sciatic nerve pain
- Loosening ligaments to address a malpositioned, breech baby
- Improving hip and pelvis alignment to prepare for natural childbirth
- Providing post-baby exercise using pelvic floor muscles

Much like acupuncture, chiropractic manipulation should not be painful.

At the end of the day, it's important to recognize that pregnancy is uncomfortable for many women. Dealing with these discomforts in a healthy way can help improve the overall pregnancy experience. If your usual go-to solutions aren't alleviating your discomfort, don't be afraid to explore new options. Just like every pregnancy, every pregnant woman is different, and a little bit of trial-and-error can help you determine the best methods for you.

### **Mom Shares**

"I saw the chiropractor as baby's arrival neared. It helped ensure that my pelvis was aligned, allowing baby to get into an optimal position for birth. Chiropractic care never hurt, but instead felt great! It helped allow me to have blissful, unmedicated births." –Taime W.■

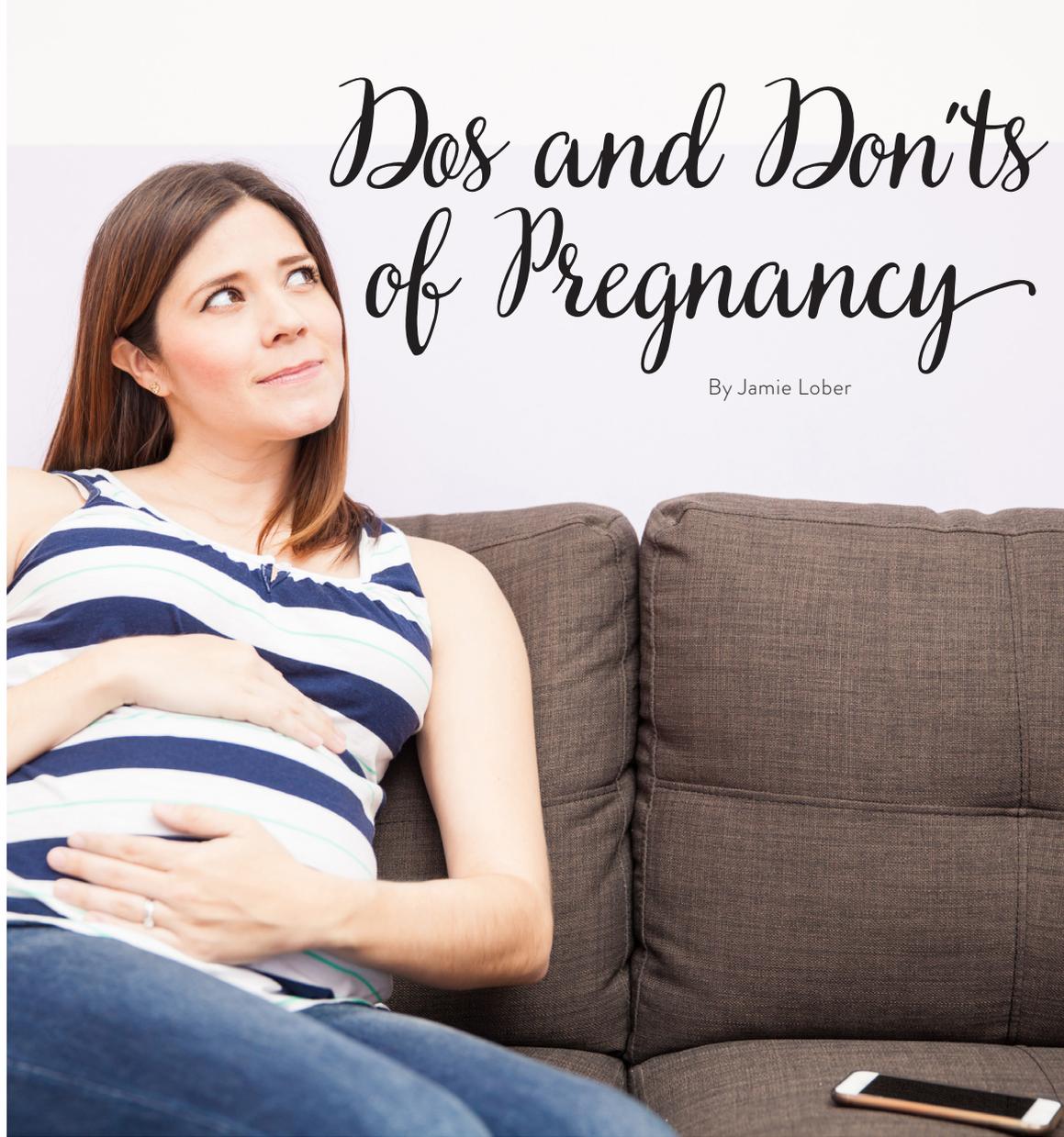
**Y**ay, you're pregnant! The journey of pregnancy is an exciting one, but with everything in life, there are things you can do and things you should probably wait to do until after you deliver. What's most important is all of these things play a crucial role in making sure you have the healthiest and most joyous pregnancy experience ever. With this list, you will be able to create an action plan on things you should start doing and things you should not.

### **Lifestyle Choices Matter**

"First, I tell anyone who is wanting to get pregnant to purge bad habits like smoking, drinking, and bad eating, and that includes dads, too," says Meghan Bardwell, Community Childbirth Educator at Woman's Hospital. Taking a prenatal vitamin can help you get vitamin D, folic acid and other pregnancy essentials. If you eat a rainbow of different colors and types of foods, you are helping your baby's outcome without realizing it.

"We recently learned that what you eat can shape your baby's attitudes toward foods and their preferences, and in the third trimester, your amniotic fluid tastes like the foods you eat so the baby is exposed and eager to eat them," says Bardwell. This is a great opportunity for you to try a few new dishes yourself. Also, stay hydrated as best as you can.

During pregnancy, even some healthy options such as fish can be bad. "We want to try to limit seafood to 12 ounces per week because sometimes, they can have a high mercury content, and we



# Do's and Don'ts of Pregnancy

By Jamie Lober

want to have no sushi or deli meat unless it is piping hot," says Bardwell. When it comes to eggs and cookie dough, you will have to say "no" to those as well for now.

### **Plan Ahead**

Doing the right things at the right times can make all the difference. "Make an appointment with your physician beforehand to figure out ovulation if you are trying, and have rapport so you have a relationship with him," says Bardwell. There are classes such as Pregnancy 101 at Woman's Hospital which are geared toward parents in their

first trimester that reviews side effects and tips for tolerating them as well as preterm labor and what is and is not normal.

### **Take It Easy**

Remember, this is not the phase of your life where you should try and become Superwoman. "I recommend sloughing off any extracurricular duties you do not have to do and realize that your body is going through an enormous change emotionally, physically and hormonally," says Bardwell.

It is okay to take a nap, and you should listen to your body. Staying active is person-

dependent, but it can be nice for you to do some light to moderate activity.

There is a class at Woman's Hospital called Fit for Birth that ties in strength training, cardio, and gets your body ready for the work of labor. Always check with your doctor first. It used to be said that if you did not do a certain activity before becoming pregnant, you should not begin, but the times and rules have changed.

"Recent studies show that adding in light walking, swimming, or something low impact most days for 30 minutes is beneficial for moms

to keep blood pressure down, swelling down, and increase blood flow,” says Bardwell.

### Attention Dads

Dads also need to know what to expect. They also need to be understanding during the pregnancy. “Realize that mom’s hormones are on a rollercoaster, and her body is physically changing; hormones are changing; and mood swings, tiredness and forgetfulness are common,” says Bardwell. By being hypersensitive, men can encourage their partners to feel better about their bodies and remind them why they are going through the process.

“She will probably cry over random things and get fussy, angry, and short-tempered, but that will subside,” says Bardwell. Dad can be one of mom-to-be’s best cheerleaders, but he may need some extra attention as well during the pregnancy. Planning a date night for the both of you may be just what’s needed. “The calmer and more confident dad is in his parenting and partnering ability, the more confident and at ease mom will be,” says Bardwell.

### Final To-Dos

As you are counting down the days, you will experience many emotions, and you will want to make sure that you have covered all of the vital tasks before you deliver your little one.

Sean Ellis, the Public Information Officer at the Louisiana Department of Health, encourages, “Find a doctor for your baby, and consider asking your doctor for a referral to a pediatrician who best suits you and your baby’s needs.”

The pediatrician can help guide you, answer questions as they arise, and even help make the time fun. “Take time to go shopping, as the baby will need a car seat to get home from the hospital [in] because it is the law,” says Ellis.

You will also want to pack a hospital bag ahead of time. “Include comfortable clothes, toiletries and any other items that will help make you feel comfortable,” says Ellis. A few must-haves include a receiving blanket, the baby’s going home outfit, and the car seat, of course.

### Ready or Not, Baby Is Here

Roles shift for all. “When you leave the hospital, you are no longer husband and wife, you are mom and dad,” says Bardwell. When you know what is normal versus not, it can be easier to accept changes as they come.

“Remember, this baby was brought here in love, so you want to keep communication open if you feel like your partner is on edge, and not attack, but come from a place of concern,” says Bardwell. Continue to ask what you can do, make sure you have support along the journey, and remain calm. Remember that parenthood is bound to come with some surprises that you cannot always be prepared for. Your mother and your grandmother did it. You can do it, too.

### Mom Shares

“Keeping up with foods that I could and couldn’t eat was difficult at first, but it became second nature. As soon as I delivered my son though, I was ready for sushi and a chicken shawarma salad.” – Kayla Valenti ■



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# Get Pumped! All About Boobs During and After Pregnancy

By Leslie D. Rose

**F**rom ballooning up cup sizes to stretching out and deflating like a popped balloon, women's breasts experience extreme changes during and after pregnancy. But when considering the body changes a woman goes through when pregnant, one's first thought tends to go to what her stomach will stretch to and not necessarily the many, many changes her breasts will experience.

## Growing and Changing

Each trimester of pregnancy presents a variety of breast changes for an expectant mother, according to Dr. Candee Moore, an OB/GYN at Baton Rouge General.

"In the first trimester, a woman's breasts increase in size due to hormone changes

that influence the fibrocystic tissue," Dr. Moore says. "In the second trimester, it is common to see increased pigmentation and widening of the areolae. Bumps on the areolae become more prominent and secrete a moisturizing oil that can protect the areolae from infection once breastfeeding begins. In addition, milk producing cells become active at around 15 weeks, and by 22 weeks, they can produce milk."

Most women have heard breasts be referred to as melons, but for 31-year-old pregnant mother of two, Lindsay Parker, pregnancy sets forth a full bowl of fruits. "My favorite way to describe my breasts is with fruit," Parker says. "Pregnancy—Cuties; during pregnancy—

mangoes; breastfeeding—papayas; post breastfeeding—those avocados that you forgot you bought a month ago, so they sat in the back of your fridge and shriveled."

## Holding Them Up

The variety of shapes breasts can take on during and after pregnancy makes choosing a bra very confusing. Thankfully, there are experts in the field of bra fitting who have seen it all. "Most women want a bra that is supportive, pretty, and comfortable, and it's important for them to be selective and ask for help," says Jeanne Emory, Owner of Bra Genie. "Maternity bras can be wired or non-wired bras, and have stretch or spacer cups that expand slightly with a pregnant woman's growing breasts. A sleep bra is a great option for women who want some visible and physical breast support while lounging or sleeping. A nursing bra provides support, can be wired or non-wired, and allows access for breastfeeding and/or pumping."

## Breastfeeding Prep

While breast changes will occur for any pregnant woman, breastfeeding may make those changes more prominent or lifelong. Experts say that it is important to be prepared before nursing your child. "The best preparation for breastfeeding is education and finding a great support network," says Erin Michel, a nurse practitioner and board certified lactation consultant at Baton Rouge General.

Even though breastfeeding is an organic method of feeding baby, new moms should be aware of the myths that accompany nursing. "The craziest thing that I have ever heard is that a mom needs to 'toughen up' her nipples with Brillo pads before her baby arrives. Breasts and nipples are naturally made for feeding babies and don't need any preparation before the baby is born," Michel says. She also notes that the common "drinking a beer increases milk supply" is simply untrue. In fact, alcohol can decrease a mother's milk supply, she says. Whether feeding from the breast or pumping, another thing many new moms have heard of is cluster feeding. This is the ability to train your child and your

body to feed in certain frequent intervals, sometimes every 30 minutes.

“Cluster feeding stimulates a mother’s milk supply and helps the baby to store up nourishment. Another reason that babies cluster feed is that their stomach size at birth is small. Breast milk is digested quickly and easily and then babies are ready to eat again,” Michel says. “If a mom is exclusively pumping, she can mimic cluster feeding by pumping for about 15 minutes at a time, but in shorter intervals. The best pumping tip is to pump as frequently as possible and empty the breasts with every pumping. Milk supply is determined by frequent emptying of the breasts.”

Some mothers and babies naturally wean when their babies start eating foods. “When babies start getting calories from table foods, they will get less calories through breast milk and nurse less frequently. If a mom is initiating weaning, the best thing to do is to stop one feeding or pumping a day for at least three days in a row. This allows time for the milk

production to slowly decrease, without increasing the chance of a breast infection called mastitis,” Michel says.

So does it ever go back to normal? The answer to that question varies, says Dr. Moore. “For the first three to six months, the breasts generally stay larger and feel the most full and firm just prior to feeding. After about six months, the breast size generally decreases as the breast tissue itself starts to return to normal. Once breastfeeding is complete, the breasts generally return to their pre-pregnancy size, though some women will remain a little larger or become a little smaller,” Dr. Moore says.

After nursing for eight months, local mom Kelli Fajardo has noticed changes. “During the time I nursed my son, my breasts changed by the hour. After weaning, my breasts deflated. The best way that I can describe them now would be like a gym sock with a grapefruit dangling on the inside. My left nipple has completely changed shape and now looks like a small peanut still inside of its shell.”

Whether you decide to nurse or not, it’s important to note that pregnancy will change the way your breasts look and feel. As a new mother, you have a lot of decisions to make, but remember those decisions are yours.

### MOM SHARES

“Every mother in the world is going to tell you how to raise your baby, but it’s up to you to take that advice and come up with your own mothering style that works for you. Don’t kill yourself trying to nurse if it’s not working for you and your baby. Don’t drive yourself crazy trying to make your own organic baby food. Don’t feel like you’re doing something wrong because so and so’s baby is sleeping through the night and you and your baby are still up every hour. Spend more time perfecting your own routine rather than trying to conform to other mothers around you. And above all, no matter how badly you think you’ve screwed up, your baby is going to love you anyway.”

– Kelli Fajardo ■



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A project of the U.S. Children's Bureau operated through a cooperative agreement with the Adoption Exchange Association. Supports States, Territories, and Tribes to find families for children in foster care.

■ (888) 200-4005 ■ [adoptuskids.org](http://adoptuskids.org)

#### Beacon House Adoption Services

Adoption service that provides finance and coaching services, teen pregnancy help, and pre-adoption prep, with care and support given to pregnant mothers before and after adoption.

■ (225) 753-5551 ■ (888) 987-6300  
■ [beaconhouseadoption.com](http://beaconhouseadoption.com)

#### Catholic Charities of the Diocese of Baton Rouge: Adoption and Maternity

Provides families with adoption information and maternity, counseling, and maternity housing.

■ (225) 336-8708 ■ [adoptccdiobr.org](http://adoptccdiobr.org)

#### St. Elizabeth Foundation

Provides confidential, comprehensive counseling services, medical care, and education for birth and adoptive parents.

■ (225) 769-8888  
■ [stelizabethfoundation.org](http://stelizabethfoundation.org)

#### Volunteers of America Greater Baton Rouge

Crisis counseling for pregnant women; counseling for birth parents choosing between parenting or adoption; and support.

■ (225) 387-0061 ■ [voagbr.org](http://voagbr.org)

### BIRTHING CENTERS

#### Baton Rouge General Medical Center

Helps moms personalize their birthing

experience through natural, water, or traditional birth. ■ (225) 763-4141 ■ [brgeneral.org](http://brgeneral.org)

#### Birth Center of Baton Rouge

Services include prenatal care, educational classes, lactation services, and counseling.

■ (225) 761-1200 ■ [birthcenterbr.com](http://birthcenterbr.com)

#### Lane Regional Medical Center

Features comfortable settings for mom-to-be. Lane has neonatologists on call 24 hours a day to help babies who need special care.

■ (225) 658-4000 ■ [lanermc.org](http://lanermc.org)

#### Ochsner Health System

Provides expecting mothers with alternative birthing options with certified nurse midwives, an advanced practice nurse on staff, and lactation consultants.

■ (225) 752-2470 ■ [ochsner.org](http://ochsner.org)

#### Woman's Hospital

Offers extensive childbirth and parent education classes as well as a level of experience that will help make the delivery process individualized and special.

■ (225) 927-1300 ■ [womans.org](http://womans.org)

### BREASTFEEDING SUPPORT

#### La Leche League Breastfeeding Support Line

La Leche League leaders answer questions and provide support with breastfeeding, whether before your baby's birth, during the first few days, or afterwards.

■ (877) 4-LA-LECHE

■ [lllmlsla.org](http://lllmlsla.org)

#### Louisiana Breastfeeding Coalition

Links mothers, families, and all sectors of the community to helpful breastfeeding information



#### Woman's Hospital

Woman's has everything mom needs for a healthy pregnancy and childbirth experience. Woman's is a Level III Regional Referral facility for obstetrical and neonatal care—the highest care designation a hospital can receive. From natural deliveries to epidurals, from doula-assisted labors to cesarean deliveries, Woman's expertise and advanced technology allows mom to have several birthing options.

# RESOURCE DIRECTORY

and resources.

■ [louisianabreastfeedingcoalition.org](http://louisianabreastfeedingcoalition.org)

## Ochsner Lactation Support

Provides proper knowledge, education, and tools to women interested in breastfeeding options.

■ (225) 752-2470 ■ [ochsner.org](http://ochsner.org)

## Woman's Hospital Lactation Department

Offers follow-up or virtual consultations after you go home and assistance with any problems or complications. ■ (225) 927-1300

■ [womans.org](http://womans.org)

## CAR SEAT INSPECTIONS

### Alliance Safety Council

Provides passenger safety technicians and information on proper passenger safety. Parents are taught proper car seat installation and general child passenger safety.

■ (225) 766-0955 ■ [alliancesafetycouncil.org](http://alliancesafetycouncil.org)

### Central Fire Protection District #4

Provides free certified inspections of car seat installations by appointment.

■ (225) 261-2000 ■ [centralfd.org](http://centralfd.org)

### The Safety Place

Offers child passenger safety professionals who inspect car seats to help protect your most precious cargo. ■ (225) 372-3991

■ [safetyplacela.org](http://safetyplacela.org)

### Louisiana State Police Troop A

Inspections conducted every Tuesday from 9 a.m. to 3:30 p.m. ■ (225) 754-8500

■ (225) 925-6006 (General Information Line)

■ [lsp.org](http://lsp.org)

## CHILD CARE RESOURCES

### Amerigroup Real Solutions in Healthcare

Offers real solutions that improve healthcare access and quality for members, helps mothers-to-be deliver healthy babies on time, and improves overall child health through prevention. ■ (757) 490-6900

■ [amerigroup.com](http://amerigroup.com)

### Child Care Assistance Program

The Child Care Assistance Program under the Department of Children and Family Services helps low-income families pay for childcare while working or attending school or training.

■ 1 (888) LAHELP-U ■ [dss.louisiana.gov](http://dss.louisiana.gov)

### LaCHIP

Provides health coverage to uninsured children up to age 19. It is a no-cost health insurance program that pays for hospital care, doctor visits, prescription drugs, and shots.

■ (877) 252-2447 ■ [ldh.la.gov](http://ldh.la.gov)

### Volunteers of America Greater Baton Rouge

Provides support for child care providers and parents of children from birth to age five through training and on-site technical

assistance. Also serves as a referral source for parents looking for local child care services.

■ (225) 387-0061 ■ [voagbr.org](http://voagbr.org)

## CHILD SAFETY CLASSES

### American Red Cross

Offers CPR for infants and children, classes for standard first aid, and water safety classes for families. Some classes can be taken online.

■ (225) 291-4533 ■ [redcross.org](http://redcross.org)

### Baton Rouge General's CPR for Friends & Family

Teaches how to perform CPR and how to deal with foreign body airway obstruction in infants.

■ (225) 763-4280 ■ [brgeneral.org](http://brgeneral.org)

### Infant Swimming

#### Resource's Self-Rescue Program

Provides survival swimming lessons for children ages six months to six years.

■ (225) 802-2818 ■ [isrbatonrouge.com](http://isrbatonrouge.com)

### Juvenile Products Manufacturers Association

Offers a free guide, "Safe and Sound for Baby," that highlights many of the products used for baby and further focuses on sleep, bathing, and feeding safety, as well as household dangers, electrocution, suffocation, and strangulation.

■ [jpma.org](http://jpma.org)

### Louisiana Department of Health

Presents information on health behaviors that may reduce the risk of SIDS, and provides resources for promotion of health behaviors during pregnancy and afterwards.

■ (225) 342-9500 ■ [ldh.la.gov](http://ldh.la.gov)

### Operation Life Saver Training Center

This full-service CPR and emergency medical training center includes Infant/Child CPR and obstructed airway technique classes with proper certification. ■ (225) 753-7716

■ [operationlifesavertc.com](http://operationlifesavertc.com)

## CHILDBIRTH EDUCATION

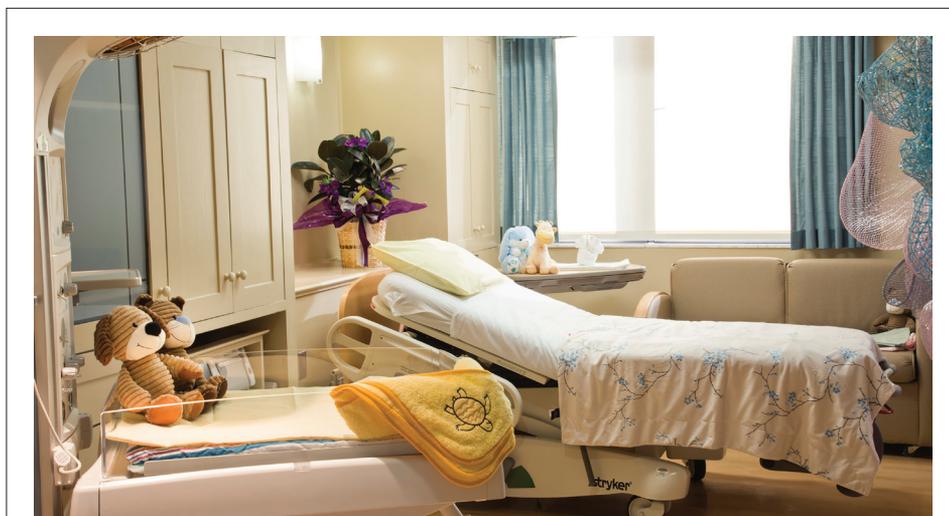
### Birth Help

Offers doula support and classes, including a Natural Birth Series and comfort measures.

■ (225) 768-7686 ■ [birthhelp.com](http://birthhelp.com)

### Bradley Method

Classes offered in the father-coached Bradley method of natural childbirth. Classes stress the importance of healthy baby, mother, and



### Ochsner Health System

The Ochsner Family Birthing Center puts moms-to-be in the center of one of the nation's top-ranked health systems. Moms can design their own birthing plan to make sure their delivery day meets all of their expectations. And, the center supports each mom's choice including natural birth, water birth or medicated birth. Birthing tubs, showers, birth balls, and birthing chairs are available, as well as monitoring that allows patient mobility.

families. ■ 1-(800)-4-A-BIRTH  
■ bradleybirth.com

### International Cesarean Awareness Network

Nonprofit organization advocates lowering the rate of unnecessary cesareans and encourages positive birthing through education.  
■ (800) 686-4226 ■ ican-online.org

### International Childbirth Education Association

Focuses on family-centered maternity care and newborn care through workshops, publications, and training. ■ (919) 674-4183 ■ icea.org

### Lamaze International

Lamaze classes are offered to assist in the childbirth process and provide help to find a Lamaze instructor near you.  
■ (202) 367-1128 ■ lamaze.org

## CHILDREN'S HOSPITAL

### Our Lady of the Lake Children's Hospital

Provides a full range of pediatric services ranging from a 24/7 pediatric emergency room to a team of more than 60 pediatric specialists.  
■ (225) 765-6565 ■ ololchildrens.org

## CORD BLOOD BANKING

### LifebankUSA

Offers the most comprehensive cord blood, placental blood, and tissue banking options.  
■ (877) 543-3226 ■ lifebankusa.com

### ViaCord

Provides a collection kit that allows a medical professional to safely collect the cord blood for processing.  
■ (866) 668-4895 ■ viacord.com

## FERTILITY

### FertilityAnswers

Helps couples build families through state-of-the-art infertility treatment and fertility preservation. ■ (225) 926-6886  
■ fertilityanswers.com

### The Fertility Institute

Provides IVF services, pregnancy loss support, and COH/AIH services.  
■ (985) 892-7621 ■ fertilityinstitute.com

## HOTLINES

### Chemical Referral Center

A non-emergency number that is designed to provide a point of contact within the manufacturing company to anyone seeking

information on specific chemicals.  
■ (800) 262-8200

### Kidline

An anonymous service offering crisis intervention, support, parenting information, and referrals to community resources. Counselors are available from 8 a.m. to 8 p.m., seven days a week.  
■ 1-(800)-CHILDREN ■ pcal.org

### Louisiana Poison Center - American

Association of Poison Control Centers  
Emergency help for poisoning questions and information on commonly purchased products which are poisonous. ■ (800) 222-1222

### National Suicide Prevention Lifeline

Provides skilled and trained counselors that help talk callers through any crisis. Calls are free and anonymous.  
■ (800) 273-TALK (8255)  
■ suicidepreventionlifeline.org

### National Domestic Violence Hotline

Confidential calls with trained advocates for anyone experiencing domestic violence in need of resources or information. ■ (800) 799-7233  
■ (800) 787-322 ■ thehotline.org

### Prevent Child Abuse Louisiana

Takes anonymous reports of suspected child abuse and neglect or calls from parents who are concerned that they may abuse or neglect their own children. ■ (225) 925-9520 ■ pcal.org

## MIDWIFERY AND DOULA CARE

### Baton Rouge Birth Services

Provides birth and postpartum doula care, placenta encapsulation, lactation counseling, cesarean consultations, and childbirth education.  
■ (225) 366-8613  
■ batonrougebirthservices.com

### Birth Help

Offers hands-on comfort measures to help guide moms with coping techniques during labor in the hospital and birth center.  
■ (225) 768-7686 ■ birthhelp.com

### DONA (Doula of North America)

Provides doula information for expecting moms and training for new and existing doulas.  
■ (888) 788-DONA (3662) ■ dona.org

### Doula Cooperative

Connects you with doulas in your area who can offer both birth and postpartum support.  
■ (585) 234-0164 (Co-op Consultant)  
■ doulacooperative.org

### My Doula Heart

Doula Jen is DONA International trained and certified and provides placenta encapsulation.  
■ (480) 221-5868 ■ mydoulaheart.com

## MILK BANK

### Mothers' Milk Bank of Louisiana at Ochsner Baptist



### Lane Regional Medical Center

The decision of where to have your baby is certainly not one to take lightly. Moms-to-be want a skilled and knowledgeable team at hand for both her and the baby's health, and that can be found at Lane Regional Medical Center. The center features large, well-appointed facilities that allow new mothers to enjoy the childbirth experience in a non-stressful way.

## RESOURCE DIRECTORY

Collects, processes, and provides donor human milk to premature and sick babies who need human milk to thrive. They are accredited by the Human Milk Banking Association of North America (HMBANA) as the first milk bank in the state of Louisiana.

■ (504) 842-2101 ■ [ochsner.org](http://ochsner.org)

## NUTRITION

### Women, Infants, and Children (WIC)

WIC provides nutritious foods, nutrition information, breastfeeding promotion, breastfeeding support, and referrals to other health and social services.

■ (225) 342-7988 ■ [ldh.la.gov](http://ldh.la.gov)

## PARENT EDUCATION AND CLASSES

### American Academy of Pediatrics

Organization of 60,000 pediatricians committed to the optimal physical, mental, and social health and wellbeing for all infants, children, and adolescents. They also offer handy resources to parents and providers.

■ (800) 433-9016 ■ [aap.org](http://aap.org)

### Attachment Parenting International

Provides educational materials, research information, consultations, and referrals for the method of attachment parenting.

■ [attachmentparenting.org](http://attachmentparenting.org)

### Family Service of Greater Baton Rouge

Offers parenting classes and child abuse prevention workshops in order to prepare parents for a new baby.

■ (225) 924-0123 ■ [fsgbr.org](http://fsgbr.org)

### Louisiana's Maternal and Child Health Program

Provides preventive child healthcare and low-risk prenatal care for women in Louisiana.

■ (225) 342-9500 ■ [ldh.la.gov](http://ldh.la.gov)

### Shots for Tots

Provides updates and education to parents and providers to ensure immunization services.

■ (800) 251-BABY ■ [shotsfortots.com](http://shotsfortots.com)

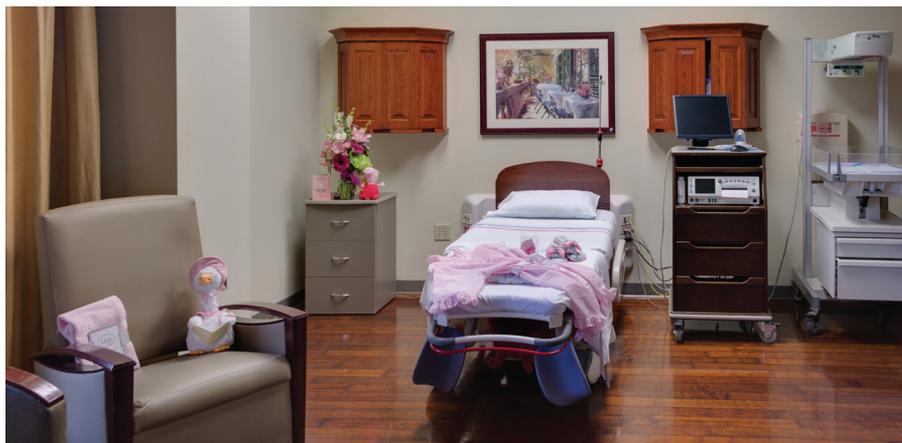
### The Women's Help Center

Offers women services, including free pregnancy and STD tests, prenatal vitamins, adoption referrals, and parenting and life skill classes. ■ (225) 395-9001

■ [thewomenshelpcenter.org](http://thewomenshelpcenter.org)

### YWCA of Greater Baton Rouge

Family Resource Center offers enrichment



### Baton Rouge General Medical Center

Baton Rouge General's birthing suites bring together state-of-the-art technology and hotel-like rooms to all new moms. Certified Birth Center staff provide moms-to-be with all the tips, tools and techniques needed for caring for their new bundle of joy at home. Moms are able to personalize their birthing experience through natural births, water births, or traditional births.

programs for parents and families such as Head Start. ■ (225) 383-0681 ■ [ywca.org](http://ywca.org)

## PARENTING SUPPORT GROUPS & SERVICES

### Capital Area Human Services

Provides services on children's behavioral health, school-based therapy, emotional crisis, and outpatient services providing assessment and treatment to children involved with the Department of Children and Family Services.

■ (225) 925-1906 ■ [cahsd.org](http://cahsd.org)

### Grief Recovery Center

Grief Recovery Center provides help through miscarriages or infertility, or any event that changes your life in a substantial way.

■ (225) 924-6621 ■ [grcbr.org](http://grcbr.org)

### LOSFA Start Saving for College

Helps parents set up accounts to start saving for their child's education.

■ (225) 219-1012 ■ [startsaving.la.gov](http://startsaving.la.gov)

### New Mom's Hope

Monthly support group that offers encouragement and education for new and expectant mothers. ■ (225) 658-4587

### Postpartum Progress

Provides postpartum depression treatment programs and specialists who help women with perinatal mood and anxiety disorders like postpartum depression, postpartum anxiety, postpartum OCD, postpartum psychosis, and depression during pregnancy.

■ [help@postpartumprogress.org](mailto:help@postpartumprogress.org)

■ [postpartumprogress.com](http://postpartumprogress.com)

### The Life of a Single Mom Ministries

Establishes support groups for single parents, and provides programming for single parents to promote self-sufficiency in parenting, finances, and health & wellness.

■ (225) 341-8055 ■ [thelifeofasinglemom.com](http://thelifeofasinglemom.com)

### Trach Mommas of Greater Baton Rouge

Provides peer support of all parents who have a child with a Trach. Trach Mommas of Greater Baton Rouge share information and resources, and provide a community of parents who understand what it means to be a parent of a child with a Trach. ■ (504) 723-7193

## PRODUCT RECALLS AND STANDARDS

### U.S. Consumer Product Safety Commission

Information on safety standards for cribs, toys, and other children's accessories, and lists toy and baby product recalls.

■ (800) 638-2772 ■ [cpsc.gov](http://cpsc.gov)

## SPECIAL NEEDS SUPPORT

### Autism Speaks

Autism Speaks has become the world's leading autism science and advocacy organization. They provide safety and educational resources for families dealing with autism.

■ [autismspeaks.com](http://autismspeaks.com)

### Baton Rouge Center for Autism

Strives to help each student on the autism spectrum reach his or her maximum potential.

■ (855) 345-2273

■ [batonrouge.centerforautism.com](http://batonrouge.centerforautism.com)

### Early Steps

Provides services to families with infants and toddlers from birth to three years who have a medical condition likely to result in a developmental delay, or who have developmental delays. ■ [ldh.la.gov](http://ldh.la.gov)

### Families Helping Families of Greater Baton Rouge

A family-directed resource center for individuals with disabilities and their families. Provides information and referrals, education and training, and parent-to-parent support. ■ (225) 216-7474 ■ [fhfgbr.org](http://fhfgbr.org)

### From Emotions to Advocacy

Offers a comprehensive online guide as well as directories and publications for organizations and support groups for disabilities, special needs, parent training, legal issues, and advocacy. ■ [fetaweb.com](http://fetaweb.com)

### Louisiana March of Dimes

Helps moms have full-term pregnancies and researches the problems that threaten the health of babies. ■ [marchofdimes.org/louisiana](http://marchofdimes.org/louisiana)

### The Arc Baton Rouge

Program assists children of all ages with special needs to maximize their developmental potential, and to promote their rights, as well as full inclusion within their local community. ■ (225) 927-0855 ■ [arcbatonrouge.org](http://arcbatonrouge.org)

### The Emerge Center

The Emerge Center is one of the leading places for adults and children with communication, behavioral, and developmental disabilities. ■ (225) 343-4232 ■ [emergela.org](http://emergela.org)

### Wonder Baby

Wonder Baby provides parents with children who have visual impairments and other disabilities with a way to connect and learn from one another through an online community. ■ [help@wonderbaby.org](mailto:help@wonderbaby.org) ■ [wonderbaby.org](http://wonderbaby.org)

## ULTRASOUND TECHNICIANS

### Angel Prints Ultrasound

Offers traditional 2D ultrasounds as well as 4D and HD. ■ (225) 769-0000 ■ [angelprintsonline.com](http://angelprintsonline.com)

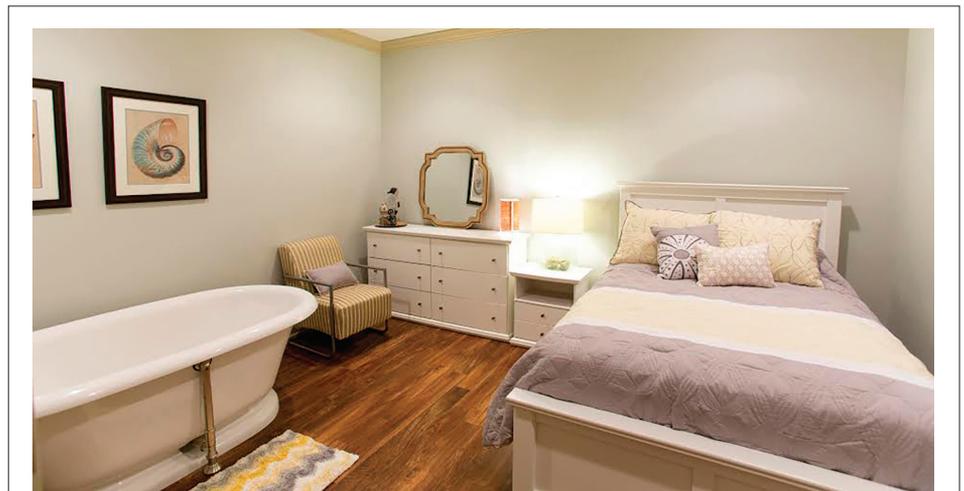
### First Glimpse Prenatal Imaging

Provides 3D/4D and now HD ultrasound imaging. ■ (225) 927-2454 ■ [firstglimpsebr.com](http://firstglimpsebr.com)

### Gender Reveal HD Ultrasound

Offers 3D and 4D prenatal imaging, a maternity boutique, and reveal & shower supply. ■ (225) 744-3D4D (3343) ■ [genderrevealultrasound.com](http://genderrevealultrasound.com)

All resources and numbers were up to date at the time of press. It is important that you always phone ahead.



### Birth Center of Baton Rouge

The Birth Center of Baton Rouge allows you to create the birthing experience of your choice, whether that be through water births or traditional births. All of the rooms are furnished with regular beds, large tubs for water labor and birth, and large attached baths. There is plenty of room for family members, but also a waiting area outside when moms want privacy.

## IMPORTANT NUMBERS

Fire/Rescue....

Lake Line Direct....(225) 765-5253

Police....

Kidline....(800)-CHILDREN

Ambulance....911

Shots for Tots....(800) 251-BABY

Poison Control....(800) 222-1222

Work....

Pediatrician....

Grandparents....

Ob/Gyn....

Babysitter....

Doula....

Health Insurance Provider....

Midwife....

Other Numbers

Lactation Support....

# CRAWFISH SWIM SCHOOL

## Lessons are for **LIFE!**

Crawfish Swim School offers swim lessons starting at 2 months, in group or private class format.



**Baton Rouge**  
8556 Siegen Lane  
225.757.6867

**Prairieville**  
15077 Hwy 73  
225.673.3366

Offers a Total Swim Experience through the following services:

- ↘ Group Lessons (1 class per week format)
- ↘ Private Lessons (18 months to adult)
- ↘ Water Tykes (Child 6-35 months & adult class)
- ↘ Pool Parties (12 months of the year!)
- ↘ 88° Warm Water (year round classes)
- ↘ Indoor Pool & Conditioned Viewing Area

[www.crawfishswimschool.com](http://www.crawfishswimschool.com)

## BELLY LAUGHS

# Fun Ways to Determine Your Baby's Sex

**H**e or she? What will your baby be? When it comes to finding out your baby's gender, waiting for the big reveal can be torturous. Sometimes, you just want to know so you can go full steam ahead into planning the nursery and buying those adorable onesies that say, "Mommy's Little Man" or "Daddy's Princess." Well, fear not, there are fun ways to help predict what your baby will be. They may not be "science," but they're exciting.

### Carrying High, Carrying Low

The way you are carrying during your pregnancy is one of the most often cited ways of determining the gender of your baby. The general story goes that, if you are carrying low, you are having a boy. If you are carrying high, you are having a girl. But, science says "NO!" to this. The way you carry is determined by muscle and uterine tone as well as the baby's position. But who's to say that boys don't like being lower in their mom's uterus while girls prefer a view from the top?

### What Your Urine Says

This test may not be for everyone, although it is very simple. Take a sample of your urine and mix it with Drano. According to the theory, the solution's color transformation indicates the baby's gender. If your urine turns bluish, yellow, brownish, brown, black, or blue, you will be having a boy. If your urine looks more greenish brown, green, blue, or doesn't change at all, then you are having a girl.

### Heartbeats

One belief that has been around for some time, and even had some acceptance in the medical community at one point, is that the fetal heart rates differ for boys and girls. If you're having a girl, then

the fetal heart rate would be above 140. A boy will have a heart rate below 140. However, pesky science has reared its little head again to say this method is complete fiction. A baby's heart rate is not affected by his or her gender until he or she is born, when a girl's heart rate will increase considerably compared with a boy's during mom's labor.

### Craving Something...Sweet?

Many people believe that your cravings are caused by the baby's gender. So, if you can't get enough chocolate, you could be having a girl. Does the idea of drinking straight lemon juice sound delicious to you? Then those sour cravings are a result of the little boy growing in your belly. However, if you do go by the scientists, then some of them will claim that you're not even having cravings because cravings just don't exist.

### Weight Gain

Thankfully, this one doesn't refer to your weight gain. The belief is that, if your husband gains weight during your pregnancy, you will have a girl. If he doesn't, then you're carrying a boy.

### Is Her Face Round and Full?

Some say that the shape and fullness of your face during pregnancy can indicate your baby's gender. Every woman gains weight differently during pregnancy, and every woman experiences different skin changes. If people tell you that because your face is round and rosy you are having a girl, they might be right—but it's just as likely that they are wrong!

### At Home Tests

Here's a test that you can do next time you change clothes or get out of the bath. Look in the mirror at your breasts. If the

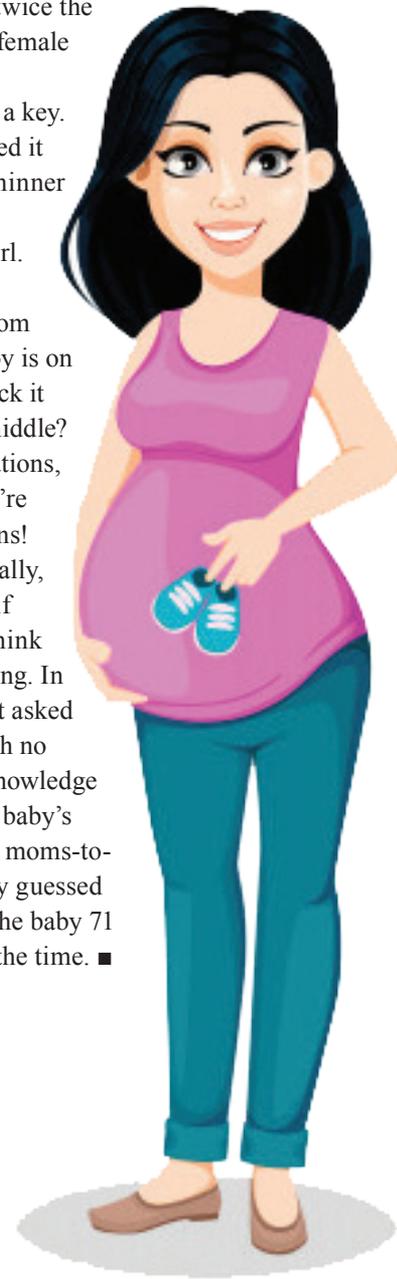
right one is larger, you're having a boy. A larger left breast indicates a girl.

Hold a pendant over your hand. If the necklace swings back and forth, you're having a boy. If it is a more circular motion, then it's a girl. This also can be done by suspending a ring on a string above your belly.

Do you have acne? Some believe that getting acne during pregnancy indicates you're carrying a girl. Maybe acne is caused by twice the amount of female hormones.

Pick up a key. If you picked it up by the thinner end, you're having a girl. Picking up by the bottom means a boy is on the way. Pick it up in the middle? Congratulations, mama, you're having twins!

And finally, ask yourself what you think you're having. In a study that asked women with no previous knowledge about their baby's gender, the moms-to-be correctly guessed the sex of the baby 71 percent of the time. ■



*Life is  
Sweeter  
with Sprinkles!*



gender  
reveals

ice  
cream  
pints

baby  
shower  
minis



18135 E Petroleum Drive, Suite D, Baton Rouge, LA 70809 | 225-831-1856

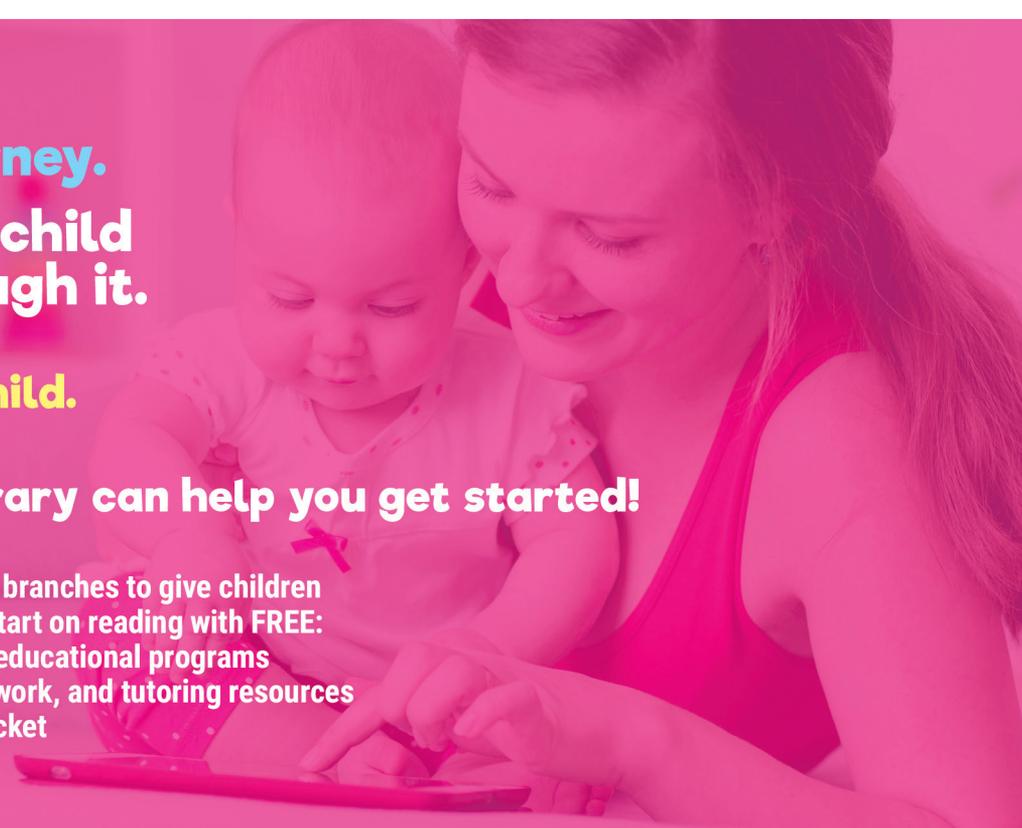
**Life is a journey.**  
**Help your child**  
***soar* through it.**

**Read to your child.**

**Your public library can help you get started!**

Visit one of 14 convenient branches to give children ages 2 and under a head start on reading with FREE:

- ongoing storytime and educational programs
- online parenting, homework, and tutoring resources
- "Read to Your Baby" packet



**(225) 231-3760**

**[www.ebrpl.com](http://www.ebrpl.com)**

# BABY FACES



**WANT TO  
SEE YOUR BABY'S  
PICTURE HERE?**

Email [graphics@brparents.com](mailto:graphics@brparents.com) and attach your photos for consideration. All photos must be at least 1MB in size.

All photos become property of *Pink & Blue*.

# The future of Louisiana is born at Ochsner.



**The Mabry Twins, Future Musicians  
Born at Ochsner Medical Center – Baton Rouge**

 **Ochsner®**  
**Baton Rouge**

[Ochsner.org/baby](http://Ochsner.org/baby)



DAYON T. 03/06/19

  
 Baton Rouge General  
*delivers*  
MAY FLOWERS  
