

Pregnancy in Trimesters

A PREGNANCY IS DIVIDED INTO THREE TRIMESTERS. YOU WILL ENCOUNTER DIFFERENT EXPERIENCES AT EACH STAGE IN YOUR PREGNANCY.

FIRST TRIMESTER

Zero to 13 weeks

- Many hormonal changes in your body
- Baby's body and organs develop
- Morning sickness
- Cravings or food aversions
- Fatigue, sore breasts, frequent urination
- Crucial for baby development



SECOND TRIMESTER

14 to 26 weeks

- Most of the unpleasant symptoms go away
- Increased energy and better sleep
- Back pain, constipation, leg cramps
- Stretch marks
- Swollen ankles, face, and fingers
- Ultrasound to determine gender can be performed
- You will feel baby's first movements



THIRD TRIMESTER

27 to 40 weeks

- Last stretch of pregnancy
- Excitement and nervousness for birth
- Shortness of breath
- Urinary incontinence (leaking)
- Sleeping issues
- Leaky breasts
- Contractions



Remember!

EACH WOMAN'S EXPERIENCES ARE DIFFERENT. YOUR TRIMESTERS MAY PLAY OUT DIFFERENTLY FROM WHAT ANOTHER EXPECTING MOTHER IS EXPERIENCING.

YOUR TRIMESTERS MAY EVEN BE DIFFERENT FROM ONE PREGNANCY TO THE NEXT!

