

Enjoy Your 2nd Trimester!



This E-Book is brought to you by **Gas4Free** Technologies at TripleGasMileage.com
Download Powerful **Top Secret Water Car Hybrid Technology** eBooks
and Convert Your Car to **Burn Water + Gasoline** Today!

Enjoy Your 2nd Trimester!

By Adwina Jackson

Congratulations! Your pregnancy now comes to the second trimester, which is within weeks 13 through 27. Your morning sickness has faded away gradually by now. This means, you should be feeling better than before.

It's actually the stage when you experience the most enjoying moment with your pregnancy. You'll feel energetic and full of vitality. You can do a lot more than when you were in the first three months.

However, this does not mean you can do anything you want. You still need to be cautious about what you do and avoid doing too many activities.

Check out the points below to guide you in going through this invigorating phase:

1. Control your appetite. Compared to the previous trimester, it's improving now. Try not to overeat and watch out for getting overweight. Get balanced nutritious food instead of fast food.
2. Handle leg cramps by straightening and lifting up your legs for several minutes. If you get cramp, move your toes upward and hold for a few seconds.
3. Carry out 'low impact' exercise. Getting pregnant does not mean you do not need exercises. They are even needed at this time. Swimming, yoga, and walking are good exercises for pregnant women. Ask your hubby or friends to join you.
4. Perform Kegels to strengthen pelvic floor muscles. Simply squeeze the muscles for a few seconds and let them relax just like when you stop and start urine flow. Do it several times a day as trained

Enjoy Your 2nd Trimester!

muscles can make labor easier.

5. Enjoy love-making with your husband. These months are the most comfortable time for both of you to do it.

Besides you'll be enjoying this second trimester, another incredible thing is coming up. In the 22nd week of your pregnancy, the tiny little creature in the womb is about to make a little move. Wow! You won't believe it's true `til you feel it by yourself

Enjoy your pregnancy.

Adwina Jackson is a wife and mother of a young boy. She's also the editor of Inspiring Parenting, an online source of valuable parenting information. Please visit

<http://www.InspiringParenting.com>

for

helpful and free parenting info. Observe your children's health, growth and development by clicking the website.

A Simple Guide To Pregnancy – For Guys

By Gabriel Adams

So - you're an expecting couple, aye? There are many books and guides out there on pregnancy, but most of them are targeted at the woman. This article is a very basic guide to pregnancy, targeted at men, so you can support your wife / girlfriend through the process and be involved in the pregnancy.

The pregnancy is divided up into three periods of about three months each. They are called the first trimester, second trimester, and third trimester. Here is what you can expect in each trimester.

The first trimester is the first 14 weeks. During the first trimester, your baby will grow from a microscopic size to the size of a small melon. By then end of the first trimester, the baby will have defined facial features and you will be able to determine the sex of the baby with an ultrasound.

During the first trimester, the mother may begin experiencing morning sickness, and or unstable emotions. Be loving, supportive, and communicate as well as you can with your wife / girlfriend.

The second trimester is the 14th to 28th weeks of the pregnancy. During the second trimester, the mother will generally have much less morning sickness and nausea. The baby will be growing rapidly - weighing in at about two pounds by the 28th week.

The third trimester is from week 28 to birth. During the third trimester, the baby is nearly completely formed, and can live with specialized care, should it be born early. The mother will likely have various

Enjoy Your 2nd Trimester!

physical discomforts due to the growing baby, such as backaches, trouble sleeping, heartburn, etc. As throughout the rest of the pregnancy, communication, support, and love are very important.

As the baby's due date nears, you'll have many decisions to make with your wife / girlfriend, with help from your doctor. Of course, you'll want to pick out name(s) too!

Check out our resources on baby parenting and pregnancy:

<http://www.baby-parenting.com>

This PDF eBook is for free information distribution/sharing only, it cannot be sold.

This E-Book has been brought to you by **Gas4Free** Technologies at TripleGasMileage.com
Download Powerful **Top Secret Water Car Hybrid Technology** eBooks
and Convert Your Car to **Burn Water + Gasoline** Today!

