

# **Three Trimesters of Pregnancy**

Pregnancy is divided into three stages and that is known as trimesters: first, second & third trimester. A full term pregnancy lasts about forty weeks but one trimester ranges from twelve to fourteen weeks. In the first, second and third trimester the fetus will meet some specific developmental milestones.

## **First Trimester:**

The duration of the first trimester is about 13 weeks and during this phase your baby's structure & organs develop. In this phase, you will experience a few major changes such as fatigue, nausea, frequent urination and breast tenderness. These symptoms are considered common but every woman has her own experience that is unique in a specific way.

## **Second Trimester:**

The second trimester starts from the 14th week and lasts to the 26th week and this trimester is known to be the honeymoon period. In the second trimester the unpleasant symptoms of early pregnancy subside. You will feel that your energy is increased and you will sleep better. However, pregnant ladies will experience abdominal pain, constipation, leg cramps and heartburn.

On the 14th week of pregnancy, having an ultrasound can determine the baby gender. But some doctors perform the first ultrasound in between 18 to 20 weeks. Measurements of the baby are taken via the ultrasound technician during the anatomy ultrasound. In between the 16th to 20th week you will experience the first movement of your baby, which is called quickening.

## **Third Trimester:**

The duration of the third trimester is 27 to 40 weeks. In this trimester you will be very excited & anxious about the birth of your baby. There are a few symptoms that you will experience in the last trimester like shortness of breath, urinary incontinence, sleeping issues, hemorrhoids and some other. Many of these issues are due to the increase of uterus size. Which expands 2 ounces before pregnancy to 2.5 pounds at the birth time.

The bones of your baby are completely formed in the last trimester and the touch receptors will be completely formed. And the organs of the baby are capable of functioning on their own. As you close to the due date, the body of your baby may turn southwards into the head-down position for the birth.