

First Trimester: Month Two

Baby's Growth and Development

Your baby is growing quickly.

Remember that your baby eats and drinks what you eat and drink.

During pregnancy, days 17 to 45 are called “sensitive periods of development”. This is because your baby is developing quickly, and can be more easily affected by what you eat and drink.

Your baby looks a lot like a tadpole at this stage.

The following happens during this month:

- Your baby's heart begins to beat.
- Your baby's lungs, brain, and spinal cord grow and develop.
- Your baby's arms, hands, fingers, and legs start to grow.
- Your baby's face starts to form. This includes the eyes, ears, and mouth.
- Your baby's muscles and bones are growing.

When does my baby's brain develop?

Your baby's brain has been growing throughout your whole pregnancy.

Changes to Your Body

Your body will go through a lot of changes in the next 8 months.

Are your emotions changing?

Your emotions may be intense and change quickly.

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.



How will your body change?

Your period has stopped.

Your breasts may be sensitive or painful to touch. They may tingle. Your nipples will begin to darken.

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

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

The amount of blood in your body increases. Your heart pumps 50% more blood per minute.

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



What precautions should you take if you own 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.