Best Start – Prenatal Education Program

Changes in Pregnancy
Pregnancy is a Time of Change
You and Your Baby
Pregnancy Time Lines

1\textsuperscript{st} Trimester (Weeks 1-12)
- 1\textsuperscript{st} Month
- 2\textsuperscript{nd} Month
- 3\textsuperscript{rd} Month

2\textsuperscript{nd} Trimester (Weeks 13-28)
- 4\textsuperscript{th} Month
- 5\textsuperscript{th} Month
- 6\textsuperscript{th} Month

3\textsuperscript{rd} Trimester (Weeks 29-40)
- 7\textsuperscript{th} Month
- 8\textsuperscript{th} Month
- 9\textsuperscript{th} Month
Your Growing Baby (1-12 weeks)
Your Growing Baby (13-28 weeks)
Your Growing Baby (29-40 weeks)
Video Clip
Jessica and Mike
What is Happening to Me?

Key hormones:
- Human chorionic gonadotropin (hCG)
- Progesterone
- Estrogen
- Relaxin
- Oxytocin
Common Changes - First Trimester
Common Changes - First Trimester
Common Changes - First Trimester
Common Changes - First Trimester
Common Changes - Second Trimester
Common Changes - Third Trimester
When to Get Medical Help

- Vaginal bleeding
- Leaking or a gush of fluid from your vagina
- Abdominal pain
- No baby movement for 24 hours
- Unusual and constant headache
- Visual changes (seeing spots or flashes)
- Persistent lower back pain
- Regular contractions of the uterus before your baby is due
Emotional Changes

Most of the time within the two last weeks...

- Have you been sad, depressed or irritable?
- Have you been unable to enjoy the things you used to enjoy?
- Have you felt anxious, worried or panicky?
- Have you cried more easily?

Have you experienced any recent losses or stressful life events?

Do you have a history of depression, anxiety or other mental health challenges?
Things Can Change for the Partner Too…

- Concerned about mom’s fatigue, mood swings, and changes to sexual relationship
- Worrying over finances
- Varying feelings about mom’s changing appearance
- Feeling protective of the family
- Anticipating and preparing for birth
- Concerned about health of mom and baby
Things Can Change for the Partner Too...
What About Intimacy During Pregnancy?
For More Information

- Health care provider
- Local public health department
- Hospital or birth centre
- Certified Doula
- Key websites such as the Society of Obstetricians and Gynaecologists of Canada - [www.sogc.org](http://www.sogc.org)
This Best Start Resource Centre teaching tool was developed with input from a wide range of individuals from these organizations.
The information represents the best practice guidelines at the time of publication. The content is not officially endorsed by the Government of Ontario. Consult your health care provider for information specific to your pregnancy.

www.beststart.org