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# Making Healthy Babies: The Role of a Mother's Education

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# Making Healthy Babies: The Role of a Mother's Education



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## Introduction

The purpose of this research is to synthesize information that expectant parents can use in promoting long term health benefits, both for themselves and their new born baby. To achieve this, an extensive review of the literature review was conducted to identify the most up- to date peer- reviewed information on how the mother's attitude and lifestyle choices play a role in their health, and how these decisions could ultimately determine their newborns long-term well-being as well. This literature review identifies several important themes for expectant parents and other stakeholders. These themes include: the role of education, prenatal nutrition, behavior, immunization and exercise during pregnancy.

## Research Question

How can the lifestyle choices of a mother affect the development of their baby during pregnancy and afterbirth.

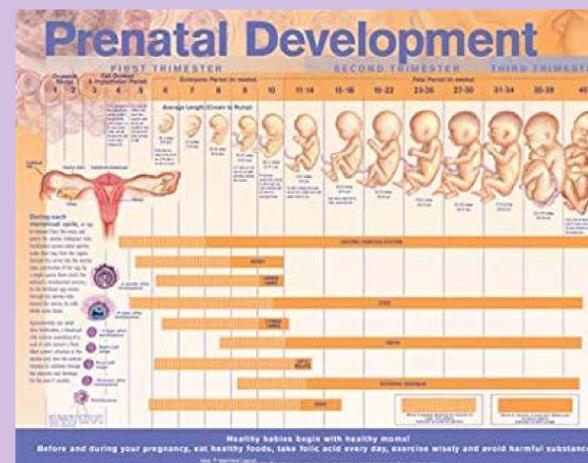
## Methodology

A literature review was conducted to attain my sample of articles from various peer reviewed sources. All articles presented in this study were published between 2009-2019 to ensure its quality and reliability.

Keywords used : Antenatal, Postnatal, First-time parents / expectants, Education, Lifestyle choices

## Procedure

- Attained articles through the use of Brockport's 's library electronic database and numerous databases including:
  - Google Scholar
  - EBSCOhost
  - PsycINFO
  - Pubmed
  - Government based websites
- These databases were used to access relevant articles. Once the articles were selected, findings were extracted from them to answer the research question.



## Results

- During pregnancy, visiting your doctor for a check up appointment is important (Womenshealth.gov,2019).
  - Detect high-risk pregnancy or a low risk pregnancy
  - Tests that doctors perform are Amniocentesis test and Nonstress test.
- Evidence suggests that maternal exercise can boost babies brain development and influence a child's health into adulthood (Steakley, 2015).
- A pregnant woman exposure to lead may cause preterm birth, low birth weight, and spontaneous fetal death or miscarriage ( CDC.gov, 2017).
- Studies have shown that the ideal diet contain whole grains, legumes, fruits and vegetables along with high quality proteins and essential fatty acids (Pregnancybirthbaby.org, 2018)
  - Nutrient dense foods are full of vitamins, minerals, and other nutrient
- Foods that are safe to eat are washed fruits and vegetables, eggs that are completely cooked, meats heated until steamed hot and if a mother is going to consume seafood, eat up to 12 oz. a week of fully cooked seafood with low levels of mercury (publichealth.va.gov, 2013).
- Women that attend prenatal breastfeeding education classes are more likely to breastfeed often as low at six months because breastfeeding provides infants with general health benefits and decreases the risk for acute chronic diseases (Womenshealth.gov, 2019).

## Conclusion

Having a healthy baby starts with the actions the mother displays. When pregnant, everything an expecting mother does ultimately has an effect on the baby. It is crucial that mothers take their health serious by making it a priority. After all, a mother's health is equivalent to their baby's health since they are closely tied together. It is recommended that mothers get enough of the right diet, exercise often, take prenatal vitamins that gives the body nutrients the baby needs, and abstain away from environments that can possibly bring harm. Furthermore, mothers should see their primary care givers for checkups as doctors would discuss with them their progress and potential complications that will need immediate care. Since pregnancy is a precious time for both a mother and their child, it is right for mothers to settle on making the correct decisions in which would positively impact the long-term benefits of the child's health.

## Acknowledgments

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## Limitations

- Time of study: The research was conducted in a 6 week span; some topics of the research had to be narrowed down.
- Limited access to data: Not being able to utilize surveys to gather qualitative data.
- Additionally, not being able to conduct in person interviews to gather personal stories that would enhance the quality the research.
- There was no implications for using systematic review.

## References ( Full reference list is available upon request)

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