

INTRODUCTION

MODULE 2

Pregnancy begins when an egg or ovum meets a sperm or spermatozoa and ends with the birth of a baby. Many changes will occur during the nine months of pregnancy.



Your body will change as your baby grows. Your uterus will become larger to make room for the baby. Your body will produce more blood to feed the baby and supply oxygen. Your breasts will prepare to produce milk. Emotionally, you are preparing yourself to become a mother and your family to greet a new person.

Each pregnancy is a miracle. During these nine months you are your baby's universe. It is up to you to offer him or her the best world possible.