

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 typically 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.

The greatest chance for conception is up to five days before ovulation. Chart your daily temperatures for a few months to learn your pattern.

You can buy an ovulation predictor kit at most drugstores. The kit contains sticks which, when dipped in urine, turn a certain color to indicate that ovulation should occur in the next 24 to 36 hours. Or you can keep track of your fertile days with a special basal thermometer, also available at drugstores.

If you fail to conceive after one year of trying and you are younger than 35, consult your gynecologist or a fertility specialist. For ages 35 or older, seek help after trying for 6 months. A number of factors can prevent conception.