





Imprint

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Commercial Register: Local Court Leipzig, HRB 42755 (Handelsregister: Amtsgericht Leipzig, HRB 42755)
Managing Director: Rico Saage (Geschäftsführer)
VAT ID Number: DE369527893 (USt-IdNr.)

Publisher: Saage Media GmbH
Publication: 02.2025
Cover Design: Saage Media GmbH
ISBN Softcover (en): 978-3-384-52976-3
ISBN Ebook (en): 978-3-384-52977-0

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Bendis Saage

**Motherhood Your Way:
Making Motherhood Work in
Modern Family Life**
**A Practical Guide to Maternity Leave, Self-
Care, and Building Strong Mother-Child
Bonds While Balancing Personal Growth and
Career**

73 Sources

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Dear readers,

We sincerely thank you for choosing this book. With your choice, you have not only given us your trust but also a part of your valuable time. We truly appreciate that.

Motherhood is one of the greatest changes in a woman's life—full of joy, but also new challenges. How does one balance personal needs with those of the child? This book guides expectant and new mothers through all the important phases: from pregnancy to the first months together, and on to personal development as a mother. Practical instructions for self-care, scientifically grounded insights into attachment theory, and concrete tips for family life help create a fulfilling motherhood. Special emphasis is placed on the balance between maternal intuition and modern findings in developmental psychology. This book provides the necessary tools for a relaxed motherhood that allows for personal growth. Discover a mindful path into your new role as a mother—with practical exercises, helpful checklists, and encouraging perspectives for your individual journey.

This guide provides you with easy-to-understand and practical information on a complex topic. Thanks to self-developed digital tools that also use neural networks, we were able to conduct extensive research. The content has been optimally structured and developed up to the final version to provide you with a well-founded and easily accessible overview. The result: You get a comprehensive insight and benefit from clear explanations and illustrative examples. The visual design has also been optimized through this advanced method so that you can quickly grasp and use the information.

We strive for the highest accuracy but are grateful for any indication of possible errors. Visit our website to find the latest corrections and additions to this book. These will also be incorporated in future editions.

We hope you enjoy reading and discover new things! If you have any suggestions, criticism or questions, we look forward to your feedback. Only through active exchange with you, the readers, can future editions and works become even better. Stay curious!

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Quick access to knowledge

To ensure an optimal reading experience, we would like to familiarize you with the key features of this book:

- **Modular Structure:** Each chapter is self-contained and can be read independently of the others.
- **Thorough Research:** All chapters are based on thorough research and are supported by scientific references. The data shown in the diagrams serves for better visualization and is based on assumptions, not on the data provided in the sources. A comprehensive list of sources and image credits can be found in the appendix.
- **Clear Terminology:** Underlined technical terms are explained in the glossary.
- **Chapter Summaries:** At the end of each chapter, you'll find concise summaries that give you an overview of the key points.
- **Concrete Recommendations:** Each subchapter concludes with a list of specific advice to help you put what you've learned into practice.

Additional bonus materials on our website

We plan to provide the following exclusive materials on our website:

- Bonus content and additional chapters
- A compact overall summary
- An audio drama version. (In planning)

The website is currently under construction.



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motherhood_and_family_life-bonus-Z1HL9C](http://www.SaageBooks.com/motherhood_and_family_life-bonus-Z1HL9C)



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1. Preparation for Motherhood



he message 'You are pregnant!' fundamentally changes a woman's life. The journey to motherhood resembles an exciting adventure that brings both physical and emotional changes. While medical care lays an important foundation, personal preparations at home also play a central role. The coming months offer the perfect opportunity to familiarize oneself with the upcoming changes and to grow into the new role. In this chapter, you will learn which steps can support you in starting the adventure of motherhood in a relaxed and well-prepared manner.



1. 1 Pregnancy and Prenatal Care



regnancy and childbirth bring about comprehensive physical and emotional changes. From hormonal adjustments to weight gain, from prenatal check-ups to nutrition – this chapter addresses the essential aspects for a healthy pregnancy and prepares you for the associated challenges. Learn how to navigate this special time well-informed and prepared.

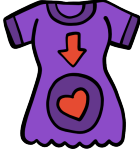
Pregnancy is a time of comprehensive changes – both physically and emotionally. Holistic care that considers medical support, healthy living, and emotional well-being is the key to a relaxed and healthy motherhood.

Understanding Physical Changes



woman's body undergoes significant changes during and after pregnancy. Hormonal adjustments affect numerous organ systems, including the cardiovascular system, the respiratory system, and the digestive tract [s1]. Breathing difficulties, nausea, and vomiting are common accompanying symptoms. The oral cavity is also affected: hormonal changes can lead to gum inflammation (gingivitis), gum overgrowth (gingival hyperplasia), and pyogenic granulomas [s1]. Therefore, careful oral hygiene is particularly important during this time. These physical changes can influence emotional well-being [s2]. Sleep disturbances and changes in appetite may indicate postpartum mood swings, such as postpartum depression or anxiety disorders [s2]. Early detection of these conditions is crucial. Screening tools assist in identifying symptoms and initiating appropriate treatment, which may include both psychotherapeutic and pharmacological measures [s2]. Additionally, lifestyle changes, such as regular exercise and a balanced diet, can support emotional well-being [s2]. Ensure adequate intake of nutrients like folic acid, iron, calcium, and omega-3 fatty acids, which are important for the child's development [s3]. For instance, iron deficiency can impair the oxygen supply to the fetus and lead to developmental issues [s3]. Weight gain during pregnancy should occur slowly and in a controlled manner. Recommendations are based on the Body Mass Index (BMI) prior to pregnancy [s4]. Excessive weight gain can increase the risk of gestational diabetes and hypertension [s4]. A healthy diet consisting of fruits, vegetables, whole grains, low-fat dairy products, and healthy protein sources is advisable [s4]. Alcohol and raw or undercooked meat should be avoided [s4]. Regular exercise, at least 150 minutes of moderate activity per week, helps control weight, alleviate back pain, and reduce the risk of gestational diabetes [s4]. After childbirth, it takes about 6 to 8 weeks for the body to largely recover [s5]. Vaginal bleeding and pain are normal. Heavy or persistent bleeding should be evaluated by a doctor [s5]. Breastfeeding offers

numerous benefits for both mother and child, including a reduced risk of certain cancers and type 2 diabetes in the mother [s5].



A healthy diet and a gradual return to physical activities after childbirth are recommended [s5].

Ensure adequate rest periods, especially in the first weeks after delivery [s5].

Frequent breastfeeding can help with breast swelling [s5].

Bladder and bowel function should be monitored to prevent complications such as urinary retention [s5]. The libido may decrease after childbirth due to hormonal changes. Sexual activities should be postponed until the perineum has fully healed [s5]. The choice of contraceptive method should be discussed during pregnancy. There are specific recommendations for breastfeeding mothers [s5].

Good to know

Body Mass Index (BMI)

A value that indicates the ratio of body weight to height and is used to assess weight status. It helps determine the recommended weight gain during pregnancy.

Cardiovascular System

The mother's cardiovascular system must work significantly harder during pregnancy to supply the growing baby with oxygen and nutrients. Therefore, blood volume increases and heart rate rises.

Gestational Diabetes

A form of diabetes that can occur during pregnancy. It requires careful monitoring of blood sugar levels and a tailored diet.

Gingival Hyperplasia

Excessive growth of the gums that can occur during pregnancy. Typically, gingival hyperplasia resolves after childbirth.

Postpartum Depression

A depressive disorder that can occur after childbirth. Symptoms include persistent sadness, sleep disturbances, and lack of motivation. Early diagnosis and treatment are important.

Pyogenic Granulomas

Benign growths on the gums that can occur during pregnancy. They bleed easily and can be minimized through improved oral hygiene.