The Second Trimester.

month 4				month 5					month 6				
week 14	week 15	week 16	week 17	week 18	week 19	week 20	week 21	week 22	week 23	week 24	week 25	week 26	week 27

ABOUT YOUR BABY

- Your baby can hear you talk.
- Your baby kicks, moves, swallows and sleeps.
- By month six, your baby is as long as a banana and weighs 1 to 1-1/2 pounds.

ABOUT YOUR BODY

- You may soon really start to look pregnant.
- During this trimester, your appetite may come back. Most women gain a total of 25 - 35 pounds during pregnancy.

QUESTIONS FOR YOUR DOCTOR/MIDWIFE

- Will it hurt the baby if I have sex with my partner?
- Should I make any changes in my exercise routine?
- How often should I feel my baby move?
- What should I do if I become constipated?
- Is it normal to have discharge from my vagina?

THINGS TO DO

- Preregister at the hospital.
- Sign up for childbirth classes. It is best to start classes sometime during weeks 28 - 31 of your pregnancy.
- Check into maternity leave polices where you work.
- Find a doctor for your baby.
- Wear comfortable shoes and avoid standing for prolonged periods of time.
- Get plenty of rest and continue to eat right.

NOTES

PRESBYTERIAN