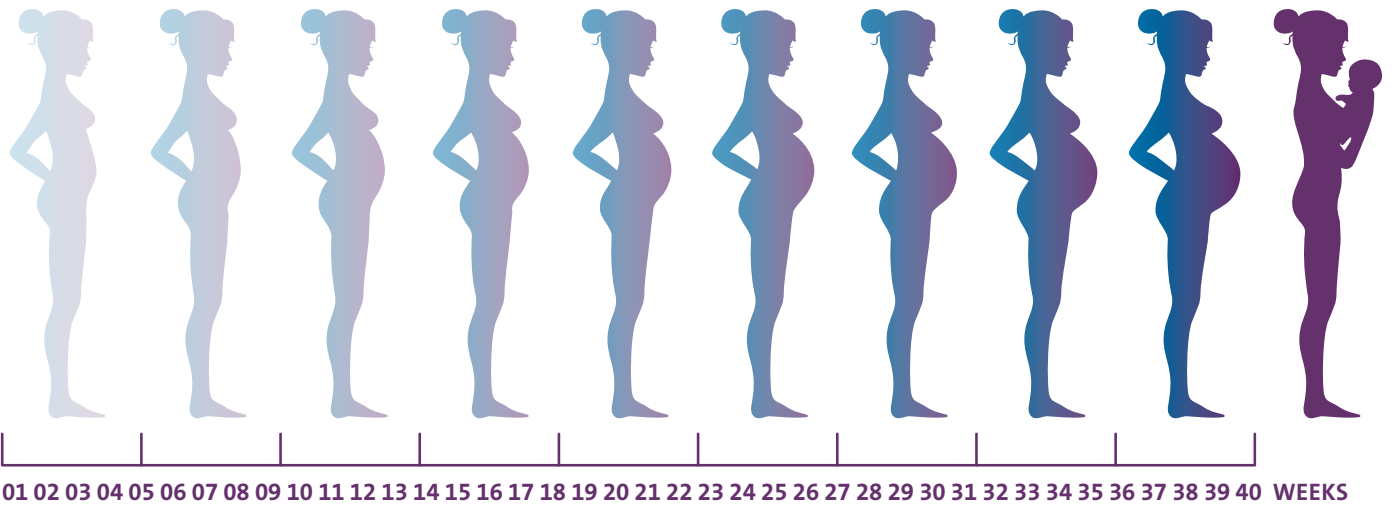


PREGNANCY TRIMESTERS AT A GLANCE

Each trimester of pregnancy brings new experiences, changes and challenges — for mama and baby.



I TRIMESTER	II TRIMESTER	III TRIMESTER	BIRTH
<ul style="list-style-type: none"> + Extreme fatigue + Tender, swollen breasts + Food cravings or aversions + Nausea, vomiting (morning sickness) + Mood swings 	<ul style="list-style-type: none"> + Mild swelling of the ankles and feet + Leg cramps + Achiness or pressure in the lower abdomen + Congestion + Varicose veins and hemorrhoids 	<ul style="list-style-type: none"> + Constipation, heartburn and indigestion + Stretch marks + Leaky breasts as your body gets ready to feed your baby + Vivid dreams + Braxton Hicks contractions 	Baby is here!
Baby weighs about an ounce and is about 3 inches long	Baby weighs 2-3 pounds and is 13-16 inches long	Average birth weight is 6-9 pounds and is 19-21 inches long	