

The second trimester of your pregnancy is from week 13 to week 28. As well as feeling and looking more pregnant, you may also have more energy than you did in the first trimester.

Our Couples

Watch the second trimester experience through the lives of three couples:

Mariah & Tyler—engaged and pregnant with their first baby .

Laila & Joseph—married and pregnant with their fifth baby.

Mikayla & Kyle—broken up and pregnant with their first baby.

Laila & Joseph

Laila's symptoms have changed from when she was in her first trimester. She is now feeling a lot of movement, and she has a lot more energy than she did.

Mikayla & Kyle

Mikayla's baby is now a foot long and weighs a little over one pound.

Mariah & Tyler

Mariah feels that people view them like they are kids who are not ready to be parents. But Mariah feels that she and Tyler are more mature and ready to be parents. She feels like they're married because they have a baby on the way, they live together, they have their own car, he works, and she stays home.

Boy or Girl

Mikayla & Kyle

Mikayla and Kyle are pretty certain they're having a girl. They are going to send a gender reveal to her sister, Tyler's mom, and his co-workers. They're going to name their baby Madeline Rae.

Mariah & Tyler

Mariah and Tyler now know they're having a girl. From the ultrasound, Tyler thinks their daughter has his feet, lips, and chin.

Laila & Joseph

Laila and Joseph planned a small gender reveal and found out they are having a boy!

Medical Concerns

Mariah & Tyler

Mariah is still concerned that she will not carry her baby full-term due to her small size. She is due March 28. She was experiencing Braxton Hicks contractions that were intense and painful, so they went to the ER. They discovered she was 3 CM dilated, so, now she has to take it very easy and cannot have sex.

Mikayla & Kyle

Mikayla stopped her anxiety medication for a while but her dizzy spells still continued, so she resumed taking it. Their doctor was concerned about an ultrasound that showed some spinal fluid on their baby's brain, but it turned out that everything was normal.

Second Trimester Symptoms

Laila & Joseph

Laila feels better since her morning sickness is over. She is experiencing some aches and pains, migraines, back pain, and just doesn't fully feel like herself. Laila is planning on using a pregnancy belt to support her pelvic area to help alleviate her back pain.

Second Trimester Symptoms *continued*

Mikayla & Kyle

Mikayla decided one weekend to stop doing her morning sickness routine to see what would happen, and she discovered her morning sickness was gone. Her exhaustion has let up, and she finds it hard to sit still. She has been experiencing insomnia. She struggles staying awake through her late night classes and has headaches. Her nipples have been sore and sensitive, and she has had to use breast pads in her bra to help protect them. Mikayla gained six pounds over Thanksgiving and was mad at herself.

Mariah & Tyler

Mariah's Zofran helped her morning sickness in the beginning, but then it started making her sick. She tried over-the-counter remedies, which helped at first. Then her doctor prescribed a different medication that she didn't tolerate well. But now she is feeling better and can eat. She is still feeling tired and restless, and she has been having bad dreams and waking in the night. Her Braxton-Hicks contractions have been very uncomfortable. She has gained ten pounds and feels fat.

Moods and Worries

Mariah & Tyler

Mariah's emotions have been up and down. She cries at things like a good singer on The Voice. This is the first Christmas away from her family, and that has been hard. When Tyler is at work all day, she is lonely and bored. Mariah is worried about their living situation

Laila & Joseph

Laila started feeling some depression. She didn't want to be pregnant again, and felt depressed about it. She finds herself getting mad more easily and is emotional. But Joseph has been patient and understanding. Laila is really worried about labor. Her epidurals have worn off quickly with her past pregnancies.

Mikayla & Kyle

Mikayla doesn't feel as happy as she used to, except when she feels the baby move. She's had some pretty bad lows, and she gets irritated really easily. Mikayla is in the medical field and feels like she knows what can go wrong in labor, so she is worried.

How Have Things Changed?

Mikayla & Kyle

Mikayla got a little derailed from school with her pregnancy. But now she is back on track. Things got rough between her and Kyle because he decided not to place their baby for adoption, and both had to agree in order to move forward with it. She was completely heartbroken and shaken because she will be taking on most of the care of their baby. She understands that both her and Kyle's parents want to keep the baby in their families, and she has come to terms with it. But it is still very hard for her.

Mariah & Tyler

Tyler is now working and likes his job. Mariah wants to go back to school and finish her diploma to please her mom.

Laila & Joseph

Laila is just ready for her pregnancy to be over. Joseph believes that it's important to always be strong for her, and in tune with her. He feels that as a man, it is not about him, and it's important to take himself out of the picture and be so in tune with her.

"Zofran (ondansetron)": www.cdc.gov/ncbddd/birthdefects/features/kf-ondansetron-and-birth-defects.html

"What Are the Benefits of Belly Bands and Belts?": www.medicalnewstoday.com/articles/323583