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Check Pregnancy Progress with a Calendar and Check Ups by Debra Aspinall

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Every woman wants to know what is happening to her body when she is pregnant, so itâ€™s reassuring as well as fascinating to follow your progress â€“ and the growth of your baby â€“ on a pregnancy calendar

This may be a month by month summary or a more detailed week by week report and could be in a baby care book or online on one of the excellent pregnancy websites.

While no two pregnancies are ever exactly the same, the growth of your tiny fetus into a fully-formed baby ready to be born, will follow the same well trodden path. So baby X at 12 weeks will be very similar to baby Y.

A good pregnancy calendar will also cover the changes to the expectant mumâ€™s body from conception up to week 40.

The calendar will run to week 40 despite many babies being born, fully developed, around the 37th or 38th week.

Thatâ€™s because due dates are calculated from the dates of the womanâ€™s last known menstrual peri and not usually the conception date so a two week fluctuation is not unusual.

At the same time as following your progress on a pregnancy calendar itâ€™s a good idea to keep a diary of your feelings throughout, along with any symptoms and expected â€“ or unexpected â€“ side effects so these can be discussed with your midwife or GP at check-ups.

Once you are confirmed as pregnant your GP will book you in for your first antenatal check-up towards the end of the first trimester at 8 to 10 weeks, and arrange a â€˜datingâ€™ scan to confirm how many weeks pregnant you are.

Most antenatal care is either GP - or midwife-led for women with normal low-risk pregnancies. You may also see an obstetrician (a hospital doctor who specialises in childbirth) at the beginning and end of your pregnancy, or more frequently if you are having twins, or develop complications or want to discuss something specific, such as an elective Caesarean (a pre-planned delivery by Caesarean section).

If itâ€™s your first pregnancy, you will have up to 10 check-ups unless there are any complications, (around seven is more likely if youâ€™ve had a baby before).

Being pregnant is regarded as a normal life event and not an illness so donâ€™t feel alarmed if your GP doesnâ€™t want to see you all the time.

You can use the pregnancy calendar in between visits to make sure you are following the usual pattern for being pregnant.

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Debra Aspinall is an experienced journalist and the editor and leading writer for the Emmaâ€™s Diary website, one of the UKs foremost pregnancy and baby websites. She writes on a getting pregnant, a pregnancy calendar, having a baby, and etc. If you are searching for pregnancy information, please visit us at Emmasdiary.co.uk.

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