

## **Second Trimester: Month Four**

### **Baby's Growth and Development**

Your baby's bones continue to grow bigger and stronger.

Your baby's hair begins to grow.

Your baby's fingernails and toenails are growing.

Your baby's first teeth have formed below the gum line.

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

## Can hot temperatures hurt your baby?

Your baby can be affected by hot temperatures. Your baby cannot grow properly if they feel too hot. If you get overheated, so will your baby. Avoid hot baths, saunas, and hot tubs during your pregnancy.



## Can I find out if I am having a boy or a girl?

During your ultrasound, you may be able to find out if your baby is a girl or a boy. It is your choice if you want to find out.



### **When does my baby's brain develop?**

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

## Changes to Your Body

**Do you have discomfort or pain?**



You may have pain in your back, hips, and legs. This can make it hard to sleep. Try sleeping on your side with a pillow between your legs. Massages and stretching can help. Be sure to find a massage therapist certified in prenatal massage.

Your feet, ankles, and hands may swell. Rest and put your feet up. Avoid wearing tight clothing, rings, watches, and socks with elastic tops.

## What is morning sickness? Are there other stomach symptoms associated with pregnancy?

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.

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.

There may be smells or foods that make you feel sick or vomit. You may have indigestion, bloating, or heartburn.

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

You may be constipated and have gas. Drink lots of water. Eat foods that are high in fiber.

You may have heartburn. The changes in your hormones make the top of your stomach relax. This means that stomach acid can come back up. If this happens to you, sleep with your back propped up. Drinking milk can help soothe your stomach.



## How will your body change?

Dark veins may appear on your breasts. Your nipples and the area around them (areola) will get darker and bigger. Your breasts will become larger and heavier.

A dark line may appear between your belly button and pubic hair. This is normal.



You may get varicose veins in your legs. Don't worry; these will likely go away after pregnancy.

You may have bleeding gums. You may also have a stuffy nose. Sometimes you may get nose bleeds. While these symptoms are common, talk with your health care providers about them.

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