Ep 147. Why Treating Mama Like a Queen During Pregnancy is Essential Transcript

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Pregnancy Health and the Big Picture

Hi everybody, it's Dr. Laura with Connecting the Dots, Truth Bombs. So as we got started last week, we are focused on what is a woman's state of health when she gets pregnant.

Treating Mom Like a Queen

And we want to build on this concept so that we can connect the dots on how every part of development is going to be impacted by every of conception, the health of the parents, pregnancy, all the way through.

Today I'm going to focus on pregnancy and I want to talk about a few truth bombs that have to do with what's going give you the best outcome. So what we're going talk today is treat mama like a queen and we really want understand the impact of chronic stress on mom and that developing baby.

We also want to understand some of those incredible first senses that are developing in the womb that have a huge part in how that child's developmental trajectory is going to go.

So let's dive in because these are only five minutes. and there's gonna be lots of information. So it is really important that mom be treated like a queen.

Chronic Stress and Baby's Development

We need to be okay with the changes that our body is gonna go through. There are innate processes that allow a woman's body, her belly, to bloom and allow that baby to have all the room in the world that it needs in order to grow correctly.

A baby goes through all different kinds of movement in that womb and it needs to have that room. So in a woman, her sarcomeres, the muscle cells actually multiply, so it will allow the space for her belly to bloom.

We want to be conscious of what are we doing with our exercise. It's very important to exercise, but we want to match what season our body is in and how can we best match our fitness to that season.

So we need to be comfortable with our belly. We need feel good about being pregnant so that we can enjoy that process. The next truth bomb is what's going on with chronic stress.

This is a topic that everybody goes through, so it's not limited to pregnant mothers and it is not limit to children. When we live in a state of chronic stress, we are changing the real estate in our brain.

Early Senses and Movement in the Womb

And when a mother is pregnant and if she is in stress while her baby's brain is developing, it can be impacted. Mom can also rob cortisol from her Baby through the umbilical cord.

So that is a truth that we must understand and why it is so important that During these early times, the vestibular system which is a very small anatomical part inside of our ears is actually the first movement experience that a baby actually feels.

And then we're going to develop our eyes during the fourth and the 10th week. And we are going develop hearing at the 18th. So these special senses are what are tied to so many things that are gonna impact that child's development once the baby is born.

It is so important that we understand the process that go through when we are pregnant. We have to understand movement is actually associated with development of the brain.

When you come into this world, you are fully formed, but you're not fully functioning. You're doing reading, not doing math. So movement starts in the womb, movement connects the dots.

Movement is imperative for a healthy pregnancy as well as a Healthy Central Nervous System. Let's put our best foot forward for the development of our babies.