

*The first trimester begins on the first day of your last period and lasts until the end of week 12. A lot happens during these first three months.*

## Meet Our Couples

Watch the first trimester experience through the lives of three couples:

Mariah & Tyler—engaged and pregnant with their first baby.

Laila & Joseph—married and pregnant with their fifth baby.

Mikayla & Kyle—broken up and pregnant with their first baby.

### Mariah & Tyler

Mariah has had extreme morning sickness. Her doctor prescribed Zofran to help with it. While this is a tough time for them to be pregnant, she and Tyler are both excited. Mariah didn't have her mom growing up because of drugs, and Mariah was moved around to several different foster homes. Mariah is accepting the fact that her mother will not be at the shower or birth. But she is adamant about keeping drugs out of her own life, especially now that she is pregnant, despite her family's concerns that she could follow in her mother's footsteps.

### Laila & Joseph

Laila and Joseph did not plan on having a fifth child. They were planning a move and just had a baby eight months before, so they were shocked by the pregnancy. She doesn't feel like her body is ready yet, but they both feel that every baby is a blessing. Their family was shocked at first and thought they were being pranked, but everyone they've told has been supportive.

### Mikayla & Kyle

Mikayla wasn't trying to get pregnant. She finally came to terms with it when she realized it wasn't going away. But now she is more excited about it. She and Kyle are tight as friends but broke up soon after she became pregnant. Mikayla's older sister, who has had two miscarriages, guessed about the pregnancy and felt like it was a slap in the face. Mikayla was most concerned about telling her their news.

## First Trimester Worries

### Laila & Joseph

Even though this is her fifth pregnancy, Laila is scared. She was in labor with her last child for about seventeen hours, and it was hard on her body afterward.

### Mikayla & Kyle

Mikayla has always been excited about being pregnant! But she is concerned about back pain during pregnancy because she has always struggled with it. She is also worried about "the whole birth thing."

### Mariah & Tyler

Mariah is terrified that she will have to have a C-section. Her midwife told her that her small, size 2 shoe size could indicate that her uterus is small, which might lead to a C-section. She's been watching YouTube videos and scaring herself!

## First Trimester Symptoms

### Mariah & Tyler

Mariah felt fine until week 6. And then she woke up with severe nausea and vomiting. But then she was prescribed the Zofran and felt better. She has found that swimming helps her too. She gets tired and nauseated when she overdoes things.

### Laila & Joseph

In addition to nausea, Laila is especially sensitive to smells. She's also been very tired and lightheaded. She feels very warm all the time.

## First Trimester Symptoms \*continued\*

### Mikayla & Kyle

Mikayla struggled with severe nausea for two weeks beginning in her eighth week. It's been rough, but she has started figuring out her hacks to help with it, such as using Preggie Pop Drops and Sea-Band Mama acupressure bands. She has also struggled with dizziness and has been keeping track of her blood pressure.

## Boy or Girl?

### Mariah & Tyler

Mariah wants to know the sex of her baby, but Tyler doesn't. Tyler is hoping for a boy, but really wants a healthy baby. For their gender reveal, they were thinking about dressing their dogs in blue or pink tutus.

### Laila & Joseph

Both Laila and Joseph want a girl, but are really just wishing for a healthy baby. However, Joseph will cry if it's a girl!

### Mikayla & Kyle

Kyle thinks they're having a boy, but Mikayla thinks it's a girl because of her morning sickness. They are not going to do a gender reveal because they are still trying to decide on parenting or adoption.

## Medical Concerns

### Mikayla & Kyle

Mikayla has anxiety and takes medication for it. She stopped taking it on her own because it made her feel dizzy. "You should always talk to your medical provider first before making any changes to your medication."

### Laila & Joseph

Laila began bleeding and went to the ER for an ultrasound. Thankfully everything was just fine with the baby, but they don't know why the bleeding happened. She is Rh-negative, so she received a RhoGam shot to protect the baby from her antibodies. They were in the ER for three and a half hours, but are relieved their baby is okay.

## Foods, Moods, and Changes

### Mariah & Tyler

Mariah used to love hot foods before pregnancy, but now she can't eat any spicy dishes. She and Tyler used to argue a lot before she got pregnant, but now they make it a point to talk things out. She is happy to have Tyler by her side. Tyler is trying to find a stable job. Mariah is going to get her GED.

### Laila & Joseph

Laila's cravings are all over the place, from Slim Jims to Oreos. Laila has eliminated all caffeine, but drinks protein shakes. Laila has felt her moods shift, and get irritated easily. Joseph is very understanding of her moods. They feel like having baby five will change everything. Laila was planning on going back to school, but will now need to wait.

### Mikayla & Kyle

Mikayla craves really sour foods. They don't argue much in person, but through text. Mikayla feels like she has "pregnancy" brain and forgets things. She is going to put her next semester on hold.