

Month-2



Intro

Dear Mommy

The birth of baby is a miracle ! With you new-born baby, you let a part of your heart walk out of you. Your baby is growing, little by little every day, in the warmth and care of your womb, ready to face the world very soon. Make sure that its growth is taken care of. Pay heed to the requirements of the little unborn from time to time.

Let's walk a little ahead and get to know more facts and realities about yourself and your baby, as you reach an advanced stage of pregnancy. Can you feel the baby coming?

As I grow

Dear mommy,

You'll be excited to know that it's been 3 months and have grown enough to be called a 'foetus' now. i am warm and snug, developing slowly within your womb.

Here is how look like:

- *My head is large, about half the total length.
 - *Can you believe that my brain and spinal cord are forming?
 - *Although my skin is very thin, tips and eyelids are forming.
 - *I can turn my head; I can also open and close my mouth.
 - *There are tooth buds and taste buds in my mouth.
 - *With a microscope, you can find out if I am a baby boy or a baby girl .
 - *I can squint and frown, make a fist, and kick.
- Mommy, are you ready to feel the first kick? "

Meal Plan

Dear Mommy

While you already have a healthy balanced diet, it's important to watch your weight. It's not okay to gain weight now, You can plan 3 meats and 2 snacks, each day. What you eat and drink becomes 4 lungs, brain, and other vital organs. If you don't eat property, it starves me and can have lifelong effects my health, Please stock your cupboards with healthy foods that you can enjoy.

You might crave some food you rarely eat - maybe pickles and ice cream. Mommy, don't be concerned with these odd hungers as long as you eat well, otherwise.

Changes in your body

While I am growing inside you, you might experience a plethora of things. Please don't panic. Here is a list to keep you updated:

Your Body: Mommy, in case you are wondering, daily activities do not cause miscarriages. If you have the AIDS virus, it might pass on to me. But new drugs can help prevent the transmission. The earlier you find out, the better your chances of securing my health and life. So, get a test done please?

Emotions: Vomiting, tender breasts, feeling tired or sick, and all the other changes do not inspire romance, However, your desire will come back. Do not worry about hurting me by having sex. In a normal pregnancy, the amniotic fluid cushions and protects the baby. Unless your doctor warns against it because of a special problem, making love and petting are fine during pregnancy.

Vaginal Discharge: High hormone levels cause your vagina to produce an odourless, thick yellow or white substance. It is not normal to have watery or cottage cheese like discharge. It is not normal to have itching or burning. If you have itching, burning, redness, or discharge with a foul odour, call your doctor.

Relief from Morning Sickness: Carrying me in your womb can also make you nauseous, at times. However, if this condition gets severe and you experience vomiting for more than 2 days, then please remember to call the doctor. In addition:

- Eat 5 or 6 small meals a day .
- Take prenatal vitamins.
- Eat biscuits in bed, before you sit up in the morning.
- Rise slowly and move slowly .
- Do not eat greasy fried foods or spicy foods .
- Sip on juice or ginger tea.
- Drink milk, juice or water, half-hour before or after you eat—not with your meals .
- Don't take medicine for vomiting on your own. Take only the ones prescribed by your doctor

Investigations

Mommy, I know how you don't like visiting doctors, very often, but please do it for my sake. You see, tests can find most, if not all, birth defects that I might have after my birth. If you are aware, you and your doctor can plan my safer delivery. The sonographer will particularly look for a "nuchal fold" in me, which points at the Downs Syndrome. I also advise you to take Triple Tests for ruling out congenital anomalies, along with USG at week 12.

A Quick Insight on The Delivery Date

Mommy, I know you can't wait to meet me. So can't Wondering when to expect the delivery? Here's how you can find out:

- 1) Find the day that your last period started.
- 2) Count backward by 3 months.
- 3) Add 7 days to find your due date.

Some Pointers

Mom, here's something I would like you take note of, before call it a day.

- Before you take any medicine, including aspirin or ibuprofen, check with your doctor .
- The first sign of miscarriage is bleeding from the vagina. If you have bleeding, inform your doctor immediately about the condition and take care of yourself.
- Get all your investigations done on time and discuss with your doctor .