10. Reduce stress

Reducing stress is crucial for improving birth outcomes. Pregnant women should avoid, as much as they can, stressful situations. Recruit your loved ones to help you manage stress in your life.

11. Avoid certain foods

There are certain foods that women should avoid eating while pregnant. Don't eat:

- Raw or rare meats
- Liver, sushi, raw eggs (also in mayonnaise)
- Soft cheeses (feta, brie)
- Unpasteurized milk

Raw and unpasteurized animal products can cause food poisoning. Some fish, even when cooked, can be harmful to a growing baby because they're high in mercury.

12. ENJOY THE JOURNEY

Enjoy this special time in your life! Your family and friends can help make the most of this wonderful transition. Have confidence in your body's ability to grow, nourish and give birth to this baby as women have done for centuries