**Anemia in Pregnancy**

*by Demetria Clark*

**What is anemia?**

Anemia is low iron in your blood or “low blood.” Iron helps red blood cells carry oxygen to all parts of the body.

**What are the signs and symptoms of anemia?**

- Fatigue, drowsiness, malaise
- Dizziness, euphoria
- Headaches
- Sore tongue
- Skin pallor
- Pale mucous membranes
- Pale fingernail beds
- Loss of appetite, nausea and vomiting

**Here are some tips for treating anemia:**

- Take iron-rich foods with vitamin C. This helps with your body's ability to absorb iron.
- Iron supplementation may be suggested. Use an organic source or herbal source if possible.
- Drink 6 to 8 glasses of water or juice daily.
- Eat iron-rich foods.
- Drink iron-rich herbal infusions or use iron-rich tinctures.

**Eating foods that are high in iron is very important. Foods that help increase your iron level are:**

- Beans
- Black strap molasses
- Nuts, such as almonds and cashews and nut butters
- Dried fruits, such as prunes, apricots, figs, raisins, peaches, and dates
- Egg yolks
- Sweet potatoes
- Dark green or yellow vegetables, such as collard greens, kale, spinach, turnips, and mustard greens

Eating a varied and balanced diet with lots of leafy greens, fresh produce and whole grains will help to keep you and your baby healthy.

**Some Iron-Rich Herbs Are:**

- Yellow Dock—*Rumex crispus*
- Nettles—*Urtica dioica*
- Dandelion—*Taraxacum officinale*
- Red Raspberry Leaf—*Rubus idaeus*
- Floradix (product)

**Some helpful Homeopathic remedies may be:**

- Ferrum metallicum
- Ferrum phosphoricum

**Babies, Toddlers and Dogs**

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as if you came back from the grocery store. Keep the dog away from the baby's face and hands to keep everybody safe. As with humans, the first impression is the most important one. If it is positive, your dog will associate the baby with a good experience and you might lay the foundation for a good relationship between a child and a dog.

**Babies and dogs**

Dogs may have a hard time understanding the human baby. Normally a puppy will lie still on his back when approached by an adult dog to show that dog submission. The adult dog will investigate this puppy by standing over him and sniffing the little guy all over to make sure the puppy obeys the rules. A puppy that squirms, gets up or runs away will be corrected by the growling and biting adult to show that dog submission. The adult dog will investigate him his place in the pack. This will stop as soon as the puppy lies still. Not surprisingly, an adult dog might do this to a baby who is lying on the floor or couch. Unfortunately, babies don't have protective fur and have no clue what to do to stay safe if no one is there to help. They will cry and move their arms and legs, which can trigger dangerous behaviors—such as biting—in a dog. Babies are easily injured and even killed this way, especially when unsupervised.

The size and age of the dog involved doesn’t matter as the following incident illustrates: In October 2000 the *Los Angeles Times* reported that a family's Pomeranian (weighing about six pounds) had killed a six-week-old baby when the child's uncle left the baby alone with the dog to prepare a bottle. This very tragic accident shows that any dog, no matter the size, can inflict serious injury on or kill a child.

Dogs and puppies need to associate a baby with positive experiences. Every time the baby is around, give the dog a good chew toy to keep him busy. If you need to crate the dog because you have to take care of the baby, crate him about ten minutes before you get the baby. Then he will not associate being crated with the baby's presence.

**Toddlers and dogs**

As the baby grows, the dynamics between dog and child will start to change. Now the toddler is moving around the home, exploring her expanding world. That world also includes the dog, which will become part of this experience.

Toddlers, not being steady on their feet yet, can easily fall down on or near an unsuspecting dog. This can startle the dog, causing a potentially dangerous situation because the dog may react aggressively out of fear.

Toddlers are too young to be able to understand dog behavior and to realize that exploring little fingers can cause pain to a dog, so managing the situation and always supervising the dog and child together are the best things you can do.

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