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Ergonomic maternity dress design

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Abstract

With the development of Chinese economy, the improvement of female's social status and the raising consumption level, people become to raise higher demand from maternity dress in functionality and aesthetic character. This paper will describe the current situation of the development of maternity dress from the aspect of clothing style, fabric selection and structural design. The research below will not only enrich theoretical system but also promote subject cross.

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1. Preface

Pregnancy is a special and important stage in a woman's life. Women during pregnancy put forward higher demand on clothing in comfort level, security as well as aesthetic measure because of their strong secretion of hormone and special need for mentality, physiology and physical characteristic.

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2. Current situation of the development of maternity dress

2.1. Structural design of maternity dress

The structural design of maternity dress should not only meet the need of personal physical changes, but also maintain the health of fetus. So suitable and reasonable structural design of maternity dress can help create a comfortable environment for the breed of new-born life.

In early pregnancy, it's hard to find out any physical characteristic changes from pregnant women, most of them wear ordinary clothes with bare ergonomics design. Stretchable knitwear made up of cotton which look simple and elegant will be the first choice at this time. Relaxed design based on large silhouette will not only make the clothes easy to put on and take off, but also let a woman in early pregnancy look beautiful, charming, full of maternal glory. Gestational weeks from the 4th to the 12th is an important period for embryonic development. During the time, pregnant woman should be aware of radiation from phone, television and other home appliances, for electromagnetic radiation may do harm to a woman in sensitive period. For the sake of safety, wearing radiation-proof bellyband or vest is supposed to be a good way of protection.

In the middle period of pregnancy, great changes happen in pregnant women's bodies and their physical characteristic, especially their increasing size of chest and abdomen. In consideration of low demand for body curve and sense of consistency, we suggest using H-like design in which both the top and the bottom of the dress are designed under the same width. On the other hand, A-like design with narrow top and wide bottom which raise the position of waist line can also be a popular choice among the public. When doing some cutting to the dress, we have raise the position of the waist and lower the sewing line of the chest, giving more space to the abdomen and making the dress of the front longer than that of the back.

In the late pregnancy, due to rapid growth of the embryo, pregnant women's abdomen become bigger and heavier while their act turns slower. Dresses with more wrinkle in front of the chest and larger skirt is a good option for them to choose to wear until giving birth to a child. In addition, it will appear to be more romantic and charming if we add decorative boundary to exquisite wrinkle, mixing with flower and embroidery on the premise of wearing a suitable open collar or collarless dress. What's more, wearing rompers is a well-advised choice too, which can not only lighten the binding force to the abdomen by sharing the weight using shoulders but also play a role in supporting the abdomen. The phenomenon of frequent urination may happens quite often during pregnancy because the bladder is pressed by the enlarged uterus. In order to be put on or taken off conveniently, the rompers can be designed into no-bag style, accompanied with adjustable belt which is able to adjust to the size of abdomen.

2.2. Choice of the style of maternity dress

As for pregnant women, body type changes a lot and the size of each part grows larger during the period of pregnancy. Moreover, the bulge of abdomen will cause the increase of waistline which nearly become to catch up with the chest. So, the structure of clothes have to make some alteration to meet the changes.

For the upper half of the dress, in case of not being so short when wearing, its length should be extended about 2 to 5 cm serving as the front vertical volume which is used for covering the abdomen. On the other hand, Add some space to side section of the dress in order to avoid the shifting of the middle line or the convex at the front. The larger space you add, the fitter you feel. Zip fastener is designed on the side, which give convenience to the pregnant women and make them feel comfortable.

The design of the lower half of the dress emphasizes on the change of the front section, which require that more material should be distributed to the front section reasonably in order to make it bend forwards. At the same time, applying the concept of ease and comfort on the design. Enlarge the space of side section as much as possible to wrap up all the abdomen. As for the back, it is not necessary to change obviously.

Because of the hyperplasia of mammary glands caused by hormonal stimulation, women's breast become plump and full during pregnancy. light bra with wide shoulder straps is a proper choice for easing the burden of neck and shoulder, which can not only support the breast with comfort but also keep the breast shape from sagging. Since there's a relationship of continuity between pregnancy and lactation period, the bra for pregnant women is supposed to design with enough tolerance for relaxation, so as not to reduce the secretion of milk or add any pressure to the

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