

First Trimester (1 to 3 months): Changes You May Feel

Changes you may feel

Tips to help

You may have mood swings.
You may feel happy for a while and then sad.
Pregnancy hormones can cause these feelings.
You may not understand the reasons for the changes in your feelings or why they are so strong.



- Talk to your partner, close friend, or family about your feelings.
- Talk to your health care provider if these feelings do not go away or if you always feel sad.
- Check out the resources on other pages of this resource for tips and info on people or groups to contact - there are helplines, chats, and exercises you can do online to help with anxiety or sadness,

You may have morning sickness. You may feel sick, nauseous, and/or throw up. You may feel sick in the morning, or all day, or sometimes just in the evenings! This usually stops in the 2nd trimester.

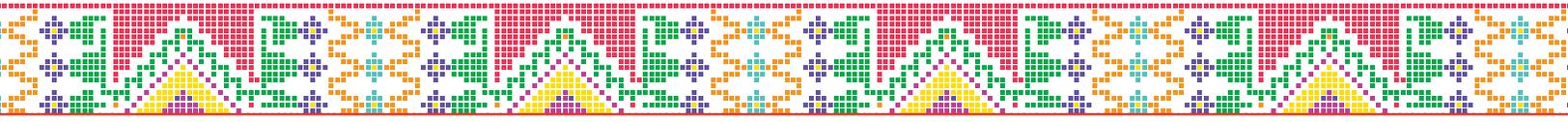


- Eat dry toast, crackers, or pretzels before you get out of bed in the morning.
- Get out of bed slowly.
- Eat small amounts of food every 1 to 2 hours, before you feel hungry.
- Avoid spicy, fried, or fatty foods.
- Drink fluids between meals, not during the meal.
- Tell your health care provider if you are feeling sick to your stomach or throwing up. There are safe things to do or take to help if the sickness is severe.
- Call Motherisk Helpline and press 5 to get more information and tips about nausea and vomiting in pregnancy: 1-877-439-2744

You will pee (urinate) more often. This is caused by pregnancy hormones. Your baby also begins to press on your bladder.



- Drink less in the evening.
- Try Kegel exercises.
- After going to pee (passing urine), stand up, and sit down again to empty any remaining pee. This can be very helpful during pregnancy.



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Tips to help

You may feel tired.

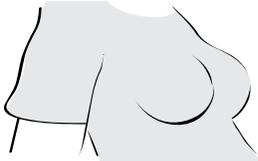


- Rest when you can.
- Eat small amounts of food many times throughout the day.
- Drink 6 to 8 glasses of water every day.
- Try to work less, if you can.
- Accept help from others.
- Talk to your health care provider.

Thin milky fluid may flow from your birth canal (vagina).

- Wear a panty liner or change your underwear often.
- Avoid douching.
- Talk to your health care provider if the fluid smells bad, or if you are itchy.

Your breast may become larger. They may be sore and tender. Your body is getting ready to breast feed.



- Wear a well-fitted support bra.
- Some women wear a bra to bed, or an undershirt with a shelf bra.

You may feel faint. This is caused by pregnancy hormones and the changes to your body during pregnancy.

- Get up slowly.
- When changing positions, move slowly.
- A calcium / magnesium supplement may help with this - ask your health care provider.
- Talk to your health care provider.

Your interest in sex and other activities may change. Some women are more interested in sex and others are less interested. Both changes are normal.

- Talk to your partner about these feelings.

