

Pregnancy Symptoms: 1st Trimester

The journey of parenthood begins. Pregnancy is different for every woman. You may experience symptoms early in your pregnancy or you may not have any symptoms for weeks or longer.

While every woman will experience pregnancy in her own way, there are some common symptoms most moms experience in the first trimester. The first trimester lasts from week 1 through the end of week 13 of pregnancy. Here's what you can expect during your first trimester.

Common symptoms during the first trimester include nausea and vomiting. Although it's often called "morning sickness", it can strike at any time of the day. "Morning sickness" usually goes away after the first trimester.

"Around six to seven weeks, I thought I was free and clear. I was like wow. No nausea started. Oh, my goodness. But then it came on pretty strong. I was throwing up, I mean, all throughout the day whether I'd eaten or not, and the nausea was not going away so even currently I'm still nauseous all day, all night."

"Things that can help nausea, there's definitely medications that you could try and again I would talk to your healthcare provider but before you jump to medicine. We recommend things like small frequent meals, try sipping on fluids as opposed to gulping them. You can try things like crackers. Some people like to chew on ginger, some people smell lemons. There's lots of things you can try short of medication."

If your morning sickness is more serious, talk to your doctor about how to treat your symptoms.

During your early pregnancy, you may be very tired even after you've had a lot of sleep. Don't worry, this is normal. Your body is doing a lot of work and you need to take the time to rest.

Your breasts will be tender and bigger. Even though it may be uncomfortable it's good for your baby. It means your body is preparing for breastfeeding, even though your baby won't arrive for several months.

If you don't notice any breast changes, mention this to your doctor or midwife, as this can be a sign you might need some extra assistance with breastfeeding once you give birth.

During your first trimester, you may experience cramping and light spotting. Don't worry! Cramping or light spotting are often normal for most pregnant women. However, if you experience heavy bleeding or more severe abdominal pain, or if you are concerned at any time by your symptoms, call your doctor.

Bloating is another common symptom during the first trimester. Your hormones are changing, and you may need to urinate more often. There's nothing to be concerned about, unless you are experiencing burning during urination, which could be a sign of infection. Wear comfortable clothing and eat a healthy diet to help relieve the bloating.

Other symptoms during the first trimester include mood swings, food cravings—including a strong desire to eat certain foods, but also food aversions—when the thought or smell of foods you used to enjoy makes you feel sick or nauseous.

If you have concerns about your symptoms, contact your doctor. Remember, most of these discomforts will go away as your pregnancy progresses, but if you experience anything unusual or are worried, call your healthcare provider to discuss it.