

I'm finally gonna get Mommy

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The course of pregnancy at a glance: Every 40 weeks until birth

1st to 8th week of pregnancy: body and soul in other (life) circumstances

In the first few weeks of pregnancy, the body of the mother-to-be works at peak performance. Also the emotional balance may get mixed up - body and soul get into other (life) circumstances.

With the moment of conception, the hormonal conditions in the body of the mother-to-be change. The entire organism of the pregnant woman adapts to the requirements of the baby's stomach in a very short period of time. This ensures that the inseminated ovum is better able to implant in the uterus and that the placenta develops.

The feminine body of the mother-to-be changes

Likewise, even if the first few weeks of pregnancy are still not sufficiently noticeable externally, much changes in the female body. The blood of the mother-to-be provides all necessary nutrients for the formation of the placenta and the rapidly growing embryo. In order to add those tasks, the metabolism routine of the mother-to-be increases by about 10 to 25 percent, the blood fluid increases by 30 to 40 percent. For some, this has visible consequences. For example, the blood vessels under the skin can become noticeably visible. In addition, the uterus and cervix become more supple, while the adolescent uterus presses

lightly on the bladder of the pregnant woman. Blood flow to the vagina increases, making the labia slightly darker. The female breast becomes firmer and very sensitive. Often, the areola also turns a little darker and develops a softer area.

Swimming pool of emotions - sudden shifts in mood during pregnancy

First of all, the developing placenta together with the ovaries produces different hormones: estrogen, as well as the pregnancy hormones HCG and progesterone. Thereafter, from about the fourth month of pregnancy onwards, the treatment of the pregnancy hormones is carried out entirely by the placenta.

Hormones as messenger substances of the human body not only control different processes in the female body, but also have a strong effect on the emotional level of the pregnant woman. In the early years of the baby's stomach, hormone production does not always lead to perfect synchronisation between the placenta and the ovaries: the hormonal ups and downs can cause an alternating bath of emotions in the mother-to-be. Enthusiasm and irritability, high spirits and sadness - the range of emotions can be very broad. As a rule, the hormonal state will become stronger in the second trimester of pregnancy and the mood will become more balanced again.

New life situation - being responsible for a small person's life

Certainly not only the hormones of the mother-to-be can change the emotional world during pregnancy. Becoming a mum means getting a new role and function and being responsible for the life of a small human being for a long time. A large number of questions arise from the clarity of expecting a child. Uncertainty is occasionally mixed with enthusiasm: will pregnancy and childbirth proceed well? Will the offspring be born healthy? How will partners and

family take a stand? Will the money be enough? How will it be possible to reconcile young talent, relationship and job? With not a few couples, the upcoming offspring spontaneously announces itself. As a result, current lifestyles and future plans often need to be rethought and discussed. This requires perseverance and willingness to compromise, because the parents-to-be deal with the new incident in different ways from time to time and deal with upcoming decisions differently.

What the body of the mother-to-be needs now in vitamins
The baby stomach period increases the human body's need for vitamins, iron, iodine, magnesium, calcium and primarily folic acid. Vitamin B9 is elementary for all cell division and growth processes. Folic acid deficiency can also lead to anaemia, digestive problems and changes in the mucous membrane. In the unborn child, it can impair the development of the central nervous system, brain and spinal cord (neural tube defect).

Already in the early pregnancy a high-foliate acid diet (fruit, greens and wholemeal articles) is recommended. In consultation with the doctor, it is advisable to continue taking 0.2 to 0.4 milligrams of folic acid every day up to the twelfth week of pregnancy (folic acid prophylaxis). Societies of experts advise that folic acid tablets should be taken before fertilisation, at the latest after pregnancy.

An exception to this rule is that if you live a healthy life during your baby's stomach, you will create the very best conditions for the unborn child to develop well. For this reason, pregnancy is a good opportunity for the expectant mother and her partner to reflect on their personal lifestyle. How do I even eat? What about nicotine and alcohol consumption and the use of medication?

Checkups and maternity pass

A gynaecologist or midwife may perform the first check-up after becoming aware of the pregnancy. The general health status of the mother-to-be is checked and the expected date of birth is determined. All results of the examinations are recorded in black and white in the maternity pass. The mother's passport is a very important document that a pregnant mother should always carry with her. In an emergency situation, he quickly gives doctors and midwives information that can be vital for pregnant mothers and babies.

9th to 16th week of pregnancy: The female body has now adapted to the pregnancy

During the third month of pregnancy, the female body has now adjusted itself to pregnancy. Nausea and fatigue also decrease accordingly. The overwhelming majority of pregnant women are now more or less comfortable.

The first ultrasound examination and therefore the first image of the unborn child

In the upcoming check-up, the size and shape of the uterus is diagnosed by scanning the abdominal wall. In addition, the growth and heart tones of the growing child are checked.

This is also the moment when the first ultrasound examination takes place: now, for the first time, the pregnant woman can see her child swimming and moving in the amniotic fluid. If the father-to-be is present at the examination, he also gets a first "picture" of the unborn child.

External changes on the body of the mother-to-be

Many expectant mums find the first pregnancy-related physical changes to them attractive and sexy. The pregnancy hormones, the improved blood volume in the blood circulation and increased water retention make the skin surface appear more lively, wrinkle-free and rosy. The female breasts become larger and bulkier, the girth of the abdomen increases a little - but not so much that it would affect the daily routine or when lying down.

Uncomfort Yes or No - Most pregnant women feel healthy and full of energy

Most of the future mums feel fit and full of energy. Nevertheless, even during this period of time there may be tiny ailments.

The reproductive organ, the uterus, grows and can become visible from time to time through moderate pulling. In addition, she sometimes presses the bladder so that the pregnant mother often feels an urge to urinate. Occasionally, urine leakage may occur as a result of extreme laughter, sneezing or rapid walking. This is unattractive, but mostly declines in the middle trimester of pregnancy.

Also constipation and wind from the bowels are often a side effect of the baby's belly time. The pregnancy hormone progesterone is responsible for this: it not only loosens the uterine muscles, but also the intestinal muscles. As a result, bowel function is also slowed down. A balanced and fibre-rich diet with fresh fruit, vegetables and whole grain products is therefore recommended. Heavyweight and bloating, e. g. onions, pulses and cabbage greens are best avoided by pregnant mums. Slowly feeding the meals, drinking plenty of water and exercising enough, supports and promotes intestinal activity.

In the event of severe symptoms beyond such ailments, medication may only be taken during pregnancy after

consultation with your doctor. This also applies to all types of sedatives, over-the-counter drugs and all herbal medicines.

Hair loss & pigment spots: Being pregnant with skin and hair

A hormonally dependent hair loss can be one of the accompanying symptoms of this stage of pregnancy. Apart from a healthy diet and good scalp care, nothing can be done about it. Normally, hormone-induced hair loss subsides again after a few weeks. To comfort you: In the second stage of pregnancy, the glamour of your hair often becomes even more shiny and powerful than before.

In the same way, some pregnant women are hormonally dependent on darker skin pigmentation, primarily on the nipples, thighs, armpits, moles and freckles. The skin may also discolour unevenly on the face. The majority of the nascent mamas reveal a fine dark line between their navel and pubic hair, the so-called Linea nigra (Latin: black line). Like all other pigmentary changes, it fades again after delivery.

Weight gain of the mother-to-be and its possible consequences

Gradually the increasing weight of the unborn baby, the placenta as well as the amniotic fluid becomes noticeable. Heavy lifting, carrying and standing for long periods of time are increasingly straining the pelvic floor and back muscles. Likewise, the veins, primarily in the feet, are also affected: the entire body weight presses on the vessels. The messenger substance progesterone relaxes the supporting tissue and thus also the vein walls. As a result, the blood supply slows down. Feet and ankles can swell and feel heavy as lead. Caution: Varicose veins can be the result.

In contrast to swollen and painful feet, cold water pours and bandages support it. The lifting of the feet - as often as