

Track Your Pregnancy Progress With A Pregnancy Calendar

To help you manage the unbearable waiting times associated with your pregnancy, a pregnancy calendar can help track your progress as well as provide invaluable memories of your pregnancy. For 9 months, a mother-to-be watches her body transform from the shape she knows, to something that is a life support system for the baby growing inside her.

1. Keep Track Of Your Growth

Whether it is something that she can pin on the wall, or something that she has on a file on her computer, or even a website where she has a login-in that takes her direct to her page, the calendar will show at a glance how far she has left to go in her journey towards motherhood. Many of these daily pregnancy calendars will give tips on how to cope with the different pregnancy symptoms that occur during the different stages, such as heartburn, sleeplessness, and Braxton Hicks. Some of them also offer some great informative articles on morning sickness, labor stages and breastfeeding. It's comforting to know that the many symptoms and discomforts that you feel are perfectly normal for your particular week of pregnancy. It might be fun to join a forum and chat with other moms-to-be about how they are feeling.

2. Online Calendars Are Available

The online daily pregnancy calendars give even more information. There are even illustrations of how the baby looks during each trimester. She can actually visualize the baby behind the bump and see her baby progress in her mind. It's also possible to purchase a daily pregnancy calendar book where each day you can journal about how you are feeling, any symptoms or check-ups you have, noting the cravings or weight gains, or even preserving the little things you want to say to the baby. Once complete this provides the new mother with a precious picture of the journey she took bringing her baby into the world.

3. Results For Your Doctor

There is a practical purpose behind a pregnancy calendar - if there are any complications with the pregnancy your doctor will have a complete picture of the development of you and your baby during this time and may be able to pinpoint the problem. For example, by recording your meals in the calendar the doctor may be able to link a specific allergen to the welfare of your baby and recommend the removal of that food item from your diet. Babies do not always have the same allergies as their parents.

Source: <http://www.articlecircle.com>

About the Author

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