

GOOGLE-CONFUSED MOMS FORGET TO ENJOY PREGNANCY

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MORE and more mothers-to-be these days are getting anxious about their pregnancies wondering how will they sail through the whole process.

Their anxiety was obvious at an antenatal workshop organised by the Life Cell International Pvt Ltd here on Saturday where Rekha Sudarsan, psychologist and child-birth educator, counselled these women on how one worsens her chances of a normal delivery with the worst fears on their mind.

"Today women want Google to answer all their queries. These Google-confused mothers forget to enjoy their pregnancy and are so inundated with knowledge of do's and don'ts that actually add to their pressure," she said.

The workshop guided the would-be mothers through the process of labour and childbirth. Most of the women in the workshop came with equally anxious husbands who were busy drawing stick figures of the exercises that Rekha Sudarsan demonstrated while the women practised. "Many women get so worked-up about the whole thing that they just want to 'download' the whole weight and get it done with. But the entire process is a natural gift that they should enjoy. At least two out of every five women who come to me are like that. Our grandmothers gave birth to 12 children with ease but today's women have a different anxiety even as they bear their first child," she said.

The session educated women on proper diet, pre-natal and post-natal exercises and most importantly how to take the entire process more positively.

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