









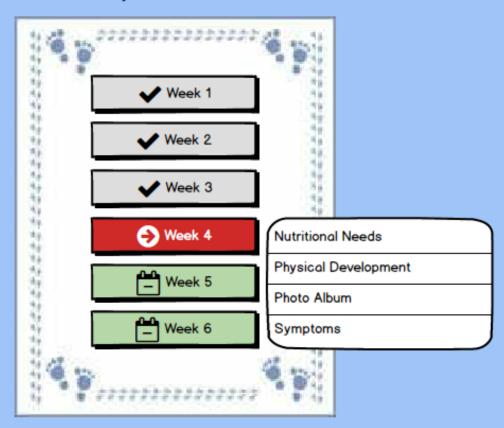








### My Calendar!

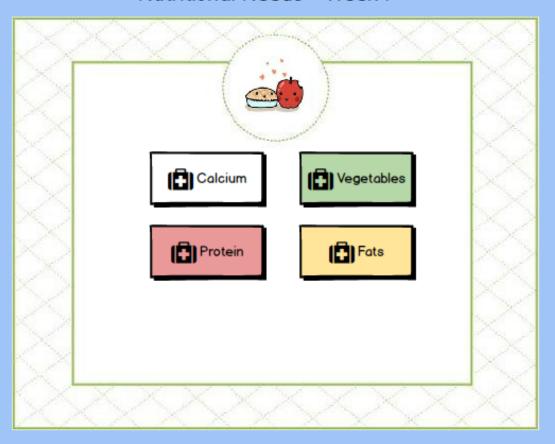








### Nutritional Needs - Week4

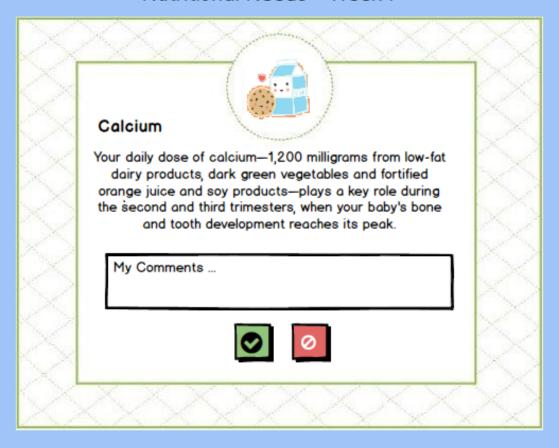






My Kids My Weeks **Baby Shower** Item Needs Help Names Log Out

### Nutritional Needs - Week4









My Kids My Weeks **Baby Shower** Names Item Needs Help Log Out

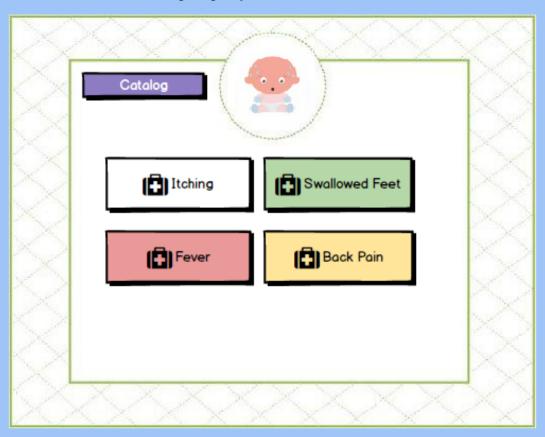
### Physical Development - Week4







# My Symptoms - Week4





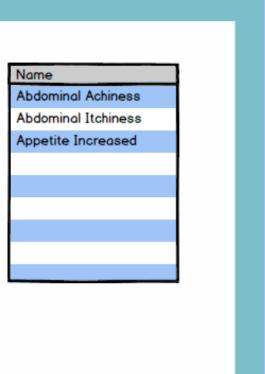




A B C D E F G H I L M N P R S T U V W X Y Z

# Symptoms Catalog









#### В С GHILM N R S W X Y

### Symptoms Catalog



### **Abdominal Achiness**



As your uterus expands during your pregnancy, you may experience "growing pains" around the middle, or what your OB-GYN calls round ligament pain. Many women start feeling it around week 14 of pregnancy, but it can strike at any time

#### WHAT DOES IT FEEL LIKE?

Round ligament pain is typically felt as achy, crampy or sharp sensations on one or both sides of the lower abdomen. You'll probably notice occasional round ligament pain more when you change positions suddenly or get up from sitting or lying down, or when you cough, sneeze or laugh. It may be brief or last for several hours (yet another mystery of pregnancy).



My Comments ...







# Photo Galery - Week4









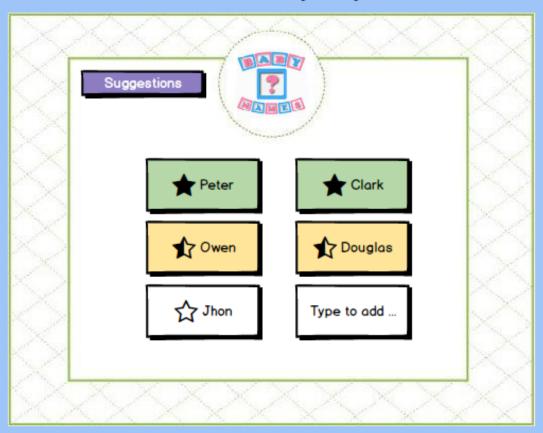
### Needed Items!







# Names for my Baby









My Weeks My Kids Names **Baby Shower** Item Needs Help Log Out

# **Baby Names!**







# **Baby Shower**









My Weeks My Kids Names Baby Shower Item Needs Help Log Out









