



5 Pregnancy mistakes to avoid.

Pregnancy is no less than a rollercoaster ride filled with ups and downs. The joy of experiencing motherhood is beautiful, but women at times grow extremely conscious about the changes which they experience during their pregnancy journey. As a result, they tend to starve themselves to maintain a healthy weight throughout pregnancy and make some common mistakes which can be extremely harmful to them and their child's well-being.

Let us find out what common mistakes should women necessarily avoid making during their pregnancy journey:

1. **Skipping Meals.**

This is one of the most common mistakes that every pregnant female tends to make during her pregnancy journey. As they feel conscious about their growing tummy they start skipping meals and starve themselves to prevent weight gain. But this can be extremely hazardous for the baby's health. When the baby will not receive adequate nutrition his growth and development may be negatively impacted. Skipping meals is never a good idea. According to the [best Gynaecologist in South Ex](#) women can inculcate healthy and nutritious meals that are less caloric and can provide adequate amounts of nutrition to their body during this phase of pregnancy. Ditching packaged and processed foods will prevent unnecessary weight gain as such foods have very low nutrient value. Besides, women can try eating their meals at regular and short intervals.

2. **Avoiding physical activities.**

Another common mistake which women make during their pregnancy is limiting or restricting indulging in any type of physical activity thinking that this may be hazardous for their and their baby's well being. But, as per the [best Gynaecologist in Delhi](#) performing light exercises such as yoga, walking and meditation can be extremely beneficial for both the mother and the child.

3. **Feeling anxious.**

As per the leading [gynaecologist in south Delhi](#), Mood swings are a crucial part of the pregnancy journey but feeling anxious all day long about the changes in the body or feeling anxious about increasing weight is not at all healthy for the pregnant female and her baby. But it is of at most important to keep in mind that weight gain and physical changes in the body are a part of the pregnancy journey and feeling anxious about this is not going to help in any way. Pregnant females can try walking yoga and meditation to curb stress and also so that they stay calm all day long.

4. Consuming medications without consultation.

During pregnancy, it is of utmost importance to consult the [best gynaecologist in south ex](#), before consuming any type of medications, as these can have severe side effects on both the mother and baby's well-being. Gastrointestinal issues, fatigue, itchiness and muscle weakness are very common during pregnancy but it is best to consume medications only if these are recommended by the gynaecologist.

5. Not choosing a good gynaecologist.

Since pregnancy is an extremely challenging journey, it can be easily dealt with if one has the right gynaecologist or health care practitioner. One should research the experience and expertise of the gynaecologist before seeking consultation as the decision of a gynaecologist is going to impact the entire pregnancy journey. One can also check out the client reviews and feedback before choosing the [best Gynaecologist in South Ex](#).