

Trimester Two

Guide



What to Expect
During Weeks 13
to 27 of Your
Pregnancy

Understand your
baby's growth
and the changes
in your body
during the middle
phase of
pregnancy.

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What Happens in *Trimester* ②

Weeks: 13–27

The second trimester is often called the most comfortable phase of pregnancy.

Your baby grows rapidly, and many early symptoms begin to ease as your body adjusts.



Second *Trimester* Milestones

Your baby is developing:

- Stronger bones and muscles
- Noticeable movements (quickening, around weeks 18–22)
- Hair, eyebrows, and eyelashes
- Ability to hear sounds
- Organs continue to mature



Your baby is becoming more active and responsive inside the womb.

Changes in Your *Body*

Common experiences include:

- Growing baby bump
- Reduced nausea and better appetite
- Back pain or body aches
- Skin changes (like pigmentation or stretch marks)
- Mild swelling in the feet and ankles



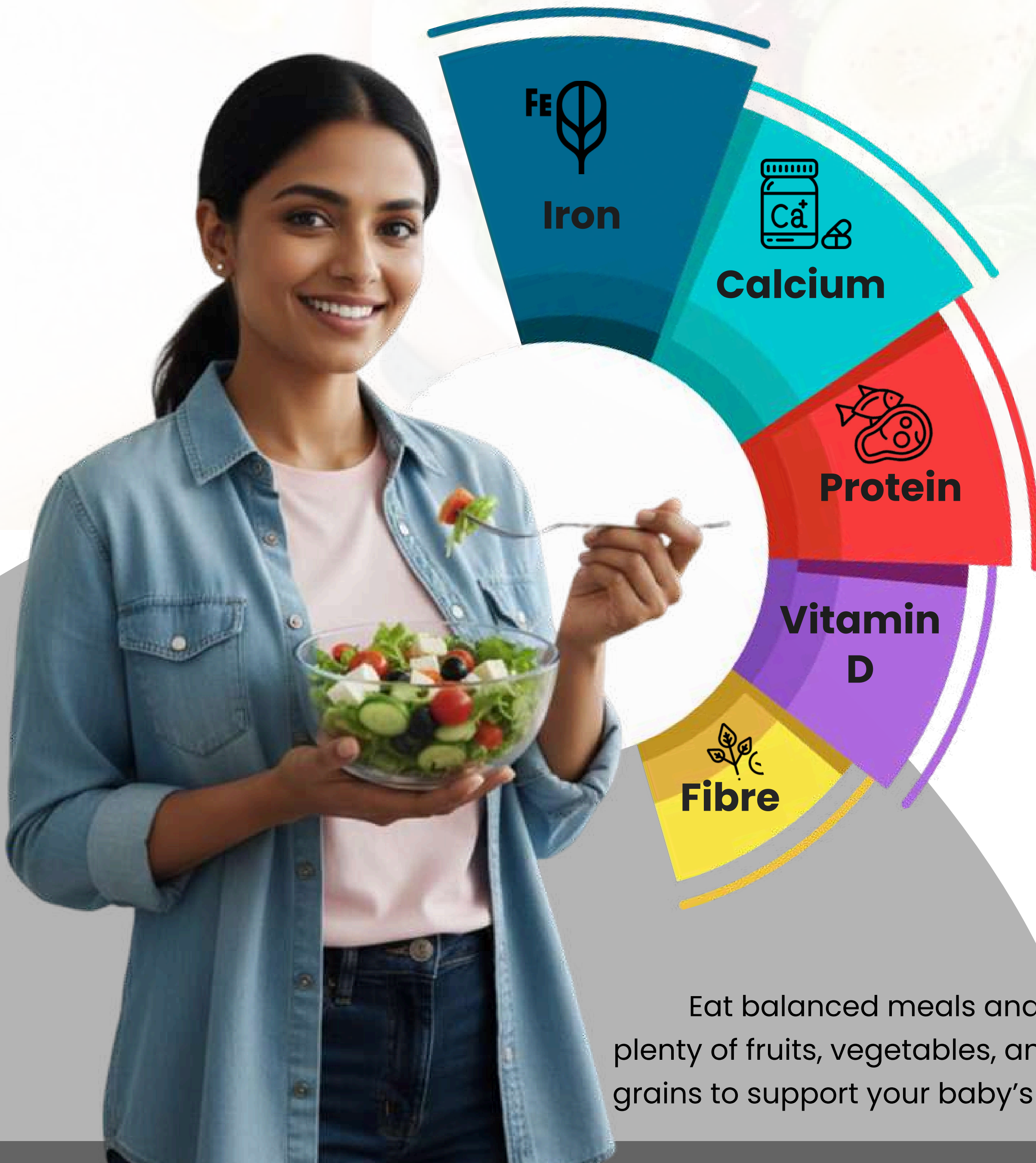
Tip:

This is often the time when you may start feeling more energetic and comfortable.

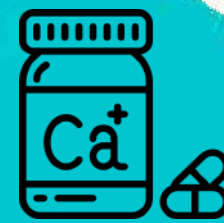


Nutrition

Focus on nutrients like:



Iron



Calcium

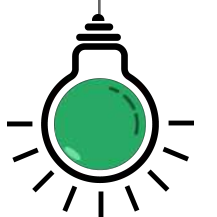


Protein

**Vitamin
D**



Fibre



Tip:

Eat balanced meals and include plenty of fruits, vegetables, and whole grains to support your baby's growth..

Lifestyle Habits That *Help*

Helpful daily habits:



**Sleeping on your side
(preferably left side)**



**Maintaining
good posture**



**Sleeping on your
side (preferably left
side)**



Staying hydrated



**Wearing
comfortable
clothing and
footwear**



Important Check-ups & *Tests*

You may be advised:

**Anomaly scan •
(around 18–22 weeks)**

**Blood tests for •
glucose screening**

**Blood pressure •
monitoring**

Urine tests •

Regular prenatal check-ups help track your baby's growth and detect any concerns early.



Warning Signs to Watch For

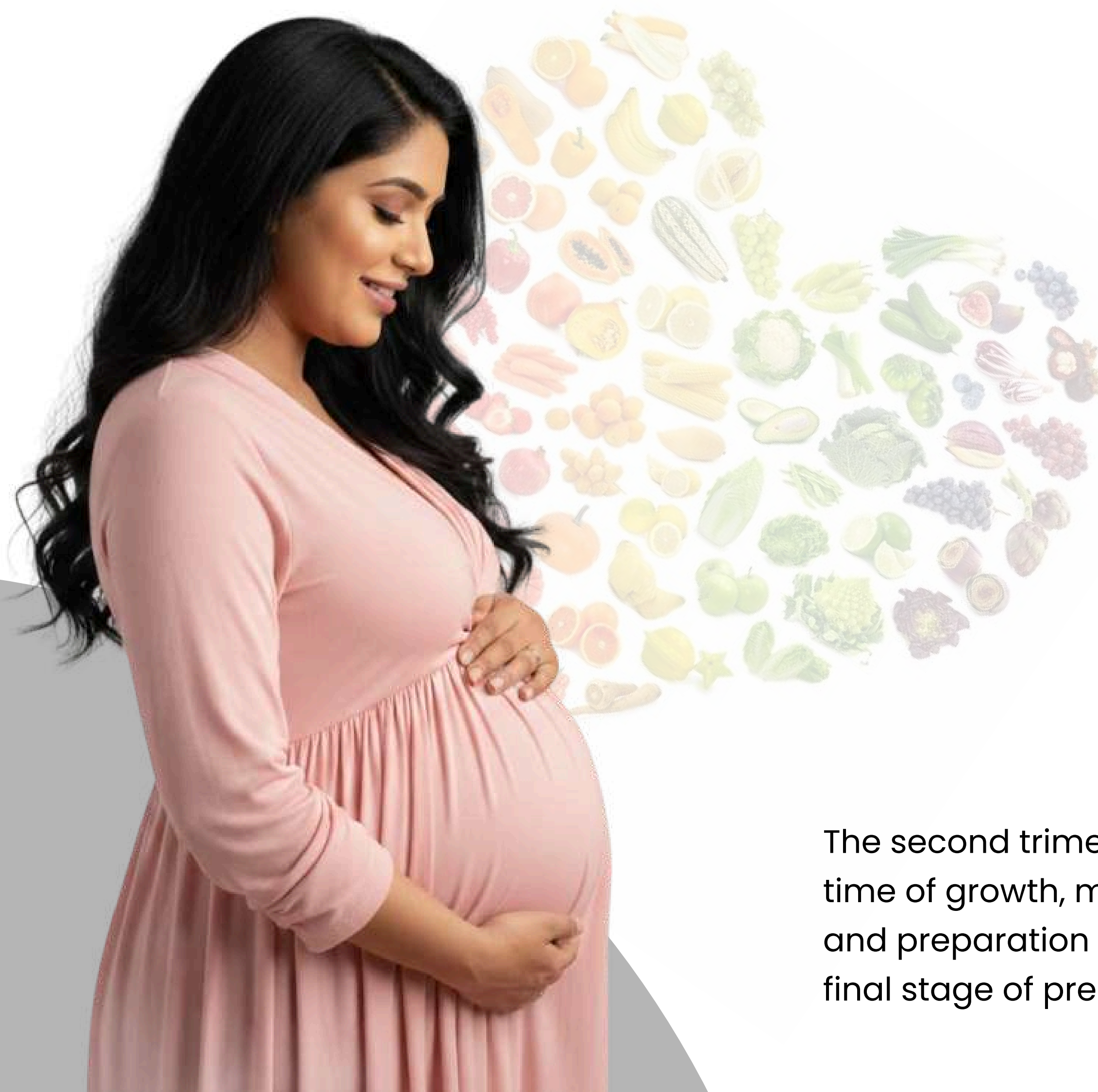
Contact your doctor if you experience:

- Severe abdominal pain
- Vaginal bleeding or fluid leakage
- Sudden swelling in hands or face
- Severe headaches or vision changes
- Reduced or no baby movement after it has started



Key Takeaways

- Enjoy this more comfortable phase of pregnancy
- Keep up with balanced nutrition and exercise
- Stay consistent with prenatal appointments



The second trimester is a time of growth, movement, and preparation for the final stage of pregnancy.

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