

Congratulations on your pregnancy!



You are now in the **first trimester** of your pregnancy. So much happens during these first three months.

What happens to your body?

- Your breasts may become more sensitive, fuller and tender. Your nipples will start to enlarge and the dark areas around the nipples become darker.
- You may have less energy.
- Your enlarging uterus starts to take the space of the bladder from about the 12th week of pregnancy and you may find yourself making more trips to the loo.
- You will gain some weight, but no need to worry about maintaining your figure – a total weight gain of 1 to 2.5kg in the first three months is perfectly normal and recommended. If you suffer from severe morning sickness, you may even lose some weight in the early stages of your pregnancy.
- You may experience pregnancy sickness (nausea and some vomiting during pregnancy, commonly called 'morning sickness'), especially during weeks 11 to 14. Some women experience very little or no morning sickness while some unlucky ones may have it all day.
- You may have mood swings, but you can blame it on those fluctuating hormones.

What happens to your baby?

- All of your baby's bones, muscles and major organs develop during the first trimester.
- At your 12-week visit to your doctor or midwife, you can look forward to hearing your baby's heartbeat.
- By the end of the first trimester, your baby will resemble a tiny human being.





Your first trimester to-do list

- Visit your doctor to **confirm your pregnancy** and choose a doctor/gynaecologist/midwife that you will see for the rest of your pregnancy.
- **It is important to have your first antenatal visit during the first trimester.** You will see your baby for the first time on the ultrasound scan, and possibly find out if you're expecting multiples.
- Start taking **prenatal vitamin and mineral supplements** as prescribed by your doctor.
- Eat a **well-balanced diet** consisting of proteins, carbohydrates and fats. Remember that your baby receives all its nutrients from you.
- At the end of the first trimester is usually a good time to **share the news** of your pregnancy with your friends and family.



As soon as your pregnancy is confirmed, or even before you're planning to have a baby, it is important to **work out your budget**. Babies need many essentials such as clothes, nappies, a car seat and pram – the list goes on!

Parent Sense – taking the guesswork out of parenting



- Free PREMIUM access to the Parent Sense baby and parenting app for reliable tracking of nutrition, sleep patterns and baby's milestones, and expert advice and support when you need it.
- FREE antenatal classes, lactation (breastfeeding), pregnancy and parenting courses via Parent Sense.
- You will have access to a 24/7 support chatbot, trained to assist you with all your pregnancy and parenting questions.
- For **Plus Option** members only: Two lactation (breastfeeding) consultations via Parent Sense, paid from your Medical Spending Account (MSA).

Enjoy your pregnancy and savour every moment, because it only lasts nine months.

Pick n Pay Medical Scheme wishes you well on your pregnancy journey!

Protection of Personal Information

Pick n Pay Medical Scheme and Momentum Health Solutions, the administrator, will maintain the confidentiality of your personal information, and comply with the Protection of Personal Information Act 4 of 2013 (POPIA) and all existing data protection legislation, when collecting, processing and storing your personal information for the purposes of registration on the Maternity Programme.

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MATERNITY PROGRAMME

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