The First Trimester.

month 1				month 2				month 3				
week 1	week 2	week 3	week 4	week 5	week 6	week 7	week 8	week 9	week 10	week 11	week 12	week 13

ABOUT YOUR BABY

- Your pregnancy starts when a sperm and an egg unite.
- The baby grows in your womb/uterus and floats in a bag of water called the amniotic sac. Blood, food, and oxygen move from your body to nourish the baby through the placenta. The baby is attached to your body by the umbilical cord.
- By the end of the third month, all the organs are formed. The baby can move its arms and legs and is about the size of a grape.

QUESTIONS FOR YOUR DOCTOR/MIDWIFE

- How do I know if I am gaining enough weight?
- Can I get a flu shot or vaccine while I'm pregnant?
- What prenatal tests do you recommend and why?
- Should I exercise during my pregnancy and what type of exercise do you recommend?

ABOUT YOUR BODY

- You may feel tired, have sore breasts, nausea and need to urinate often.
- Some women feel moody, afraid and happy at the same time. That's normal!

THINGS TO DO

- See your doctor/midwife early in your pregnancy and keep all prenatal appointments.
- Check with your health insurance plan to understand your maternity coverage.
- Take your prenatal vitamins and folic acid.
- Now is the time to eat healthy foods and drink plenty of fluids.
- Avoid food additives, chemicals, and any medications (even nonprescription) not prescribed by your doctor.
- Don't drink alcoholic beverages, smoke, or use street drugs. Alcohol and street drugs can harm your baby.

NOTES

PRESBYTERIAN