

Trimester-by-Trimester Pregnancy Guide Cheat Sheet

First Trimester (Weeks 1–12)

- Key Changes: Morning sickness, fatigue, breast tenderness, mood swings.
- Baby Development: Major organs start forming, heartbeat detectable by ultrasound.
- Medical Appointments: Initial prenatal visit, blood tests, early ultrasound (if needed).
- Tips: Eat small frequent meals, take prenatal vitamins with folic acid, rest often, avoid alcohol/smoking.

Second Trimester (Weeks 13–27)

- Key Changes: Belly grows, skin changes, possible back pain, more energy returns.
- Baby Development: Baby can hear sounds, movement felt (quickening), skeleton hardening.
- Medical Appointments: Anatomy scan (18–22 weeks), glucose screening (24–28 weeks).
- Tips: Maintain balanced diet, start gentle exercise, wear comfortable clothes, schedule anatomy scan.

Third Trimester (Weeks 28–40)

- Key Changes: Increased discomfort, swelling, heartburn, Braxton Hicks contractions.
- Baby Development: Rapid brain growth, lungs mature, baby gains weight and prepares for birth.
- Medical Appointments: More frequent prenatal visits (every 2 weeks from 28–36 weeks, weekly after 36 weeks).
- Tips: Rest when possible, prepare hospital bag, practice breathing/relaxation, finalize birth plan, install car seat.

General Pregnancy Tips

- Stay hydrated and eat nutrient-rich foods.
- Regular prenatal checkups are essential.
- Monitor fetal movements and report concerns to doctor.
- Seek help if you notice severe swelling, headaches, or vision changes.