



MOTHER MATTERS

The right of women with disabilities to motherhood

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INFORMATIVE PILLS

Informative pills provide brief explanations related to disability studies, accessibility for healthcare professionals, and motherhood for women with disabilities. They are based on a microlearning approach, a learning methodology that divides content into short units focused on a single topic or skill.

- BECOME PARENTS -

I'M PREGNANT: WHAT TO DO



Once you're pregnant, whether expected or not, there are a few things to think about.

One of the first things to do is visit a gynecologist.

The visit should not be too early, but not too late. At the doctor's visit, you will talk about the current pregnancy, previous pregnancies, illnesses, surgeries, current health condition, personal concerns etc. It's important to be open and share all the information you have. Keep in mind that even small details can be significant.



The gynecological examination orients us to your anatomical and physiological characteristics - the condition of the external genital organs, vagina, cervix, uterus, ovaries, pelvis. You should know that the gynecological examination is not dangerous either for you or for the pregnancy - it brings only information and checks that everything is fine.

According to your needs, ask your doctor to help you to find an accessible hospital for visits or a good healthcare team that can support you. There are some accessible counseling centers and clinics: get informed about them as soon as possible!

In view of the fact that at the beginning of pregnancy, the organs of the fetus are formed, you must be very careful of viral and bacterial diseases. If you are a smoker, be aware that smoking seriously harms you and your pregnancy. Stop to smoke for your child and for you, too! Also the consumption of alcohol is not allowed. In your diet, it is good to choose products with high nutritional value. Consult your doctor for certain categories of foods and drinks that should not be consumed because they pose some risks to the fetus.

Pregnancy is not a disease, but a physiological state, so it does not limit you to live as usual. Of course, when certain conditions appear, restrictions may be imposed, but this is only when there are problems during pregnancy and doctors are there to help you in any tip.

Long journeys and the presence of vibrations are risk factors and should be avoided.

Sex! Don't deprive yourself of it. Sex has many positives - it brings you emotionally closer to the future father, it reduces tension and stress.