

Parents-to-be get healthy advice

TIMES NEWS NETWORK

Bangalore: How can expectant mothers manage pregnancy? At a workshop on Sunday, there were given tips by psychologist Rekha Sudarshan and an antenatal specialist from Chennai.

The workshop, by LifeCell International, aimed at enlightening and empowering expectant mothers and preparing them for the process of labour and birth. The parents-to-be were educated on what they can expect during each of the pregnancy stages.

The session helped expecting parents discuss their fears — how to respond to the many physical, psychological and hormonal changes that come along with pregnancy.

There was a talk on diet and nutrition required and a demonstration on some relaxation techniques, pelvic exercises for muscle relaxation and regular pre- and post-natal exercises for a safe and uncomplicated delivery.