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### Tips & Support for Pregnant Plus-Size Women on Staying Healthy

Half of all women of childbearing age are plus-sized, wearing a size 14 and above. There have been recent alarming reports of the dangers of being pregnant and overweight. "It's not true," says Brette Sember, co-author of the new book, "Your Plus-Size Pregnancy: The Ultimate Guide for the Full-Figured Expectant Mom" (ISBN: 1-56980-290- 4, Barricade Books, 2005, Paperback, \$14.95) and owner of <http://www.YourPlusSizePregnancy.com>.

"It is absolutely possible to be plus-sized, have a healthy pregnancy and feel good about yourself. Yes, plus-sized women have some risks that are slightly elevated, but women of all shapes, sizes, backgrounds, and histories have different risks during pregnancy- no one is risk free. We need to focus on supporting and helping plus-sized expectant moms rather than scaring them."

Your Plus-Size Pregnancy is a complete medical and emotional guide for curvy moms which covers pregnancy, birth, nursing, and parenting as a plus-size mom, as well as information about how to find maternity clothes, where to locate support, how to celebrate and feel good about your pregnancy, and how to find a supportive health care provider. The corresponding web site not only offers information, links, and articles, but also has discussion boards for plus-size women who are trying to conceive, pregnant, nursing, or are moms.

Sember offers these tips to help plus-size moms-to-be stay healthy and enjoy their pregnancies:

1. Find a health care provider you trust who treats you with respect. It is essential that you find a health care provider who is size-friendly and does not categorize you as high risk or subject you to unnecessary tests just because of your size. Evaluate how size-friendly the office is before you decide to commit to that provider.
2. Get good medical advice. It is essential to discuss any prenatal tests with your health care provider and understand exactly what your risks are. Your health care provider can help you make sense of the risks and concerns you're dealing with.
3. Find maternity clothes that make you feel good about yourself. Plus-size maternity clothes do exist! Dressing in clothes that emphasize your pregnant belly tells the world your joyful news and helps you feel proud of the wonderful baby growing inside you.
4. Love your body. Plus-size pregnant women are gorgeous and shapely and their bodies deserve just as much admiration and respect as other pregnant bodies. Pampering yourself and adopting a positive mentality about the important work your body is doing will go a long way to helping you feel good about yourself.
5. Get support. Join an online support group for plus-sized moms, such as the one at <http://www.YourPlusSizePregnancy.com> and find out that you truly are not alone. Keeping it all inside will only make you feel worse. Lean on others and let them help you feel good about yourself.

"Your Plus-Size Pregnancy: The Ultimate Guide for the Full-Figured Expectant Mom" is co-authored by Sember, who is a plus-size mom, and Dr. Bruce D. Rodgers, a Maternal-Fetal Medicine Specialist, and is endorsed by the Department of Gynecology and Obstetrics at the School of Medicine and Bio-Medical Sciences, State University of New York at Buffalo. The book is filled with quotes from real plus-size women about their experiences during pregnancy. Published by Barricade Books, the book is available at local bookstores, as well as online booksellers. For a limited time, Fashion Bug is offering the book free with purchase on their web site.

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