

## Using Your Pregnancy Calendar

Your pregnancy calendar is a daily calendar that gives you information about your pregnancy and details how your baby is developing. You can personalize your own calendar in relation to the date that you became pregnant. Pregnancy calendars tend to cover 40 weeks and are helpful in giving you an idea of your baby's due date.

To start with, it can be difficult to know exactly when you became pregnant and the first date of your pregnancy calendar is usually estimated. The estimated start date of your pregnancy calendar is initially calculated from the date of your last menstruation. The general rule is that you could have become pregnant two weeks from your last period and this is the beginning of your pregnancy calendar. Clearly this may not be completely accurate but gives the woman an idea of when her baby will be born.

After you have your initial ultrasound scan of your baby your health professional can take the measurement of the developing fetus to assess how far along on your pregnancy calendar you actually are. This method is the most accurate way of determining the due date for your pregnancy calendar.

Every pregnancy calendar is separated into three trimesters. The first trimester of your pregnancy calendar goes for 12 weeks and is the most crucial part of the baby's development. It is important to use your pregnancy calendar to make sure that you treat the first three months with particular care. You should adopt a healthy eating diet and take vitamins that are recommended by your health professional to guarantee that your baby develops properly. Near the end of the first trimester the task of growing new body structures will be complete. All the parts of the growing baby have developed by this point, including fingernails and toenails, and even the sex organs.

During the second trimester of the pregnancy is where most women start to put on weight and begin to look pregnant. It is also the point where some women stop feeling morning sickness, but not all of them! The baby is now concentrating on growing and the second trimester is also the stage in the pregnancy where the cerebral cortex of the brain is truly developing.

You can find specific information about the various stages of your pregnancy by consulting your health professional, books or websites. There are a large number of websites that give you the opportunity to customize your own pregnancy calendar based on the date of your last period or your estimated due date. These sites can email you important information to help you grasp the changes that your body is undergoing, as well as the baby's development. You can use your pregnancy calendar to help you plan for the big day as well.