

# Congratulations on your pregnancy!



You are now in the **first trimester** of your pregnancy. So much happens during these first three months.

## What happens to your body?

- Your breasts may become more sensitive, fuller and tender. Your nipples will start to enlarge and the dark areas around the nipples become darker.
- You may have less energy.
- Your enlarging uterus starts to take the space of the bladder from about the 12th week of pregnancy and you may find yourself making more trips to the loo.
- You will gain some weight, but no need to worry about maintaining your figure – a total weight gain of 1 to 2.5kg in the first three months is perfectly normal and recommended. If you suffer from severe morning sickness, you may even lose some weight in the early stages of your pregnancy.
- You may experience pregnancy sickness (nausea and some vomiting during pregnancy, commonly called 'morning sickness'), especially during weeks 11 to 14. Some women experience very little or no morning sickness while some unlucky ones may have it all day.
- You may have mood swings, but you can blame it on those fluctuating hormones.

## What happens to your baby?

- All of your baby's bones, muscles and major organs develop during the first trimester.
- At your 12-week visit to your doctor or midwife, you can look forward to hearing your baby's heartbeat.
- By the end of the first trimester, your baby will resemble a tiny human being.

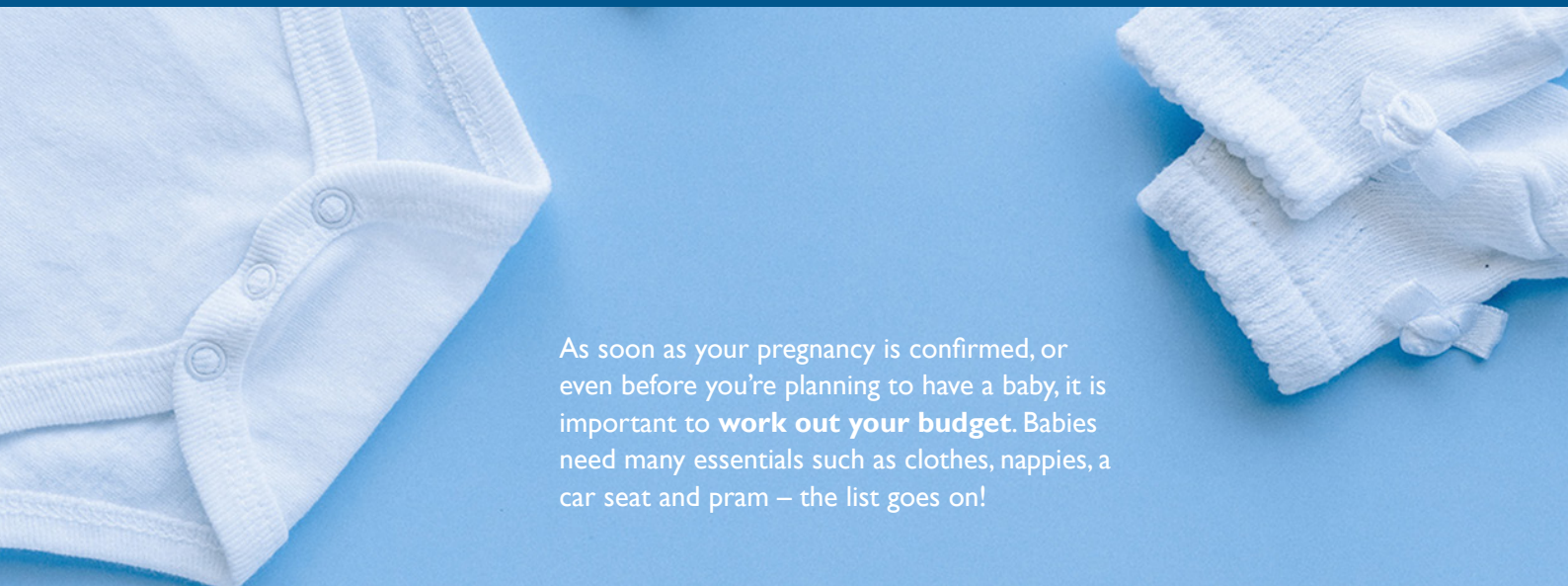




### Your first trimester to-do list



- Visit your doctor to **confirm your pregnancy** and choose a doctor/gynaecologist/midwife that you will see for the rest of your pregnancy.
- **It is important to have your first antenatal visit during the first trimester.** You will see your baby for the first time on the ultrasound scan, and possibly find out if you're expecting multiples.
- Start taking **prenatal vitamin and mineral supplements** as prescribed by your doctor.
- Eat a **well-balanced diet** consisting of proteins, carbohydrates and fats. Remember that your baby receives all its nutrients from you.
- At the end of the first trimester is usually a good time to **share the news** of your pregnancy with your friends and family.



As soon as your pregnancy is confirmed, or even before you're planning to have a baby, it is important to **work out your budget**. Babies need many essentials such as clothes, nappies, a car seat and pram – the list goes on!



## Belly Babies for all plans

### Belly Babies antenatal course

Belly Babies is an online antenatal course made up of over 50 concise educational videos. Their goal is to provide expecting parents with expert antenatal and post-natal support while in the comfort of your own home. Consultants will help you quickly and conveniently prepare for a happy pregnancy, a safe birth and a wonderful time bonding with your newborn. Keep a lookout for the email with your login details to access the course.

### Video-based Belly Babies Lactation Consultations

Belly Babies Lactation Consultations are here to help you and your baby thrive during your time breastfeeding. Experienced consultants can meet you on an online video platform to assist you with your specific challenges in establishing and maintaining a happy breastfeeding routine. Whether you are struggling to produce enough milk, have painful nipples or are worried about returning to work, skilled consultants are ready to assist. Let them assist you in giving your baby the best start in life! To access this consultation, please visit [www.bellybabies.co.za](http://www.bellybabies.co.za), select 'book lactation consult', follow the steps and enter your voucher code to make a booking.

**Enjoy your pregnancy and savour every moment, because it only lasts nine months.**

**Transmed wishes you well on your pregnancy journey!**

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