

How To Get Pregnant For Women Trying To Conceive

For generations women have been taught to use contraceptives as if not using them will immediately and without fail get them pregnant. Contraceptives of course are highly useful if you want to avoid pregnancy, but if you want to become pregnant you may be surprised that it isn't as easy as it seems. If you are concerned about infertility, be sure to read through this guide. There are things you can do to make sure there is a problem before consulting with a doctor.

1. Work With Your Cycle Of Ovulation, Not Against It

Although men are sometimes the source of infertility, most often the problem is related to when the couple is trying for a baby. Because most women have a cycle of twenty eight to thirty days their most fertile time is in the middle at day fourteen or fifteen.

2. When You Should Try For A Baby

Although there is only a hour window for an egg to become fertilised, you should rest at ease knowing that sperm can remain in the uterus for up to three days, meaning you don't need to worry too much about hitting your ovulation target exactly. Armed with this knowledge, you and your partner should aim to try to have a baby on the days that you are most fertile. Ovulation usually occurs sometime between days 14 and 15.

3. Getting Pregnant Tips

- Both men and women should eat protein rich foods such as meat and fish
- Avoid drinking heavily
- Exercise three or more times per week for at least 45 minutes
- Avoid taking hot showers or baths to protect the sperm

4. Sex Advice For Conceiving A Baby

You should focus on having sex as close as possible to her ovulation. The ideal time is one or two hours before the exact time of ovulation so the sperm is already waiting for the egg to arrive and will have the full 12 hours to attempt to break through the egg wall and fertilise it. Having a high sperm count by having sex every two or three days instead of as often as you can is key. Missionary position is best because gravity will assist the sperm to travel towards the uterus where the egg will be. After sex, the woman can elevate her lower body so that the waist and legs are at a 45-degree angle for minutes.

5. Brain Damage Prevention For Your New Baby

Horribly deformed babies have been the result of an insufficient inclusion of folic acid in the diet of the mother.

Source: <http://www.articlecircle.com>

About the Author

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