

b. Physical Changes in the Mother

MODULE 2

During the **first trimester**, the baby grows and develops, but your appearance hardly changes. Several pregnant women will feel general discomfort which is a sign that the baby is already growing.

During the **second trimester**, most women will feel much better. Fatigue, mood swings, and nausea disappear in most cases. The baby becomes real because you can feel him or her move.

During the **third trimester**, you are fully aware of the baby's presence. You may experience conflicting feelings. You are excited about seeing your baby but at the same time, you are worried about the delivery.

The following animation will help you visualize the physical changes that occur in the mother during the nine months of pregnancy.



You're almost there! It is normal to have contradictory feelings. You are impatient to see your baby but are apprehensive about what is ahead.

There are a few signs indicating that labour will soon begin:

- Back pain
- Discharge of the mucous plug (the mucous plug with a little blood flows from the vagina).
- Contractions become stronger, more regular and frequent even if you move.
- Rupture of the membranes (the amniotic fluid is expelled in large amounts or as a slow trickle).
- Soft stools.