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Relation between pregnancy and work by [Roger Lopez](#)

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Today a woman has proved herself to be equally as competent as male colleague. She has moved up the power ladder and the invisible barrier has been removed which was a restraint in the workplace environment. Yet, the gender issues will remain the same everywhere. Therefore, she must be mentally prepared to handle all the gender specific problems in the workplace environment.

Planning before getting pregnant is helpful for working ladies. Planning not only means getting mentally prepared but the issues like getting maternity leave, working for less time, health issues and everything which is related to all the pregnancy stages during nine months.

Some of the major issues demands proper attention. No doubt, pregnancy will increase the expenditures and most of the time you need to be very careful for your health and if you are working then time span must be reduced because that could affect your baby's growth. Working ladies must plan according to their working environment so that they would be able to take maternity leave at time.

The working environment should not include harmful substances and must be avoided like teratogen and radiations. The agents which cause diseases must be kept away from the pregnant ladies and they are not supposed to get exposed to dry cleaning fluids, heavy metals, chemicals because all these elements are prone to complications in your pregnancy period. All business houses which have more than 50 employees are supposed to provide 12 weeks of medical leave to pregnant ladies according to the Family Medical Leave Act. Thus, women employees can avail longer leave in case if they are allowed to club their maternity leave, casual leave and sick leave.

Learn about the terms and conditions of pregnancy care from other married ladies in the company or you may utilize your free time by having a free consultation for 10-15 minutes from experienced women. Pregnant ladies can hide their pregnancy from boss until it starts to show; try to tell the bosses after 1st trimester. In between, you need to take proper diet and care if you want to extend your stay in the company. As soon as you come to know about your pregnancy, start doing little bit meditation and read spiritual books and later on make it a habit. It will have a positive effect on your baby as it is always said that whatever the lady thinks or do during this period has a direct impact on her baby's growth. Avoid long meetings and late night parties and also quit smoking and intake of alcoholic beverages. Do not sit for long at one place. It all depends upon your choice whether you want to re join the company after the disclosure or not. If you don't feel comfortable for rejoining then you may resign from the current company.

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I provide the information about a [pregnancy stages](#) and a [pregnancy care](#).

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