

Adjusting to Pregnancy

Both you and your baby's father will have a number of different feelings as you get used to being pregnant. Recognizing these feelings will help to avoid problems and stress during your pregnancy. Here are some examples:

Early pregnancy: first trimester

Mother: *"I am pregnant."*

You found out you are pregnant for sure. You may find this hard to believe. During early pregnancy, your feelings are strong and change often. You will have emotional ups and downs. Sometimes, motherhood may seem pleasing to you and other times not. You may think about yourself and your life more often than before. You may think about the changes in your body. All of these feelings are common in this stage.

Father: *"She is pregnant and I'm the father."*

You may have both positive and negative feelings. Her pregnancy confirms that you are able to father children. At the same time, you may feel guilty about getting her pregnant. Feeling scared or worried is common. You may worry about how to provide for your new baby. You may worry about aches and pains that normally would not bother you. Since your partner is dealing with the news of being pregnant, you may feel lonely, left out.

Middle pregnancy: second trimester

Mother: *"I am going to have a baby."*

You will start to look pregnant and will probably need to wear maternity clothes. You'll begin to notice your baby growing inside you. You'll feel the baby move and hear the baby's heartbeat. You may give your baby a nickname and have daydreams and night dreams about him or her. You'll want to learn how to care for babies. As you start to think about the baby more, you may lose interest in friends and activities you enjoyed before you became pregnant.

Father: *"We're going to have a baby and we are changing."*

You'll have a number of feelings about her pregnancy. As others begin to notice the changes in her appearance, you may feel left out. You may be jealous of the attention she is getting, and she may not pay as much attention to you because she is thinking about the baby. This is normal and does not mean that she cares less about you. You also will become more interested in your baby. You and your partner may give the baby a nickname. You will wonder what it's like to be a father.

Late pregnancy: third trimester

Mother: “I am going to be a mother.”

During this time, your body will prepare itself for birth. Many of the changes in your body may bother you. Backaches, difficulty breathing, and trouble getting in and out of chairs are common complaints.

Much of your time will be spent getting things ready for the birth of your baby. You may take prenatal classes, get the baby’s room ready and buy clothes for the baby. As your pregnancy nears its end, you may be tired of being pregnant and wish to have your baby soon. By the time you give birth to your baby, you will be ready to move on to being a mother.

Father: “I am going to be a father.”

During the last three months, you may have a number of confusing feelings. You may feel very protective of your partner. You may prepare for the birth by going to childbirth classes. You also may wonder whether you will be a good father. You may want to be free, yet feel left out.

You may worry about things, such as getting your partner to the hospital on time, doing a good job as her labor coach or about the health of the baby. It’s important to understand that this is a time when many things will change in your life.

Pregnancy will bring many changes into both of your lives. Just remember that different feelings and thoughts are a normal part of pregnancy and getting ready to be a mom or dad.