

Client Handout:

Prenatal Emotions by Trimester



Pineapple Babies Birth Services

First Trimester

Congratulations! If this was a planned pregnancy you are no doubt excited. If not, you may be feeling a bit on the side of disbelief. Either way, you may be feeling a bit uncertain of what is going on in your body, what changes will feel like, what will the baby moving feel like, and you may be concerned if you are going to be able to do this for 9 months. Take a deep breath and relax. Whatever your situation is you will be able to do this. You will just need to find the perfect way for you to be pregnant and plan for the future. All of your emotions are normal and ok to feel, share, and cry about. Find someone who is willing to listen to you and start talking to them. Some common emotions during the first trimester include (but are not limited to): Sadness, Joy, Anxiety, Concern, Elation, Anger, Excitement, Depressed, Challenged, Incompetent, Dependent, Unsure, all of these, none of these, or something not on this list.

Many women find that during this time you just want to be reassured of your relationship and often. You may need more physical touch, cuddling, more "I love you". You may want to just be alone and think. There is nothing wrong with you and there is nothing wrong with your desires. This can be a very stressful time and you will manage best if you allow yourself to feel all of the emotion and work life out one step at a time. Your midwife can help you with this. Now is **not** too early to call the midwife.

Mood Swings are a normal part of pregnancy. Sometime we feel like we should come with a warning label:

Warning:

In the next 5 seconds I may feel angry, be laughing, crying, excited, or tired. I'm never sure what's coming next, so hang on and enjoy the emotional roller coaster with me!

Second Trimester

Well, you have been pregnant for a while now. You managed to get through the first few months and now you are tackling the next few months. This trimester will no doubt bring you new emotions that you will wade through with more confidence than before. Most women feel like they can almost conquer the world. You may have more energy than you remember having before you became pregnant. You may enjoy the extra kind words and looks people give you when they see your baby bump. You may also desire a closer relationship with your mother or a mother figure to discuss pregnancy changes, birth concerns, and baby shopping needs. This is to be expected. Women love to support other women and women love to be supported. Enjoy this time. You may find that this relationship causes you stress because the support you are getting is unwanted. Try to find a gently but firm way to let your over-supportive person you appreciate their concern but you would like to make these decisions alone or with your partner. You may experience dreams that are strange to you. They may be very real during pregnancy. This is also normal. Don't let these dreams create worry in you for you, your baby, or your birth. Trust that you are doing the best you can by caring for your body well during your pregnancy. You can't change the past but going forward you are making the best decisions possible.

If you have emotions that concern you at any time during your pregnancy, be certain to discuss them with your midwife. She can help you wade through them and put them into perspective as well as provide suggestions if needed.



Photo credit: <http://i.huffpost.com/gen/2317548/images/n-508470477-large570.jpg>

Third Trimester

This is often the time when you get excited and then impatient, commonly at the same time. Remember, your baby needs 40 weeks to grow strong and develop enough to meet the requirements of living outside of your body.

During these last weeks of pregnancy ensure you are preparing for birth and baby. Take a childbirth education class to feel empowered for your labor and birth. Go to a breastfeeding class or Le Leche League meeting to find other mothers who may be feeling a bit nervous about having a new baby. You may even find someone more anxious than you that you can help. Prepare some extra meals and freeze them for someone else to cook while you recover during those first few weeks. Plan a local trip to the Botanical Gardens, the zoo, an aquarium, or just a gentle walk through a battlefield for the week after your due date. If you can't go because you have had the baby, that's ok. If you haven't had the baby, it will be a nice distraction from the waiting game.

I think the most important thing to remember during this last trimester (other than protein and water ☺) is to have realistic expectations for your self. You are still pregnant. You are going to get tired easily. You still need to rest. You can't do everything. I like to make a list of things that must be accomplished before the baby arrives and a list that would be nice to accomplish before the baby arrives. Start working on the list at the beginning of this trimester. This way you have things to keep you busy but allows for freedom to adjust to your needs.

Be sure to keep your midwife in the loop on how you are handling your emotions. She is a great resource and would love to assist you in managing these powerful feelings.

References

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