

6th Month of Pregnancy

*****ALL SITUATIONS: You are beginning to write down baby names for both sexes (except #7). For those having twins, you are experimenting with 2 boys names, 2 girls names, and boy/girl combinations. Please write down the reason behind all the names you choose. Is it a family name? Or remind you of someone? Or ... ? Note the correct spelling – and if it is unique in any way then tell why you chose it.**

AS BEFORE: Keep track of what the doctor visits are like and what you are finding out at each one. When/if you are having to look for other clothing, please note what clothes you have found to wear – what price you found on maternity clothes (and where (and what kind of wardrobe you plan for the rest of the pregnancy – think about work, home, recreation, etc.

1. You are VERY concerned with the pain of labor and birth. You've talked with people and are confused because some say it's really scary and painful and others say there's pain but when you see the baby you forget the pain. You're hoping that childbirth classes that you and your boyfriend will be attending will help to ease your fears. Your boyfriend takes great joy in teasing you about your fears.
2. Boyfriend is staying away, as you want, but you realize that this is difficult to do without him. You want to share the doctor visits and the kicks and your pains and joys with him. You are really trying to sort out your feelings for him. Because of the sudden and constant weight gain, your doctor is suspecting toxemia. He didn't tell you much about it so you research it thoroughly.
3. Indigestion is constant. It doesn't seem to matter how mild or spicy the food is or how little or how much you eat – you are eating antacid tablets (like Tums) constantly. Your abdomen is very itchy. This concerns you and you start asking questions and looking up information about this, whether it's related to the twins or is just normal for pregnancy or if something is wrong!
4. Along with being slightly light-headed now, you are experiencing tingling sensations in your hands and feet. This alarms you because it's like your hands and feet have fallen asleep – permanently! You wonder how normal this is and do some “researching” to check it out.
5. Gestational diabetes is something about which you have become quite knowledgeable. You have been working hard to keep it under control (note in your journal just what steps you have been taking). Other than that, things seem to be under control and going pretty good for you. You seem to have found an inner strength that allows you to move ahead even though you are going through this without the baby's father.
6. Quitting your job has been the best thing for you. You now are getting things done around the house that you wanted to and the time that you spend with your 4 year old is doing him/her a world of good. The day-care situation has proven to be a god-send in that you have time to yourself and your child is gaining a new self confidence and seems to behave better for you when you're together. The baby has been pushing extra hard lately – so much so that it hurts pretty bad. You're very concerned about this and do a little “research” to see if it's normal or the sign of a problem.
7. The amniocentesis results are in. The tests indicate that the baby is healthy in every way that was tested. Of course, not everything can be tested so you are still somewhat

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- concerned, but over-all relieved about the results. You also wanted to know the sex of the baby. When you open the envelope you see that the chromosomes are marked XX. From your experience/knowledge you know what sex that is. You begin to narrow your choices for a name. You have been experiencing pain and numbness in your right hand. This scares you and you do a little researching to see how normal that is.
8. You are still feeling pretty good, although you find that the baby has long periods of VERY active times then is quiet for a long time. You question whether that pattern is normal or the sign of some impending problem, and do some searching for answers.
 9. Everything is wonderful with your family. You are uncomfortable because of hemorrhoids. You research what you can do about it.
 10. It has hit you quite hard that you are having twins. You're overwhelmed at the financial responsibility this is going to be, what an exhausting endeavor you are about to encounter and what a wonderful joyful experience this is going to be. You seem to have become very clumsy lately, dropping everything and forgetting lots. You wonder if this is normal
 11. All of the sudden you have been awakened several nights by severe leg cramps. It's a pain that makes you jump out of bed and even after your husband massages your calves you have a kind of phantom pain – you still feel it although it's not there any more. You do a little research to see if this is normal and what to do about it.
 12. The baby is very active, especially at night while you're trying to sleep. Your mother is calling every other day and even your dad asks to speak to you about once a week. Your emotions are mainly steady but you still sob at sad movies, etc. Your lower belly is aching a lot – something that concerns you. Your appetite is great, which is now causing LOTS of indigestion & heartburn. You want to eat but can't eat much at one sitting so you seem to “graze” all day long.
 13. Your next ultrasound definitely shows one boy, but the other child is a little more “shy”. For now you are content with this much information. Grandchildren are helping with names but they all sound SO modern. Your husband's health is good, although you are both watching your food intake and exercise. Your husband has been your partner frequently when walking, which has given you a lot of uninterrupted, undivided, one-on-one attention from him. You feel younger than you have in ages. Your kids are scouring the garage sales for “extras” for the twins. They all came over one weekend to fix up the nursery for you – it's adorable! Varicose veins are popping out on the back of both legs. You wonder if this is normal. You're also experiencing frequent nose bleeds, which scare you.
 14. High blood pressure and headaches have alerted your doctor to take a strong course of action. He is ordering bed-rest for 2 weeks then you are to see him again. If it's not better you may be hospitalized. Your in-laws show up unexpectedly one day, which makes you very nervous... until you see the genuine concern and generosity they are capable of. You have a strong feeling that the next check-up will be a good one.