

Your questions before the birth of your first child

You have just received confirmation of your first pregnancy... Whether it was a planned pregnancy or not, it will raise many questions along with various feelings depending on your current circumstances, perception and personality.

Receiving the right support will allow you to experience the major upheavals in the physical, emotional, and relational aspects of pregnancy with an easy mind.

1. The metamorphosis, minor ailments of the body and the mind:

Some signs of early pregnancy are not misleading, even if not all women experience them in the same way: nausea, even vomiting (usually beginning between 4 and 6 weeks of amenorrhea, peaking around 8 to 12 weeks and disappearing between 15 and 17 weeks), fatigue, firmer and more sensitive breasts that increase in size (back and cup). This is because as early as week 4 of your pregnancy, your breasts are growing milk ducts and lactocytes, preparing your body to feed your baby. These physical changes are often accompanied by questions and concerns about the prospect of soon transitioning from being a woman to being a mother. So long as you are supported by family and friends who offer a positive attitude, showing gratitude, admiration and joy in your new state and provides you with all the support you need, you should be able to deal with these changes calmly.

Expecting your first baby? Your questions answered

So you're pregnant for the first time. Congratulations! Whether the pregnancy was planned or not, you're bound to have lots of questions and a range of emotions, depending on your circumstances, attitudes and personality.

Over the next few months your body, emotions and relationships will undergo some major upheavals. Having the right support will help you get through them with ease.

1. Your changing body... and mind

Some signs of early pregnancy are unmistakable, even if not all women experience them in the same way. Feelings of nausea – and, yes, actual vomiting – begin for many women four to six weeks after their last period, peaking at around eight to 12 weeks and usually disappearing between 15 and 17 weeks. Fatigue is another common symptom, as are firmer and more sensitive breasts that increase in size – both back and cup measurements. This is because as early as week four of your pregnancy, your breasts are growing milk ducts and lactocytes (milk-producing cells), preparing to feed your baby.

These physical changes are often accompanied by questions and concerns about the prospect of becoming a mother. Try to surround yourself with family and friends who offer a positive attitude, celebrating your pregnancy and calmly supporting you through any anxieties or ailments.