



Trimester-by-Trimester Pregnancy Guide

Your Complete Journey from Bump to Baby

Overseas Moms Edition 



Everything you
need to know!

Mumworld.in



Introduction

Dear mama, no matter where you are in the world, your pregnancy journey is unique and magical.

This guide is tailored for **moms living abroad**, with global nutrition and hospital-friendly checklists.



First Trimester (Weeks 1-12)

What's Happening in Your Body

Nausea, mood swings, fatigue.

Doctor Visits

First scan, initial blood work.



Diet Tips (Global Focus)

Eat whole grains, lean protein, fruits.

Avoid sushi, alcohol, soft cheeses.

Do's & Don'ts

✓ Prenatal vitamins (folic acid).

✗ No smoking/alcohol.



Second Trimester (Weeks 13–27)

What's Happening in Your Body

Energy boost, baby kicks begin.

Doctor Visits

Mid-pregnancy scan (around 20 weeks).

Glucose test



Diet Tips

High-protein: Chicken, beans, eggs.

Omega-3: Salmon, chia seeds, walnuts.

Self-Care

Prenatal yoga, swimming

(with doctor approval).

Moisturize belly daily.



Third Trimester (Weeks 28–40)

What's Happening in Your Body

Heavier belly, swelling in feet, back pain, frequent urination, Braxton Hicks contractions.

Doctor Visits

More frequent checkups.
Growth scan + baby's position check.



Diet Tips

Smaller frequent meals.
Hydration: Water, smoothies, herbal teas.

Labor Prep

Practice breathing techniques.
Pack your hospital bag.





Bonus Section for Indian Moms

Hospital Bag Checklist (US/UK Edition)

ID, insurance papers

Nursing gowns, slippers, socks

Baby onesies, swaddles, diapers

Nipple cream, breast pads



Newborn Shopping List (Amazon-Friendly)

Car seat, crib, bottles, baby monitor



Quick Relaxation Exercises

5-minute breathing

Gentle stretching

Meditation apps (Calm/Headspace)



Dear Mama,

Thank you for trusting us to be a part of your pregnancy journey. Each trimester brings new changes, challenges, and magical moments. Remember – there's no “perfect” way to be a mother. What matters is the love, care, and strength you bring every single day. ❤️

We wish you a healthy pregnancy, a safe delivery, and a joyful motherhood journey ahead.

Stay strong, stay positive, and always listen to your heart (and your doctor). You've got this, mama! ✨

With love,

Mumworld.in

Everything about Pregnancy Journey,
Motherhood & Baby Care

Bag near the door