

Best Start Resource Centre –
Prenatal Education Program

Changes in Pregnancy



best start
meilleur départ

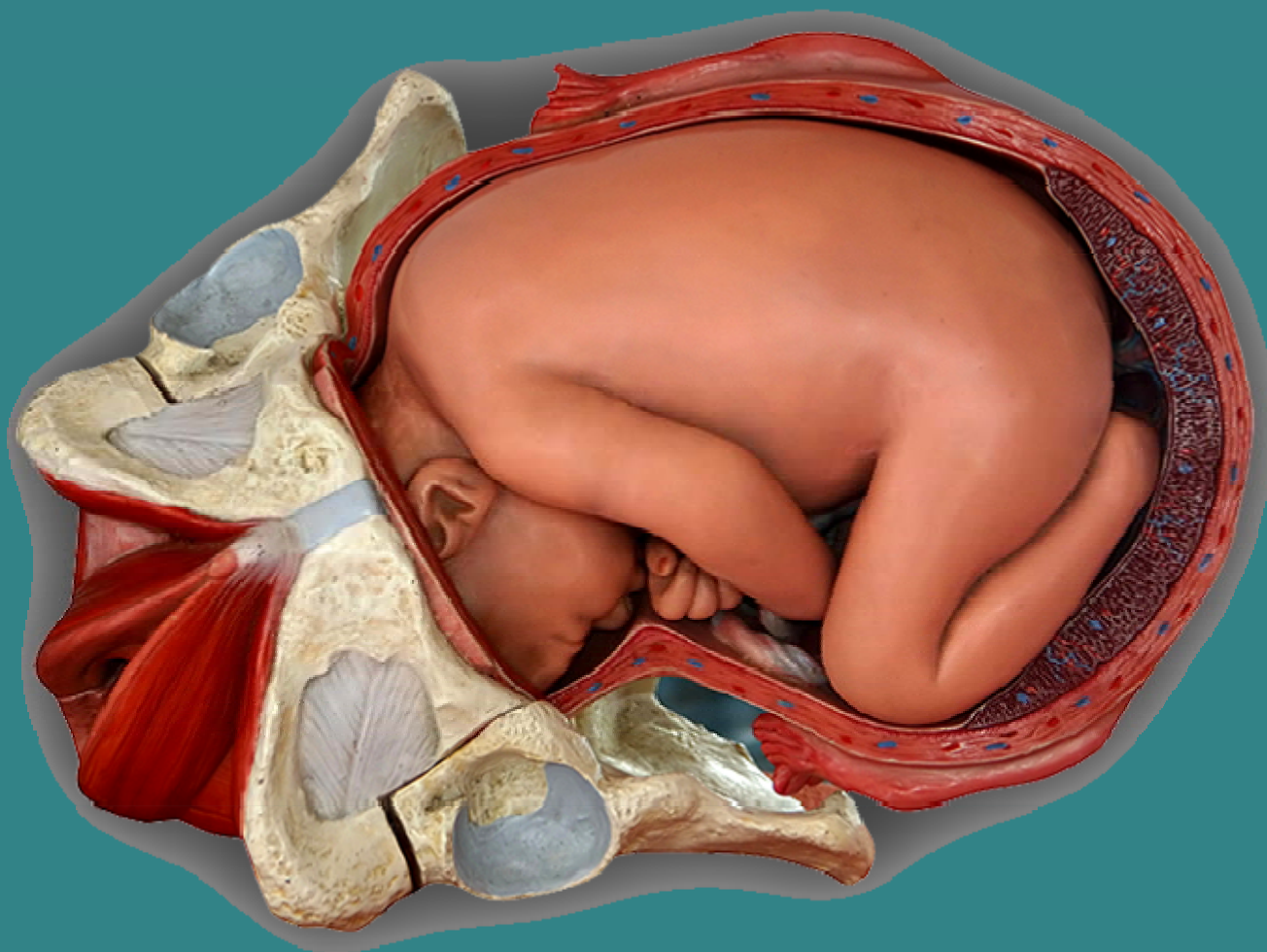
Resource Centre/Centre de ressources

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Pregnancy is a Time of Change



You and Your Baby



Pregnancy Time Lines



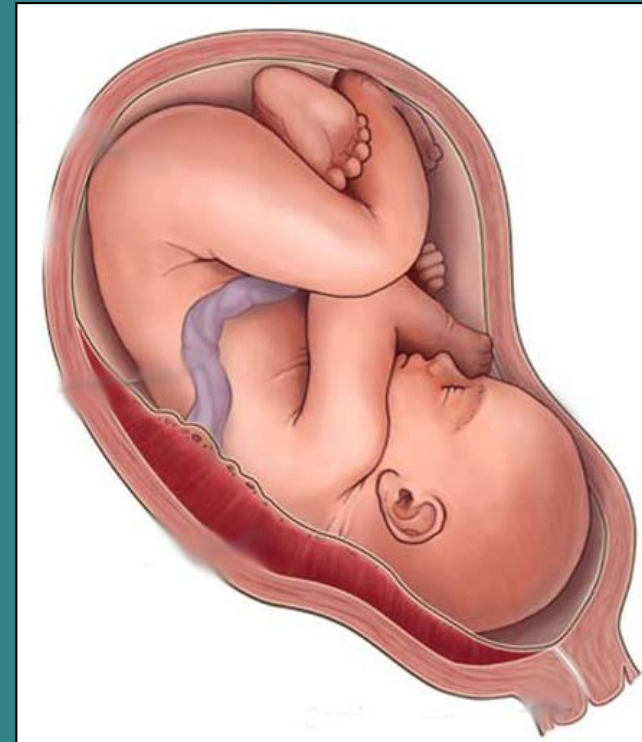
1st Trimester (Weeks 1-12)

- 1st Month
- 2nd Month
- 3rd Month



2nd Trimester (Weeks 13-28)

- 4th Month
- 5th Month
- 6th Month



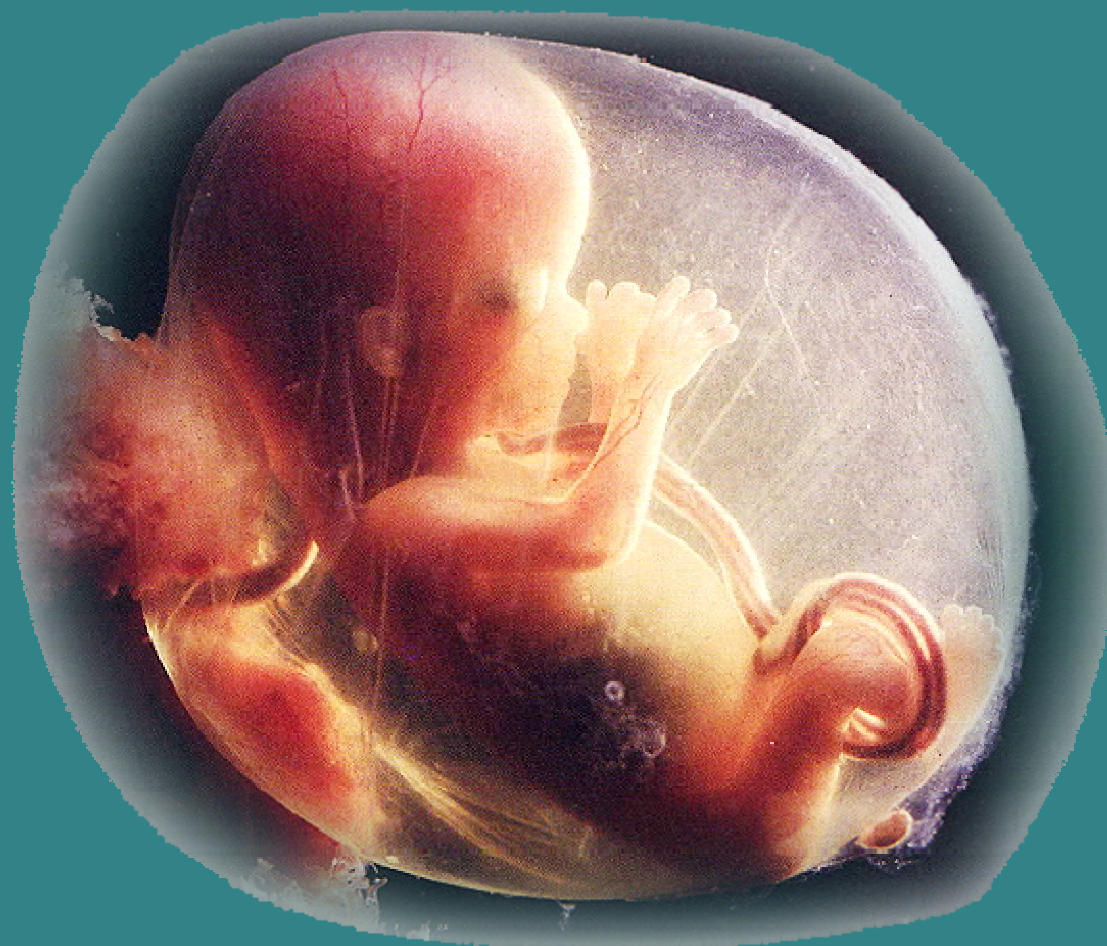
3rd Trimester (Weeks 29-40)

- 7th Month
- 8th Month
- 9th 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

Coping with nausea and vomiting

- Get out of bed slowly.
- Eat small, healthy meals and snacks.
- Eat foods that appeal to you.
- Avoid spicy, fried, or fatty foods.



Common Changes - First Trimester

Coping with fatigue:

- Pay attention to your body and rest when you are tired.
- Take naps during the day.
- Accept help from family and friends.



Common Changes - First Trimester

Coping with urgency:

- Drink less in the evening.
- Go to the bathroom every time you have an urge to urinate.
- Make sure your bladder empties completely.
- Try Kegel exercises.



Common Changes - First Trimester

Coping with feeling faint:

- Take your time when getting up.
- Eat small, healthy meals and snacks.
- Contact your health care provider if the feeling does not go away.
- If you feel faint, sit down and put your head between your knees.
- Loosen tight clothing.
- Place a cool cloth on your forehead or back of your neck.
- Eat iron-rich foods.



Common Changes - Second Trimester



- Less nausea
- More energy
- Change in body shape and size
- Linea nigra
- Mask of pregnancy
- Colostrum
- Back and joint pain
- Bleeding gums

Common Changes - Third Trimester

- Practice contractions
- Swelling of ankles and feet
- Varicose veins
- Increased need to urinate
- Back pain
- Shortness of breath
- Indigestion/gas
- Heartburn
- Difficulty sleeping



When to Get Medical Help

- Vaginal bleeding.
- Leaking or a gush of fluid from your vagina.
- Abdominal pain.
- Decreased fetal movement.
- Unusual and constant headache.
- Visual changes (seeing spots or flashes).
- Persistent lower back pain.
- Regular contractions of the uterus before 37 weeks.

Preterm Labour



Signs and Symptoms

- Cramps/stomach pains.
- Fluid or bleeding from the vagina.
- Back pain/pressure.
- Feels like baby is pushing down.
- Contractions.
- Increased vaginal discharge.
- “Something is not right”.

Risk Factors for Preterm Labour



- History of preterm labour.
- History of miscarriages.
- Cerclage/shortened cervix.
- Some infections.
- Premature rupture of the membranes.
- Pregnant with more than one baby.
- Underweight before getting pregnant.
- Not gaining enough weight during the pregnancy.
- Smoking/drug use.
- Under 18 or 35.
- Stress.
- Abuse.
- Some work environments.

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 pregnant woman's fatigue, mood swings, and changes to sexual relationship. ✓
- Worrying over finances. ✓
- Varying feelings about pregnant woman's changing appearance. ✓
- Feeling protective of the family. ✓
- Anticipating and preparing for birth. ✓
- Concerned about health of pregnant woman 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 birthing centre
- Certified Doula
- Key websites such as the Society of Obstetricians and Gynaecologists of Canada - www.sogc.org

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.



This document has been prepared with funds provided by the Government of Ontario

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