

Download Eating And Drinking In Labour

This week Labour MP Diane Abbott apologised after a photo showing her drinking a Marks & Spencer canned alcoholic cocktail on a Transport for London overground train was circulated. However, the ...When it comes to childbirth, we all want to have an easy, short, and healthy labor and delivery. While there are a number of things you can do to help achieve that, there's evidence that something as simple as eating dates during pregnancy can also help. Drinking alcohol while pregnant. Experts are still unsure exactly how much – if any – alcohol is completely safe for you to have while you're pregnant, so the safest approach is not to drink at all while you're expecting. Find out what happens during labour and giving birth, including contractions, dilation, birth positions, monitoring your baby, speeding up labour, and active and physiological management of the third stage.