

Pregnancy Myths

Lara Freidenfelds

Common Pregnancy Myths Graig W. Smith, Juris Misins, 1998 Answers questions women are too embarrassed to ask their doctor, such as Can you predict the sex of a baby by listening to the heart rate? or Are there more babies born during the full Moon?

The Myth of the Perfect Pregnancy Lara Freidenfelds, 2020-01-02 When a couple plans for a child today, every moment seems precious and unique. Home pregnancy tests promise good news just days after conception, and prospective parents can track the progress of their pregnancy day by day with apps that deliver a stream of embryonic portraits. On-line due date calculators trigger a direct-marketing barrage of baby-name lists and diaper coupons. Ultrasounds as early as eight weeks offer a first photo for the baby book. Yet, all too often, even the best-strategized childbearing plans go awry. About twenty percent of confirmed pregnancies miscarry, mostly in the first months of gestation. Statistically, early pregnancy losses are a normal part of childbearing for healthy women. Drawing on sources ranging from advice books and corporate marketing plans to diary entries and blog posts, Lara

Freidenfelds offers a deep perspective on how this common and natural phenomenon has been experienced. As she shows, historically, miscarriages were generally taken in stride so long as a woman eventually had the children she desired. This has changed in recent decades, and an early pregnancy loss is often heartbreaking and can be as devastating to couples as losing a child. Freidenfelds traces how innovations in scientific medicine, consumer culture, cultural attitudes toward women and families, and fundamental convictions about human agency have reshaped the childbearing landscape. While the benefits of an increased emphasis on parental affection, careful pregnancy planning, attentive medical care, and specialized baby gear are real, they have also created unrealistic and potentially damaging expectations about a couple's ability to control reproduction and achieve perfect experiences. *The Myth of the Perfect Pregnancy* provides a reassuring perspective on early pregnancy loss and suggests ways for miscarriage to more effectively be acknowledged by women, their families, their healthcare providers, and the maternity care industry.

Hands Off My Belly Shawn A. Tassone, 2009-12-30 Expectant mothers are virtual magnets for

unsolicited advice. Mothers, grandmothers, aunts, sisters, sisters-in-law, new mothers, friends, and even strangers offer what seems to be an endless supply of supposedly authoritative opinions on every aspect of pregnancy: A craving for spicy food denotes a boy. Carrying the baby low denotes a girl. Besides gender predictions, a pregnant woman is also apt to acquire an earful of advice about miscarriage, dietary habits and cravings, hair growth, weight gain, and childbirth. And, of course, everyone wants to touch her belly. In this engaging, humorous, and very informative book, Drs. Shawn A. Tassone and Kathryn Landherr--experienced obstetricians and gynecologists, a husband-and-wife team of physicians, and parents of four children--explore the most common superstitions and myths surrounding pregnancy. From their combined twenty years of work in a clinic, as well as their own parenting experience, the authors review the anecdotes and beliefs, from the slightly unusual to the stranger-than-fiction, and compare them with the scientific evidence. Moving through each stage, from the early weeks of pregnancy to delivery, they examine the legends about diet, gender identification, preterm labor, the umbilical cord, initiating labor, and the size and movement of the fetus. As they

detail the scientific perspective on these varied and often amusing beliefs, the authors not only entertain but provide a great deal of practical information, which will ease the fears and anxieties of expectant parents as well as clear up many confusing notions. If you are pregnant, you owe it to yourself to get this book. Better yet, suggest it as the perfect shower gift to all those well-meaning advice givers.

Pregnancy Myths Michael D. Benson, 1998 An obstetrician debunks many commonly held beliefs about pregnancy--and provides essential information on exactly what to expect during delivery.

Pregnancy Myths Michael D. Benson, 1995 An experienced obstetrician cuts through the confusion surrounding pregnancy and birth by debunking dozens of myths that mislead parents, offering clear explanations of medical terms, and covering a variety of issues including prenatal care, birth defects, amniocentesis, and more. Original. IP.

Debunking the Bump Daphne Adler, 2018 Stay away from sushi! Cut out caffeine! Get rid of your cat! Step away from the microwave! Pregnant women are bombarded with risk factors they must avoid

from the moment the stick turns pink. Heroic mothers-to-be sacrifice their favorite foods and activities for the sake of their baby, but with such long lists of don'ts and conflicting information, it is easy to feel overwhelmed. Daphne Adler, a mathematician, management consultant, and self-proclaimed numbers junkie turns her expertise to pregnancy and the real research behind the risks. With thousands of cited sources, Adler wades through the research to reveal which factors are truly threats to a healthy pregnancy and which are simply red herrings or old wives' tales. From cheese to sex to saunas, *Debunking the Bump* sheds light on everything expectant mothers need to know to avoid the real risks without skipping the sushi.

Debunking the Bump Daphne Adler, 2014-05-20 When Daphne Adler, a mother and mathematician, was pregnant a colleague scolded her for sprinkling parmesan cheese on her pasta. After dutifully dumping her dinner in the trash, she decided to investigate to find out whether the admonishment and similar warnings were based on fact. What she discovered surprised her—and will surprise you, too. After 3 years of research where she poured over thousands of studies, Adler has reframed the

parameters of what should and shouldn't be allowable during pregnancy. Her refreshing and reassuring book finally provides us with a way to separate myth from reality. Fact or fallacy? Debunking the Bump sets the record straight with eye-opening revelations such as:

- 44% of obstetricians never mention the most important avoidable cause of birth defects.
- Less than half of all pregnant women are counseled about the most dangerous activity they could undertake while pregnant.
- In the long list of forbidden foods, one category is 10,000 times more risky than others...but its danger is not emphasized.
- Many pregnant women cut down their consumption of the single substance that's the most beneficial to their developing baby.

Debunking the Bump is a pregnancy book for women with a thirst for facts. It covers not only all the hot pregnancy topics (Is it safe to eat sushi and drink coffee?) but also a variety of additional subjects Adler's exhaustive research uncovered that aren't even mentioned in most pregnancy books. Filled with practical, actionable recommendations and clear explanations of risks and trade-offs, this unique guide will help you make informed choices so you can enjoy a relaxed and happy pregnancy.

Obstetric Myths Versus Research Realities Henci Goer, 1995-02-22 Anyone working to improve the childbearing experience and help women avoid unnecessary intervention has encountered numerous obstetric myths or old doctors' tales. And while the evidence in the medical literature may be solidly, often unequivocally, against whatever the doctor said, without access to that evidence, the pregnant woman is quite reasonably going to follow her doctor. This book is an attempt to make the medical literature on a variety of key obstetric issues accessible to people who lack the time, expertise, access, or proximity to a medical library to research concerns on their own. This compact, accurate, yet understandable reference is designed for people without medical training and organized for easy access. After an introductory chapter giving basic information about the different types of medical studies, how to evaluate them, and some basic statistical concepts, Goer provides chapters on cesarean issues, pregnancy and labor management, and a review of alternative approaches. Each chapter begins with a stated myth, followed by an examination of the reality. Goer then analyzes the mainstream belief, pointing out its fallacies. Then comes a list of significant points gleaned from the

studies and keyed to her abstracts. Next is the outline by which the abstracts are grouped. Finally come the numbered abstracts of relevant articles published, in most cases, after 1980. The book concludes with a glossary of medical terms and an index. This compact, accurate, and understandable reference tool is designed for people without medical training as well as care givers.

Expecting Better Emily Oster, 2014-06-24 “Emily Oster is the non-judgmental girlfriend holding our hand and guiding us through pregnancy and motherhood. She has done the work to get us the hard facts in a soft, understandable way.” —Amy Schumer *Fully Revised and Updated for 2021* What to Expect When You're Expecting meets Freakonomics: an award-winning economist disproves standard recommendations about pregnancy to empower women while they're expecting. From the author of Cribsheet and The Family Firm, a data-driven decision making guide to the early years of parenting Pregnancy—unquestionably one of the most profound, meaningful experiences of adulthood—can reduce otherwise intelligent women to, well, babies. Pregnant women are told to avoid cold cuts, sushi, alcohol, and coffee without ever being told why these are forbidden. Rules for prenatal testing are

similarly unexplained. Moms-to-be desperately want a resource that empowers them to make their own right choices. When award-winning economist Emily Oster was a mom-to-be herself, she evaluated the data behind the accepted rules of pregnancy, and discovered that most are often misguided and some are just flat-out wrong. Debunking myths and explaining everything from the real effects of caffeine to the surprising dangers of gardening, *Expecting Better* is the book for every pregnant woman who wants to enjoy a healthy and relaxed pregnancy—and the occasional glass of wine.

You're Having a Baby Melissa A. Anderson, 2002 Anderson searched for patterns in the advice she collected about pregnancy and childbirth. Explains how shared experience in the form of stories and advice provides a link between generations and members of the folk group. Discusses how beliefs, myths, and superstitions create a sense of control and a method of coping with discomfort. Describes beliefs concerning pain and nausea, inducing labor, gender divination, and general beliefs.

Bumpology Linda Geddes, 2014-03-11 From award-winning science journalist Linda Geddes, a fascinating and practical companion for expectant parents that makes sense of conflicting advice about

pregnancy, birth, and raising babies. Can I eat peanuts during pregnancy? Do unborn babies dream? Can men get pregnancy symptoms too? How much do babies remember? How can I get my baby to sleep through the night? The moment she discovers she's pregnant, every woman suddenly has a million questions about the life that's developing inside her. Linda Geddes was no different, except that as a journalist writing for New Scientist magazine she had access to the most up-to-date scientific research. What began as a personal quest to find the truth behind headlines and information that didn't patronize or confuse is now a brilliant new book. In *Bumpology*, Geddes discusses the latest research on every topic that expectant parents encounter, from first pregnancy symptoms to pregnancy diet, the right birth plan, and a baby's first year.

Bumpology Linda Geddes, 2014-03-11 Drawing on the most up-to-date scientific research, an award-winning science journalist, seeking to alleviate some of the worries pregnant women face each day, helps expectant parents make sense of conflicting advice about pregnancy, birth and raising babies. Original.

Teen Pregnancy and Parenting Keri Weed, Jody S Nicholson, Jaelyn R. Farris, 2014-08-01 Whether glamorised or stigmatised, teenage parenthood is all too often used to stand for a host of social problems, and empirical research results ignored. Identifying core controversies surrounding teen pregnancy and parenting, this book resolves misperceptions using findings from large-scale, longitudinal, and qualitative research studies from the US and other Western countries. Summarising the evidence and integrating it with a systems perspective, the authors explore ten prevalent myths about teenage parents, including: Teen pregnancy is associated with other behavior problems. Children of teen parents will experience cognitive delay, adjustment problems, and will themselves become teen parents. Better outcomes are achieved when teen mothers live with their own mothers. Teen pregnancy costs tax payers lots of money. Abstinence education is the best way to prevent teen pregnancy. Teen Pregnancy and Parenting ends by highlighting the prevention and intervention implications for families, practitioners, and policymakers. It will be of interest to academics and advanced students from a range of disciplines and professions including psychology, public policy,

nursing, social work and sociology.

Debunking Old Wives' Tales About Getting Pregnant Aurora Brooks, 101-01-01 Are you tired of hearing old wives' tales about getting pregnant? Are you ready to separate fact from fiction and learn the truth about fertility? Look no further than **Debunking Old Wives' Tales About Getting Pregnant**. This short read book is your ultimate guide to understanding the myths surrounding fertility and discovering the real science behind conception. In this book, you will find a comprehensive table of contents that covers a wide range of common myths about getting pregnant. Each myth is thoroughly debunked, providing you with the knowledge and confidence to make informed decisions about your fertility journey. Starting with Myth 1, Eating Pineapple Increases Fertility, you will learn why this popular belief is nothing more than a myth. The book explores the scientific evidence and explains why certain foods cannot magically boost your chances of conceiving. Moving on to Myth 2, The Moon's Phases Affect Fertility, the book delves into the sub-myths of the full moon and new moon. You will discover why lunar cycles have no impact on your ability to get pregnant. Myth 3 tackles the belief that certain

sexual positions increase the odds of pregnancy. From the missionary position to doggy style, this book provides a clear understanding of how sexual positions do not affect fertility. As you progress through the book, you will also learn about the age-old myth that fertility declines after 35. Myth 4 explores the statistics and facts surrounding age and fertility, giving you a realistic perspective on conception at different stages of life. Other myths addressed in this book include the idea that using birth control pills causes infertility, the belief that stress prevents pregnancy, and the misconception that having regular sex guarantees pregnancy. Each myth is thoroughly examined, providing you with the truth behind these common misconceptions. To further enhance your understanding, the book also includes a section on frequently asked questions. Here, you will find answers to common queries about fertility and conception. Debunking Old Wives' Tales About Getting Pregnant is a must-read for anyone who wants to separate fact from fiction when it comes to fertility. With its comprehensive table of contents and thorough debunking of myths, this book will empower you with the knowledge you need to make informed decisions about your reproductive health. Say goodbye to old wives' tales and

hello to the truth about getting pregnant. This title is a short read. A Short Read is a type of book that is designed to be read in one quick sitting. These no fluff books are perfect for people who want an overview about a subject in a short period of time. Table of Contents Debunking Old Wives' Tales About Getting Pregnant Myth 1: Eating Pineapple Increases Fertility Myth 2: The Moon's Phases Affect Fertility Myth 2.1: Full Moon and Fertility Myth 2.2: New Moon and Fertility Myth 3: Certain Sexual Positions Increase Odds of Pregnancy Myth 3.1: Missionary Position and Fertility Myth 3.2: Doggy Style and Fertility Myth 4: Fertility Declines After 35 Myth 4.1: Age and Fertility Statistics Myth 5: Using Birth Control Pills Causes Infertility Myth 5.1: Temporary Infertility after Stopping Birth Control Myth 5.2: Long-Term Effects of Birth Control Pills Myth 6: Stress Prevents Pregnancy Myth 6.1: The Mind-Body Connection and Fertility Myth 7: Having Regular Sex Guarantees Pregnancy Myth 7.1: Understanding Fertile Window and Timing Myth 8: Elevating Hips After Sex Increases Fertility Myth 8.1: Sperm Travel and Gravity Myth 9: Fertility Treatment Always Results in Multiple Births Myth 9.1: Success Rates of Fertility Treatments Myth 10: Fertility Can Be Enhanced by Certain Foods or

Supplements Myth 10.1: Fertility-Boosting Foods Myth 10.2: Fertility Supplements and Their Efficacy
Frequently Asked Questions

Debunking the Bump Daphne Adler, 2014-12-11 The rational guide to pregnancy--Back cover.

The Journey to Parenthood Diana Lynn Barnes, Leigh Balber, 2023-10-13 This book contains a Foreword by Kathy Hirsh-Pasek and Roberta Michnick Golinkoff (authors of *Einstein Never Used Flash Cards: How Our Children Really Learn and Why They Need to Play More and Memorize less*). New and expectant parents need support and confidence. This book is designed to provide that. It assists in exploring and analyzing thoughts.

Pregnancy Made Simple Claire Plimmer, 2018-11-06 Pregnancy is exciting for parents-to-be! Your life is about to change forever, whether this is the first new baby in your life or not. The amount of information out there about pregnancy can be overwhelming for everyone involved. But fear not: this practical pictorial guide, packed with accessible and stylish infographics, will help you to get up to speed and give you all the essential facts you need, as well as a healthy dose of fun trivia to help you

remember and break up the facts. This book covers everything you need to know about pregnancy: Getting Pregnant: Once you've decided to have a baby, it's not always as easy to get pregnant as you once thought! Being Pregnant: Pregnancy myths, morning sickness, and all the changes happening to you and your baby. Nourishment: Cravings! Everybody gets them—but what should you avoid indulging in? Well-Being: Different methods of exercise, what tests should you get, and, most important, how to relax! Final Stages: All the last-minute things you should do before the baby arrives! From what to stock in the nursery to the first signs of labor, this section will make sure that you're completely ready to go when it's time. This book offers both men and women an easy guide to pregnancy, from finding out what's going on inside a pregnant woman's body to understanding the various cravings she might experience.

Misconceptions Naomi Wolf, 2003-05-20 In *Misconceptions*, bestselling author Naomi Wolf she demythologizes motherhood and reveals the dangers of common assumptions about childbirth. With uncompromising honesty she describes how hormones eroded her sense of independence,

ultrasounds tested her commitment to abortion rights, and the keepers of the OB/GYN establishment lacked compassion. The weeks after her first daughter's birth taught her how society, employers, and even husbands can manipulate new mothers. She had bewildering post partum depression, but learned that a surprisingly high percentage of women experience it. Wolf's courageous willingness to talk about the unexpected difficulties of childbirth will help every woman become a more knowledgeable planner of her pregnancy and better prepare her for the challenges of balancing a career, freedom, and a growing family. Invaluable in its advice to parents, *Misconceptions* speaks to anyone connected—personally, medically, or professionally—to a new mother.

Teenage Sex and Pregnancy Mike A. Males, 2010-07-15 This detailed, exhaustively documented account shows how and why just about everyone in today's teen pregnancy debate is wrong—often disastrously so. *Teenage Sex and Pregnancy: Modern Myths, Unsexy Realities* presents a unique view of its subject by analyzing the extensive myths and fears that surround discussion of teenage sex and pregnancy, including their relationship to popular culture, poverty, adult sexual behaviors, and anxieties

toward the increasingly public roles of young women. Award-winning author Mike Males argues that today's discussions rely largely on falsehoods and the suppression of crucial realities. His work details a new view of popular culture as a largely beneficial feature of teens' lives and presents a carefully documented analysis demolishing destructive myths about the new girl. Debunking popular arguments, he shows that the teen sex debate is mired in interest-group talking points that ignore difficult realities to advance politically attuned agendas. It's time, he writes, to modernize the discussion, recognizing that teens act in ways consistent with their interests, with the sexual behaviors of adults, and with the school and job opportunities afforded them.

Pregnancy to Podium Susie Mitchell, 2013-11-14 Susie Mitchell is a 37 year first time mom to a lovely vibrant baby girl Tori. Always enjoying the challenge of trying her hand at different sports, she discovered track cycling in July of 2011. After failing to make her mark in anything from shot putt to surfing, it finally seemed she had found something she was good at. Then two months later she became pregnant. Having set her sights on competing in the World Masters Track Cycling

Championships the following October, she needed a plan. It would come four months after the birth and she wanted to be ready to give a good account of herself. Wanting to train properly throughout her pregnancy, she looked for and found lots of advice – but was alarmed at how conservative views on exercise were during this time. The advice of gentle jogging or easy swimming wasn't appealing. Being both a vet and scientist with a background in research she decided to look into it herself and focus on what the science said as her guide. Through this, a healthy dose of common sense and the help of her coach, she found a way to maintain and improve her fitness while training through all stages of her pregnancy and post-partum. Her return to form came so much quicker than anyone could have expected, winning a National Medal just 6 weeks after the birth. She added others in the following months and went from strength to strength culminating in winning a title in the Individual Pursuit at the World Masters Track Championships in Manchester just a few months after Tori arrived. She had somehow managed to achieve her lifelong goal of sporting success in any discipline, and had pregnancy to thank for it. Susie showed that it is not only possible to stay fit and healthy by exercising

through your pregnancy but that you could turn pregnancy to your advantage during training. The physiological changes in the body during this time mean training with baby on board is akin to training at altitude. Only a lot cheaper and easier to do! By staying somewhat immersed in her sport, she also reaped another unforeseen benefit – she succeeded in maintain her identity through it all. Staying fit and getting back on the bike post-partum was one of the things that kept her sane, when coping with the biggest shock to the system anyone can have – becoming a mom for the first time. All of this was made possible by the help of a very supportive husband, Cormac. She is now back at work as a fish vet, travelling all around Ireland, visiting fish farms and jumping on and off trawlers. She tries to balance working, being a mum and enjoying her sport, a bit of a juggling act at times. Wanting to help other women like her during their pregnancies, she wrote the book she would have liked to read.

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