



# Althea's Sage Advice

## Althea's Guide to each Trimester

Pregnancy is such a miraculous and exciting time, but it's not just 9 months of cute baby belly bumps and making a list of the best names! The journey to baby is physical and emotional with ups and downs. Knowing what to expect along the way is the first step to making this magical journey as comfortable and enjoyable as can be. You are growing and nurturing a human life inside of you! This is a happy time! Every pregnancy is different so this guide aims to include a wide range of symptoms that you can expect. You may experience some or all of them but they are all normal! Take comfort in knowing that millions of Mamas have taken this journey and have felt exactly the way that you do. We were made for this and we are so special.

Here is a list of common symptoms you can expect during each trimester of pregnancy and some strategies to cope with them. Everything you experience on this journey will be worth it when you finally give birth and are holding that little angel you've been growing for 9 months.

**Let's take this journey together...**





# Althea's Sage Advice

## 1st Trimester:

### Weeks 1-13

And the journey to baby begins! Such a beautiful time with so many mixed emotions; excitement, happiness, anxiety, a little bit of fear and lots of LOVE. Many women find this trimester to be the most challenging because your body is undergoing many physical and emotional transformations. Here are the symptoms you can expect. They will probably start around the 6th week. You may experience some or all of them but they are all normal!

Nausea is one of the most common symptoms so here are some tips to help get you through it.

- Try to eat small amounts of bland food throughout the day to give you energy and keep you satisfied. If you are constantly nauseous or have an aversion to almost all the food you normally eat this could be difficult to do but it's worth it. Sometimes you can become nauseous from being hungry so try and eat whenever you can.
- Your blood sugar also affects nausea, so it is common to have nausea or vomiting in the morning. Try keeping a light snack like juice and crackers next to your bed so you can have it right before you get up in the morning to get the sugar working in your body.

Other common symptoms can be linked to hormone production and hydration. These include headaches, insomnia, bloating, dizziness, and frequent urination. **DRINK A LOT OF WATER!** This applies to all trimesters; including the 4th trimester if you plan on breastfeeding.

### Other common symptoms:

:

- Fatigue
- Nausea
- Insomnia
- Breast tenderness
- Dizziness
- Vomiting
- Bloating
- Frequent urination
- Heightened sense of smell
- Increased saliva
- Food aversions
- Headache





# Althea's Sage Advice

## 2nd Trimester:

### Weeks 14-27

You are probably starting to feel a little better now! Your appetite is coming back (YAY!) and the nausea has left the building. You have more energy and are probably saying to yourself "I can handle this pregnancy thing!" You can. YOU GOT THIS! This is a magical time. You can now see your little angel on an ultrasound scan. You may be starting to show! (#bumplife). You are also probably announcing to the world that you are going to be a Mama very soon! The most uncomfortable part of this trimester will likely be some back pain as your uterus starts to grow. Since your belly is starting to grow you may have some difficulty getting comfortable in bed and you'll probably flop around trying to get in a good sleep position. It may be time to get a pregnancy pillow (Do it. It's definitely worth it)

### Other common symptoms:

- Decreased nausea/vomiting
- Breast enlargement
- Back pain
- Headaches
- dizziness
- Nasal congestion
- Fatigue
- Sensitive gums
- Insomnia
- Increased appetite
- Around 20 weeks you may begin to feel your baby move
- Mild swelling through your hands, feet, face
- Leg cramps
- Development of stretch marks (belly balms may help)
- varicose veins





# Althea's Sage Advice

## 3rd Trimester:

### Weeks 28-40+

Before you know it, you're in the 3rd trimester. This just got real, really fast! While all of this feels like it's going so fast you may also start to feel like this will never end. Your belly is getting bigger every single day and you're saying to yourself (or out loud) "how is this physically possible!" or "Hey baby, feel free to come out now. It's about time we meet you." You may notice some of your 1st trimester symptoms knocking on your door again—you may have less energy, you're achy and uncomfortable. You can see the light at the end of the tunnel. Try to enjoy this last phase before the baby comes. The bond you are forming with this new life inside of you is worth all of the physical discomfort.

### Other common symptoms and things to expect:

- Frequent need to urinate
- Trouble sleeping from frequent urination and difficulty getting comfortable
- Fetal movement (!!!)
- Nausea
- Body aches
- Constipation
- Braxton-Hicks contractions
- Heartburn, indigestion, acid reflux
- Headaches
- Light headedness
- Nasal congestion
- Leg cramps
- Swelling
- Itchy belly
- Shortness of breath

### Some things to have ready for your due date:

As I mentioned earlier, being prepared is essential and will make delivery day a little less stressful. Here are some things to have ready and planned out before the big day.

- Have a plan ready for how you're getting to the hospital or birthing center. What is the fastest route?
- Your packed hospital bag - make sure it contains all your toiletries and any other item you want to bring from home to comfort you.
- Some cute "new born" onesies and infant hats. The hospital will usually provide these but it's best to have your own.
- Smile and breath. You are about to perform a miracle.





# Althea's Sage Advice

## Who is Althea?

Althea is our Natural Mama knowledge base. She shares her knowledge on pregnancy and motherhood with us in our Natural Mama blogs and website. She also shares the websites she finds the most useful and informative so you don't have to run all around the internet searching for the best pregnancy sites. She wants to take this journey with you!