

## Month-3



### Intro

Dear Mommy

To be a mother is a Joy forever!

Your Journey of motherhood bound to be fulfilling, with each passing day forming newer and more intimate bonds between you and your growing child.

The special lifelong friendship that you and your child are going to share has already begun, as your child grows slowly but surely, wrapped in the comfort of your womb.

As you walk into your second trimester, let us help you listen to your unborn child's needs and understand what it communicates to you silently. This will lay the bricks of the relationship of unconditional trust and love that will continue well into the time when your child grows into a strong, confident individual, ready to take on the entire world.

### I am bigger now

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<item>"Dear mommy,

It has been 3 wonderful months of living in my beautiful warm home that you call your womb, You will be happy to know that I have everything that i need here to grow bigger and stronger. Let me tell you the changes that are taking over me now:

- I am growing much more quickly than I used to before.
- There are little strands of hair growing out of my eyelids. I think they are called eyelashes.
- My fingernails are growing, but my toenails will take longer to grow: I hate waiting.
- I have vocal cords and I can't wait to call you "Mommy" someday.
- I can make use of my tongue and sometime use it to suck weakly.
- Amniotic fluids are my favourite drinks now.

- I even excrete, at times. Don't be scared though! These processes are completely natural and your body is very prepared for them.
- My muscles are getting very active and am beginning to move around. You will feel my movements when I get a little larger.
- Can you hear my heartbeats? If you listen closely, you can hear my heart beating at the rate of 120 to 160 beats per minute, as early as your 4th month of pregnancy.

## You are changing to

Mommy,

As these changes happen to me in your womb, you, too, will experience many changes. We are in this together and make a great team! Let me tell you what you can expect now:

**Dietary Changes:** Your morning sickness will ease. Take this opportunity to follow a healthy diet and start cooking the meals you like. This is one of the best times in life when you can eat your favourite foods, without bothering about weight gain! However, do take care of your hygiene and nutrition. Also, remember to call your doctor if you experience weight loss or gain more than 2 pounds, a week.

**Your Body:** There are 26 more weeks to go, till we meet. I hope you are as excited as I am: Having said that, know how you don't feel very fit, at this point of time. The good news is that if you are getting enough rest and are eating well, you will feel less tired than at the start of your pregnancy. The amount of blood in your body is also increasing. This extra blood helps nourish me and makes up for the fluid loss that you will experience during my birth. Nature is kind and your heart has learnt to beat at the rate of 10-1.5 extra beats, per minute, to move this extra blood through your body.

## Food tips

Mommy,

Just as you are worried about my nutrition, I also want you to get the best nourishment, at this phase of our wonderful friendship. You need to eat healthy, nutritious food, at this point of time. Let me give you a few tips now, I hope you will give me tips on healthy eating, for the rest of my life! Remember, that:

- Select one piece that is ripe to eat right away, while buying fruits and vegetables. Choose another that will be ready to eat, in a day or two.
- Buy fruits and vegetables that have bright colours, as they show more freshness, more flavour and more vitamins.
- Choose 100% juice only. Look for the expiry date on the can or bottle. Do not buy or drink juices after that date. Choose brands that say "fortified" on the label. They have more vitamins.
- While buying breads and pizza bases, choose one that says whole grain, whole wheat, or "fortified" on the package. These have more folic acid and vitamins than others.
- Choose low-fat milk, yogurt, and Cheese,-

## Fitness Dos and Don'ts

Mommy,

I know 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 Down's Syndrome. I also advise you to take Triple Tests for ruling out congenital anomalies, along with USG at week 12.

DO'S

- Continue your usual exercise regime.
- Check with your doctor, if you are starting\* a new fitness program.
- Exercise for 30 minutes, at least 5 times a week, More often is even better.
- Drink water before, during, and after exercising.

DON'TS

- Do not hold your breath.
- Do not jerk or bounce.

It is also important to use your discretion and let your body be your guide for exercising, at this point of time. Stop exercising if you:

- Feel out of breath.
- Feel pain or cramping.
- Feel dizzy.
- Feel your muscles shaking.

When you feel better again, go on with your exercise at a slower pace.

### Complication that you should consider

There might be some complications that you may experience, at this point of time. I am worried for your and my safety. Please call the doctor and be careful about:

- Severe bleeding and infection that are consequences of late miscarriages.
- Infections and disseminated intravascular coagulation that means serious harm to the womb.
- Blood pressure related pregnancy-complications that are known as pre-eclampsia / eclampsia.
- Overgrowth of placental tissue, also known as molar pregnancy.
- Undiagnosed multiple pregnancy.
- Premature labour and its associated complications, Such as mal-presentations and obstructed labour.