

WOMEN'S HEALTHCARE THROUGH THE LIFE SPAN

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BEING ON BEDREST IS ESSENTIAL FOR FETAL DEVELOPMENT AND WELL- BEING. IT DOESN'T NEED TO BE DREADFUL OR BORING. HERE ARE SOME IDEAS TO HELP PASS THE TIME:

1. Access appropriate web sites to search how your baby is growing each week, educate yourself about your condition.
2. Start a pregnancy journal/blog.
3. Say yes to anyone who offers to help.
4. Catch up with friends by writing letters, calling or emailing.
5. Move to another room during the day.
6. Read books that you have always wanted to read and never had time.
7. Ask friends to bring their lunch and visit.
8. Finish or start a project like knitting, crocheting or needlework.
9. Make plans for when the baby comes.
10. Have milestone celebrations with friends or family.
11. Still have date night with significant other.
12. List all the things you hate to do that you don't have to do.
13. Learn to speak another language.
14. Make all those telephone calls you needed to do but didn't.