



## **Warm-Up!** Family Planning and Pre-Conception

### **Quarter 1!** Game Time! - Trimester 1 (Weeks 1-12)

- Fetal Development Graphic
- Testing Schedule
- Vaccines
- Urgent Warning Signs
- Team Players- Building Your Squad
- Getting Off the Sidelines- Supporting Your Partner
- Post-Game Prep- Preparing for the Postpartum Period

### **Quarter 2** - Trimester 2 (Weeks 13-26)

- Baby's Development
- Complications/Warning Signs
- Tracking Blood Pressure with Journey
- Maternal Mental Health - Anxiety, PTSD, OCD
- Depression - Get Support with NURTUR
- Birthing Classes
- Keeping Mom Comfortable - Weekly Task List
- Fetal Movement Tracking with Count the Kicks App

### **Quarter 3** - Trimester 3 (Weeks 27-40)

### **Quarter 4** - Postpartum (First 12 weeks after birth)

### **Quarter 5** - Overtime (3 months - 2+ years)

# Q2 - Baby's Development



## **Physical Development**

**Size:** The baby grows rapidly, reaching around 12 inches and weighing about 1 pound by the end of the second trimester.

**Body Proportions:** The baby's body becomes more proportionate, with the head growing more in relation to the body.

**Skin:** The skin is still translucent but begins to develop fat underneath, making the baby appear less wrinkled.

**Eyes and Eyebrows:** Eyebrows and eyelashes begin to form. The eyes are fully formed but remain closed.

**Hair:** Fine hair (lanugo) begins to cover the baby's body, helping to regulate temperature.

## **Organ Development:**

**Lungs:** The lungs start developing, but they are not fully functional yet.

**Kidneys:** The kidneys begin to function and produce urine.

**Heart:** The heart is fully formed and beating regularly, and its structure is fully developed.

**Digestive System:** The baby begins to practice swallowing amniotic fluid, which helps the digestive system mature.

**Brain:** The brain undergoes rapid growth, and the baby starts making basic movements (like kicking and stretching).

## **Movement:**

**First Movements:** By the second trimester, the mother may start to feel the baby's movements, typically between 18-20 weeks. These are called "quickening."

**Reflexes:** The baby develops reflexes like sucking, swallowing, and moving in response to stimuli.

## **Sensory Development:**

**Hearing:** The baby's hearing develops, and it may start reacting to sounds from outside the womb, such as voices and music.

**Taste:** The baby can taste amniotic fluid, which may change flavor based on the mother's diet.

## **Immune System:**

**Antibodies:** The baby's immune system starts to develop, and it receives antibodies from the mother.

## **Facial Features:**

**Eyes and Ears:** The baby's eyes move into their proper position on the face, and the ears become more defined.

**Facial Expressions:** The baby starts making facial expressions, such as grimacing or squinting.

These changes are key milestones in the development of the baby during the second trimester, laying the foundation for more growth and development in the third trimester.

# Q2 - Warning Signs



## **Preeclampsia**

Preeclampsia is a condition that happens when a pregnant woman's blood pressure becomes dangerously high. It usually occurs after 20 weeks of pregnancy and can cause problems for both the mother and the baby. Symptoms may include swelling in the hands and feet, headaches, and changes in vision. If untreated, it can affect the kidneys, liver, and brain, and could lead to early delivery. Doctors carefully monitor blood pressure to catch this early.

## **Peripartum Cardiomyopathy**

Peripartum cardiomyopathy is a rare condition that affects the heart. It happens during the last month of pregnancy or in the first few months after childbirth. The heart becomes weakened and struggles to pump blood properly. This can cause the mother to feel short of breath, tired, or have swelling in her legs and feet. It's important for moms to get medical help right away if they experience these symptoms.

## **Preterm Labor**

Preterm labor happens when a baby is born before 37 weeks of pregnancy, which is earlier than usual. Babies born too early might need extra care in the hospital because their organs, like the lungs, might not be fully developed. Preterm labor can happen for many reasons, and doctors try to stop it if possible, or prepare for the baby's early birth.

## **Perinatal Mood and Anxiety Disorders**

Perinatal mood and anxiety disorders are mental health challenges that can occur during pregnancy or after childbirth. This includes depression, anxiety, and sometimes intense mood swings. These conditions can make a mother feel sad, overwhelmed, or anxious, and it can be difficult for her to enjoy the experience of pregnancy or caring for the baby. It's important for moms to reach out for support from a doctor or therapist to manage these feelings and stay healthy.

## **Pregnancy Loss or Miscarriage**

Miscarriage is the loss of a pregnancy before the 20th week. It happens in about 10-20% of pregnancies and can be very emotional for the parents. There are many reasons why miscarriages occur, but it's often due to problems with the baby's development. While miscarriage can be very painful, it's important to remember that it's not the fault of the parents, and support is needed to cope with the grief.

## **Stillbirth**

Stillbirth is the loss of a baby after 20 weeks of pregnancy, but before or during delivery. This is a very rare and heartbreaking event. There are various reasons why stillbirth can happen, including problems with the placenta, the baby's development, or health issues with the mother. If this occurs, it's important for parents to receive emotional support, counseling, and care from medical professionals to help process the loss.

## **Cervical Infections**

Cervical infections happen when harmful bacteria get into the cervix, the lower part of the uterus. These infections can cause discomfort, bleeding, or pain. If left untreated, it can lead to problems like preterm labor or spreading to other parts of the reproductive system. Regular check-ups can catch infections early, and doctors can treat them with antibiotics.

## **Gestational Diabetes**

Gestational diabetes is a type of diabetes that only happens during pregnancy. It occurs when the body can't make enough insulin to keep the blood sugar level normal. This can cause problems for both the mom and the baby, such as the baby growing too large or the mom having high blood pressure. It can usually be managed with a healthy diet, exercise, and sometimes insulin shots.

## **Placental Abruption**

Placental abruption is a serious condition where the placenta (the organ that nourishes the baby) starts to separate from the wall of the uterus too early. This can cause heavy bleeding and deprive the baby of oxygen and nutrients. It can lead to premature birth or miscarriage. If this happens, the mom will need to get medical care quickly.

## **Ectopic Pregnancy**

An ectopic pregnancy happens when the fertilized egg implants outside the uterus, often in a fallopian tube. This is a dangerous situation because the egg can't grow properly. It may cause severe pain and bleeding. An ectopic pregnancy can't result in a healthy baby, and it requires surgery or medication to remove the egg and protect the mom's health.

## **Uterine Rupture**

A uterine rupture is when the uterus tears during pregnancy or childbirth. It's a rare but serious complication that can cause heavy bleeding and put both the mom and baby at risk. It can happen during labor if the mom has had a previous C-section or other surgery on her uterus. If it happens, doctors act quickly to prevent further harm and may need to perform an emergency C-section.

## **High Blood Pressure**

High blood pressure, also called hypertension, can be a serious issue during pregnancy. It means the

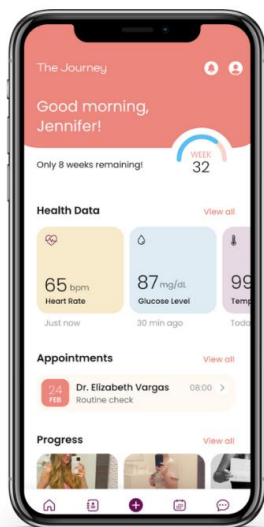
blood is pushing too hard against the walls of the blood vessels. If untreated, it can affect the mom's organs, like her kidneys and liver, and may lead to preeclampsia (a dangerous condition). Doctors monitor blood pressure carefully to make sure it stays healthy during pregnancy.

# Q2 - Journey - Blood Pressure



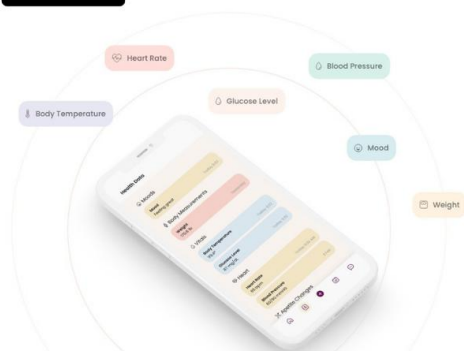
The Journey  
Pregnancy

**YOUR COMPANION FOR  
A SAFE PREGNANCY**



SCAN ME

**The Journey Pregnancy is your companion for a safe pregnancy.** Download The Journey Pregnancy for free. In just a few minutes each day, log your blood pressure, mood and more. Track your pregnancy health from the beginning and through your postpartum recovery.



@thejourneypregnancy  
@emaginetech

**emagine**  
SOLUTIONS TECHNOLOGY

## PARTICIPANTS NEEDED

The Journey Pregnancy App Study is funded by the National Science Foundation.

**We're studying how journaling pregnancy health in an app can improve outcomes.**

For using The Journey Pregnancy app daily as your pregnancy health journal, **you will receive:**

- Premium Blood Pressure Cuff (\$100 value)
- FitBit watch (\$150 value)
- \$50 digital gift card
- The chance to win \$100 Target gift card

The Journey  
Pregnancy



**All you have to do is log:**

- your blood pressure
- symptoms
- pregnancy health

Click on the QR Code today to participate in our research study



SCAN ME

\*Must be 13+ weeks pregnant AND 18+ years of age • questions@emaginetech.com

# Q2 - Maternal Mental Health



*MOMS: Sign-up for FREE support and services with nurture.*

*Remember, it's easier to organize potential services NOW before things become too overwhelming.*



## COMMON MENTAL HEALTH ISSUES

There are several mental health issues that can affect moms during and after pregnancy:

### 1. **Anxiety**

Pregnancy and parenting can also make some moms feel anxious. Anxiety is when someone feels worried or fearful, sometimes about things that might not even happen. Moms might worry about their baby's health or about being a good parent. While some worry is normal, anxiety can become overwhelming and affect everyday life.

### 2. **Post-Traumatic Stress Disorder (PTSD)**

Sometimes, mothers experience PTSD after a difficult or traumatic birth. This can happen if the birth was scary, dangerous, or unexpected. A mother with PTSD might have flashbacks, nightmares, or intense fear. It's important to recognize these signs and get help if needed.

### 3. **Obsessive-Compulsive Disorder (OCD)**

Some moms develop OCD after childbirth. This involves repetitive thoughts (like worrying something bad will happen to the baby) or actions (like cleaning or checking things over and over).

These feelings can be exhausting and hard to control. It's important for moms to get help if these thoughts and behaviors interfere with their daily life.

#### 4. **Depression**

Depression is one of the most common mental health issues during and after pregnancy. It's more than just feeling sad or tired—it can make moms feel hopeless, empty, or disconnected from their baby. Some moms might cry a lot, lose interest in things they used to enjoy, or have trouble sleeping or eating. These feelings can make it hard to care for themselves or their baby. If these symptoms last more than a couple of weeks, it's important to reach out for support and treatment.

## HOW TO HELP

Fathers play an important role in supporting maternal mental health. Here are some ways you can help:

#### 1. **Be Patient**

It may take time for a mom to adjust to the changes that come with pregnancy and parenthood. Being patient and understanding can make a big difference in how she feels.

#### 2. **Help with Everyday Tasks**

Offering to help with chores, cooking, or caring for the baby can reduce stress and give your partner some time to rest.

#### 3. **Support Seeking Help**

If you notice signs of depression, anxiety, or other mental health issues, encourage your partner to talk to a doctor or mental health professional. Seeking help early is important for getting the right care.

#### 4. **Take Care of Yourself**

Supporting someone with mental health challenges can be hard, so don't forget to take care of your own mental health too. When both parents are healthy, it's easier to care for each other and the baby.

## CHECK-IN STATEMENTS

If your partner is feeling down, listen without judgment. Encourage her to talk about how she's feeling and remind her that it's okay to ask for help. Use these **CHECK-IN STATEMENTS** from **nurtur**:

- *I noticed you have been sad/worried/stressed lately. You know I am always in your corner. Can you let me know how you have been?*

- *You've been dealing with a lot during this pregnancy. I know that it is normal that the stress from pregnancy can affect moms in different ways, but you do not seem like yourself lately and I want to make sure I support you properly. Can you tell me how you're feeling?*
- *I know this pregnancy has not been easy for you. I have some ideas based on what I have learned from being in the 4Kira4Moms training, but first I want to know your thoughts on how I can support you through this pregnancy to reduce your stress.*
- *I want the best for you and for our child, and your mental health matters to me. You know I would do anything for you, but I am not a professional. We may not traditionally jump to this as the first option, but do you think it is time for us to at least talk to your ObGyn/primary care physician or mental health professional to get an initial assessment and then you/we can decide from there what is best?*

# Q2 - Birthing Classes



**Now that you're in the second trimester, it's a great time to start thinking about birthing classes.**

These classes can help you and your partner feel more prepared, confident, and connected as you get closer to labor and delivery. Whether you're brand new to the idea or already exploring your options, there's no one-size-fits-all approach — and that's okay. In the next few slides, we'll introduce you to different types of classes you might find in your area. Talk them over with your partner or support group, and see what feels like the right fit for you both.

## 1. Lamaze Method

- **Focus:** This method emphasizes relaxation, controlled breathing, and education about labor and delivery.
- **Goal:** To help mothers manage pain and fear through breathing techniques, relaxation, and visualizations.
- **Key Features:**
  - Breathing exercises to cope with contractions.
  - Focus on the physical and emotional well-being of the mother.
  - Support for both partners in the birth process.
- **Ideal For:** Those who want an active, informed approach to childbirth, often without medication.

## 2. Bradley Method (Partner- Coached Childbirth)

- **Focus:** A natural childbirth method that encourages active participation from the partner.
- **Goal:** To achieve an unmedicated birth with less pain through deep breathing, relaxation, and coaching from the partner.
- **Key Features:**
  - Partner involvement in coaching and relaxation techniques.
  - Emphasis on a healthy diet and exercise during pregnancy
  - Natural pain relief through relaxation and support.
- **Ideal For:** Couples who want a natural, drug-free birth with a supportive partner.

## 3. Hypnobirthing

- **Focus:** Using self-hypnosis and relaxation techniques to reduce fear and pain during childbirth.
- **Goal:** To create a calm, serene birth experience by training the body to relax and release tension.
- **Key Features:**
  - Techniques include deep relaxation, visualization, and positive affirmations.
  - Focus on reducing the stress response to labor.
  - Helps the body remain relaxed, reducing the perception of pain
- **Ideal For:** Those interested in a peaceful, calm birth and who want to avoid medication.

## 4. Birthing from Within

- **Focus:** A holistic, spiritually focused approach to childbirth that explores emotional and psychological aspects of labor.
- **Goal:** To help mothers overcome fears, gain confidence, and connect with their inner strength.
- **Key Features:**
  - Combines physical relaxation techniques with mindfulness and emotional preparation.
  - Focus on inner exploration and intuition.
  - Includes creative exercises like art and journaling.
- **Ideal For:** Those who want a more emotionally and spiritually grounded approach to childbirth.

## 5. Water Birth Classes

- **Focus:** Preparing for a labor and birth in a water pool, where the mother experiences the benefits of water immersion during contractions.
- **Goal:** To ease pain and reduce stress by using the buoyancy and warmth of water during labor.
- **Key Features:**
  - Techniques for positioning in water.
  - Focus on natural pain management through warm water.
  - Learning when and how to use water during labor and delivery.
- **Ideal For:** Parents interested in water birth or those seeking a soothing, natural birth experience.

## 6. The Alexander Technique

- **Focus:** A method to improve body alignment, posture, and movement, reducing tension and stress during labor.
- **Goal:** To increase awareness of how the body moves and how to move in ways that reduce pain during labor.
- **Key Features:**
  - Teaching the mind-body connection and how to release tension.
  - Focus on deep breathing, posture, and gentle movement.
  - Reduces strain on the body during labor.
- **Ideal For:** Those who want to explore body alignment and relaxation to manage labor pain.

## 7. Active Birth

- **Focus:** Encourages mothers to be upright, mobile, and in control during labor.
- **Goal:** To allow the mother to choose the most comfortable position and move freely during labor.
- **Key Features:**
  - Emphasis on gravity to aid in the progression of labor.
  - Encourages movement, walking, and changing positions.
  - Uses techniques like pelvic rocking, squatting, and leaning.
- **Ideal For:** Parents who want an active and involved birth experience with minimal intervention.

## 8. Spinning Babies

- **Focus:** This method focuses on optimal fetal positioning to make labor and delivery smoother and reduce complications.
- **Goal:** To encourage the baby to get into the best possible position for birth, particularly for breech or back labor.

- **Key Features:**
  - Techniques like positioning, exercises, and body movements to turn the baby into the optimal position.
  - Includes tips on how to encourage the baby to move into a head-down position.
- **Ideal For:** Expectant parents dealing with breech presentation or back labor, or those who want to improve labor outcomes.

## 9. Cesarean Birth Preparation Classes

- **Focus:** These classes specifically prepare parents for a planned or emergency cesarean section.
- **Goal:** To educate parents about the cesarean birth process and help them prepare emotionally and physically.
- **Key Features:**
  - Information about what to expect before, during, and after a cesarean section.
  - Preparing for recovery and bonding with the baby post-surgery.
  - Addressing common concerns and fears surrounding the procedure.
- **Ideal For:** Parents planning for a cesarean or those who may be facing one unexpectedly.

## 10. Online or Virtual Birthing Classes

- **Focus:** Convenient, on-demand classes offered virtually for convenience and flexibility.
- **Goal:** To educate and prepare expectant parents for labor and delivery from the comfort of their home.
- **Key Features:**
  - Wide variety of topics, from labor basics to specific techniques (e.g., breathing, relaxation, and coping strategies).
  - Flexibility to learn at your own pace.
  - Often includes video demonstrations, printable materials, and access to instructors.
- **Ideal For:** Parents with busy schedules, those who prefer learning at home, or couples in remote areas.

## 11. Traditional Hospital or Birthing Center Classes

1. **Focus:** Classes often provided by hospitals or birthing centers, covering a variety of topics about labor, delivery, and postpartum care.
2. **Goal:** To help expectant parents understand hospital protocols, pain relief options, and newborn care.
3. **Key Features:**
  - a. Overview of labor stages, pain management, and medical interventions.
  - b. Hospital-specific policies and procedures.
  - c. Tour of the birthing facility.
4. **Ideal For:** Parents who want to understand the specific procedures and policies of their hospital or birthing center.

# Q2 - Weekly Support Planner



## Weekly Support Planner

Week Date: \_\_\_\_\_ - \_\_\_\_\_

Print one out for each week. Select 1–2 self-care goals to support your partner this week.

“Rest Up”: Focus on improving sleep and relaxation.

- ☐ Create a cozy bedtime routine (dim lights, white noise).
- ☐ Set a screen-free hour before bed.
- ☐ Handle night feedings or wake-up times to allow uninterrupted sleep.

“Nutrition & Hydration”: Support healthy eating and hydration habits.

- ☐ Prepare healthy meals/snacks or set up meal deliveries.
- ☐ Keep a water bottle nearby and refill as needed.
- ☐ Plan a grocery run to stock up on nutritious foods.

“Emotional Well-being”: Encourage mental health and emotional support.

- ☐ Suggest a relaxing activity like meditation or journaling.
- ☐ Spend quality time without distractions (e.g., take a walk together).
- ☐ Listen and provide emotional support without offering solutions.

“Physical Recovery”: Assist with gentle exercise or physical care routines.

- ☐ Encourage gentle stretching or postnatal exercises (if cleared by her doctor).
- ☐ Assist with any postnatal physical therapy exercises.
- ☐ Offer to take over baby care while she attends a fitness class or appointment.

“Social Connection”: Help her connect with friends, family, or support groups.

- ☐ Schedule time with friends or family who she finds supportive.
- ☐ Encourage participation in a local support group or community activity.
- ☐ Plan a low-key outing to spend time together as a family.

---

### Weekly Reflection

Reflect on the goals and actions you worked on (wins, challenges, adjustments).

--

# Q2 - Fetal Movement Tracker



## Fetal Movement Tracking and Counting

Fetal movement tracking (or kick counting) is a way to get to know your baby's normal movement patterns while they are inside the womb. A baby's movements are an important sign of their well-being, so kick counting is an important part of the pregnancy journey. This daily practice helps you and your partner know how the baby is doing. Here's how you can help track and count your baby's movements:

### Why is Tracking Baby's Movements Important?

Tracking your baby's movements helps you monitor your baby's well-being in between prenatal appointments. Babies move a lot in the womb, and by the start of the third trimester babies get into a regular pattern of movements. These movements show that the baby is active and growing. Research shows that a change in a baby's movement is often an early red flag in pregnancy that something might be going wrong. If the baby's movements change, it's important to call your doctor or midwife.

### When Should You Start Tracking Movements?

Most moms can start feeling the baby move around 18-25 weeks of pregnancy. At first, the movements may feel like little flutters or bubbles. As the baby grows, the movements will become stronger and easier to feel. Daily kick counts should begin at the start of the third trimester (28 weeks or 26 weeks if you are high-risk or expecting multiples).

### How to Track Baby's Movements

Here are the steps for tracking your baby's movements:

1. **Pick a Time to Count:** It's best to track movements at the same time every day and to pick a time when your baby is normally active (like after a meal or during a quiet evening time).

2. **Get Comfortable:** Your partner should sit or lie down in a comfortable position. You can help her get settled so she feels relaxed and can focus on feeling the baby move.
3. **Count the Kicks:** You can start counting when your partner feels the first movement. Every time she feels the baby move, count it as one movement. Movements are kicks, pokes, jabs, rolls, or swishes. The only thing that doesn't count are hiccups, since those are involuntary. Set a timer and see how long it takes your baby to move 10 times. The [Count the Kicks app](#) makes it easy to do a daily kick count. Download it now so that you'll be ready for the 3rd trimester with support in counting and tracking your baby's movement.



4. **Keep Track:** Write down how long it took to feel 10 movements. Some moms will feel 10 movements in 30 minutes or less, while others may take longer. Every baby and every pregnancy are different. The key is getting to know what's normal for your baby. safe It's normal for the baby to move at different times each day, but you should notice that the baby moves regularly during specific parts of the day.

## What to Do If You Notice a Change in Movements

If the baby's movements suddenly slow down, stop, or feel different than usual (like the strength of movements), it's important to speak up.

**Call the Doctor:** If the baby isn't moving like normal, or if you are worried, call your partner's doctor or midwife. They may want to check the baby's health to make sure everything is OK.

## When Should You Be Concerned?

You should always talk to the doctor if:

- If you notice a change in the strength of movements or how long it takes your baby to reach 10 movements.
- You notice the baby's movements suddenly stop or slow down a lot.
- Your partner feels worried about any changes in how the baby is moving.

## Conclusion

Tracking the baby's movements is a simple but important way to make sure the baby is healthy. It can also help you feel more connected to the baby during the pregnancy. By counting movements every day, you can quickly notice if something seems different and take action to keep both mom and baby .