

**KAREENA KAPOOR KHAN'S
PREGNANCY BIBLE**



KAREENA KAPOOR KHAN'S PREGNANCY BIBLE

the ultimate manual for
moms-to-be

with ADITI SHAH BHIMJYANI

 juggernaut

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*To the most handsome men in my life, my strength,
my world – Saifu, Taimur and Jeh*



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FOREWORD

Dear friends,

Greetings and best wishes to all the beautiful mothers!

It gives me great pleasure to write this foreword as the 60th President of FOGSI. The Federation of Obstetric and Gynecological Societies of India is a professional organization with 258 member societies and over 38,000 members spread over the length and breadth of the country. FOGSI is probably one of the largest membership-based organizations of specialized professionals.

‘When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child.’ Sophia Loren

It’s not just the mom. An obstetrician too has to think and take care of two, the mother and the foetus. Every pregnancy is precious and should be a pleasant and memorable experience for the mother and her family. And our job as doctors is to ensure this. An obstetrician starts with preconceptional counselling and continues with regular antenatal care for the optimal outcome.

This book is the perfect companion for you on this journey and a useful supplement to your regular antenatal care. It tells you everything you need to know about your pregnancy, and we at FOGSI have vetted all the medical information for you.

I am delighted we were able to collaborate on this project this year as we have launched a campaign called ‘FOGSI for all, always’ to ensure that every Indian woman gets access to good gynaecological care. For to know and understand your body and the changes that take place in it is one step to becoming a healthier woman.

To this end, we have also started the DHEERA campaign to stop violence against women, as violence affects the mother’s and baby’s health during pregnancy. A healthy mother makes a happy family and a strong nation.

We wish you the best of health and happiness in your pregnancy.



Dr S. Shantha Kumari

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INTRODUCTION

I am extremely passionate about whatever I do, whether it's getting in front of the camera, eating a 12-inch pepperoni pizza or writing this book. I do everything with determination and grit. I jumped at the idea of doing this book. I want you and every woman to know that things for me were just as normal (or difficult) as they are for you.

I had the same paranoias as every other mom-to-be, the same crazy symptoms, the same fears. And I also had the same excitement, the same wonder too. With this book I wanted you to be part of my journey and know that being pregnant is an amazing thing. And I also wanted to create a book that would give you the most authoritative and useful information not just about your trimesters but on issues such as postpartum depression, breastfeeding woes, nutrition, self-care and even on exactly what to shop for (I overdid it with Taimur!).

People think a celebrity pregnancy is super glamorous. And I did try and make it look like that when I was out and about! But I didn't feel that glamorous – who does when they are pregnant? I gained a lot of weight, got pregnancy spots and was ready to sleep by five every evening! Sounds familiar? In this book, I have been totally honest about everything I went through, from my

crazy eating to fainting on a photo shoot out of exhaustion. I hope it will make you smile and comfort you too.

I decided when I got pregnant that I wouldn't hide anything. I was out there being as normal as I possibly could. And I wanted to bring that same spirit to this book. I am also super proud that I carried on my work right to the very end. Even though I have to admit I pushed myself too hard during Jeh's time.

The truth is I love being a mom. And I love acting. And I didn't want to give up on anything, even through my pregnancy. In fact after I got married, I did think hard about my decision to have a family. I thought people would see me differently.

But Saif told me I could do it all. He and I have worked hard to build a strong foundation for our relationship, and I truly believe my kids will always have that to stand on. And, hopefully, Jeh will be as confident as Taimur, because of his parents.

My mother-in-law was also among the first to tell me that I had to keep working. Her advice was to do whatever I wanted but with confidence. She did some great work in the movies after her marriage and kids and was a real inspiration. My mother is also a strong role model for me, and she and my father both told me I must keep at it. So I thought what the heck! I plunged headlong into not one but two pregnancies and I now have these two tots in my life who make every day feel a little crazy, a little special, a little exhausting, and a little rewarding.

And so here I am – writing these words, working, being a mommy, being active, being real. You know, my life often feels like the tree pose – where you're balancing on one leg. I think women do that beautifully.

I remember when I first held Taimur to my chest, properly, after the anaesthesia and grogginess had faded. My little boy became real to me that moment. The moment of birth I think for

so many of us is too hazy. The reckoning comes later. As I held my little baby, smelling his infant smells, aware of how fragile and precious he was, I told myself I'd do it on my own, on my terms.

I set my own rules for Taimur, and those will apply for Jeh too. It was simple – to do the best I could and relax. I wasn't the most perfect mom the first time around. There is joy in messing up. I didn't know how to clean Taimur's poop or put on his diaper properly in the beginning. His pee leaked so often because his mother didn't secure his diaper perfectly. But here is some advice – mother to mother: it's about you and your comfort; do what is easy, do what works. When a mother is confident and comfortable, the baby senses it too.

It's why I returned to work so quickly. You've got to do what you've got to do. I knew I wanted to work till the day I popped and as soon as I could after. That being a mom was never going to be my only identity. Returning to work post-baby was heart-wrenching. I am sure that's the case with most mothers who get back to work. I remember leaving Taimur behind and going to night shoots with a crew of 150 people. I was so torn – trying to be professional on the shoot, while aching for my baby.

I have jumped back into my commitments soon after having Jeh too, though I definitely feel less rushed. It's normal to feel guilty. But trust me when I say Taimur doesn't love me any less today because I got my life back soon after I had him, and neither will Jeh. There is nothing like doing what you want to do. I will have one kid at my hand and another in my lap. I will be a mom and I will go back to work. I will rock all of it.

I am also so happy and grateful that I had my mother's help with Taimur. Yes, she is older now, which means Jeh is a challenge. She may be less hands-on, but she is a pair of reliable eyes for me, and I take much comfort in that.

We women place so much pressure on ourselves – we want to do it all. But everyone needs a little help. Take it. Hold that hand. Whether it's from family or household help. I would not have been half as functional without the help of my nurse who guided me through Taimur's time and is now with me for Jeh too. I am deeply grateful for both the women who helped me look after my babies and for the domestic staff who have looked after me and my family all these years. Saif and I are both working parents. Our lives would hardly be possible without them. And I want you to know that I don't have to be on Instagram putting a child to my breast to prove I am a hands-on mom. I just do the best I can, every single day.

You know, I was relaxed because I was prepared for both my kids and I had my rules in place. I am quite a freak when it comes to being organized! Of course, nothing fully prepares you for the actual birth and a live, kicking baby in your arms. There are so many unknowns. And there are so many things to which I still don't know how I will react. But that's what being a mom is. I always wanted kids. And I married the man I love. My kids are a symbol of my love, my life and my commitment. I may keep making mistakes. But I will power through.

Kareena Kapoor Khan

CONTRIBUTORS TO THE BOOK

This book was written consulting many medical and health experts, some of whom work with Kareena Kapoor Khan. We are extremely grateful for all their inputs.

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Namrata Purohit is the founder of the Pilates Studio and the Earth Circle. She is also an entrepreneur, author and an award-winning fitness instructor. She has been the youngest trained Pilates instructor in the world. She now runs studios across the

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Dr Rita Shah, a Lamaze consultant, is the director of Nine Months, a fitness and guidance programme for expectant mothers, established in 1990. She is a qualified Lamaze consultant, trained in prenatal and postnatal care from the United States and certified by ASPO Lamaze. She has prepared thousands of birthing couples all over the world to welcome their bundle of joy through live and online classes. She has been the head of the department of prenatal and postnatal care at Jaslok Hospital, Saifee Hospital and Leelavati Hospital in Mumbai.

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Dr Chandrika Anand, MBBS, MD, DNB, is the chief consultant of obstetrics and gynaecology at Fortis Hospitals and the founder–director of a PCOS centre in Bengaluru. She graduated from Kasturba Medical College with eight gold medals. With around 25 years of experience, she is committed to providing evidence-based quality healthcare to women of all age groups. Her areas of interest are high-risk pregnancies and PCOS. She has extensive experience managing PCOS and has created awareness amongst thousands of college students.

Dr M. Krishna Kumari is an obstetrician and gynaecologist with over 30 years of experience. She works as a professor in Apollo Medical College and as senior consultant at Medicovert Hospitals in Hyderabad. Her special interests are high-risk pregnancies and critical care.