

Answer sheet | Conversational cards (Pregnancy)

1 | A great number of women suffer from pregnancy ailments. Do you recognize that?

2 | The advice for pregnant women is to stay active. What do you think?

Explanation: Giving birth is easier for a healthy and strong woman and so is recovering. Besides that, staying active during pregnancy is good for the development of the baby, for example for the baby's heart. A pregnant woman is not allowed to do dangerous sports. These are sports where there is a chance that you may fall or get hit with a ball. If you are not sure if something is healthy to do or to eat, ask your midwife. She can also help you if you feel pain moving.

3 | Often you hear that a pregnant woman has to eat twice as much. What do you think?

Explanation: When you are pregnant, your body absorbs and uses nutrients way more efficiently. It does use up a little bit more energy because the baby has to grow, but you usually move a lot less at the end of your pregnancy. All and all, you can eat about as much as before you were pregnant. If you overeat, you will gain too much weight. This is not healthy for the mother or the baby. Besides, all those extra pounds have to come off after childbirth.

4 | Statement: If a pregnant woman eats a carrot, the baby tastes this as well.

Answer: True!

Explanation: The mother's diet changes the taste of the amniotic fluid. The baby can taste this from the third month of pregnancy. If a pregnant woman often eats the same flavors, the baby will start to develop a taste for these flavors.

5 | What do you deem important when it comes to the birth plan?

6 | Do you eat differently now you are pregnant?

7 | How does it feel to be pregnant?

8 | What is the (upcoming) father's role in pregnancy?

9 | How does the (upcoming) father prepares for the baby?

10 | How do you make sure you relax plentiful during pregnancy?

11 | Pregnant women often get loads of advice from others. How is this for you?

12 | How do you prepare for the arrival of your child?

13 | If your child is born, what advice would you like to give him for the future?

14 | How would your life change when the baby arrives?