

# The Second Trimester: The Next Step of Your Pregnancy Journey



CONTRA COSTA  
HEALTH

Heading into your second trimester of pregnancy or wondering what it will be like when you are pregnant? Here's what to expect. The second trimester spans from weeks 13 to 28. A full-term pregnancy generally lasts about 40 weeks, which is counted from the first day of your last normal period. For many people, the second trimester is easier than the first. Morning sickness and fatigue have stopped, and generally you'll feel more energetic and more like you did before you got pregnant.

## Your Changing Body

You may experience some (or all) of the following changes during the second trimester.

- **Breasts:** They'll continue to develop milk glands and grow but will feel less tender. Skin on and around nipples may darken. Small glands will release an oily substance to keep the nipples from drying out. A yellowish fluid (colostrum) may begin leaking.
- **Skin:** Stretch marks are caused by your growing belly. If possible, meet your doctor's recommended weight goals to minimize them. They often fade after pregnancy. Moisturize to relieve itchy skin. Wear strong sunscreen because of increased sun sensitivity. A dark line can form down the middle of your belly from your navel to your pubic hair. Patches of darkened skin on your face may form.
- **Body:** Leg pains and cramping. To help, sleep on your side. Contact your health care provider right away if one leg becomes painful and swollen.
- **Swelling in your ankles, hands and face.**
- **Back, pelvis and hip aches.** This happens from the stress of your growing belly and hormones that relax ligaments to prepare you for childbirth.
- **Loose teeth or bleeding/swelling gums.** Loose teeth may occur because of relaxed ligaments in your mouth. They return to normal after pregnancy. If you have bleeding or swelling in your gums, see your dentist to check for periodontal disease.
- **Mild stomach pain** and cramping from your growing uterus. Heartburn.
- **Urinary tract infections (UTIs)** can be caused by hormones and the growing uterus preventing your bladder from emptying completely. Check with your health care provider; untreated UTIs can cause early labor.
- **Irregular contractions** (Braxton Hicks) that go away quickly. If contractions become regular, painful and persistent, **contact your health care provider right away or visit the emergency department.**

## Changes in Your Baby

The baby grows from about 6 inches and 4 ounces to about 14 inches and 2¼ pounds.

- Although the baby has always been moving, you'll feel its movements more often.
- Near the end of your second trimester, you may notice the baby's sleep and waking cycles.
- In the middle of this phase, the baby's sex should be clear from an ultrasound.
- By the end of the second trimester, the baby has an active digestive system, air sacs forming in the lungs and a rapidly developing brain.



# Pregnancy Resources (RMC)

We want your feedback.  
Take our quick survey!



## Get Connected

You can access the following services to help you during your pregnancy journey. If you have questions about pregnancy or your services, call **Member Services** at **877-661-6230** to learn more or get connected to a provider.

### Doula Services

A Doula is a birth worker who helps you during pregnancy, birth, and after your baby is born to make your journey easier. They help parents and babies stay healthy.

#### How can they help?

##### Doulas can help you:

- Write a birth plan.
- Learn about pregnancy and postpartum.
- Navigate your care options.
- Connect with community resources.
- With physical and emotional support during labor, birth, and after.
- With breastfeeding.

##### How to get a doula:

- Scan the QR code to learn more or find a doula that works with CCHP.
- Call Member Services at **877-661-6230**.



### Health Education

Get access to health tips, self-management tools, and more information on mental health by visiting [healthed.cchealth.org](http://healthed.cchealth.org) or scanning the QR code.



### Healthy Start

Healthy Start helps pregnant individuals get the care they need for a healthy baby. Healthy Start is with you through every step of the journey. You can get pregnancy tests, screenings, prenatal vitamins, education, and more.

##### Call to get started:

- Pittsburg Healthy Start: **925-431-2345**
- Martinez Healthy Start: **925-370-5495**
- West County Healthy Start: **510-231-9469**

### Baby Steps - Case Management

CCHP's Case management makes sure getting your care is as easy as possible. Case managers can help you make appointments, find services, connect you to programs, and more. They will help you get the care you need. CCHP offers in-person and telephone case management services.

##### How to get Case Management Services:

- Call CCHP Case Management at **925-313-6887**.
- Ask your provider for more information.

### Women, Infants, and Children (WIC)

WIC helps those who are pregnant, have recently given birth, or have experienced pregnancy loss. They also help infants and children up to 5 years of age. **WIC gives nutrition tips, breastfeeding support, and access to healthy foods.**

They can also refer you to health and community services.

For more information or to apply, scan the QR code.

