



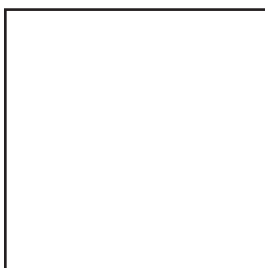
Part 5

Pregnancy: 2nd Trimester

During this trimester, you'll begin to actually see changes in your own body. Many of your baby's organs will develop and function. You'll hear the baby's heartbeat and feel movement.

Directions: To find out about how you and your baby grow and change, read the monthly charts below. Using Internet and print resources as references, draw a picture in the box of what you think your baby will look like that month. Then label the approximate dates of your month. Next, write a paragraph describing how you felt (or think you will feel) physically and emotionally. Repeat this process for the fifth and sixth months of pregnancy on page 66. (Expectant teen dads can write about their feelings or the feelings of the mothers of their babies.)

Fourth Month		
My baby's development	Changes in my body	Things to do to relieve discomforts
<ul style="list-style-type: none"> • Baby is 8–10 inches long and weighs 5–6 ounces. • Heart beats 120–160 beats/minute. • Fingernails appear. • Vocal cords and taste buds form. • Can suck thumb. • Elbows bend, legs kick, and fingers form a fist. • Kidneys circulate fluid. 	<ul style="list-style-type: none"> • Gain 3–4 pounds. • Decrease in frequency of urination. • Belly begins to expand. • Blood supply to baby increases. • Constipation. • Perspire more. • Less fatigue. • Slight white vaginal discharge. • Bleeding gums. • Nose bleeds and nasal congestion. 	<ul style="list-style-type: none"> • Choose comfortable clothes. • Fasten seat belt below belly. • Use saline spray—no medicated nasal spray. • Practice <i>Kegel</i> and pelvic-rock exercises. • Lie down and put feet up for at least 30 minutes/day.



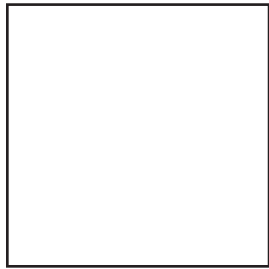
Your Fourth Month _____

For Teen Dads

Directions: During the second trimester, your relationship with the mother-to-be often changes. There is a change in your routine together. Being pregnant takes her energy and focus. Encourage her desire to be a great mom. Continue being supportive by attending prenatal-care visits. Go to childbirth classes and hospital tours with her. Talk with other young and older fathers about their experiences.

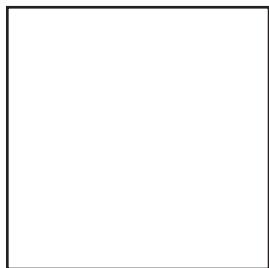
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Fifth Month		
My baby's development	Changes in my body	Things to do to relieve discomforts
<ul style="list-style-type: none"> Baby is 10–12 inches long and weighs ½–1 pound. Fingernails grow. Eyelashes, eyebrows appear. <i>Vernix caseosa</i>, a waxy coating, develops to protect skin. Heartbeat heard through a stethoscope. Very active kicking and turning. 	<ul style="list-style-type: none"> Gain 3–4 pounds. Feel quickening, fluttering movements of baby. Veins in breasts start to show. Hair is thicker and oilier. Bowel irregularity. Increase in vaginal discharge. Skin color changes on face and abdomen. Aches in lower abdomen and side. Mild swelling of feet and ankles (edema). 	<ul style="list-style-type: none"> Lie on left side. Wear support bra that fits well. Sleep 8 hours nightly plus take one rest period during the day.



Your Fifth Month: _____

Sixth Month		
My baby's development	Changes in my body	Things to do to relieve discomforts
<ul style="list-style-type: none"> Baby is 11–14 inches long and weighs 1–1½ pounds. Kicks, cries, and grips with hand. Can hear sounds. Coughs and hiccups. Opens and closes eyes, frowns, and squints. Unique footprint and handprint patterns. 	<ul style="list-style-type: none"> Gain 3–4 pounds. Backaches. Heartburn. Leg cramps. Stretch marks and dark streaks may appear on abdomen, breasts, and thighs. Hemorrhoids and rectal bleeding. 	<ul style="list-style-type: none"> Wear low-heeled shoes. Use proper lifting techniques. Drink lots of fluids and rest. Avoid heavy, greasy, or spicy foods.



Your Sixth Month: _____
