



Facts about Bed Rest:

Each year, nearly one of our five women are told to “take it easy” and stay off their feet for some part of their pregnancy.

Talk with your doctor about what bed rest means for you:

Will I need to stay in bed all day?

- can stand/walk
- can sit on sofa/chair
- must lay down ___ hours a day

Do I need to lie in a certain position?

- seated
- reclined
- flat on back
- on side

What kinds of activities am I safely able to do?

- housework (dusting, dishes)
- heavy lifting (laundry, vacuuming)
- prepare meals
- have visitors
- climb stairs ___ times/day

How long will I be permitted to stand each day? ___ Hours

- on and off, resting frequently
- limited to necessary walking only (to bathroom)
- not at all

Is there any kind of office work I can do rest?

While on bed

- phone calls
- work at desktop computer
- use laptop

What if I have other children?

- care for other children as usual
- no lifting children
- no active play
- find babysitter/caretaker to watch children

What should I ask people in my support system to be prepared to do?

- shop for groceries
- drive to doctor appts
- tidy up the house
- prepare meals
- watch other children

Will I be able to take a shower and use the bathroom?

- standing shower
- bath
- use bathroom normally
- use bedpan
- use bedside commode

***Knowing your options and limitations is an important part of doing all you can for your baby.

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Don't be stressed about bed rest! Remember, doing everything you can for your baby sometimes means doing nothing at all.

Your #1 priority is to take care of your baby, and prescribed bed rest will help you do that! Relax and take care of yourself....and take advantage of this time.

Here's a list of suggestions, ideas and not-so-guilty pleasures to keep you busy and entertained while on bed rest:

- Send personalized thank - you notes for shower gifts-include a photo from the party.
- Send heartfelt notes to those who help in everyday ways: cooking dinner, cleaning, watching your children, shopping - the kinds of things that don't usually get formal acknowledgement but mean so much.
- If you have a laptop, shop online...for groceries, baby supplies, and more.
- Read that book you've been putting off.
- Do isometric exercises to keep the circulation flowing (ask your doctor for some good examples)
- If you have other children, this is a wonderful time to spend quality time with them -play board games,read to them - let them read to you, teach them the alphabet or how to count, let them play nurse or "mommy"and take care of you-they'll feel that they're involved and being helpful to you.
- Get on the phone and call old friends; it's a great way to catch up and it's much more personal then email.
- Get your photo albums or scrapbooks updated.
- Find your roots - put together your family tree - call grandparents and other relatives for family anecdotesor personal memories to include.
- Think happy thoughts – meditation and deep breathing exercises are calming and will help you to let go of your worries.

Most of all, remember this is all for your baby. Stay healthy and happy by being mentally active so you can make this a positive, productive time.

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