

# Second Trimester

## ▣ 4<sup>th</sup> Month

- Body will feel excited when you feel the baby move for the first time.
- Baby is 7 inches long and weighs around 5 ounces
- Your body will be craving foods. Morning sickness may continue.
- Will gain few pounds this month. Although you are eating for two, you don't need to eat twice as much.

# Second Trimester

## ▣ 5<sup>th</sup> Month

- If you have an ultra sound you may be able to see the babies hand move or mouth open.
- Can decide whether you want to know the sex of the baby.
- Baby is 10 inches long and weighs 1 pound.
- Your body will feel more bloated this month.
- You will have a lot more energy, people may say you are glowing.
- This months struggle is constipation, drink plenty of water.

# Second Trimester

## ▣ 6<sup>th</sup> Month

- Baby is much more active rolling from side to side.
- Baby begins to suck their thumb.
- At end of month the baby is 12 inches long and weighs a pound and a half.
- This month your body gets very tired and you need to listen to it when it tells you to relax.
- This months struggle is back pain as the baby grows.

# Third Trimester

- ▣ 7<sup>th</sup> month
  - Baby is kicking a lot and often.
  - Woman will experience cramps in feet and back due to lack of calcium.
  - Swelling in the feet or hands is common. Braxton Hicks Contractions, this is the name for the swelling and is more common in woman with more than one child.

# Third Trimester

## ▣ 8<sup>th</sup> Month

- If your baby is born it will be premature and will survive.
- May feel foot around rib cage, which is because your baby is 16 inches long and weighs 4 pounds.
- Your body feels uncomfortable and ready to have the baby.
- Heart Burn and indigestion become apparent.
- Trouble sleeping because your baby is kicking sleep on the other side, babies prefer one side over the other.

# Third Trimester

## ▣ 9<sup>th</sup> Month

### ■ BABY TIME

- Last month of pregnancy baby is 19-21 inches long and weighs 2 pounds.
- Woman may feel surge of energy day or two before labor.
- Babies head will drop in woman's pelvic area.
- Breathing will become easier, mucus plugs disappear means labor must happen.