Changes in Pregnancy
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)
What is Happening to Me?
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.
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”.

![Ultrasound scan of a pregnant abdomen](image-url)
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](http://www.sogc.org)