

Your Pregnancy Month by Month

Your health is important. The healthier you are, the healthier your baby will be.

All moms want what is best for their babies.

This resource will help answer your questions.

The more you learn, the more you will be able to make healthy choices.

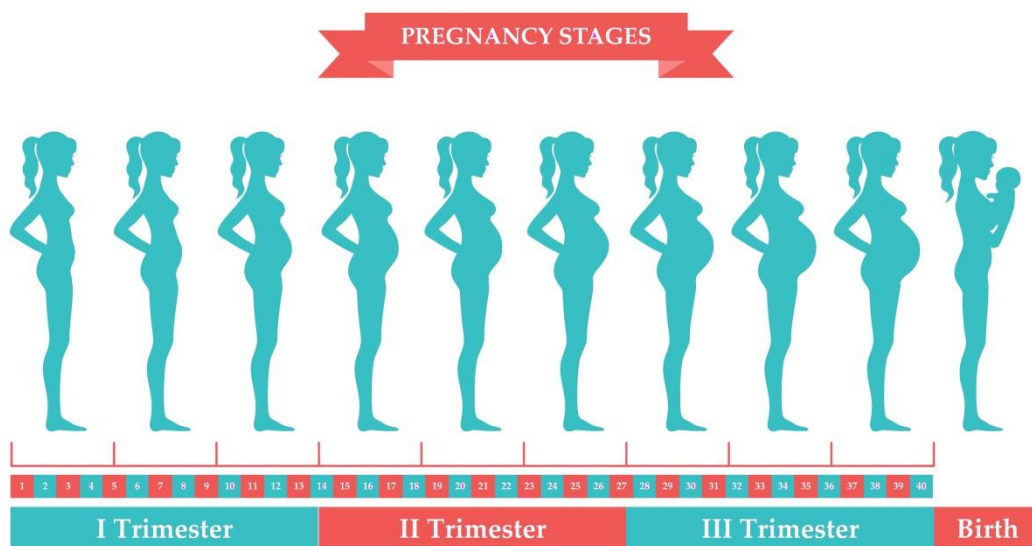
The information in this resource has been reviewed by public health nurses, genetic counsellors, nutritionists, subject experts, and mothers.

How long will I be pregnant?

You will be pregnant for 9 months.

What is a trimester?

The length of your pregnancy is divided into three parts. Each part is called a trimester. Each trimester is 3 months long.



How do I get more information?

Information is available for all of the topics covered in the Your Pregnancy Month by Month online program. These PDFs are available for download from the Saskatchewan Prevention Institute's website, www.skprevention.ca/your-pregnancy-month-by-month. By following this link, you can also use the online program.

References

You can print out the references that were used to create this resource by following the same link.

Links to more information

There are links to additional information for each subject in this resource. An interactive document is available for you from which you can link to other resources. Please follow the above link to access this document. You can print this document if you wish.