



www.women-drivers.com

For Immediate Release

Contact Media Relations
412.327.2604

info@women-drivers.com

Pregnant and Driving for the First Time? Tips for Driving While Pregnant and Maximizing Your Safety

The precious time of pregnancy in a woman's life brings along tremendous excitement but some first time concerns. Suddenly, navigating daily life and common tasks that were once taken for granted can become a challenge. Especially while pregnant there are additional safety considerations that are crucial for the wellbeing of you and your unborn baby while on the road.

There's no reason not to drive as usual, but sensibility and simply taking it easy are essential. Here are a few considerations and precautions from www.women-drivers.com to assist those driving during their first pregnancy:

- Wear your seatbelt lap belt across your hip bones or upper thighs; not across your belly. Adapt your sitting position so the belt crosses your shoulder without cutting into your neck and position the shoulder harness between your breasts.
- Ensure the car you drive has airbags, and it's recommended that expectant mothers keep at least 12 inches of clearance between the front airbag and their belly. Pillows or cushions should be not used to shorten this clearing distance.
- Adjust the steering wheel, or consider installing an adjustable one to extend the steering wheel out or push it further in as needed.
- For higher vehicles that are difficult to get in and out of, keep a wide step stool handy.
- When possible, drive at quieter times of day with less traffic on the roads. Because of the need for more bathroom breaks and the possible sudden onset of nausea, if you have the luxury of choice try to avoid higher congested times such as rush hour.
- Plan your route ahead of time. Avoid getting caught in construction zones with significant delays, or storm fronts sweeping in. Keep updated with local weather and traffic construction sites or satellite stations before venturing off on unfamiliar or longer routes.
- Avoid dehydration and low blood sugar while on the road. Take water or juice and keep high protein snacks or fruit in the car.
- Invest in a GPS navigation system. You'll be glad you did!
- It's a smart idea, pregnant or not, to keep a 'Survival Kit' and blankets in the car. Flares, a flashlight and a HELP sign are recommended.
- Always take your cell phone and battery charger, especially when driving alone.
- Take frequent breaks to stretch your legs and back during longer trips.
- Avoid driving through places where medical care is not available, or where altitude could cause a problem.
- Play relaxing music to keep your nerves soothed and anxiety levels lower. There are even CD's made for expectant mothers with music by Mozart and Beethoven.
- Consult your physician if you do plan to travel during your third trimester, especially if you have a high risk pregnancy.

Driving should never be taken for granted, and while pregnant some simple precautions are recommended to be safe behind the wheel!

The pioneering resource www.women-drivers.com is meeting the demand for empowering women to have respectful and fair experiences at car dealerships across America each and every time. With the growing vehicle purchasing power of women, this one-stop site is filled with a dealer review system, tips to demystify the buying experience, and connects women to Certified Women-Drivers Friendly™ car dealers.

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Contact 412.327.2604 to schedule Anne Fleming for an interview. Learn more at www.women-drivers.com.