

The 4th Month (13 to 16 weeks)

Some changes you may see:

- You may be able to feel the baby move.
- Your legs may ache.
- You may feel less sick.

Things you can do:

- Wear loose, comfortable things.
- Put your legs up when they hurt. Be good to yourself.
- Call Bright Start if you need any help.
- Exercise. Your energy level will increase during this time.
- Talk with your doctor about birth defect screening.

What is a warning sign?

A warning sign is something you should tell your doctor about right away! They are:

- Bleeding or spotting.
- If the baby stops moving (after 19 weeks).
- Burning or painful urination.
- Blurred vision.
- Vomiting that won't stop.
- Sudden swelling or puffiness of the hands, feet, or face.
- Leaking or gushing fluid.
- Stomach pain.
- Dizziness or fainting.
- Headaches that won't go away.
- Chills, fever, or rash.
- Smelly vaginal discharge.