

# Coping with morning sickness

Morning sickness can rear its ugly head day or night. Especially at the start of pregnancy. Here's a few things that could help make the first, delicate trimester a little easier to stomach.

- ✧ Drink lots of fluids to stay hydrated.
- ✧ Eat bland starchy foods little and often. Dry crackers usually go down well.
- ✧ Eat cold meals if the smell of hot ones causes pregnancy nausea.
- ✧ Avoid spicy or rich foods.
- ✧ Avoid foods that smell unpalatable.
- ✧ Eat carbs with meals.
- ✧ Eat little and often.
- ✧ Have a small snack first thing in the morning to avoid an empty stomach.
- ✧ Drink ginger tea or eat anything gingery.
- ✧ Take a note of what you eat to see if you can learn which foods trigger nausea.
- ✧ Try getting some fresh air.
- ✧ Try getting some rest.
- ✧ You should try wearing acupressure bands during the day, which may help.
- ✧ Speak to your GP or midwife if your urine is extremely dark.
- ✧ Speak to your GP or midwife if your symptoms are concerning you.

