

THIS JOURNAL BELONGS TO:

NAME: \_\_\_\_\_

BABY’S NAME: \_\_\_\_\_

BABY’S DUE DATE: \_\_\_\_\_

DUE DATE CALCULATOR

TAKE THE FIRST DAY OF YOUR LAST MENSTRUAL CYCLE (LMC), ADD NINE CALENDAR MONTHS PLUS SEVEN DAYS.

LMC \_\_\_\_\_ + NINE MONTHS \_\_\_\_\_ + SEVEN DAYS \_\_\_\_\_

THE DAY I FOUND OUT I WAS PREGNANT

DATE, PLACE AND TIME: \_\_\_\_\_

MY REACTION: \_\_\_\_\_

HUSBAND’S REACTION: \_\_\_\_\_

WHO WE TOLD FIRST: \_\_\_\_\_

HOW WE CELEBRATED: \_\_\_\_\_

MY PREGNANCY “FIRSTS”

SAW BABY ON ULTRASOUND AND HEARD HEARTBEAT.

DATE: \_\_\_\_\_

FELT BABY MOVE.

DATE: \_\_\_\_\_

WENT TO A PRENATAL EDUCATION SESSION.

DATE: \_\_\_\_\_

STARTED DECORATING BABY’S ROOM.

DATE: \_\_\_\_\_

MEDICLINIC baby  
DISCOVER THE JOYS  
OF HAVING A BABY  
AT MEDICLINIC

Congratulations on your pregnancy. This journal is provided as part of Mediclinic Baby, a unique support programme for parents whose babies are born at a Mediclinic hospital.

Use your journal to record your fondest memories, learn about the changes you and your baby will experience together over the next nine months and prepare yourself physically and emotionally for motherhood.





# FROM POPPY SEED TO WATERMELON

Follow your baby's development over the next 40 weeks with the help of our fun fruit comparison chart, conveniently divided into the trimesters of pregnancy and supported by checklists, health tips and interesting facts. Don't forget to use the notes pages provided to record your experiences, thoughts and feelings during this very special time.



# GET WITH THE PROGRAMME

You can register for the Mediclinic Baby programme as soon as your pregnancy is confirmed (12 weeks). For details on how to register, visit [www.mediclinicbaby.ae](http://www.mediclinicbaby.ae)

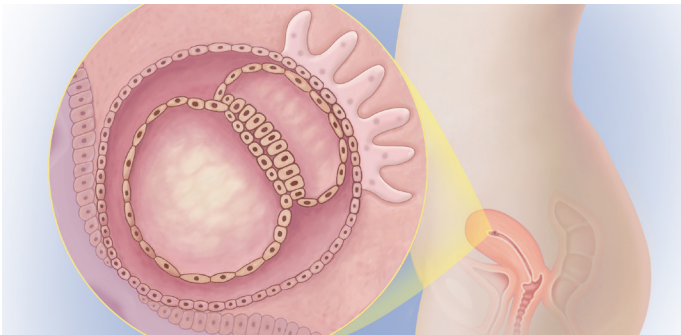
A wealth of online information, special events and campaign notifications and valuable free offers and services.



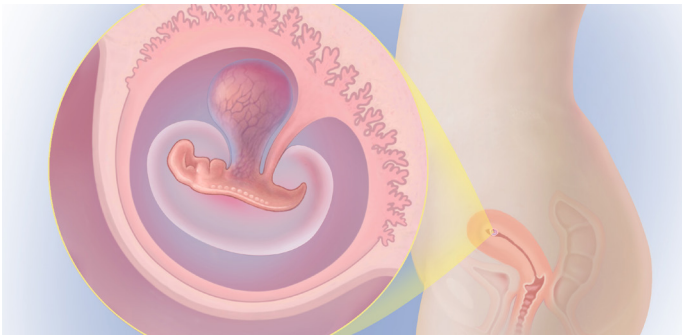


# MY FIRST TRIMESTER

CHANGES IN BABY: WEEKS 1 TO 12



**WEEKS 3-4**  
BABY IS ABOUT THE SIZE OF A  
POPPY SEED AND IS SETTLING INTO THE UTERUS,



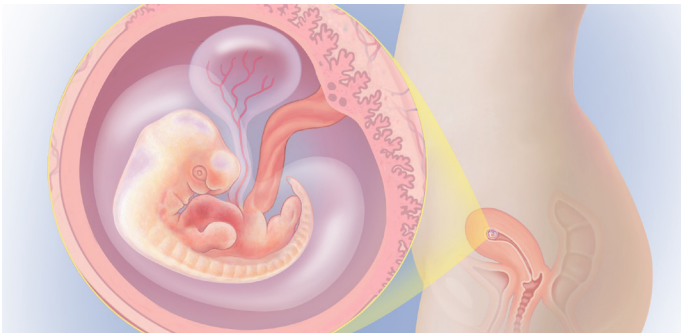
**WEEK 5**  
BABY IS ABOUT THE SIZE OF AN  
APPLE SEED AND IS STARTING TO FORM MAJOR ORGANS.



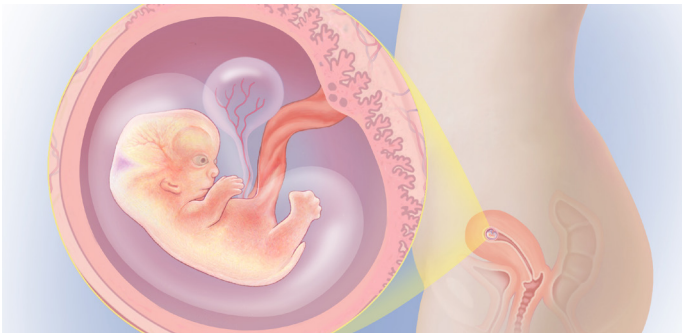
**WEEK 8**  
BABY IS ABOUT THE SIZE OF A  
RASPBERRY AND IS GROWING A MILLIMETRE DAILY.



**WEEK 9**  
BABY IS ABOUT THE SIZE OF A  
STRAWBERRY AND TOES ARE DEVELOPING.



**WEEK 6**  
BABY IS ABOUT THE SIZE OF A  
PEA AND HAS AN AUDIBLE HEARTBEAT.



**WEEK 7**  
BABY IS ABOUT THE SIZE OF A  
BLUEBERRY AND NOSTRILS ARE VISIBLE.



**WEEK 10**  
BABY IS ABOUT THE SIZE OF A  
PRUNE AND TISSUES AND ORGANS ARE GROWING RAPIDLY.



**WEEK 12**  
BABY IS ABOUT THE SIZE OF A  
PLUM AND HAS A HUMAN FACIAL PROFILE.

# MY FIRST TRIMESTER CHECKLIST



## BOOK A PRENATAL APPOINTMENT WITH THE GYNAECOLOGIST

- Most doctors recommend you schedule your first appointment for when you are approximately 8-12 weeks pregnant. You will be given an ultrasound to investigate your pregnancy and confirm your due date
- It's natural to feel a little anxious about having your first ultrasound. Talk to your doctor, nursing practitioner or sonographer beforehand and take someone with you for extra support

## CONSIDER HAVING A PHYSICAL CHECK-UP

- Speak to your doctor about any prescription drugs you are currently taking as they may affect your pregnancy and the development of your baby
- Get advice on supplements. Omega 3+6 oils and folic acid is particularly important

## SEE THE DENTIST

Your pregnancy may influence your dental health and your dental health can affect the health of your baby. More than half of pregnant women develop pregnancy gingivitis, which causes swollen, red and bleeding gums. Gum infections can result in a premature or underweight baby. Make sure you tell your dentist you are expecting.

## REDUCE RISKS THAT CAN HARM YOUR BABY

### Smoking

Smoking considerably increases risk of miscarriage, premature birth and stillbirth. Both active and passive smoking should be avoided during pregnancy at all costs as each cigarette increases the negative effects on the unborn child.

### Toxoplasmosis

Toxoplasmosis is usually contracted through eating raw or insufficiently cooked meat. The causative pathogen can also be found in cat faeces.

- Only eat meat which has been sufficiently cooked
- Clean raw fruit, vegetables and lettuce thoroughly
- Avoid contact with cat faeces

### Listeriosis

If contracted during pregnancy, listeriosis can lead to a miscarriage or have serious effects on the unborn child. Listeriosis bacteria are found in unpasteurised milk products, soft serve ice cream and raw meat or fish. Although very rare in pregnant women, it is best to avoid the risk of listeriosis infection by consuming only pasteurised milk products, avoiding soft serve ice cream products, raw meat or fish and carefully rinsing salads, especially those containing wheat germ and sprouts, which can also contain the bacteria.

# PHYSICAL SYMPTOMS

You may experience nausea, breast tenderness, increased urination and fatigue at this time but this is normal and will soon pass. Foods that can help alleviate morning sickness include crackers, Marie biscuits, ginger tea and green apples.





SUPPLEMENTS WITH FOLATE (VITAMIN B9), AN ESSENTIAL NUTRIENT FOUND IN PEAS, HAS BEEN SHOWN TO SIGNIFICANTLY LOWER THE RISK OF SEVERAL BIRTH DEFECTS, INCLUDING NEURAL TUBE DEFECTS (NTD).

## MY FIRST TRIMESTER

NOTES AND OBSERVATIONS: WEEKS ONE TO TWELVE

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## WHAT BABY LOOKS LIKE

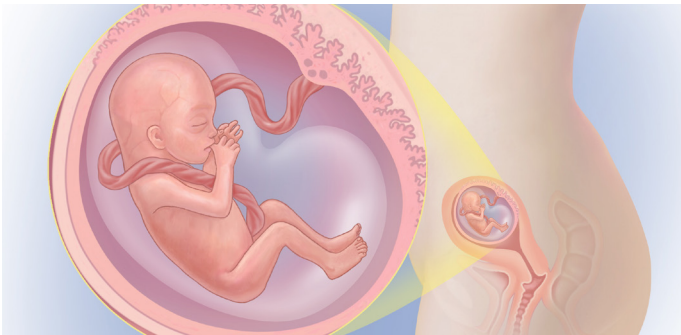
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DATE OF SCAN: \_\_\_\_\_



# MY SECOND TRIMESTER

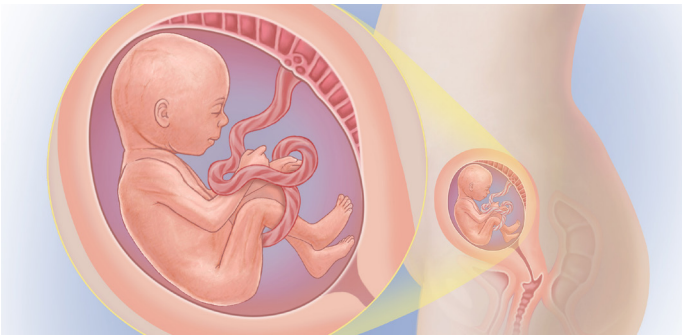
CHANGES IN BABY: WEEKS 13 TO 28



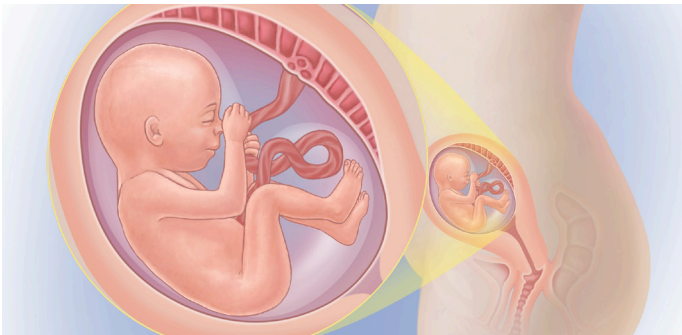
**WEEK 13**  
BABY IS ABOUT THE SIZE OF A PEACH. TEETH AND TINY RIBS ARE FORMING.



**WEEK 14**  
BABY IS ABOUT THE SIZE OF A LEMON AND WEIGHS 45 GRAMS. SEX WILL BECOME APPARENT SOON.



**WEEK 18**  
BABY IS ABOUT THE SIZE OF A SWEET POTATO AND WEIGHS ABOUT 200 GRAMS. YOU MAY BECOME AWARE OF QUICKENING MOVEMENTS.



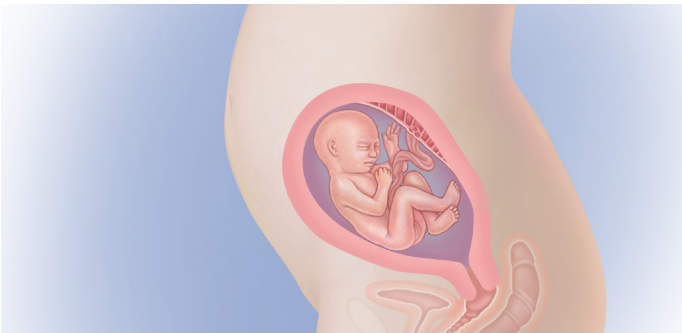
**WEEK 19**  
BABY IS ABOUT THE SIZE OF A MANGO AND IN GIRLS, THE UTERUS AND VAGINA ARE FORMING.



**WEEK 15**  
BABY IS ABOUT THE SIZE OF AN ORANGE AND SCALP HAIR PATTERN IS FORMING.



**WEEKS 16-17**  
BABY IS ABOUT THE SIZE OF AN AVOCADO, ABLE TO FORM FACIAL EXPRESSIONS, PLAY WITH UMBILICAL CORD AND CAN HEAR THE SOUND OF YOUR HEART AND VOICE.



**WEEKS 20-24**  
BABY IS ABOUT THE SIZE OF A PAPAYA. YOU MAY FEEL HICCUPS AS SMALL RHYTHMIC TWITCHES AND MAY ALSO EXPERIENCE BRAXTON HICKS CONTRACTIONS.



**WEEKS 25-28**  
BABY IS ABOUT THE SIZE OF AN AUBERGINE AND IF BORN AT THIS STAGE MIGHT SURVIVE. THE EYES BLINK, HAVE EYELASHES AND CAN SEE LIGHT.

# MY SECOND TRIMESTER CHECKLIST



**ASK YOUR DOCTOR ABOUT A NUCHAL SCAN**  
This is usually done at 11-13 weeks to identify the higher risks for genetic defects e.g. Down's syndrome.

**SIGN UP FOR ANTENATAL CLASSES**  
Regular six-week antenatal courses are recommended from around 26 weeks (antenatal weekend courses from 20 weeks). It's important to have your partner attend the antenatal classes with you so that he understands what is happening during labour and is able to assist you during the birth.

**CONSIDER A BASIC CPR COURSE**  
Make sure you and family members who will be caring for your baby are familiar with basic CPR for babies.

**ASK ABOUT PERTUSSIS (WHOOPING COUGH) VACCINATION**  
Mothers can be vaccinated before pregnancy or after giving birth. Make sure that all caregivers who will be in contact with your newborn have been vaccinated.

**START STOCKING UP**  
Start buying nappies, especially if you see them at discount prices. Remember not to buy too many newborn nappies, as your baby will outgrow them quickly.

**HAVE TESTS AS RECOMMENDED:**  
Blood tests: A complete blood count is taken to check for anaemia.

Antibody test: Blood group, german measles immunity, Down's syndrome screening, etc.

Amniocentesis: If required, amniotic fluid is tested between 15 and 20 weeks.

Iron levels: It is important to have your iron levels tested.

## PHYSICAL SYMPTOMS

- Your weight gain should be approximately 1.4 – 1.8 kg for every month of pregnancy
- Your skin may be more sensitive to the sun. Use sunscreen to prevent permanent hyperpigmentation
- Prevent stretch marks with daily use of a moisturiser or stretch mark cream to keep your skin supple
- Alleviate cramps by upping your fluid intake, taking a magnesium supplement or having a massage
- Fingers may swell. Remove rings to prevent them becoming too tight

**TIPS AND ADVICE**  
Congratulations, by week 20 you will have reached the halfway mark of your pregnancy!

**Diet**  
• Eating brain foods such as bananas, apples and oats will help boost your memory  
• Remember to drink plenty of fluids during the day

**Relationships**  
• Discuss how your baby will change your routines and affect your relationship. Plan how best to support each other  
• Buy a book or visit websites that list baby names to find one you both like

**Exercise**  
• To stay supple and ward off aches and pains, do some daily stretching exercises, or find a qualified trainer in an activity geared for pregnant women (yoga, pilates or aqua aerobics)  
• Always check with your doctor before starting

an exercise routine  
• Avoid contact sports or activities that may cause you to lose your balance  
• Rest frequently and stop if you feel any pain

**Relaxation**  
• Mediclinic antenatal classes will advise you on what to expect during the birth and about any medical procedures that may be required  
• Studies show that playing relaxing music for your developing baby during pregnancy contributes positively to bonding and reduces stress (do not place headphones directly against your body)

**Sleep**  
Make sure you get plenty of rest and sleep, including naps. If lying flat causes you to feel dizzy, try lying on your left side.



AVOCADOS ARE RICH IN FOLIC ACID, VITAL FOR FORMING YOUR BABY'S BRAIN AND NERVOUS SYSTEM.

## MY SECOND TRIMESTER

NOTES AND OBSERVATIONS: WEEKS 13 TO 28

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## WHAT BABY LOOKS LIKE

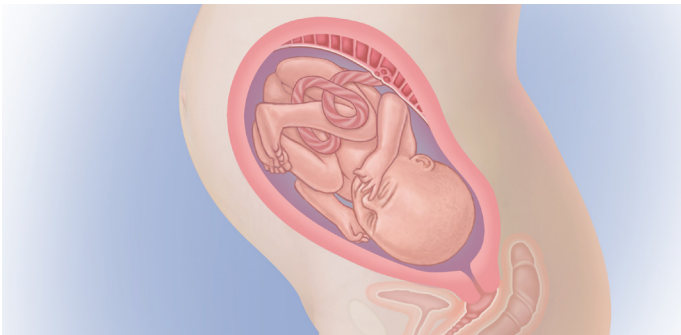
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DATE OF SCAN: \_\_\_\_\_

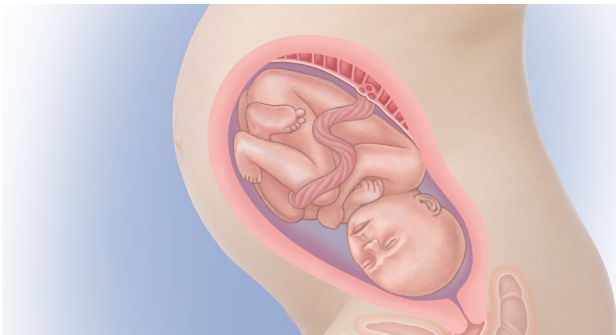


# MY THIRD TRIMESTER

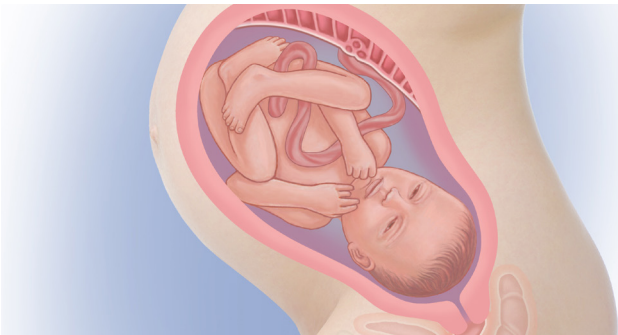
CHANGES IN BABY: WEEKS 29 TO 40



**WEEK 29**  
BABY IS ABOUT THE SIZE OF AN ACORN SQUASH WITH BONES FULLY FORMED BUT STILL SOFT AND PLIABLE.



**WEEK 30**  
BABY IS ABOUT THE SIZE OF A CUCUMBER AND STRONG ENOUGH TO GRASP A FINGER.



**WEEK 35**  
BABY IS ABOUT THE SIZE OF A COCONUT AND HEARING IS FULLY DEVELOPED.



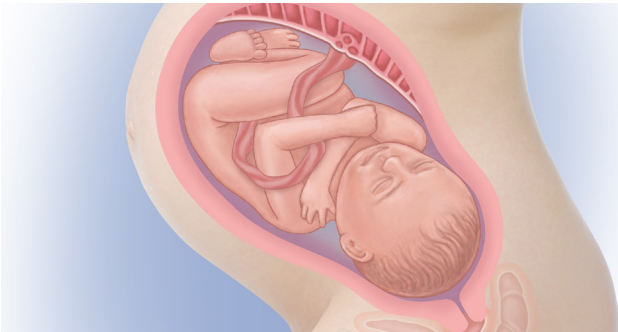
**WEEK 36**  
BABY IS ABOUT THE SIZE OF A HONEYDEW MELON AND GAINING 227 GRAMS A WEEK. MOVEMENT IS MORE RESTRICTED BUT IMPORTANT TO TAKE NOTE OF.



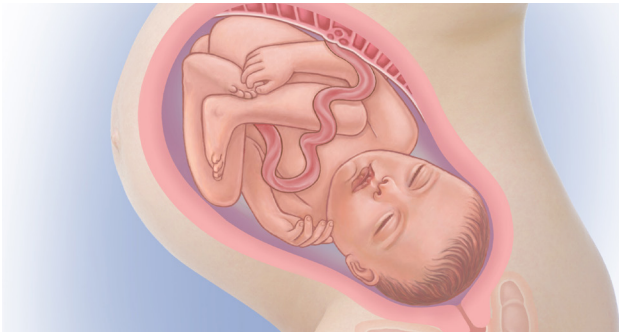
**WEEKS 31-32**  
BABY IS ABOUT THE SIZE OF A PINEAPPLE, MOVES MORE AND IS LULLED TO SLEEP BY YOUR MOVEMENTS.



**WEEKS 33-34**  
BABY IS ABOUT THE SIZE OF A BUTTERNUT SQUASH. THE BONES IN THE SKULL ARE NOT FUSED YET AS THEY NEED TO OVERLAP DURING VAGINAL BIRTH.



**WEEKS 37-38**  
BABY IS ABOUT THE SIZE OF A PUMPKIN, FULLY FORMED AND IN THE CORRECT, HEAD DOWN, POSITION READY FOR BIRTH.



**WEEKS 39-40**  
BABY IS ABOUT THE SIZE OF A SMALL WATERMELON. ALTHOUGH NOW READY FOR BIRTH, SOME PREGNANCIES CONTINUE UNTIL 42 WEEKS.

# MY THIRD TRIMESTER CHECKLIST



### BOOK A 3D/4D SCAN

This is usually done between 27 and 32 weeks and will be able to identify the baby’s sex. Sometimes the baby’s position can affect imaging, for example, if the legs are crossed, or where the umbilical cord obscures the genital area.

### TALK TO YOUR DOCTOR

By week 39 your baby is ready to be born and should be engaged in the pelvis in the head down position. Some babies do not engage and some pregnancies continue until 42 weeks. In either case, your healthcare provider will discuss birthing options with you.

Make sure you have discussed your birth plan, chosen your paediatrician and considered family planning options for after the birth.

### BE AWARE OF BABY’S MOVEMENTS

Focus on feeling them at least twice a day. Babies are often active after you eat or when you are resting. If you notice a change in your baby’s routine and are concerned that movements are becoming less frequent, don’t hesitate to call the obstetrics unit.

### PACK YOUR SUITCASE FOR HOSPITAL

Only five percent of babies are born on schedule. Make sure that you have a packed suitcase ready and that it’s in an easily accessible place.

### REGISTER YOUR BABY’S BIRTH

You must register your baby’s birth and apply for the Arabic birth certificate. Speak to a member of staff about how we can help with this process.

### START WEARING YOUR FEEDING BRA

This will ensure comfort and support and limit stretch marks.

### TAKE SOME TIME OUT

Consider organising some special activities with friends, family and your partner, as you will soon be spending most of your time with your newborn.

## PHYSICAL SYMPTOMS

- There is no reason you should find sex any less enjoyable and it’s safe till your water breaks or labour starts. Certain positions are more comfortable and pleasurable during pregnancy. Ask your caregiver for advice and discuss any other concerns you may have
- You may experience a strong urge to start preparing your home for baby’s arrival. This is called the ‘nesting instinct’ and some experts believe it may even trigger labour
- Sleeping difficulties are common in the third trimester. Use pillows to support your body and relieve pressure

### TIPS AND ADVICE

- If you are experiencing the ‘nesting instinct’ don’t overdo things. Make sure you take time to rest
- If your partner is going to be present at the birth, make sure you are able to contact him at all times and that he has enquired about his company’s policy on paternity leave
- During early labour, drink plenty of liquids like water, apple juice or herbal tea and try to eat something, as you might not be able to eat at the hospital until after the birth

### Signs of preterm labour

Preterm labour is labour that begins before 37 weeks. Signs can include:

- Four contractions per hour, which may be painful
- Bleeding
- Increased pelvic pressure or pain in the lower back area
- Bloody mucus discharge or release of the cervical plug or ‘show’

### Signs of labour

- Release of the mucus plug or ‘show’
- Contractions which become stronger
- An urge to go to the toilet more often
- Waters breaking, in a gush or stream

Don’t worry if your waters don’t break. The membrane will rupture naturally during birth, or can be released by your doctor if required.





BUTTERNUT CONTAINS HIGH LEVELS OF BETA-CAROTENE WHICH SUPPORTS HEALTHY LUNG FUNCTION IN THE DEVELOPING BABY.

## MY THIRD TRIMESTER

NOTES AND OBSERVATIONS: WEEKS 29 TO 40

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## WHAT BABY LOOKS LIKE

DATE OF SCAN: \_\_\_\_\_

