

## Morning sickness

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"As yet, no single cause of morning sickness has been identified, and it doesn't always strike in the morning. Experts point to a range of factors; from high levels of oestrogen causing changes in your body to stressful emotions. Some even believe that the heightened sense of smell many women experience which often set off their nausea may be down to biological instincts to protect an unborn child from foods which may pose a threat.

Although it can make many a mum-to-be miserable, if you're still managing to eat and drink a reasonable amount, it shouldn't affect your baby. If you're really struggling to hold food or liquids down, speak to your doctor or midwife.

### How long will it last for?

For most mums, morning sickness fades by the end of the first trimester, although queasiness can come and go throughout pregnancy. Simple things like the smell of something you're not keen on can cause nausea, but every mum is different when it comes to what sets them off.

Some mums suffer from morning sickness throughout their entire pregnancy. If you're past your first trimester and still feeling queasy, it may prove comforting to know that morning sickness is thought to be a sign of a healthy pregnancy. But if you're pregnant and haven't felt any sickness, there's no need to worry – each mum is different and you're just one of the lucky ones!

There are lots of reported remedies for morning sickness; what works for one mum might not work for another, and what works one week might not work the next. Experimenting with a range of the following remedies may help.

### Ease morning sickness by:

- Keep plain, dry crackers or ginger biscuits by your bed. Eat one as soon as you wake and rest for 20-30 minutes before getting out of bed.
- Eat little and often – try a couple of bites of a cracker and some water as often as you can throughout the day.
- Stick to foods with a high protein or carbohydrates content - a well cooked egg on toast is a perfect meal to ease your sickness
- Drink lots of fluid – water, juice, milk, fruit teas. Ginger is renowned for soothing morning sickness, so try ginger ale or a slice of fresh ginger in your tea.

As stress is often cited as a cause of morning sickness, remember to make time to relax. If you're feeling nauseous, rest. It can be hard if you're working, but don't feel you have to go into work if you're not up to it.

If you'd like to speak to someone about your morning sickness, the Aptamil Careline is made up of mums and midwives, they're here to listen and give advice where they can; call **08457 623 628** or chat live using our instant messaging service, Live Chat.