

Birth Arts
Doula Education Programs



**Walking with Women
Through the Labyrinth of Birth.**
www.birtharts.com

Attach practice information here. Address label or card.

EMOTIONAL CHANGES

Pregnancy can be both unspeakably wonderful and incredibly challenging, and you have become used to handling these mixed emotions. You may find the third trimester emotional changes different than the first and second in the following ways.

EUPHORIA

Some experience a natural high quite different anything you've ever felt, a combination of feeling special and proud, and wanting the whole world to recognize how important you are.

THE NEED FOR ALONE TIME

You may feel the need for alone time, a time away from the hustle and bustle of family life. This is normal. Use this time to center and ground yourself in your pregnancy.

NESTING

Many women feel a renewed desire this month to tie up loose ends at work, organize the photo albums, clean out closets, or catch up on social obligations. Often the nesting instinct, the desire to wallpaper the nursery and scrub the house for the baby, kicks in this month, though others do not show this obsession with getting things in order until the eighth or ninth month. Although you have more energy than you have recently remember, "don't overdo it". Keep in mind, your main concern is making sure you have the energy you need to take care of yourself and grow your baby. To do this, you will need to become good at delegating. You might as well begin delegating responsibilities to your mate now; in the first few weeks after the baby arrives, his help will be crucial to your survival. (Dr. Sears, www.askdrsears.com)

OVERWHELMED BY BIRTHING DECISIONS

You may be attending childbirth education classes and reading a lot of different birth information at this time and you may be feeling overwhelmed. Be patient with yourself and go with the choices that feel the best for you and don't be afraid to ask questions.

©Demetria Clark