

CHANGES DURING PREGNANCY

WHEN YOU ARE TWO MONTHS PREGNANT

PHYSICAL CHANGES



- **You will usually have missed one or more period**



- **You might feel sick or actually be sick, usually in the morning**



- **You might feel very tired even if you have been sleeping well**

FEELINGS



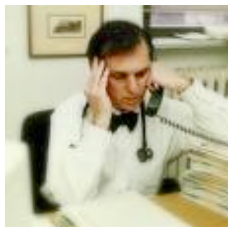
- **You might feel worried about your baby's health**



- **You might be asking yourself questions;**

**do I want a baby at this time?
how is it going to change my life?
will I be a good mum?**

- **WHAT MUST YOU DO**



- **Make an appointment to see your Doctor**



- **Eat well to stay healthy**



- **Make sure you get plenty of rest**



- **Stop smoking, smoking is bad for you and your baby**



- **Try to stop drinking alcohol it is not good for your baby**

FIVE MONTHS PREGNANT

PHYSICAL CHANGES



- **Your tummy will now look much bigger than it used to**



- **You might get backache from time to time**



- **You will now be able to feel your baby kicking and moving around inside you**

FEELINGS



- **You might still feel a bit anxious hoping that your baby will be born healthy**

WHAT MUST YOU DO



- **It is now time to start collecting clothes and equipment for when your baby is born**



- **Go for regular checks to your Doctor or Midwife**

EIGHT MONTHS PREGNANT

PHYSICAL CHANGES



- **Your stomach will be large by now**



- **You will feel very tired at this stage of your pregnancy sleeping might be uncomfortable**

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Your stomach will feel heavy and uncomfortable

WHAT MUST YOU DO



- **Get your bag ready for when your labour starts**

and you need to go into hospital