

PREGNANCY

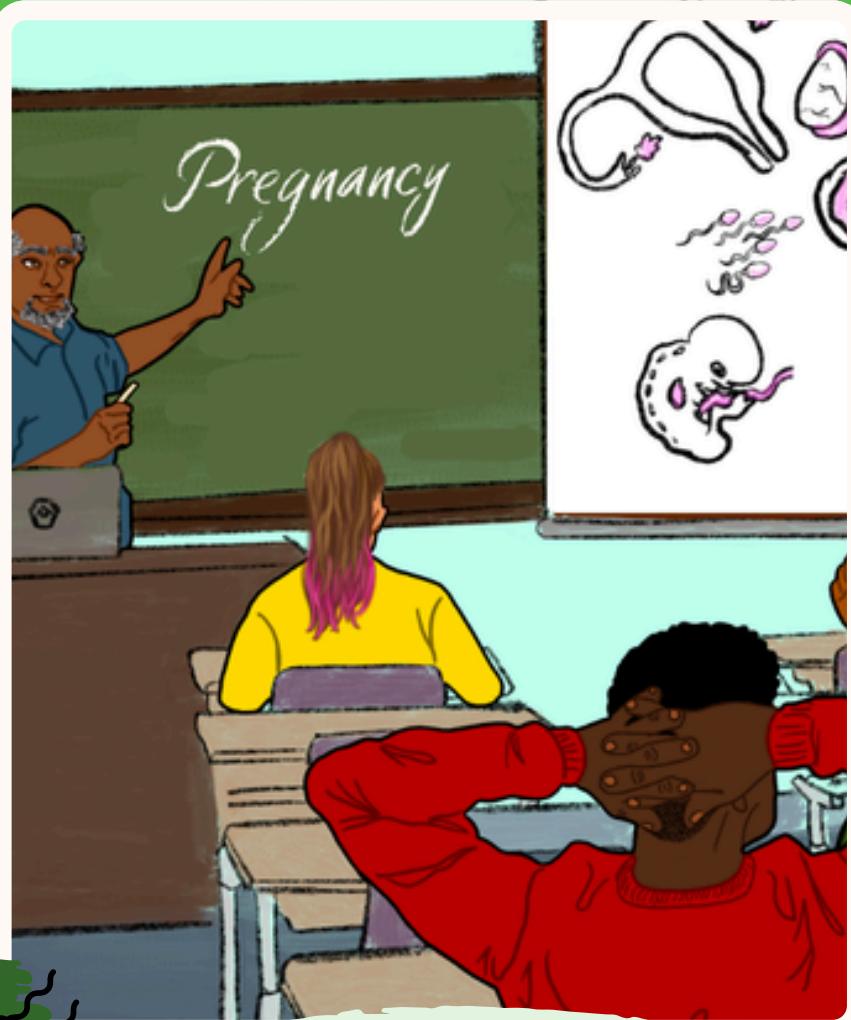
ALL ABOUT HOW A BABY IS MADE

HOW DOES PREGNANCY HAPPEN?

Pregnancy is when a person's body begins to grow a baby. Pregnancy happens when sperm from one person meets an egg from another (conception). This often happens through sexual intercourse, but can also happen with assisted reproductive methods, like when the egg and sperm meet outside the body and are then placed in the uterus.

These are the steps that lead to conception and pregnancy:

- 1. Ovulation:** An egg is released from the ovary (usually once every 28 days or so) and travels into the fallopian tube.
- 2. Sperm introduction:** Sperm is introduced through the vagina and travels past the cervix and uterus into the fallopian tube.
- 3. Fertilization:** The sperm and egg meet in the fallopian tube and a sperm cell penetrates the egg to form a zygote, which is a fertilized egg cell.
- 4. Implantation:** The fertilized egg cell travels to the uterus and implants into the uterine wall. This is the start of pregnancy.



HOW TO KNOW IF YOU'RE PREGNANT

Some common early signs that a person might be pregnant include:

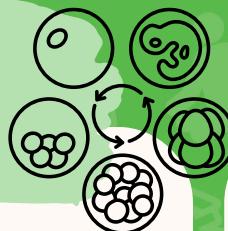
- Missed period
- Morning sickness/feeling nauseous
- Feeling very tired
- Changes in appetite
- Mood changes
- Tenderness in the chest area



You can take a pregnancy test to determine if you are pregnant. This test checks for a special hormone (human chorionic gonadotropin or HCG) that's only in the body when pregnant. It is possible to get a false negative (or very rarely a false positive), meaning the test is wrong, so if you continue showing signs of pregnancy make sure to take another test or see a doctor.

A doctor or healthcare provider can also confirm if you are pregnant with a blood test or ultrasound (a special scan that shows the inside of the uterus).

STAGES OF PREGNANCY



Pregnancy is measured in weeks, and a full pregnancy usually lasts about 40 weeks. This is counted from the first day of the last period until the baby is born.

Pregnancy is divided into three stages called trimesters:

First trimester (weeks 1–12):

- Placenta starts growing in the uterus
- Embryo is growing and starts developing major organs
- Common pregnancy symptoms, including nausea, weight gain, tiredness
- Embryo becomes a fetus at 9 weeks

Second trimester (weeks 13–26):

- Fetus continues to grow and starts moving
- Pregnancy symptoms may go away or lessen
- Belly gets bigger and stretch marks might appear

Third trimester (weeks 27–40):

- Fetus finishes developing and gets ready for birth
- Belly continues to get bigger and it may become more difficult to walk, stand, and sleep
- Body gets ready for birth

TAKING CARE OF YOURSELF DURING PREGNANCY



Here are some tips for staying healthy during pregnancy:

- Eat healthy foods
- Take prenatal vitamins
- Go to regular prenatal appointments
- Avoid harmful substances like alcohol, drugs, and cigarettes
- Rest when you need to

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PREGNANCY CHOICES



If you are pregnant, there are several options for what to do next. All of these choices can be positive choices and it's important to decide what is best for you.

• **Parenting** – Parenting is a choice if you want to raise the baby. This may be a good choice if you feel prepared to take on the responsibility and can be a joyful, rewarding, and challenging experience.

• **Adoption** – Adoption is a choice if you want the child to grow up with another family. This may be a good choice if you want to continue with the pregnancy and birth the child, but not raise the child yourself.

• **Abortion** – Abortion is a medical procedure that safely ends a pregnancy. This may be a good choice if you feel like you are not ready for parenthood or don't want to continue the pregnancy.

ASK FOR HELP



Pregnancy is a big change, and it's important to understand all the options available and how to take care of yourself. Each choice—whether to raise the baby, consider adoption, or have an abortion—is a positive and valid option.

It's important to take the time to learn about your options and talk to trusted people who can support you, such as friends, family, trusted adults, and healthcare providers.

Remember, you have the right to make the best decision for yourself and help is always available.