

It takes three to tango: the mum!

First trimester (1-3 months)

- Mum has a new baby in her belly and you will have a little brother or sister to play with
- Mum might feel unwell some days, but it's all normal: she is getting used to the new baby growing inside her



Second trimester (4-6 months)

- Mum's belly is starting to grow and the little baby is starting to move inside her belly
- If you put your hand on mum's belly, you might start feeling some kicks and movements in there!

1st trimester

2nd trimester

3rd trimester

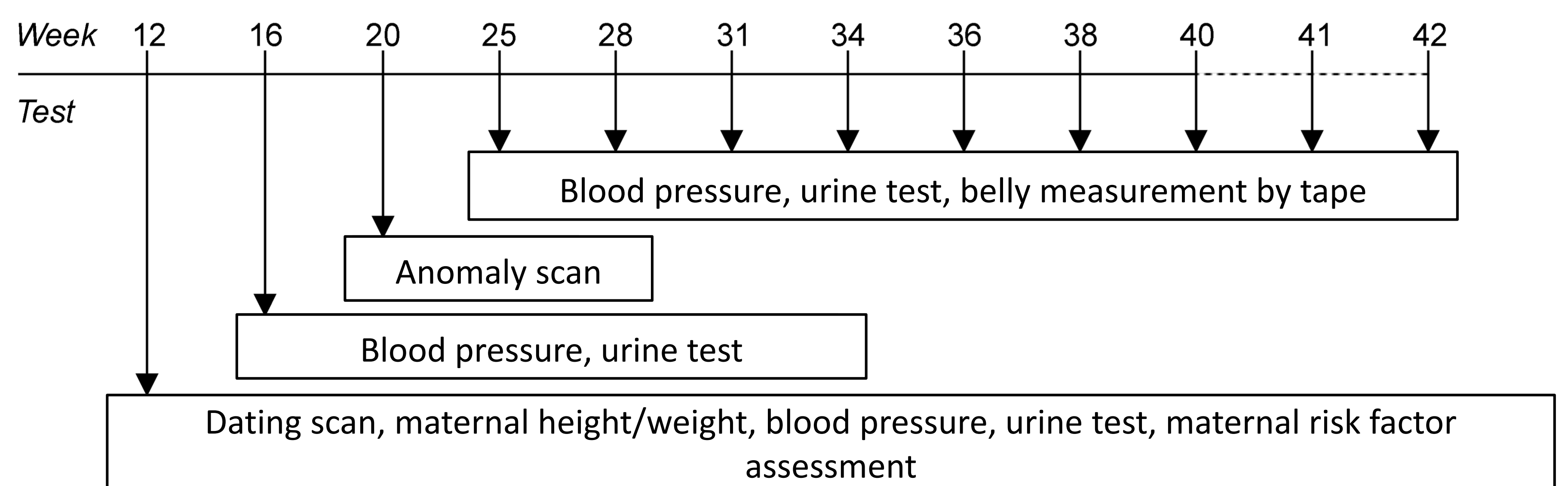


Third trimester (7-9 months)

- Now mum's belly is quite big as the baby inside has been growing for several months
- Mum might feel tired sometimes because she carries around this extra weight
- Not too long to wait now: the new baby will be with the family soon!

Mum's routine visits

- Mum should attend all the recommended antenatal visits
- During these appointments she will be seen by midwives and hospital staff who will perform all the necessary tests to ensure that her and the baby are in good health



Good nutrition and habits during pregnancy

- Mum should have a healthy diet to support herself and the baby
- She should eat a variety of different foods every day to provide the right balance of nutrients that she and the baby need, including:
 - at least five portions of a variety of fruit and vegetables
 - starchy foods (bread, potatoes, breakfast cereals, rice, pasta, noodles, oats) as they are an important source of energy
 - protein foods (beans, pulses, fish, eggs, meat, poultry, nuts)
 - dairy foods (milk, cheese and yoghurt) as they contain calcium and other important nutrients
- Food should be prepared in a clean environment; vegetables and fruits should be washed carefully; meat, fish and eggs should be cooked well
- Midwife/doctor's recommendations should be followed regarding supplements in pregnancy
- Mum should keep up her normal daily physical activity or exercise (sport, running, yoga, dancing, walking) for as long as she feel comfortable, but she should not exhaust herself: exercise is not dangerous for the baby!

healthy pregnancy



What food and habits to avoid during pregnancy

- Mum should avoid foods that are high in fat, sugar or both (all spreading fats such as butter, oils, salad dressings, cream, chocolate and sweets, crisps, fizzy drinks)
- She shouldn't eat raw fish (such as in sushi)
- She should avoid drinking coffee and alcohol, smoking and using illicit drugs for her own and the baby's health

better to avoid



Read more



www.nhs.uk/conditions/pregnancy-and-baby/antenatal-appointment-schedule/



www.nhs.uk/conditions/pregnancy-and-baby/healthy-pregnancy-diet/



www.nhs.uk/conditions/pregnancy-and-baby/pregnancy-exercise/