



4 weeks

FIRST TRIMESTER



12 weeks

"PREGNANCY BRAIN"

Is caused by less oxygen in a pregnant woman's blood.

WHAT TO EAT

- Broccoli
- Eggs
- Salmon
- Bananas
- Sweet potatoes

YOUR BABY CAN HEAR YOU!

Starting at **8 weeks**

BY 12 WEEKS

Fingernails and toenails appear. Eyelids are formed. Fetal movement increases.

DRINK!

Drink 8-10 oz of liquid (mostly water) a day

STAY ACTIVE

Try walking **15 minutes** a day, building up to **30**

Your placenta is actively working!



REMEMBER TO ALWAYS LISTEN TO YOUR BODY AND REST WHEN YOU NEED





12 weeks

SECOND TRIMESTER



27 weeks

PRACTICE FOR LABOR

Deep Breathing
Meditation
Affirmations
Make a birth plan

WHAT TO EAT

Leafy greens
Nuts
Beans and lentils
Whole grains
Lean meats

BY 27 WEEKS

Baby is fully formed, growing fat and working on their developing immune system

YOUR BABY HAS

Eyebrows! For all those facial expressions



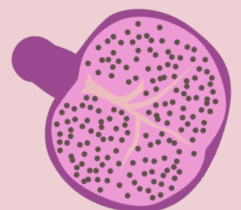
MENTAL HEALTH

You are processing a lot!
Take some time to take care of you!

STAY ACTIVE

Daily yoga can help keep flexibility and strength for labor

Your breasts are working on making milk ducts!



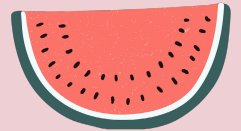
FOCUS THIS TRIMESTER ON PREPARING FOR LABOR





27 weeks

THIRD TRIMESTER



40-42 weeks

PREPARE FOR POSTPARTUM

Make a plan for the weeks of recovery after birth

WHAT TO EAT

Leafy greens
Nuts
Beans and lentils
Oranges
Peas

LET BABY CHOOSE THEIR BIRTHDAY!

Average pregnancy for 1st time mom is 41 weeks and 1 day



BY 27 WEEKS

Baby is fully formed, growing fat and working on their developing immune system

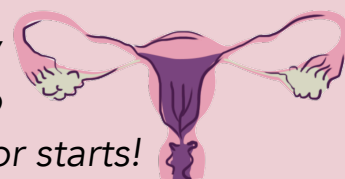
MENTAL HEALTH

Being prepared and fully informed for labor will help with anxiety!

STAY ACTIVE

Remember that some movement is better than no movement!

Remember it is perfectly normal for your cervix to be closed until after labor starts!



MAKE YOUR POSTPARTUM PLAN!



