

LET'S TALK ABOUT...

# PREGNANCY

## WHAT IS PREGNANCY?

Pregnancy occurs when an egg fertilized by sperm implants inside the uterus and starts to grow.

It takes several weeks for pregnancy to be detectable (testable) after sex, and even longer for the pregnant person to have any symptoms of pregnancy.

A pregnancy lasts about 40 weeks. A pregnancy is divided into 3 trimesters, about 13 weeks each.

Some people get pregnancy symptoms, some people don't.

Some early pregnancy symptoms are:

- Missed Period
- Swollen/Tender Breasts
- Nausea and/or vomiting
- Tiredness
- Bloating
- Constipation
- Peeing more frequently

## PREGNANCY 101

### FIRST TRIMESTER

Within the first trimester you have morning sickness, often this ends by 12 weeks into the pregnancy.

By the 9th week, the baby is the size of a peanut

Within the first trimester you are unable to determine the baby's sex via ultrasound.

### SECOND TRIMESTER

This trimester is usually when the pregnant individual's energy improve.

During the second trimester the fetus grows quickly detailed ultrasounds can be done in which the baby's sex can be determined.

The person's stomach begins to be noticeably larger.

### THIRD TRIMESTER

The third trimester is about preparing for delivery

Often the pregnant person is more uncomfortable due to swelling of the feet and belly size.

You may start to feel Braxton Hicks contractions, these are mild contractions to prepare the uterus for labour, they aren't as intense as labour contractions.

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## PREGNANCY CARE

If you're at risk of getting pregnant it's important to avoid substance use (alcohol, cigarettes, marijuana, cocaine as these can all cause fetal malformations or structural/health problems for a future baby).

There are tests that can be done in each trimester to prevent health problems for the pregnant person and their fetus. It's important to seek medical care early on, and helpful to know the health history of your and the fetus's father's family.

Very importantly, pregnancy can be a happy time, but can also be a difficult time if inter partner violence can worsen and partners can become more controlling and violent. It can also be financially stressful

## MISCARRIAGE

Miscarriage, or early pregnancy loss, often happens within the first trimester. If a miscarriage occurs it can be emotionally difficult. Majority of the time it is not caused by something the pregnant person did.

There are several types of miscarriages. Some signs of a miscarriage includes bleeding or spotting, belly pain, severe cramping. If you have any of these signs you should speak with a health care provider.

## PREGNANCY COMMUNITY RESOURCES

Annapolis Valley Midwives  
<https://www.facebook.com/annapoulisvalleymidwives>

List of Pregnancy Resources:  
[http://www.phac-aspc.gc.ca/canada/regions/atlantic/work/e\\_i\\_1-eng.php](http://www.phac-aspc.gc.ca/canada/regions/atlantic/work/e_i_1-eng.php)  
[family-matters.ca/](http://www.family-matters.ca/)

Kings County Family Resource Centre  
[www.kcfrc.ca/](http://www.kcfrc.ca/)

The Red Door Youth Sexual Health Clinic (Ages 13-30)  
[thereddoor.ca](http://thereddoor.ca)

