



# You're Having a Baby

## Your Experience of the First Trimester

(From conception to fourteen weeks)

How are you feeling physically? \_\_\_\_\_

---

---

---

---

---

---

---

---

Describe your emotions at this point: \_\_\_\_\_

---

---

---

---

---

---

---

---

What are your friends and family members thinking about your pregnancy and baby? \_\_\_\_\_

---

---

---

---

---

---

---

---

What are you doing to prepare for your baby? \_\_\_\_\_

---

---

---

---

---

---

---

---

