

## Month-1



### Intro

Dear Mommy Congratulations! Happiness is on its way. You are now going to become a mother very soon and believe me. It's going to be a life changing experience. So while you are busy getting ready for your little bundle of joy, I would like to walk with you in this special journey and be here whenever you need me.

I will be sharing experiences, emotions and sciences with you related to pregnancy from time to time and tell you how your baby is feeling inside. Here goes the first lot. Listen carefully...to your baby speak!"

### Baby Development

Dear Mommy, I am just about a four to five week old now, waiting to grow and develop within the lining of your womb. Your umbilical cord forms and connects me to your supply. Here is how my growth plan goes:

4 Weeks: My size is smaller than a grain of rice.

5 Weeks: My neural tube developing which eventually becomes the brain and spinal cord.

6 Weeks: I am an Embryo who is 3mm in length.

7 Weeks: I am the foetus inside you and my heart starts to beat. I come with a placenta and the amniotic sac(bag of water).

### What to eat?

Mommy, it's essential to eat simple and healthy meals so that you can ensure that I am healthy too. Please make sure eat a variety of foods with the right amount of calories and fat.

I would request you to include some essentials in your diet.

Grains include foods that are made from wheat, rice, oat normal barley or another cereal grain.

Choose a variety of vegetables, including dark Geier, red, and orange vegetables, legumes (peas and beans), and starchy vegetables:

You can pick from fresh, canned, frozen, or dried fruits. They could be whole, cut-up, pureed or in the form of juice.

Do remember to include dairy products in your diet and focus on fat-free or low-fat products, as well as those that are high in calcium,

You can gain your protein from low-fat meats and poultry, fish, nuts, seeds, peas, and beans.

## Where things will change

While I am growing inside you, you might experience many new different things. Please don't be alarmed. Here is a list you could refer to:

**Changes in Diet:** Cravings for certain food stuff increase, e.g. very sour food. This is normal and can happen with varying intensity, its normal. This will wipe out over a period of one month or so. Please remember to have an adequate diet, do not starve yourself. It will make me very unhappy.

**Uneasy Stomach:** After you have conceived me you might start suffering from nausea and vomiting ("morning sickness"). This can be severe in some would-be-moms and demand treatment. In others there might be 'slight uneasiness. Don't worry because more than half of all moms experience some degree of morning sickness. Your doctor may prescribe you medicines, but please double check that these are safe and do not harm my development Sometimes avoiding odours may help. Mom please try to avoid greasy and spicy food, for my sake.

**Sexual Drive:** You might notice an increased drive, this could be due to the relief of not falling pregnant or due to hormonal changes. Unless your doctor warns against it because of a special problem(s), making love and petting are fine during pregnancy.

**Frequent Urinating:** I sit right on the bladder; hence you might feel pressure on your bladder and an increased frequency of urination. Don't worry mom, this will pass over time. Drink at least 8-10 glasses per day and do not hold urine for a long time.

**Discharge:** High hormone levels might lead to vaginal discharge. Rest assured that this will subside. Contact your doctor if you find excessive itching or pain .

## When to call to your doctor

Mom, here's something I would like to leave behind before I say bye for now.

- ✓ Bleeding which you notice in the vagina
- ✓ Bleeding associated with abdominal pain
- ✓ Excessive morning sickness leading to weight loss
- ✓ Burning and itching in the private parts