



BODY CHANGES

- Breast tenderness - Supportive bra might help
- Frequent urination - Growing uterus
- Cramping / ligament pain - Ligaments stretching to accommodate your growing uterus
- Constipation - High levels of hormone progesterone
- Nasal stuffiness - From increased blood volume
- Acne - Hormonal changes
- Sense of smell - Protection so you don't deal with food or other things that could be harmful
- Headache - Try hydrating, drinking chamomile tea



MENTAL CHANGES

- Fatigue/exhaustion - Changing hormones
- Mood swings - Hormones and greater demands on your body
- Fear/anxiety - Growing a human is a big transition!
- Forgetfulness - "Pregnant Brain" hormones
- Weepiness - Overwhelm and lots of changes!
- Body image issues - Totally valid as you figure out these new changes
- Nesting - Getting ready for baby



SOCIAL

- Find local resources
- Discover online communities
- Setting up your plan for birth and postpartum, who supports you?
- Choose a provider you trust
- Hire a doula (birth and/or postpartum)



ENERGY

- Be gentle with yourself
- Rest when you feel tired
- Try not to feel pressure to "do it all"
- Lean on your community for care
- If you don't have community, reach out to resources like [Nurse Family Partnership](#) or reach out locally online



PREPARATION

- Choose your place of birth wisely based on your needs and preferences
- [Build your \[M\]otherboard birth preferences](#)
- Take a childbirth class that resonates with you
- Find support postpartum for other children/pets
- Plan a baby shower or blessing to mark your transition into parenthood
- Have a friend set up a meal train
- Read books on physiologic birth and have your partner read books on how best to support you
- Stay upright, active, and forward-leaning to make sure baby is in the ideal position for birth



NAUSEA

- Small, frequent meals
- Separate liquids from food, drink before meal
- Bland foods or specific flavors
- Eat before getting out of bed
- High protein snack before bed and throughout the day
- Cut down on refined sugars and carbs
- Peppermint, fennel, sour hard candies, citrus alone or in water, ginger
- Vitamin B6, best taken as a B complex vitamin (sometimes also taken with Unisom, ask your provider)
- Acupressure bands