

20 weeks

Half way! Yay!

Pregnancy complaints/discomforts

It is not uncommon to develop pregnancy discomforts, aches and pains. We hope to give good advice on how to reduce these at our appointments.

Common Side Effects of Pregnancy

Women often experience cystitis or Urinary Tract infections in pregnancy. There are lots of supplements you can take with the advice of a pharmacist. There are also lots of ways to help avoid them in your normal day to day.

UTI causes, treatment and prevention

During pregnancy, your body produces approximately 50% more blood and body fluids to meet the needs of the developing pepi. Swelling is a normal part of pregnancy that is caused by this additional blood and fluid. While swelling in your hands and feet can be normal, swelling in your face or rapid swelling is not.

<https://www.pregnancybirthbaby.org.au/swelling-during-pregnancy>

Read more about common pregnancy changes and discomforts here:

<https://www.midwife.org.nz/women/pregnancy/common-discomforts-and-how-to-manage/>

Alternative therapies:

Osteopathy

[Waitakere Osteopathic Centre](#)

Chiropractic

[Live Chiropractic](#)

Acupuncture

[Ora Accupuncture](#)

Massage

[Top Notch Massage](#)

[Revival Massage](#)

Time to start booking antenatal classes:

We urge you to join any antenatal groups as early as possible. We provide information all throughout haputanga, but these groups and classes give so much more knowledge and help connect you with others that are on the same journey. It's a great way to add to your support network. We also suggest downloading apps (Breast Fed NZ & Mama Aroha) to access info and support at any time, any day.

Antenatal Classes:

Waitemata Antenatal classes & hapu wānanga

[Classes and Wānanga](#)

West Auckland Parents Centre

[Parents Centre](#)

Holistic Baby

[Holistic Baby](#)

Online antenatal education:

[View2parent](#)

[Hatched online](#)

[Empowered Parenthood](#)

Postnatal classes with Plunket

[Plunket](#)

Breastfeeding classes

[Elevation Lactation](#)

There are great hypnobirthing courses available in Auckland

[Positive Births](#)

[Auckland Hypnobirthing](#)

[Mindful Birth](#)

Mindfulness for pregnancy & labour and birth

We want you to feel as empowered as much as possible during your journey, often this starts with mindfulness and breathing exercises.

Yoga or pregnancy specific movement can also help connect your mind and body.

We suggest practicing as this can help you during your labour and birth, and we want you to have the best birth experience possible.

<https://www.headspace.com/blog/2015/07/10/10-tips-for-a-mindful-birth/?fbclid=IwAR2TJ7qJ7IKCfHK8ejUeJA4pZO4pBCqDVkcy8fd8SeD9wb7VtYA0tG5ollg>