



How To Deal With



Pregnancy Morning Sickness

When Taking Care Of A Toddler?



Place fresh scents, such as citrus scents, around the house.



Place your toddler in a high chair when having severe morning sickness to prevent them from running around.



Have your toddler lie down with you and use it as teaching time.



Take support from your partner or family members to take care of the toddler.



Look for a playschool or daycare center if your toddler is old enough.



Eat healthy snacks and meals more often with your toddler.

