

Download 3 Babies Later My Experiences Of Pregnancy Birth And Recovery

DISCLAIMER: The information on this website is not intended and should not be construed as medical advice. Consult your health provider. [BBW Birth Story Pages](#). [BBW Birth Stories: Normal Vaginal Births](#) [BBW Birth Stories: Vaginal Birth Under Special Circumstances](#) [BBW Birth Stories: C-Section Stories](#) [BBW Birth Stories: Vaginal Birth After Cesarean Stories](#) In celebration of my 100th post on this wee blog I want to share 100 things I've learned in the last year about pregnancy, birth, postpartum recovery, breastfeeding, caring for a baby, and being a first-time mom. And that's just talking about the immediate physical repercussions. Below is a partial list of the physical effects and risks of pregnancy. This list does not include the many non-physical effects and risks a woman faces in reproducing, such as the economic investment of work interruptions from pregnancy and breastfeeding, or time lost from career and other opportunity costs involved in ...Pelvic pain is common in pregnancy and is known as Symphysis Pubis Dysfunction (SPD) or Pelvic Girdle Pain (PGP). The pain is caused by stiffness or uneven movements of the pelvic joints in pregnancy, which affects up to 1 in 5 women.