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A normal pregnancy lasts around 37 to 42 weeks, or an average of 40 weeks from the first day of a womanâ€™s last period.

Pregnancy is divided into thirds, called trimesters. It's an easy way to describe and earmark the changes that happen to both mum and baby during pregnancy.

The first trimester is week one to week 12, the second is week 13 to week 27, and the third is week 28 to week 40.

Many couples choose not to tell many people their news until the woman enters the second trimester of pregnancy. There can be several reasons for this. One is that the first trimester is the time when the majority of miscarriages occur so women feel more secure in their condition once they are through the first trimester of pregnancy.

Some women may of course sail through the first trimester without even having any signs of pregnancy so for them the pregnancy starts at the beginning of the second trimester.

Some couples choose not to share their news to give them time to settle into the idea and share this wonderful secret between them, or to shorten the length of time that friends and family are â€œwaitingâ€• for the happy event. Forty weeks can go very slowly for some people.

Itâ€™s usual for pregnant women to feel quite different in their second trimester.

At week 14 it is possible you could still be experiencing nausea. But in the majority of cases morning sickness and fatigue should now have passed and mums-to-be should experience a more energetic phase with possibly an increased libido!

There are other physical changes as a woman moves from the first trimester to the second trimester of pregnancy; your breasts should be less sensitive and as the uterus grows your belly will be pushed out and the pregnancy more visible.

At this stage mums-to-be will start planning ahead for the birth, but you mustnâ€™t neglect your own needs and must continue to look after yourself.

Continue with your healthy diet and exercise and try to avoid the baggy old sweat pants look because if you feel good about your appearance you will take more care of your body.

You may be experiencing some strange food cravings â€“ although these can occur at any time they are more likely to start during the second trimester of pregnancy. Whatever foods make it onto your wish list now, just remember that you donâ€™t need to eat for two.

Keep to a healthy diet and you wonâ€™t have to struggle with losing unwanted baby weight after the birth.

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