

Maternity Gifts

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Wednesday, 30 August 2006

There are a number of items that make perfect maternity gifts. Yet, few gift givers think to include them during a baby shower. If you have a pregnant friend, relative, or co-worker, consider the following options when deciding on presents.

Often, during and after labor, doctors administer a drug called Pitocin to help with uterine contractions. Pitocin has a horrible side effect, water retention. Ankles and feet can swell to twice or three times their normal size. When considering maternity gifts, look at wide, comfortable slippers with good traction. Often, buying footwear a size larger than normal will work best. Even if the new mother only wears these slippers for the duration of the swelling, having a larger pair of footwear can be a treasure.

Pregnancy is a trying time. Emotions vary from minute to minute. Another great idea for maternity gifts is an afternoon out. You can buy the mother-to-be a gift certificate to a local spa or her favorite store. Dining out or attending a movie are also great ideas for maternity gifts. The idea is to get the mom-to-be away from work or errands and allow her to think only of herself. Even if the time away is only an hour, every minute can help reduce stress. She will definitely thank you for it!

Preparing for a child takes time and energy. The first few months of pregnancy are exhausting. Impending moms constantly fight the urge to sleep, and the rest of that first trimester usually includes frequent trips to the toilet or wastebasket. Paying for a temporary housecleaning service is another wonderful idea when trying to decide on unforgettable maternity gifts. Having someone else keep up with the housekeeping can lighten a mother-to-be's load.

Here is an excellent idea for your maternity gifts list. Carrying extra water, baby, and placenta weight can be tiring on the feet and calves. Consider purchasing a massaging footbath for the mother-to-be. These relaxing devices make exceptional maternity gifts for a woman with space to store the massager between uses. The blend of soothing massaging nodes and water jets help alleviate aches and pains. Any mom-to-be will greatly appreciate this item.

My friend loved a present I bought her for her baby shower. While every other gift at her shower was meant for the baby, I found loungewear in a local maternity store. Her comfortable wear had become huge t-shirts and sweatpants, and that attire was making her feel frumpy. Among the maternity gifts I purchased, I bought a set of attractive loungewear that would work during the remainder of her pregnancy and contained breastfeeding flaps for after. This outfit became her favorite of all the maternity gifts she received that day.