

The 3rd Month (9 to 12 weeks)

Some changes you may see:

- You may get dizzy if you stand too long.
- You may get constipated.
- You may have heartburn.
- You may start feeling better and not have morning sickness anymore.

What is a food craving?

A craving is an urge for a certain food. Also, sometimes women crave things that are not food — like chalk or dirt. If you have that kind of craving, don't eat it! It is important to let your doctor know about this.

Can I travel during pregnancy?

You can travel during pregnancy as long as your doctor says it's OK.

Things you can do:

- Eat 4 to 6 small meals during the day instead of 3 big meals. This will help ease heartburn.
- Drink 6 to 8 glasses of water every day.
- If you feel constipated, eat foods high in fiber and be sure to drink plenty of fluids.
- Do not take a laxative. If you continue to have problems with constipation, be sure to let your doctor know.
- Cut down on junk food and soda. Eat fruits and vegetables and drink juice instead.
- Cut down on fried food and fat. This can help you feel less sick.