

1st Trimester

Common symptoms

- Nausea/"morning sickness"
- Bloating
- Food aversions
- Food cravings
- Swollen and tender breasts
- Sensitive nipples
- Night sweats
- Insomnia
- More frequent urination

Symptom management

- Rest
- More sleep, naps when possible
- Smaller, more frequent meals
- Hydrate: water, add lemon/lime, coconut water
- For nausea: Ginger, supplemental B6 and/or magnesium

Training Adaptations

- Go with your energy
- Sleep > workout if needed
- Manage core and pelvic floor pressure
- More than nothing mindset
- Start modifying/"risk vs. reward"
- Shift
- SOGO
- Butts and Guts with Mama Mods
- Sandbag
- Core flexion
- Functional Progressions
- Adopt "walking practice"

Mindset & Baby Prep

- Find trusted providers/schedule appointment
- Trust your body
- Ask questions/communicate concerns to provider
- Connect with other expecting mamas
- Start reading/listening without overwhelm
- Prioritize your physical and mental health

Additional Resources

- [Surviving the First Trimester](#)
- [Motherhood Resource List](#)
- [Mama Modifications](#)
- [Functional Progression](#)
- [Prenatal Maintenance](#)
- [SP Mamas FB group](#)

2nd Trimester

Common symptoms

- Shortness of breath
 - Food cravings
 - Nausea
 - Constipation
 - Heartburn
 - Increase in discharge
 - Itchy skin/belly
 - Anxiety
 - Frequent urination
- See pelvic floor PT and/or chiropractor if:
- Round -ligament pain
 - Pelvic pain, pressure, or tightness
 - Back or hip pain
 - Sciatica
 - Leaking urine

Symptom management

- Pregnancy pillow
- Neutral pelvis
- 360 breathing
- Squatty Potty
- Move gently
- Seek body work: chiropractic (Webster Technique), prenatal massage, etc.
- For heartburn: 1-2 tsp. raw apple cider vinegar mixed with water water and ginger or chamomile tea
- Moisturize belly
- Pelvic floor PT
- Pro Tips [Effective Bowel Movements](#)

Training Adaptations

- Choose dumbbells over barbells
- Use sleds/sandbags/odd objects
- Manage impact/pelvic floor pressure
- Avoid core flexion and bearing down to move or breathe
- Develop strict pushing and pulling strength
- Start a Maintenance practice/routine
- Start a "down regulation" practice for calming the nervous system
- Move for joy
- Remember: Just because you can doesn't always mean you should

Mindset & Baby Prep

- Labor and birth prep
- Self care
- Remember: this is a season
- Respect your body's power and magic
- Baby registry
- Build trust with birth team (i.e. ob/gyn, midwives, doula, partner, etc.)
- Schedule hospital/birth center tours

Additional Resources

- [Motherhood Resource List](#)
- [Mental Health Support for Mamas](#)
- [Warning Signs of Pelvic Floor Dysfunction](#)
- [Prenatal Maintenance](#)
- [Functional Progression](#)
- Find a pelvic floor practitioner: [Pelvic Guru / Pelvic Rehab](#)
- [Be Her Village](#)

3rd Trimester

Common symptoms

- Fatigue
- Insomnia/trouble getting comfortable
- Heartburn
- Leg cramps
- Braxton Hicks/false labor pains
- Decreased appetite
- Nausea
- Anxiety
- Lightening crotch
- Overall discomfort
- See pelvic floor PT and/or chiropractor if:
- Pelvic pain, pressure, or tightness
- Back or hip pain
- Sciatica
- Leaking urine

Symptom management

- Rest & sleep
- Seek body work: chiropractic (Webster Technique), prenatal massage, etc.
- Epsom salt baths
- Magnesium oil or lotion
- Prenatal Maintenance
- For heartburn: 1-2 tsp. raw apple cider vinegar mixed with water water and ginger or chamomile tea
- Pelvic floor PT
- Pro Tips [Round Ligament Release & Pubic Symphysis Dysfunction videos](#)
- Deep breaths

Training Adaptations

- De-load
- Down-regulate
- Intentional movement and rest
- Quality > quantity
- Shift
- Bodyweight
- Walking
- Connect with/relax pelvic floor
- Practice breathing techniques
- Strict/accessory lifts over Olympic lifts
- EMOMs/intervals and contractions/surges
- Remember that working out up until birth is not required and not always productive

Mindset & Baby Prep

- Labor and birth prep
- Postpartum and newborn life prep
- Birth, breastfeeding and/or bottle feeding, and newborn care classes
- List birth wishes list
- Labor/birth affirmation cards
- Relax, nest, spend time with your partner or alone
- Buy any healing supplies you may need
- Lean into uncertainty and trust your body, baby, and care team
- Make freezer meals/stock pantry for postpartum
- Set up meal train
- Self care
- Gather postpartum care team
- Talk with other moms

Additional Resources

- [Motherhood Resource List](#)
- [Prenatal Maintenance](#)
- [Immediate Postpartum Healing & Support Tools and Tips](#)
- [Nourishing Recipes for the Fourth Trimester](#)
- [Mental Health Support for Mamas](#)
- Find a pelvic floor practitioner: [Pelvic Guru / Pelvic Rehab](#)
- [Be Her Village](#)
- [Postpartum Recovery & Fourth Trimester Bundle](#)

