

## First Trimester: Month One

### Baby's Growth and Development

The start of your pregnancy begins when sperm comes together with an egg and becomes fertilized.

Four to seven days after your egg is fertilized, it attaches to the lining of your uterus. This is called implantation.

Once your egg has joined the sperm, they become a single cell. This cell will divide billions of times over the next nine months. These cells form your baby.

The heart, digestive system, nerves, back, and spinal cord also begin to develop in the first month.

#### What are the umbilical cord, placenta, and amniotic sac?

During the first month, some of the cells develop into the umbilical cord, placenta, and amniotic sac. The placenta and umbilical cord connect you to your baby. They provide food and oxygen for your baby. They also take away your baby's waste. The amniotic sac is filled with fluid. It cushions and protects your baby.



## Changes to Your Body

Your body will go through a lot of changes in the next 9 months.

### What is morning sickness?

You may feel sick to your stomach and you may vomit. This is called morning sickness, but it can happen at any time of the day.

Avoid going without food for long periods of time. Eating small amounts often can help you to feel better.

Remember to drink lots of water.

For some women, drinking water makes them feel sick to their stomach and vomit. It is important to stay hydrated. Try taking small sips at a time instead of trying to drink a full glass. Some women find that eating before they have a drink helps. Other ideas are drinking ginger ale or sucking on ice chips. If you are choosing to drink herbal teas, talk to your healthcare provider first. Some herbal teas are not safe during pregnancy.



## **Are you vomiting or nauseous?**

It is normal to feel sick and vomit during pregnancy. If you haven't been able to eat or drink in the last 12 hours, contact your healthcare providers. There is medication that can help control severe vomiting during pregnancy.

## **How will your body change?**

Your period will stop.

Your breasts may be sensitive or painful to touch.

You may have discharge from your vagina or spotting of blood. Wear small pads and cotton underwear.

You may feel light-headed and need to pee more often.

Your immune system lowers when you are pregnant. This means you can get sick easier than before so you need to take extra care.

## **Why are you so tired?**

Your body is working hard. You may feel tired. Let yourself rest when you can.

## **Do you have a cat?**

If you have a cat, have someone else change the litter box for you while you are pregnant. If you cannot find anyone to help you, wear gloves and wash your hands carefully after you clean it.

There is a parasite that can be found in cat feces (poop) that can make you sick. The illness it causes is called toxoplasmosis. Even though you may not feel sick, the illness can cause miscarriage and birth defects. Miscarriage is when a baby dies before birth.