

3rd Month of Pregnancy

*****ALL SITUATIONS: You have had your first appointment with the OB/GYN – where a thorough exam is done, you fill in all your medical history, etc., and the due date is given.**

ALL of you will have a due date of March 10. This certainly does not mean that all of you will deliver on that date!

1. The morning sickness is MUCH better. This, along with a better relationship with your parents, has helped to make up your mind not to end the pregnancy. You are still not sure that you are ready for the responsibilities of parenthood. You are keeping your options for adoption open.
2. Morning sickness continues. You have been looking at the children that you care for in a whole new light, realizing that this pregnancy is REAL and that you will have a child of your own very soon. Your dates with your boyfriend have been going great. His family has not been told of the pregnancy as of yet. He wants to tell them but you are afraid of the added pressure since you are not sure where your relationship is going with him.
3. Your husband has been going to see your minister. That has made all the difference in the world as to how he treats you. He is giving you the space that you need but showing and telling that he loves you every chance that he gets. You have asked him to go with you to the doctor for your monthly visits and he is so excited. In your mind, you are thinking that if his behavior remains this good for another month or so you will ask him to move back in with you.
4. You are experiencing light-headedness, dizziness and a bit of nausea. You have been over-doing it since you have felt so good. You called the OB/GYN and they told you to take it very easy for a couple of weeks. This concerns you a lot.
5. The spotting has stopped; the OB/GYN says everything looks fine. You're feeling pretty good but seem to be more tired and thirsty lately. Ex-boyfriend has moved on to another relationship. Your concern is for financial support once the baby is born so you are asking around as to what you need to do to name him as the father so he will be liable for support.
6. Since the pregnancy is now confirmed by the OB/GYN, you are gradually getting your 4 year old used to the idea of babies. You point out babies at every opportunity – on TV, at the store, in books that you read to him/her. The 4 year old is definitely RULER of the house and you are concerned for jealousy when the new baby arrives and needing so much of your attention. You are seeking advice from friends and magazine articles on how to approach an only child with a new baby.
7. With the pregnancy confirmed, you are now trying to tell family members. You have braced yourself for all of the questions (mostly from strangers, not necessarily from family) – “How could you even think of bringing another child into this world after all the special needs your first child has posed?” You are attempting to tell your 7 year old about babies, getting them acclimated to the idea of a baby so that you can help them cope with the infant and the fact that they will need a lot of your attention.
8. Even with the confirmation of the pregnancy, you felt hesitant about telling anyone. You have told your parents and your in-laws, both of whom have been supportive and

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- as concerned as you are. They are honoring your caution about telling the news. You are a little bit nauseated in the mornings but have found that getting up an extra half hour early and taking your time getting ready, especially with eating breakfast have helped tremendously.
9. Your husband has offered to hire a housekeeper once a week to help with cleaning; you and your husband have sat down with the 11 and 7 year olds and worked out job duties for all four of you. With a better understanding of how you are feeling and how everyone needs to help, the family is actually growing closer. Even your husband has been doing things NOT on his job list.
 10. The agency has agreed not to take you off their list, but has concerns. You will be taking a newborn in 4 months and delivering one of your own two months later and that will be a very big strain on you and your family. They have offered to set you back on the list – as you have not decided that you want to adopt anyway if your pregnancy goes full term. This way you can have your baby then see where you are for adopting after that.
 11. Morning sickness continues (only now it is spread throughout the day). You are very much bothered by spicy foods – which you love. Your husband is still a bit uneasy about being a father. You have asked him to accompany you to the doctor's visits, which he reluctantly agrees to do. You are hoping that by seeing what you are going through, hearing the heartbeat, and seeing the infant on the ultrasound will snap him back into being the excited dad that he was. He has not mentioned the idea of separating anymore.
 12. You have had a bit of spotting and are checking every available resource to see what it means. You have had limited contact with your family. You have turned to your best friend for comfort and support that your family should be providing. You have not gained any weight but you have not lost any either. You are lightheaded, dizzy and feeling nauseous which doesn't help with needing to eat more! His family is excited – it's their first grandchild. They live in California but they are making plans to come shortly after the baby is born to visit and to help you around the house. Your relationship with them is GREAT!
 13. You are very hungry all of the time, but you are watching what you eat so as not to fill up on empty calories. ON recommendation from our doctor, you have begun a very mild, exercise routine of walking everyday with someone. You go very slowly and just a short ways at first, building your speed and distance every couple of days. You are determined to have this baby – not abort. Your grandchildren are so excited; the older ones have even offered their babysitting services for their new little aunt/uncle. Your 2 children who have been against this pregnancy are beginning to soften their stance. They still are somewhat uncomfortable with the whole thing but realize that it is a miracle.
 14. Morning sickness has set in – no set time of the day but seems to be worse at night. There is still no communication with his family. Your mom is supportive and she has offered to come clean your house once a week to relieve some of the stress. Your husband has done a complete turn-around. It seems reality has set in that he is going to be a father. He has promised you that he will always be there for you and your children.