

Month-4



Intro

Dear Mommy

Pregnancy is a beautiful responsibility to be cherished for a lifetime, as the life growing within you is full of wonderful possibilities.

Your baby could grow into the scientist that changes the face of mankind; it could be the brave heart who makes the nation proud; it could even be the voice that enchants the world with its sweet melodies.

You can never be too sure about how your Little Darlings will make a difference in the world, but you can be certain of the fact that they will change your life forever. So, take extra special care of this seed of potential. Read on to find out what your child may be telling you, at 17th to 21 st weeks of your pregnancy."

Happy to grow

Dear mommy,

I have grown even bigger than the last time spoke to you and I am loving every moment of it! Do you want to know how i look now? Then, read on.

- I am 8 to 12 inches long now. That's small enough hold in your palm of hands, but I have big dreams already!
 - My toenails are growing and teeth are forming under my gums.
 - I can suck on my thumb. I have heard it's a bad habit and will try to give up on it, once grow UP.
 - I have good grip. can't wait to play with alt my cute toys!
 - My hair and eyebrows have grown now.
 - Sweat glands are growing in my body.
 - I have very fine, soft hair, catted ""lanugo"", which cover my entire body.
 - There is also a creamy white substance called ""vernix"" that covers my skin.
- Don't worry, Mom! The ""vernix"" will wash away after my first bath.

Getting Ready to move

Mom, in addition to the transformations that are happening to me, there is another special change that I must tell you about. Of late, I get an intense desire to move! Your normal activities often move me in your uterus. I even kick and turn softly.

Soon, you will feel me move for the first time! At first, it might feel like there are gas bubbles moving in your belly. It will also feel like butterflies fluttering and little fish zigzagging in your tummy, when it's actually me moving inside you!"

Thanks for changing for me

I have heard that before I came along, you used to look and feel a different way. At this stage of your pregnancy, you are probably going through a lot of changes in your appearance and emotions; I want to thank you from the bottom of my heart for this selfless transformation all, so that I can come into this world.

Changes in Your Body:

I hope you are prepared for the following changes:

- Your uterus or womb is expanding upward and outward.
- Your belly button may pop out and stay that way, until after my birth.
- Around your 5th month of pregnancy, the top of your uterus will be even with your belly button. This is a welcome change, as it shows that I am growing inside you. The doctor might even measure how far the top of your uterus has moved upward, to understand my healthy growth.

Stretch Marks, Brown Patches and Red Spots:

During this phase of your pregnancy, there are many changes in your body.

For example:

When your uterus enlarges up to your navel, your belly stretches to make room for this expansion. This stretching may cause reddish streaks on your belly, breasts, buttocks or thighs. Don't be alarmed, as these will fade into fine silvery lines after my birth: Please remember that oils, creams, or lotions will not stop stretch marks or make them go away. A narrow, dark line from your belly button to your pubic bone may also appear, now. This is called the "Linea Nigra" and it is more likely to occur, if you have dark hair and skin, It is due to extra hormones and will go away after my birth.:

In addition, brown patches may, appear on your cheeks and neck. They are called the "Mask of Pregnancy". These patches are a normal result of hormone changes in your body. The sun makes these patches darker, so try to keep away from it. You may also use sunscreen and makeup to hide these patches, if they bother you. Like Linea Nigra, these marks will also lighten and go away after my birth. Your palms may get very red. You may even see tiny red spots on your face, neck, upper chest, or arms. This redness and spots are due to the extra blood in your body. These, too, will fade away after my birth.

Itching:

All of a sudden, you may experience itching in your breasts, belly and palms. These are also the normal side effects of sweating and high hormonal changes. Mommy, I know you hate these itching sensations, so try to keep the following pointers in your mind:

- Try to change your regular soaps or use less of them.
- Use calamine lotions. They can help to stop the itching and are safe to use, during your pregnancy.
- Don't use soaps and lotions with perfume, as they dry your skin.
- Don't rub your skin with towels. Rather, use a blotting movement.

Changes in Your Eyes:

Mommy, I know that you have problems to see, but, at this time of our friendship, you may have a hard time wearing contact lenses, or your contacts may not correct your vision well. Believe it or not, but the shape of your eyes is also changing due to hormone levels and the extra fluids in your body. In most cases, the problem goes away after my birth. Till then, you may have to wear your glasses.

Dealing with extra attentions

I can feel how you have suddenly become the centre of the universe, Everybody is , concerned about your and my safety. They are even eager to give you pregnancy tips, from their own experience. But, mommy, you are the best in the world to understand which advices are good for you and me. A simple 'thank you' is Often good reply to unwanted advices. Also, be careful of which advices you want to rely on. In case of any confusion, ask your doctor about the authenticity of such recommendations.

Complication that you should consider

Mommy,

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

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 .