



UpSpring®

ESSENTIAL

*Month-By-Month*

**PREGNANCY  
GUIDE**

The Mom-approved handbook designed to educate and empower expectant mothers with evidence-based practices that are current, concise and complete.

# CONGRATULATIONS!

Pregnancy is a beautiful, powerful time in a woman's life. It's a time of transition that enables you to grow into parenthood. UpSpring Baby's goal is to give you confidence as you prepare for the greatest role of your life, motherhood!

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**PLEASE NOTE:** *This guide is meant to give you a general overview of some of the feelings, symptoms and solutions you may have questions about during your pregnancy. In no way should this be taken as medical advice. If you have questions or concerns, please consult your health care provider.*

*We wanted to start our pregnancy guide off with a little humor. While these mystery symptoms are based in truth, you may experience all, some, or none of them. As pregnancy prepares you for motherhood, one of the most important lessons we hope you learn is to give yourself grace and the ability to laugh and to roll with the crazy changes as they come. You were made for this, momma!*

1

**Not sure if really hungry... or just really nauseous.**

Approximately 70-80% of pregnant women experience some type of morning sickness (nausea, vomiting, digestive upset, fatigue or heightened sensitivity to smells.) In fact, morning sickness or a feeling of queasiness is the first symptom for many women.

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2

**Rolled over in bed and was only slightly winded.**

In the first trimester, increased levels of progesterone may make breathing a bit difficult at times as your body adjusts to new hormonal levels. In the third trimester, your lungs and diaphragm suffer a space crunch as your uterus expands upward, making it harder to take a deep breath.

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3

**A good night's sleep means a solid 45 minutes without getting up to pee.**

Extra blood flow makes the kidneys produce up to 25% more urine soon after conception. This increased urine production peaks at about 9 to 16 weeks, then settles down. Passing urine frequently can also be influenced by pressure on the bladder from a growing uterus.

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4

**Trying to eat healthy... but baby demands a cupcake!**

Pregnancy food cravings fall into just a few categories: sweet, spicy, salty, or occasionally sour. Surveys show only a scant 10% of pregnant women crave fruits and veggies during pregnancy, with a desire to gobble down foods such as peaches, blueberries, or broccoli not high on the “must have” scale.

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5

**Ninja-like moves while deflecting stranger's hands from your belly.**

Most women don't appreciate unwanted touching of their bodies. While a stranger touching your belly isn't ideal, a new study confirms that fetuses respond powerfully to belly touches, which may suggest that it makes them feel good, too!

6

**Unsure if it's hormones or I have a valid reason to be mad.**

Your hormones are fluctuating rapidly and anger can be the result of stress. Your body and your life are changing rapidly.

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7

**New pant size is NOT just called "Leggings."**

During pregnancy it's normal to gain weight. Women of average weight will gain an estimated 25-35lbs and women who are underweight will gain 28-40lbs. Don't lose hope! You will have plenty of opportunities to get your body back after baby is here.

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8

**To win an argument, you only need to say, "I'm pregnant."**

This one is simple. Anyone you're arguing with only has one brain, you have two. You win!

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9

**Forgetting what it's like to get up without making sound effects.**

As your belly gets bigger, it may be harder to get up and down. Common aches and pains can include pelvic pain and muscle strain. Give yourself grace.

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10

**Finding new places to "store" your keys...like the freezer.**

Don't panic! You're not losing your mind! It's completely normal to experience "momnesia." Surging hormones, new priorities and sleeplessness can all impact your spacial memory, i.e. forgetting where you put your keys!

## FIRST TRIMESTER (WEEKS 1-13)

### MONTH 1

*Size of a Raspberry*

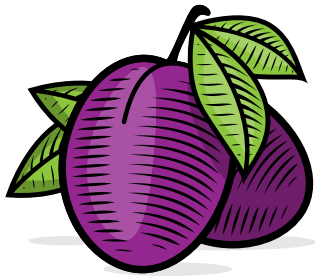


This is the beginning of your first trimester! You'll likely not know you're pregnant for a few more weeks. As the hormone HCG begins to increase around week 4 to 6, that's when a pregnancy test will read 'positive.'

**By the end of this first month, you'll have missed your menstrual period and the baby will be about 1/4 to 1/2 inch long! The baby will have all its organs present and on day 18 after conception it will have a heart beat and its arms and legs will begin to bud.**

### MONTH 2

*Size of a Plum*



It's about this time that you'll begin to experience the first signs of pregnancy, including extreme fatigue, frequent urination, morning sickness and other hormonal fluctuations.

**By the end of this second month, your baby will have human facial features. They're capable of motion, and their fetal heart tones may be heard. Arms, hands, fingers, legs, feet and toes are formed, and real bone begins replacing cartilage.**

### MONTH 3

*Size of an Avocado*



By this point, your embryo is officially a fetus! If you've been experiencing morning sickness, it should be subsiding soon.

**By the end of this third month, the sex of the fetus can be determined and it's less susceptible to outside forces. You may be able to see fetal kicking and making faces on a sonogram screen. Your fetus is also swallowing and practicing breathing movements!**

## SECOND TRIMESTER (WEEKS 14-26)

### MONTH 4

*Size of a Banana*



This marks the beginning of the second trimester! Your baby's bones are starting to harden and will show up on an x-ray. Your growing baby is about 5 inches long and weighs about 5 ounces.

**By the end of this fourth month, the fetus is recognizable as a human baby. Your hormones will be better balanced and you will likely experience the “pregnancy glow.”**

### MONTH 5

*Size of an Ear of Corn*



It's during this month that you'll likely begin to feel the baby start to kick. At first, it might feel like little flutters but as your baby continues to grow, you'll feel their kicks more and more.

**By the end of this fifth month, your growing baby may have hair on their head and body known as lanugo (fine hair). They're capable of hearing and have fingernails and toenails!**

### MONTH 6

*Size of an Eggplant*



You are half way! You may start to experience some common discomforts like backaches as your core becomes destabilized as you make room for your growing baby. You may also experience indigestion, heartburn, headaches, water retention, dizziness and constipation. *Please note, see your doctor if you have any concerns. This could save you and your baby's life!*

**By the end of this sixth month, your baby has a strong chance for survival. Their permanent tooth buds have formed and their little hands can have a strong grip!**



**THIRD TRIMESTER (WEEKS 27-40)****MONTH 7**

*Size of a Cabbage*

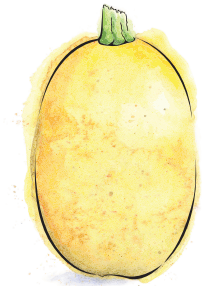


You may start experiencing pre-labor contractions known as Braxton Hicks contractions. Don't panic, but call your doctor if you have any concerns. Your baby's brain is beginning to process sights and sounds and is measuring about 13" long.

**By the end of this seventh month, your baby is gaining immunities from you, and shedding its lanugo hair.**

**MONTH 8**

*Size of a Squash*

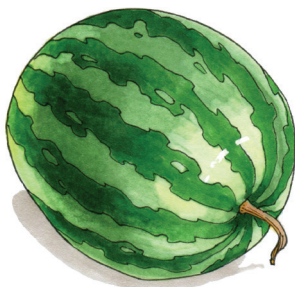


The baby is now fully formed and is putting on weight in preparation for birth! Your baby's lungs are almost fully developed.

**By the end of this eighth month, your baby weighs approximately 5 pounds and is probably in the head down position and continuing to gain immunities from their momma.**

**MONTH 9**

*Size of a Watermelon*



You're in the home stretch! It's joked that there are 30 days in every month of pregnancy, except for the last one, which contains 1320 days. Ha! But seriously, you may experience many discomforts including Braxton Hicks contractions, hip pain and difficulty sleeping.

**By the end of this month, your baby is about 20 inches long, about 7 to 7-1/2 lbs and is ready to meet you!**



*During pregnancy and breastfeeding, your developing baby is vulnerable to toxins passed through your body to theirs. Your body has amazing mechanisms in place—like the placenta during pregnancy and detoxification processes during breastfeeding—that limit the number of toxins passing from you to your baby, but you should still exercise caution. Below are guidelines for some common substances that you can discuss with your health care provider.*

### **ALCOHOL**

There is no “safe amount” of alcohol consumption determined for pregnancy. Major health organizations in the U.S. recommend that pregnant women avoid alcoholic beverages completely.

Heavy drinking, especially during the early months of pregnancy, is associated with Fetal Alcohol Syndrome, which can cause mental retardation, facial malformations, and growth retardation, as well as liver and kidney problems.

### **TOBACCO**

When a pregnant woman smokes, her baby gets less oxygen. This can harm the growth of her baby. In fact, cigarette smoking is linked to 20-30% of all low birth-weight babies in the U.S. and is the second leading cause of infant deaths in this country as well.

### **CAFFEINE**

This can be a tough one, because let’s be honest, many of us need our daily cup of joe.

Several studies on the affects of caffeine during pregnancy are not consistent on a safe amount. The American Dietetic Association recommends pregnant women have less than 300mg of caffeine per day. For reference, a 12oz cup of coffee contains about 240mg of caffeine.

### **PRESCRIPTION DRUGS/ILLEGAL DRUGS**

For prescription drugs, it depends on the stage of pregnancy whether certain drugs are safe enough to take. Ask your health care provider before taking any medication.

Illegal drugs including heroin, marijuana and cocaine, may have devastating effects on your developing baby. If you suffer from addiction please seek treatment.





### WEIGHT GAIN

Most of your weight gain will take place in the first two trimesters. Depending on your height and weight *before* your pregnancy will determine how much weight you should gain *during* pregnancy. Most women will gain anywhere from 25 to 40 pounds.

### EXERCISE AND CALORIE INTAKE

This depends on your age and your pre-pregnancy weight. On average, a healthy woman carrying one baby who exercises 30 to 60 minutes most days of the week, won't need extra calories the first trimester, an additional 200 calories per day in the second trimester, and 400 calories per day in the third trimester.

*Resource: [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)*

### BALANCE & VARIETY

Let's be honest. You're growing a human being as your body experiences many changes, including your taste buds!

While you may experience the notorious "pregnancy cravings" for things like cupcakes and pickles, you'll want to make sure you're getting a daily balanced diet of protein (lean meats, fish, beans, peas, nuts and seeds). And don't forget about eating at least 3 ounces of whole grains (bread, cereal, crackers, rice, pasta) per day. You'll also need to eat more dark green and orange vegetables.

### EMPTY CALORIES & MODERATION

When considering your diet, avoid empty calories—sugary drinks and solid fats like pastries. Moderation is the key. Indulging your sweet tooth once in a while won't harm your baby, but a low-nutrient diet will, so don't fill up on these empty calorie foods and drinks.

### PRENATAL VITAMINS

Getting nutrients from food is ideal, but a prenatal vitamin can help cover any nutritional gaps. Folate, iron and calcium are keys to preventing neural tube birth defects. Choline and omega 3s are important for fetal brain development.

## GROWING A HUMAN IS HARD WORK!



### NAUSEA

Nausea is most common during the first trimester, but some women experience bouts of it throughout pregnancy.

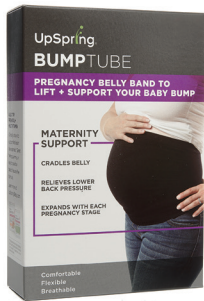
If this happens to you:

- try eating 4-5 small meals instead of 3 large meals.
- keep healthy snacks available
- try a B6 vitamin supplement like UpSpring's SickLESS kit
- chew crystallized ginger or drink a ginger tea



### STUFFY NOSE

Most over-the-counter nasal sprays are full of chemicals that may not be safe for your baby. A safer choice may be saline nose drops (salt and water) and/or warm compresses to help alleviate your stuffy nose.



### BACKACHE

As your belly grows, your core becomes weakened and no longer stabilizes your lower back, which can lead to lower back pain.

To help with this, maintain proper posture and use good body mechanics. This can include squatting from the hips instead of bending over. A good belly band such as the UpSpring BumpTube can also help support your growing belly.



### CONSTIPATION

As your baby grows, it pushes your internal organs upward which may lead to constipation. Be sure to eat fibrous foods like whole grains, bran, raw vegetables and fresh/dried fruits. Drink lots of water and get regular exercise. Iron can also lead to constipation so try switching to the UpSpring Prenatal+ tablet with probiotics, non-constipating iron and an herbal blend to aid digestion.



### HEARTBURN

Try eating frequent small meals and drink more water between meals. Avoid eating fatty and spicy foods. After eating, stay upright for about an hour while your food digests. Talk to your doctor before reaching for antacids. Try a natural approach and take papaya enzymes!



### HEMORRHOIDS

Avoid constipation (see above) and try applying witch hazel compresses to the affected area.

**Signs of Pre Labor**

- General tightening of uterus but no back pressure, usually short in duration (15-45 seconds)
- Contractions that do not increase in intensity
- Contractions that do not get closer together or are irregular
- Contractions stop by modifying activity or position
- Contractions are not made stronger by walking

**Signs of Labor Contractions**

- Tightening of the uterus along with back/lower ab pressure
- Contractions become progressively longer (60+ seconds)
- Contractions increase in intensity
- Contractions get closer together and become regular
- Modifying activity or position does not make contractions stop
- Walking makes contractions stronger

**What's Happening in Early Labor**

Early labor contractions might start about 20 minutes apart and last 30-45 seconds, but as the cervix continues to soften and move forward, it will completely thin (efface 100%) and open (dilate).

**Mom & Baby's Hospital Bag**

There are many versions of the "Hospital Bag," but we think the most important things to pack include:

**Clothing**

- Robe & slippers
- Warm socks (trust us on this)
- Contact lens & glasses
- Hair bands
- Hand mirror to view pushing
- Nursing gowns & bras
- Comfy clothes (min 3 days)
- Nursing pads
- 2-3 baby outfits (various sizes)
- 2-3 Swaddle blankets
- Shrinkx Belly Wrap
- C Panty (If having a c-section)

**Cosmetics and related**

- Lotion or oil for massage
- Lip Balm
- Nipple balm
- Tooth brush/tooth paste
- Makeup
- Wash cloths
- Toiletries

**Food or related**

- Snacks for partner
- Cash for vending machine
- Prenatal vitamins

**Gear**

- Car seat (ideally, pre installed)
- Music player/playlist
- Deck of cards, magazine, etc.
- Camera/video recorder
- Phone chargers