

Excerpted from THE NEW RULES OF PREGNANCY

by Adrienne L. Simone, MD, Jaqueline Worth, MD, and Danielle Claro.

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The New Rules of Pregnancy

What to eat, do,
think about, and let
go of while your body
is making a baby

Adrienne L. Simone, MD, Jaqueline Worth, MD,
and Danielle Claro

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THE BIG PICTURE

Welcome to *The New Rules of Pregnancy*. The mission of this book is to guide and support you with medical expertise while your body does what it knows how to do. Which is be pregnant. As doctors who have been enthusiastically caring for women for a couple of decades, we know that pregnancy is a robust process; the job is to keep the body safe and let it be. One of our goals is to take anxiety out of the equation and restore some of the glow to pregnancy. In our work, we've often wished there were a positive, concise guide, containing the most important information, that we could give to our pregnant patients. Something clear and uncluttered that reflected our compassionate, demedicalized, natural approach and cultivated a sense of well-being. We couldn't find that book, so we wrote it. *The New Rules of Pregnancy* explains everything you can do on the outside to support what's happening inside your body—and guides you through labor, delivery, and the beginning of motherhood. Our advice is frank and actionable—we get straight to the point, with evidence-based medicine that cuts a clear path. The idea is to help you take care of the things you can control and not make yourself crazy about those you can't—to encourage you to prepare for



what's ahead but also have faith in the process. One of the best things you can do for your pregnancy is relax. By bringing you the tools we feel you really need in a spirit of calm and joy, we hope we can help you do that.



For starters, we want to encourage you to look forward. Dreaming about the birth of your baby—even at the beginning of pregnancy—helps you figure out what you want. And thinking even further ahead to postpartum healing and life as parents can help you and your partner prepare for the phases you'll go through together. Some people are really surprised (even shocked) by the life changes that come with pregnancy and recovery, but there's no reason you need to be. Just keep talking and anticipating what's next, staying on the same team. The adjustments we recommend in this book aren't necessarily difficult, but they're important. We're going to encourage you to slow down, to eat well, and in general to lean in to pregnancy. There's no such thing as a perfect pregnancy or a perfect birth, so don't pressure yourself to experience this process a certain way. Just take care—and take naps—and take your time where maybe you used to rush. For this particular 280-day stretch, your body is making a human. Go with that.



PROTEIN, CALCIUM, FIBER

Protein makes babies grow. You want to build your pregnancy diet around it and aim to get somewhere between 60 and 70 grams a day. For reference, a chicken cutlet has about 25 grams of protein; a cup of lentils has 18. Two eggs deliver about 12 grams, and a half cup of tempeh is 15. A serving of salmon or steak has a whopping 40 grams of protein. If you're vegan by preference, consider eating eggs (and add Bragg's nutritional yeast to soups, avocado toast, or smoothies). If you're on the fence about meat, now is a good time to opt in. Calcium—also essential in pregnancy—builds babies' bones and teeth. Get 1,000 milligrams a day (a yogurt has 300 milligrams). Fiber is important for you, not the baby—to keep your digestive system working well. Have 28 grams a day (a serving of broccoli has 5 grams; a cup of raspberries has 8). This plan not only keeps you nourished but also keeps you full, so you're less likely to reach for foods without benefits (you know: bagels, cupcakes). Don't worry too much about precision—the amounts here are just guidelines. If you like, you can do an occasional check with an app like MyFitnessPal. Just type in what you ate that day to see how it all breaks down in terms of nutrients, then tweak as needed.



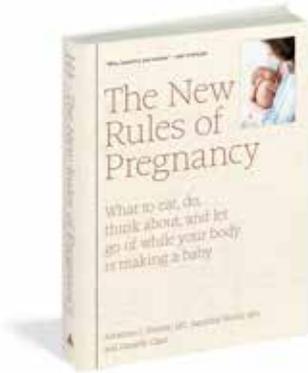
TAKE SLEEP LIKE A VITAMIN

One of the easiest ways to take care of yourself while pregnant is to make sleep a priority. Your body, in the first trimester, puts in a clear request for this; the exhaustion can be epic. Don't fight it. Just lie down when you can. It's a luxury afforded first-time moms. If there's a day or a week or even a month you can't imagine going to the gym, head home and nap instead. At night, for the best possible sleep, keep the bedroom cool and totally dark—cover blinking lights with black tape. Don't bring screens to bed. Leave your phone to charge in another room so you're not tempted (get an alarm clock if you normally use your phone to wake up). Your bedroom will feel so much more restful without it. As pregnancy advances, swap sides of the bed if that gives you easier access to the bathroom, and toss out the snorer next to you on occasion if the noise interferes with your REM sleep. Sleep helps keep your stress level down and makes it much easier to maintain the nutritious diet you need—when you're tired, your body cries out for carbs and sugar.



LISTEN TO YOUR BODY

During the first trimester, most reasonable exercise is fine as long as you're already used to it (don't take up running now for the first time ever). Aside from recommending a couple of adjustments—no inversions in yoga, no hot yoga—your doctor is likely to tell you to keep doing what you're doing. But your body might be saying something else. Something like, *Lie down*. Pay attention. You might need to dial it way back for a while, especially if you're experiencing a lot of nausea and/or exhaustion. If you don't feel up to your usual fitness commitments, take walks on a light incline, stretch when you wake up, or stream a gentle yoga class (try YogaGlo.com) and do only the poses you feel like doing. Your energy will most likely return soon.



**Available now at Amazon, Barnes & Noble,
and independent bookstores everywhere**

“As caring as the physicians who wrote it, *The New Rules of Pregnancy* contains all you need to know about the amazing sci-fi adventure that is having a baby. Wise, beautiful, and needed.”

—Amy Poehler

“A mindful, intelligent guide—supportive, concise, and full of actionable advice. This is the pregnancy book I would give to my daughter.”

—Frank Lipman, MD

“A beautiful, comforting, and calming companion to any pregnancy. It’s the only pregnancy book I will ever recommend and (spoiler alert!) what I’ll be giving at every baby shower. This is the perfect How-to-Love-and-Support-Your-Already-Genius-and-Totally-Capable-Body-Through-Pregnancy guide.”

—Téa Leoni

“This modern book on pregnancy brings us back to a place we never should have left—intuitive, noninvasive, common-sense care for mama and baby.”

—Rebecca Minkoff