

FIRST TRIMESTER

YOUR FIRST PRENATAL APPOINTMENT

The usual schedule of prenatal visits to your practitioner is monthly for the first 7 months (28 weeks) every two weeks from 28 to 36 weeks and weekly thereafter until delivery. You can check with your Doctor for any change in the schedule.

NOTE:

You may experience Morning Sickness. take rest and follow your doctor's advice

***Avoid potentially harmful substances during your pregnancy such as alcohol, caffeine, smoking, drugs and medications (other than those approved by your doctor).

***The end of 1st trimester will bring about dramatic changes in your body. The most common will be weight gain, so keep the focus on nutritious eating.

SECOND TRIMESTER

13-27 weeks

Your morning sickness will start easing off by month. You will start to feel healthier and it

will be more obvious that you're pregnant. This is good time to start shopping for loose clothing. It is a good idea to borrow from friends, family or even your partner, as at this stage it will be hard to tell what is going to happen to your body shape. You can also look around and register for childbirth classes.

BABY'S NAMES & NURSERY

Explore boys' and girls' names, along with their meanings and origins and write down your favourites.

NOTE:

***During this period drink plenty of water. Drinking water will help to reduce water retention.

***Take a few minutes everyday in the evening to unwind and relax.

***Take in a healthy diet as now is a critical time for your baby's brain, time to make sure

you get enough dietary fats. Fats in nuts, avocados, olive oil and dairy products are especially beneficial for your baby.

THIRD TRIMESTER

THE HOME STRETCH

From 28 weeks to Delivery

Sign up for prenatal classes if you haven't done so already. They are the best source of information you will need for your big day. You are now in the third trimester and you may be having trouble finding a comfortable position to sleep. Try lying on your side with a pillow between your knees to relieve pressure on vital blood vessels.

Taking a warm bath before bedtime can also be helpful. To relieve stress spend some time everyday relaxing with your feet up. This will also make you less likely to suffer from swollen feet.



***You may have cramps in your calves, back, tail bone and even arms as your ligaments softens. To prevent this, have calcium and magnesium as well as prenatal vitamins. Also avoid wearing heels.

***If you are bumping into furniture, knocking things over and being more prone to accidental falls, don't worry, it's because of extra inches and a shift in your centre of gravity

***Keep in mind, your hands and fingers may show signs of swelling so it might be a good idea to remove your rings now and put it around your neck in chain until your baby is born.

DELIVERY KIT

Your baby is due so this is a good time to pack your hospital bag. It's advisable to carry important things like-tooth brush and tooth paste, comfortable clothes, maternity clothes, baby clothes, diapers, baby toiletries, receiving blanket, towels, tissues, hot water bottle.

Signs You're in Labor

After a long wait, the due month has finally arrived. If you experience any of the following signs, then it's time to pick up your bag and head for the hospital to bring your cute little angel home...

- 1.Regular contractions that intensify
- 2.Intense lower back pain that may also extend into abdomen and legs

- 3.Cramps in your abdomen that feel like menstrual cramps
- 4.Water breaks (Baby develops & grows inside a bag of fluid called the amniotic sac. When it's time to be born, the sac breaks & the amniotic fluid drains out through your vagina)

ARE YOU OVERDUE?

41-42 Weeks

Try not to feel discouraged if your due date has passed. You are not alone-delivery after the expected date is very common. If you reach forty-two weeks, your doctor will assess the baby's health with a non-stress test. He may also use ultrasound to see if your baby has enough amniotic fluid. If the baby seems fine, you, your partner and your doctor can discuss when to schedule an induction of labour.

Rights of Admission to the following Hospitals

- NAIROBI HOSPITAL •MATTER HOSPITAL •AVENUE HOSPITAL
- COPTIC HOSPITAL •MP SHAH HOSPITAL •AGA KHAN HOSPITAL

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Tracking Journey to
MOTHERHOOD