



## EMOTIONAL CHANGES IN PREGNANCY

### First Trimester

The first trimester is all about adjusting to the reality of pregnancy. Emotions can range from feeling overjoyed and excited to experiencing fear or dread. Your particular circumstance may play into these emotions, for example how you're feeling physically, if the pregnancy was planned or not, previous pregnancy experiences, and if the pregnancy is well accepted by your partner or friends and family can all contribute. Circumstance does not always play a key role as to your emotions in the first trimester. It is very common to experience negative emotions even if the pregnancy was planned and desired. Anyone can feel disappointment, rejection, anxiety, or unhappiness about the pregnancy. For example you can imagine feeling a bit disappointed if you had been planning and dreaming about the pregnancy for a long time, but never expected to spend the first three months nauseous and vomiting! Experiencing these emotions are completely normal and does not reflect on you as a person or a parent. Keep in mind that pregnancy is temporary and so are these emotions. They too shall pass!

### Second Trimester

Many discomforts of the first trimester have resolved and physically, women feel better in this trimester. Emotions have been processed and adjustment to the pregnancy are usually complete. The second trimester is commonly spent reflecting on relationships. Naturally, women may find themselves drawn to concentrating on their relationship with their mother. The second trimester is when baby's movements are felt. This milestone in the pregnancy kicks maternal instincts into full drive as a woman comes to the realization there is a separate person inside of her. From the first movements, focus then turns to the pregnancy, birth, and parenting. Women may find themselves speaking with others about these topics or reading books and studying about these things. Suddenly, focus is switched to preparing for the baby.

### Third Trimester

This is the trimester of watching and waiting. Many women experience impatience with the pregnancy and waiting for baby's arrival. Women are actively preparing for childbirth and parenting and with the reality of labor and the baby nearing, women can become protective of the baby or experience fear around the pain of childbirth or the health of the baby. They may worry, grieve, or become depressed at the thought of becoming separated from the baby soon and ending the pregnancy. Physically moms feel awkward, ugly, and sloppy. Reassurance from their partners is needed this trimester, and feeling the stability of their relationship with their partner is crucial.

### Resources

Varney, H., Kriebs, J., Gegor, C., (2004). *Varney's Midwifery, 4th edition*. Sudbury, Massachusetts: Jones and Bartlett Publishers.