In an accident, the main risk to the developing baby is injury or death of the mother. Motor vehicle crashes are a leading killer of women in their child-bearing years. Mothers who wear seat belts properly sustain fewer injuries, and risk to the unborn baby is reduced. Ask your obstetrician about the best way for you to wear your seat belt while you are pregnant.

In general, pregnant women should protect themselves and their babies by wearing seat belts correctly. The lap belt should be worn under the abdomen, across the upper thighs and pelvis. The shoulder belt should pass above the stomach and between the breasts, and should be snug.

Travel Tips For Pregnant Women

- Wear loose, layered clothing and comfortable low-heeled shoes.
- Drink at least one liter of water for every two to three hours in route to prevent dehydration.
- Carry your own nutritious snacks.
- Walk around every two hours to avoid swelling and blood clots. If you are traveling by automobile, stop the vehicle and take a walk around a rest area or another safe place.
- Place a small pillow under your back to avoid strain.
- Avoid drinking the local water in foreign countries.
- Always check travel plans with your doctor.
- Avoid long distance travel after 32-36 weeks.
- Get plenty of sleep and rest often.