

# Want to Have a Baby? Try This



Many couples don't conceive as quickly as they'd like to. You can improve your chances of getting pregnant if you follow these measures.

- Avoid alcohol, tobacco, and marijuana.
- Avoid foods and beverages that contain caffeine.
- Avoid extreme overweight or underweight.
- Lie on your back with your hips elevated by a pillow for approximately 30 minutes after intercourse.
- Know when your ovaries release eggs. Time intercourse for your fertile period. Ovulation normally occurs 14 to 16 days after the start of your period. Signs of ovulation include a dull ache in either the lower right or left side of the abdomen; clear, elastic vaginal mucus; and a slightly elevated temperature.

You can buy an ovulation predictor kit at most drugstores. The kit contains sticks which, when dipped in urine, turn blue if you're ovulating. Or you can keep track of your fertile days with a special basal thermometer, also available at drugstores. Having intercourse when your temperature drops approximately 0.4°F increases your chances of conception.

If you fail to conceive after one year of trying, consult your gynecologist or a fertility specialist. A number of factors can prevent conception.