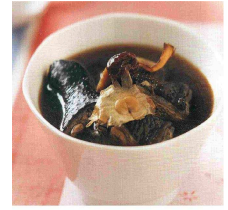


ESSENTIAL WAYS DURING CONFINEMENT



REST

take plenty of rest



SOUPS

it helps general health



MEAT

Do not over eat meat; and no fat skin too. Else, U may get constipation or put on too much weight



FOOD

better eat high energy, high protein foods to promote breast milk



LIGHT EXERCISE

During the many hours of labour, much energy is spent so the body is left weak and drained. Traditionally, mothers in confinement are not allowed to get out of the bed for any strenuous activities, not even meals. Also not allowed to lift heavy things and climb stairs. However, modern doctors believe that the sooner you get down from bed, the faster your womb will heal. As they believe that too long in bed may cause delayed healing, constipation and possible infections.



BATHING & WASHING OF HAIR

During pregnancy, the body's blood volume increases tremendously. It is thus prudent not to sit under a fan or you will likely catch a cold. With the availability of modern amenities such hot water and big towels, moderate washing of hair and quick bathing under the shower (no soaking in water allowed) is naturally permitted. Do not be afraid that you smell awful, instead you'll smell of Nature's very own concoction of motherly fragrance.