

The 2nd Month (5 to 8 weeks)

Some changes you may see:

- Your breasts may get bigger and feel sore.
- You may need to use the bathroom more often.
- You may be happy 1 minute and sad the next.
- You may get more headaches. If you do, be sure to tell us or your doctor!
- You may get sick in the morning.

Things you can do:

- Get plenty of rest and be sure to get some exercise, like walking. This will help you stay fit and feel better.
- Remember Bright Start is here for you. We can help with child care, transportation, and food, along with other things you may need.

- If you have a cat, let someone else change the litter. Always wash your hands after touching the cat. Also, be sure to wash your hands after handling raw meat. There is a parasite that can live in cat litter and raw meat. (A parasite is a very small living thing that you can't see.) It will not hurt you, but it can hurt the baby.

Why do I have to go to the doctor every month?

The best way to help you have a healthy baby is prenatal care and taking good care of yourself. It is important to see your doctor during the first 12 weeks of your pregnancy. You will see your doctor about 1 time a month in the beginning to make sure things are going OK. Then 1 time a week toward the end of your pregnancy. If you are having any problems getting to your appointments, let us know. **We can help.**