

This is an exciting time during pregnancy with opportunities to learn more about your developing baby including gender.

Here's what the experts have to say about the many changes occurring at the end of your second trimester.

Stay tuned for more information when I ask a new mom about her own experience.

Around 18 to 20 weeks you'll get your anatomy scan. That ultrasound is extremely important to look at all of the baby's anatomy.

Most parents are really excited because this is the ultrasound that you get to find out if it's a boy or girl.

A lot of women who have nausea and vomiting, by this stage in the pregnancy, that starts to really improve. You might notice that you're more hungry.

You know that you're pregnant. You've kind of accepted it both emotionally and your body's kind of accepting it.

People just feel much more themselves.

So by this time you should be feeling the baby moving or getting very close to feeling the baby moving.

Most women will begin to feel movement around week 20 to 22. It's very common but it's also very intermittent.

It generally feels like butterflies in your stomach and will progress to more distinct movements as the baby becomes larger.

During the ultrasound, you're seeing some movements and now it's really actually looking like a baby rather than a little peanut.

It's one of these milestones during the pregnancy that you hit where you can just take a deep breath and you can really start taking that next step to planning on having another member of your family.

What do you remember about your first ultrasound?

We just felt so much excitement and beauty and energy about the experience.

We still have that series of images that you get from your doctor's office when you start seeing that little thing grow and grow.

At the time it is the most incredible experience.

It is.

So you went in, you and your husband?

I did not want to know the sex of the baby.

I didn't want to know either. Why didn't you want to know?

For centuries people didn't find out what they were having until it came out so why not. I wanted to be surprised.

Me too. I wanted to be surprised and I didn't care if it was a boy or girl.

How would you describe the first time you felt the baby move?

Shocking. It felt as though I'd put my hand in my shirt and was rolling it like this. It felt like he was on a roller coaster ride all the time. He was a very busy, active little boy.

But all babies don't move a lot because my first son, Ben, rarely moved. So it's really important to learn what's happening with your own baby and not really

just compare to everybody else because sometimes they're very different.

The end of the second trimester is an important milestone. You've had the opportunity to learn more about your developing baby and with guidance from your clinician can plan for the remainder of your pregnancy.