

Caring For Your Second Pregnancy



Control your food cravings and choose healthy options

Get your doctor's permission to continue exercising



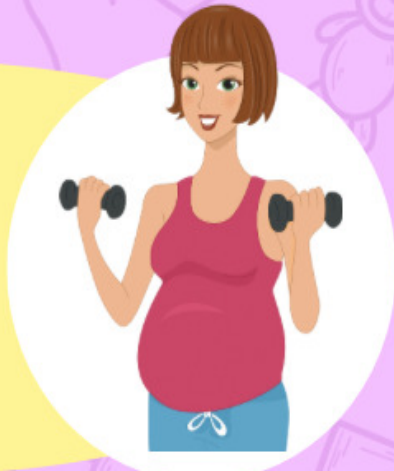
Take care of your mental well-being

Avoid stress and get ample amounts of rest



Avoid smoking and alcohol consumption

Avoid heavy lifting and bending down directly to protect your body



Reference:
1. Your Healthy Pregnancy; Australian Government