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This Crazy Pregnancy

Moms Share What Makes Them Crazy While Expecting

By Shannon McKelden

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"Consider this training for being a parent," Morris and Odes say. "From here on out you will probably be given lots of unsolicited advice. The key is to learn to filter out the noise and focus only on what information is useful to you."

Planning for these scenarios can also be helpful. "Learn how to field questions, either from nosy family members or friends, and handle differences of opinions," Klyberg says. "Talk with your partner ahead of time so you aren't figuring out in front of others if you have differences of opinion between the two of you."

Klyberg also suggests formulating answers for such questions as the breastfeeding thing, the co-sleeping thing, circumcision, etc., before they're asked. People tend to have strong opinions on such subjects, and if you're prepared, you won't be caught off guard. And remember that you have the right to say you aren't comfortable discussing certain topics with strangers. Just because your pregnancy is there for all to see doesn't mean you're obligated to discuss every aspect with whoever asks.

Another thing that may save your sanity when dealing with unsolicited questions and advice is to remember that sometimes askers of so-called "rude" questions really have good intentions. Mary E. Tyler of Ivor, Va., admits she occasionally asks potentially personal questions of pregnant strangers. But she isn't trying to be rude. "I feel, as a mother, that I have some kind of bond with all other mothers," Tyler says. "Maybe I just want to be part of it. Or maybe it's kind of a 'welcome to the club.'"

The most important thing to remember in all the craziness of pregnancy is that it is only temporary. After that you can look forward to the craziness of parenthood!

How to Relax and Go with the Flow

"During pregnancy dramatic changes and hormonal shifts can tip the scale emotionally," says Debbie Mandel, fitness and stress management expert and author of [Turn on Your Inner Light: Fitness for Body, Mind and Soul](#) (Busy Bee Group, 2003).

Here are some of Mandel's ideas to make your pregnancy calmer and more relaxing, despite all the things that can make you crazy:

- Keep your eye on the prize when you experience discomfort. It's only temporary. A moment can be bad; the next moment can be better.
- Do things you love to do. Distract yourself from a negative worry loop and boost your self-esteem.
- Cultivate your sense of humor: Speak to witty friends, watch comedies, etc. Laughter breaks negativity and releases endorphins.
- Get some exercise (doctor permitting, of course) because activity will burn off stress hormones and release endorphins. Create synergy by taking a walk in the light with headphones!

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