

# Changes during Pregnancy

1st month | 2nd month | 3rd month | 4th month | 5th month | 6th month | 7th month | 8th month | 9th month | 10th month | 1st month | 2nd month | 3rd month | 4th month | 5th month | 6th month

First Trimester

Second Trimester

Final Trimester

Birth

Postnatal Period

Postnatal Reconditioning

Approaching 4 months  
(4 to 15 weeks)



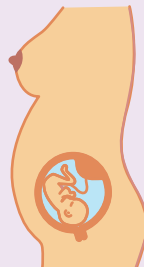
- She will experience an occasional unpleasant prickly sensation and swollen nipples, and a darkening of the nipple color.
- If she is suffering from morning sickness, she will experience the worst symptoms of nausea and vomiting during this stage.

From 5 months  
(16 to 27 weeks)



- She is entering the stable phase of pregnancy, and may begin to feel the fetus move.
- For many mothers, morning sickness ends at around this time; body weight starts to increase.

From 8 months to childbirth  
(28 to 39 weeks)



- During this stage, fetal movement will become stronger, the belly will grow rapidly and protrude outward, and she will occasionally feel bloated.
- Milk will start to form, and the nipples and breasts will become larger.
- She will experience backaches as a result of having to support the increased weight of the fetus in front.

After birth  
(while still in hospital)



10 months pregnant  
12 hours after childbirth  
2 days after childbirth  
5 days after childbirth  
10 days after childbirth  
Original uterus

- While the uterus (womb) will return to its normal size within about six weeks, the extra fat around the middle part of the body will not disappear as quickly or easily.
- Muscles and joints will still be recovering from the rigors of pregnancy and childbirth.
- Lochia (postnatal vaginal bleeding) will be about the same as a normal menstrual flow for about one week.
- Breast milk, colostrum, can be expected to flow within one to three days after childbirth.