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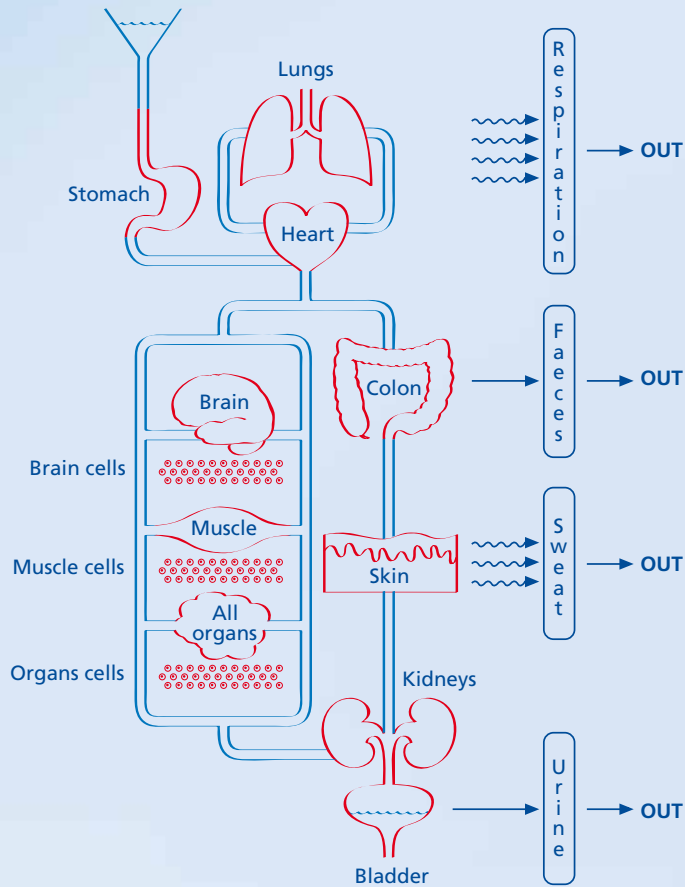
HEALTHY BABIES NEED HEALTHY MUMS!

***HOW MUCH WATER DO YOU DRINK?
IT MAY NOT BE ENOUGH...***

Whether pregnant or breastfeeding, it's essential you stay hydrated – read on to discover more about the important role water plays in our lives, keeping us healthy, nourished and ready for motherhood!

WATER POWER

Our bodies are like water-powered machines



People often think that the water they drink goes in at the mouth and straight out the other end! This isn't the case. Our bodies need regular topping up with water to keep them working properly.

Water goes into the stomach and then on a journey round the body. Water replenishes cells at the deepest level, enabling organs like your heart and lungs to function at their best as well as supplying your brain, your muscles AND... your growing baby.

WATER IS VITAL TO LIFE

Your body is about 60% fluids and every single cell relies on a constant supply of water to do its job. When you're pregnant or breastfeeding, that job includes nourishing your growing baby!

- Babies float in a yellowish clear substance called amniotic fluid.
- Amniotic fluid is about 98-99% water.¹ The developing foetus has room to move and grow while being protected from outside injury. The amniotic fluid protects the foetus against mechanical, thermal and bacterial aggression.



PUT BACK WHAT YOU USE!

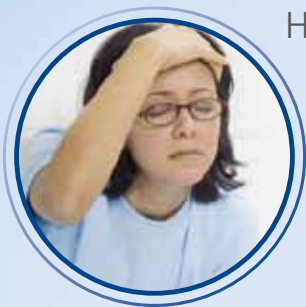
Our bodies use and lose water all the time. So, quite simply, we need to put back what we've lost. Pregnant women must maintain adequate levels of water, to enable the hydration needs of the developing foetus and optimise production of amniotic fluid.

- Look after your body and your pregnancy by drinking healthily. You can, for example, avoid the excess sugars in sweetened drinks and the additives in processed drinks by simply reaching for a glass of pure water.



BENEFITS OF GOOD HYDRATION

Topping up our water levels on a regular basis is important when the body is coping with pregnancy or the demands of breastfeeding.



Headache caused by dehydration is common² and can often be helped simply by increasing water intake.³ Given the extra fluid demands on breastfeeding mums, remembering to maintain hydration is crucial.

Studies have also shown that being short on fluids can be a possible trigger for migraine.⁴



Even mild dehydration can have a noticeable effect on your mind, for example, how well you can concentrate, how tired you feel and even your short-term memory.^{5,6}



Nearly one in three women will have had at least one attack of UTI (Urinary Tract Infection) by 24 years of age and pregnant women can be particularly susceptible.⁷ Getting rid of the bacteria that cause these infections is partly dependent on daily hydration.⁸

Avoiding UTIs is important for all women, so that's another good reason to drink enough water!

HYDRATE WHEN BREASTFEEDING

When babies are born, their bodies can comprise up to 80% water.⁹ We're made of water and we need it to survive. But your body will always put your baby's needs first. To breastfeed, your body takes your own fluids and creates milk for your baby. That's why it's so important to replace the water your body uses to make milk and avoid dehydration.



Made mainly from the fluids you drink, breastmilk is 87% water and gives your baby everything it needs to grow.¹⁰ Breastmilk is thirst-quenching for your baby and also nutritious. A breastfed baby should not need any other liquids as long as you are feeding on demand.

- It makes sense to drink water regularly when you realise that women who breastfeed can provide around 750ml of breast milk every day for their babies.¹¹





HOW MUCH SHOULD I DRINK EVERY DAY?

Guidance varies but for non-pregnant women who have office-based jobs in moderate climates, many doctors recommend drinking a minimum 2 litres¹² (about 8 glasses) of fluid with pregnant women needing to drink an extra glass per day.¹¹

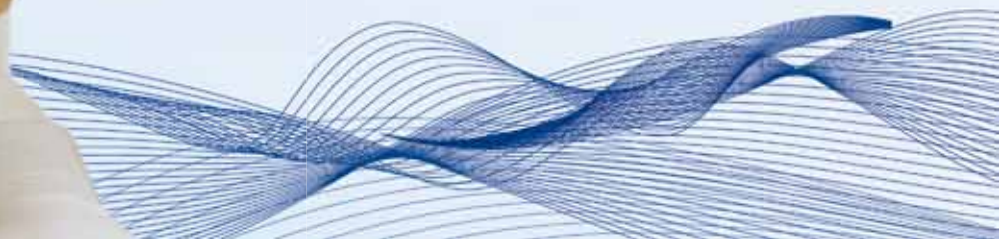
Mothers often have a very strong thirst sensation while breastfeeding their baby.

Much more water is needed by breastfeeding mothers; that's why doctors recommend that women drink 1 extra litre of water per day in order to compensate for fluid lost producing milk.¹²

HOW DO I KNOW IF I'M DRINKING ENOUGH?

There's no easy answer to this although if you get symptoms like headache, have a think about your water consumption over the last 24 hours. One practical way to check if you're drinking enough is to look at the colour of your urine. It should be a light yellow colour. If it's dark or strong smelling, you may be dehydrated.

Some medications, conditions and foods can affect the colour and smell of urine, so the best thing to do is get into the habit of drinking regularly throughout the day.



TIPS FOR GOOD HYDRATION – PROGRAMME WATER INTO YOUR SCHEDULE!

- Have a bottle of water handy in your car, on your desk, in your bag. In hot weather, keep the water in a cool-bag for a more pleasant taste.
- Take regular sips of water even when you're not thirsty.
- Drink a glass of water at meal-times.
- Add flavour to your water with a squeeze of lemon or lime or try some fresh ginger. Some women find ginger reduces feelings of nausea.¹³
- Drink more water if you get hot or are sweating.
- Before settling down to feed your baby, have some water nearby and make sure you drink it!



WHAT CAN I DO IF I THINK I'M DEHYDRATED?

- If you're thirsty, tired or headachey sit or lie down if you can, put your feet up and drink little regular sips of water. Iced water may taste nicer.
- Be careful not to drink a lot of water very quickly as this may actually make you nauseous or physically sick.
- If your head is hurting, follow your doctor's advice for pain relief.

If you are at all worried or if your feelings of dehydration don't improve quickly, contact a health professional for advice.

WATER IS ESSENTIAL

- Water continuously cycles through your body carrying out essential functions and keeping you alive. You need to replenish the water you lose to ensure that your body and the baby growing inside you are hydrated.

WATER IS ACCESSIBLE

- You can rely on water as a pure and natural source of fluid during pregnancy and when breastfeeding your baby: without additives, sugars or calories, water is the best choice to keep you hydrated.
- Deep cell hydration will help you feel more energetic and enable good physical and mental performance during pregnancy and early motherhood.

**So, if you're feeling a bit out of sorts, ask yourself,
when did I last have a drink of water?**

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