

## **MS03 VT00 Early Body Changes v1 540**

[Music]

At this stage, a pregnant woman's body is undergoing a lot of change. Many women are concerned about whether some of their symptoms are normal and how long they should last. Here's what the experts have to say. I'll be talking later with a mom to learn more about her own story.

It's really normal in the first 14 weeks or so for nobody to be able to notice that you're pregnant on the outside.

The early stage of pregnancy is very frustrating for lots of women because people don't know they're pregnant, but yet they feel like they're further along than they actually are.

One of the main things that you're going to notice is that you're very exhausted. You're going to notice a significant amount of fatigue for a lot of women. The nausea and sometimes vomiting start at about six weeks of pregnancy for most women and can go on up to the end of the first trimester, about 14 weeks.

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Morning sickness is a misnomer. It's not just in the morning. It could be all day. It could be at night.

Women are often concerned that they're losing weight in the beginning of their pregnancy due to the nausea and vomiting.

It almost never causes a problem for the baby. It has to be extremely severe before the baby gets affected.

Sometimes people don't have any of those signs, and that can be a normal sign of pregnancy.

Each pregnancy varies from woman to woman. And, for that individual woman, she may have variable signs and symptoms from one pregnancy to the next.

If you are lucky enough not to have those signs, it doesn't mean there's a problem with the pregnancy. It means you're just very lucky.

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Heading towards Week 13, you may notice that some of the symptoms start to improve and that some of the interventions that you've put in place, the exercise, the increase in hydration, can also alleviate a lot of those symptoms.

So, Paula, you're what I would say was a more mature mom, 37 without any problems, you have your first baby. What was that pregnancy like for you?

The first trimester was – I pretty much sailed right through it. It wasn't until later on that the heartburn came, and I'd find myself up watching television in the middle of the night, couldn't sleep, or I would sleep sitting up in the chair. He'd get the hiccups pretty often. So, he'd be in there hiccupping away, and there's nothing you can do, you know. You could try to scare it in there.

[Laughing]

That'll work!

You can try to hang upside down and drink; you eat sugar and whatever, but...

Did you feel like I've been taken over at any point?

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I didn't really feel taken over. The one thing that I was surprised about is when he was actually born, I felt – I felt a sort of a loss because he was no longer mine.

I felt exactly the same thing.

Yeah.

Because I had so bonded with this person.

Exactly. Now I have to share him with this man who really – my husband wouldn't share him with me when he was home on the weekends. I couldn't push the stroller. I couldn't hold him in the carrier. I couldn't rock him to sleep. Because when he was home, he'd want the baby. And so I was just – I was feeling like I no longer had him, and he's, you know, out in the world.

Yeah.

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I just, you know, I had to – I had to be grateful that I had a husband who was that involved and wanting to be touching his baby all the time. But, you know, I just – you know, worked through it.

It's important to listen to your body and always contact your provider with any concerns. No question is ever too small if it's on your mind.

[End of recording]