

# Third month of pregnancy

The third month is the final month of the so-called 1<sup>st</sup> trimester. By the end of the third month, you will have finished one-third of your journey. The 1<sup>st</sup> trimester is considered to be unique, as it is the time when a complete baby is formed. The nervous system has formed; the heart has started beating.

A phase of rapid growth and organ formation has specific needs.

## What happens during the third month?

It is a time when the almighty starts crafting the facial details of a child. Eyes, tongue, and mouth start forming. Small muscles start making movements, though these movements are still too mild to be felt. The liver starts functioning and producing blood cells. By the tenth week your little one is already about 2.5 centimeters. Most vital organs are fully formed, and the embryo is already called a fetus. The almighty has kindled the little one, and the brain starts functioning with detectable brain waves.

## Measures to take

Between 10 – 14 weeks an ultrasound is done. Typically, it is an ultrasound scan done through the vagina as it is comparatively more accurate. At this stage, the doctor will be able to say how your little one is doing, including giving information about the organs and detect any growth abnormalities. At this stage, your doctor will be able to predict more accurately when your baby is due.

The scan at this time will also tell you about the position of your baby. Ease or difficulty in giving birth has a lot to do with the position of the baby and where the placenta is attached.

As your baby grows, so will the demands on your body. Some women may have lower blood pressure, and they may feel like fainting, especially when standing up suddenly. If you have any such symptoms, always stand up slowly, eat regularly, and drink plenty of water.

It is also a time to plan for the future. Some to-be mothers are very worried about their pregnancy. It is time to talk with your partner, parents, and close friends. Hormonal changes in pregnancy may cause mood swings.

At this point, too many thoughts come to your mind about the health of your child. You may be worried about congenital diseases. Some may even debate if they want to continue the pregnancy or not. These are all normal things. Thus, one should not feel guilty about such thoughts.

Though at this stage it won't be visible from outside that you are pregnant, from the inside you will feel the difference. Due to hormonal changes, you may feel tenderness in the breasts as well.

It is also a time to learn about exercises to strengthen your pelvic floor, as that is vital for a healthy pregnancy and less painful birth.

It is a good idea to start taking parts in various workshops for pregnant women to learn more about pregnancy, breastfeeding, and childcare.

This phase sees an upsurge in demand for calcium by the body, so eat food that is rich in calcium like cheese, broccoli, and sardines. Also, do not forget to spend enough time in the sun, if that is possible.

*About the author:*

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Dr. Preet is a family physician. He has been practicing medicine for the last 15 years and has a particular interest in maternal and child health. He understands the importance of a healthy pregnancy and its long-term effects on a child's health. He is also a passionate writer.

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