



## Don't Rush Delivery Day

The number of induced births has dropped significantly, finds a new report from the Centers for Disease Control and Prevention. Induction rates at 38 weeks declined by 5 to 48 percent, depending on the state. That's great news, because babies born between 37 and 39 weeks are at greater risk for health and learning issues. "No inductions or C-sections should be scheduled before 39 weeks, unless it's medically necessary," says ob-gyn Siobhan Dolan, M.D., coauthor of the March of Dimes book *Healthy Mom, Healthy Baby*. Some common medical reasons to induce:

- Gestational diabetes that can't be controlled
- Preeclampsia (pregnancy-induced high blood pressure)
- Placenta previa (when the placenta partially or totally covers the mother's cervix)
- Infection of the uterus
- When water breaks but contractions don't begin
- Rh disease (when the mother and her baby have incompatible blood types)
- When the baby has a growth problem

## Nursing Booty



### It's a Date

Never worry about freshness again. Dial the time and date you expressed your milk on a reusable Milk Charm, hang it on the bottle, and refrigerate. \$15 for three charms; *Eeples.com*



### Smart Sipping

Fenugreek and blessed thistle are two herbs known to help boost milk supply. Drink them in Milkflow, a berry-flavored mix that's tasty and convenient. \$15 for 18 packs; *UpSpringBaby.com*

### hop on the scale

Trying to ditch your baby fat? A new Finnish study found that dieters who weighed themselves often lost more. And if they went longer than a week without stepping on the scale, they added pounds. For good news, weigh in on Wednesday—the day people weigh the least.

### fit pregnancy

## PUMP UP YOUR IRON

You need 50 percent more iron (27 to 30 mg. daily, as compared to 18 mg.) when expecting. A lack of iron can cause anemia, leaving you feeling tired and weak. What's more, a recent study linked low iron in pregnancy to an increased risk of autism for Baby. Most prenatal vitamins contain about 28 mg. of iron, but your health-care provider may suggest that you take an additional iron supplement as your pregnancy progresses and your baby-to-be begins to store iron for himself. Other helpful strategies to try:



### EAT SPINACH

This power vegetable is a good plant source of iron, as are other leafy greens, beans, and lentils.



### ADD LEAN MEAT

Red meat, pork, poultry, and seafood are the very highest sources of iron.



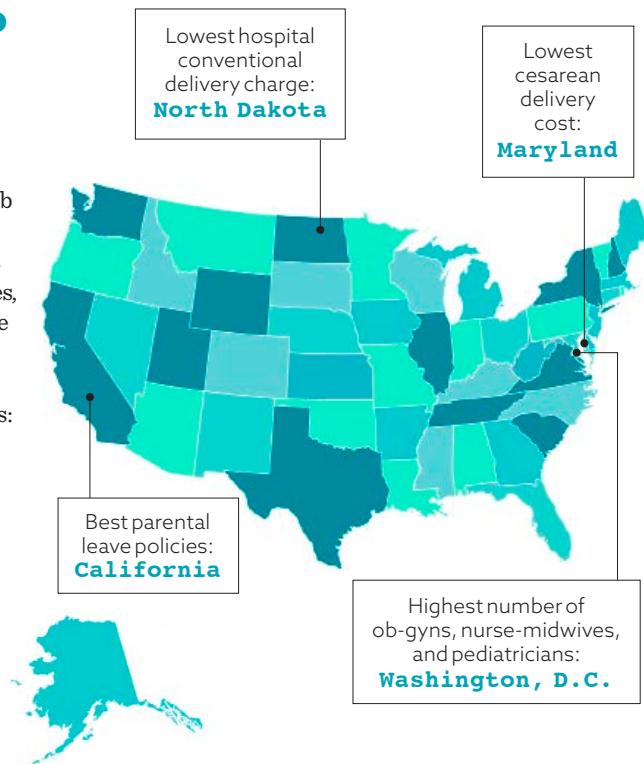
### DRINK SOME OJ

Vitamin C increases iron absorption, so consume them together.

## Best Places to Have a Baby

Where does your home state rank when it comes to pregnancy, birth, and raising a child? WalletHub.com crunched numbers like delivery costs, access to health care, leave policies, and the number of day care centers, then ranked the 50 states and the District of Columbia. The winners:

1. Vermont
2. Maine
3. Oregon
4. Connecticut
5. New Hampshire
6. Wyoming
7. Iowa
8. Massachusetts
9. Alaska
10. Utah



MAP: GETTY IMAGES.

FROM LEFT: GRACE HUANG; WARDROBSTYLING BY KAREN KOZLOWSKI FOR KRÄMER + KRÄMER; GROOMING BY GREGG HUBBARD FOR BERNSTEIN & ANDRIULLI; GETTY IMAGES.

## GET THIS VACCINE!

Measles may be grabbing more headlines, but whooping cough outbreaks are a threat to infants, too. Expecting moms should get a Tdap booster between 27 and 36 weeks of pregnancy. Doing so passes the vaccine antibodies onto your baby in utero to protect him in his first months.