

Preventing Miscarriage

Most doctors believe that miscarriages are due to chromosomal abnormalities and that there is not much that can be done to prevent them.

First and foremost, I believe in prayer. God is all powerful and He can overcome any abnormality that your child may have. Ask God to protect your baby and take time each day to pray scripture over your baby right from the very beginning!

God has called us to put on our armor, and we need to learn how to use our weapons that He has given us. We need to fight with confidence because we know that we are His children.

Many times fear will rise up when you find out that you are pregnant and you become worried that you may miscarry... maybe for the second, third or even fourth time. But this is a time that we need to focus on Jesus Christ and not on fear. Fear is from the devil, not from God.

I love Psalm 18:1-3 where it says: "I love you, O Lord, my strength! You are my Rock, my Fortress, and my Deliverer; You, my God, are my Rock, in whom I take refuge. You are my Shield and the horn of my salvation, my Stronghold! I call to you, old Lord, who is worthy of praise, and I am saved from my enemies!"

Another version Psalm 18:2 says: "The LORD is my rock, my **protection**, my Savior. My God is my rock. I can run to him for safety. He is my shield and my saving strength, my defender."

God *will* protect your baby. Never stop praying for your baby!

I believe that another vital step is to be as healthy as you can be before conceiving. This will help to provide a healthy atmosphere for conception to occur.

- Exercise regularly
- Eat healthy
- Manage stress
- Keep weight within healthy limits
- Take folic acid daily
- Do not smoke

Once you find out that you are pregnant, again the goal is to be as healthy as possible, to provide a healthy environment for your baby to grow in:

- Keep your abdomen safe
- Do not smoke or be around smoke
- Do not drink alcohol
- Check with your doctor before taking any over-the-counter medications
- Limit or eliminate caffeine
- Avoid environmental hazards such as radiation, infectious disease and x-rays
- Avoid contact sports, competitive sports or activities that have risk of injury.