

MOM'S GUIDE

Motherhood in every stage

FIRST **TRIMESTER** OF PREGNANCY

1st Trimester

Timeline



Fun Facts



- 1 Your heart pumps 40-50% more blood during pregnancy.
- 2 Your baby's organs are formed during the 1st trimester.

Week

1




Increasing your folate intake during your first trimester.

2



Stop smoking, drinking alcohol and taking drugs.

3



You are officially pregnant.

4



Your baby's placenta is forming. An important organ in pregnancy that's considered a lifeline between you and your baby.

5




Your baby's heart will now start beating.

6


Week

7



Start thinking of alternatives for giving birth. Find the health care provider that suits your needs.

8



At this stage, your baby is about the size of a grape.

9



Start doing pelvic exercises.

10



Healthy and balanced nutrition is important as your baby starts to eat and drink what you consume.

11



Start taking omega-3 supplements.

12



1st Trimester *Checklist*

Take Care of Yourself

- Consult your doctor about any medications.
- Make sure your activities are pregnancy-safe.
- Read up on safe foods for pregnancy.
- Buy some new clothes, including supportive bras.

Plan Your Doctor's Visit

- Make a prenatal appointment.
- Learn the signs of a pregnancy problems.
- Use a journal to record observations & questions.

Preparing For Baby

- Write down your pregnancy memories.
- Talk to your partner about parenting.
- Start a baby name list.

Fuel Your Body

- Take up your prenatal vitamins.
- Stock up on healthy foods and eat a balanced diet.
- Try to exercise for 30 minutes daily.
- Reduce caffeine intake.
- Decrease your stress.
- Get plenty of sleep.
- Hydrate.
- Take pregnancy power naps.
- Quit smoking & drinking.

Revise Your Pregnancy Plan

- Check your health insurance.
- Start saving for your baby budget.
- Consider on-the-job safety.



Ready to meet
your *little angel?*



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