Caffeine is a stimulant and a diuretic because it increases blood pressure and heart rate. It can also lead to dehydration. In some studies, even small amount of caffeine can cause different abnormalities in the fetus’s movement patterns in the end stages of pregnancy. The reason why caffeine can be difficult to avoid is because it can be found in many different sources and not just in coffee. These examples include tea, soda, chocolate and numerous over-the-counter medications. In animal studies, caffeine consumption has shown birth defects, premature labor and low-birth weights. However as of now, there are no conclusive findings related to human studies and these results should be taken into consideration and not as facts. I think to intake lots of caffeine is bad for mother and a developing fetus both. I believe mother should not intake caffeine at all for just in case. A number of caffeine is not going to give a lot of effect. In the other article, it says if you who are in pregnancy do not overdose, you can enjoy taking caffeine. Having caffeine more than appropriate amount may cause innate defects. In this article, some studies say that caffeine affects on babies because it increases heart rate metabolism as the other article says the same thing. In conclusion, it says everyone needs to keep healthy pregnancy. In my opinion, although a mother ingests moderate of caffeine, I do not recommend to take caffeine. Caffeine harms to a developing baby. It is quite deadly. Even though experts say moderate amount of caffeine do not really affect to baby and mother, I do not think that having caffeine will be fine. For just in case, mother should be careful to intake caffeine. A developing fetus is vulnerable to everything so that the developing fetus should be looked after carefully. Therefore, in my opinion, a mother should not intake caffeine at all because it harms to a developing fetus.