

Early Signs of Pregnancy

Name _____

Unscramble these words to identify the early signs of pregnancy. On the back of paper describe why each event happens at the beginning of pregnancy.



DSISEM
DRIPEO



GLINTOAB



SIZSIZEND



DREENT
STARBES



SAUNAE



IDNOMSOES



TUEGFAI



TRINUAE
NOTFE

Reason for these early signs of pregnancy:

Missed period. If you're in your childbearing years and a week or more has passed without the start of an expected menstrual cycle, you might be pregnant. However, this symptom can be misleading if you have an irregular menstrual cycle.

Bloating. Hormonal changes during early pregnancy can cause you to feel bloated, similar to how you might feel at the start of a menstrual period.

Dizziness in pregnancy is due to the rising hormones that cause your blood vessels to relax and widen. This helps increase the blood flow to your baby, but it slows the return of the blood in the veins to you. This causes your blood pressure to be lower than usual, which can reduce the blood flow to your brain, temporarily causing dizziness.

Tender breasts. Early in pregnancy hormonal changes might make your breasts sensitive and sore. The discomfort will likely decrease after a few weeks as your body adjusts to hormonal changes.

Nausea. Morning sickness, which can strike at any time of the day or night, often begins one month after you become pregnant. However, some women feel nausea earlier and some never experience it. While the cause of nausea during pregnancy isn't clear, pregnancy hormones likely play a role.

Moodiness. The flood of hormones in your body in early pregnancy can make you unusually emotional and weepy. Mood swings also are common.

Fatigue. Fatigue also ranks high among early symptoms of pregnancy. During early pregnancy, levels of the hormone progesterone soar — which might make you feel sleepy.

Urinate Often. You might find yourself urinating more often than usual. The amount of blood in your body increases during pregnancy, causing your kidneys to process extra fluid that ends up in your bladder.