

## Our Couples

Watch the third 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 and Joseph had a scare when Joseph became sick; they thought he might have COVID-19, but he tested negative for it.

### Mikayla & Kyle

Mikayla can now see her baby in the ultrasound. She and Kyle are struggling with their relationship, and she is worried that he won't be there for her and the baby.

### Mariah & Tyler

Mariah and Tyler struggle because his grandparents don't want them to continue living with them. Their only other option is to move to his parents' home in Paulden, Arizona.

## Third Trimester Symptoms

### Mikayla & Kyle

Mikayla has been experiencing a lot of lower back pain. *"I've got super bad lower back pain!"* She also has to pee frequently, when the baby's head hits her bladder. She is also experiencing a lot of heartburn that feels like she has gravel mixed with fire in her throat. She struggles with being able to sleep and has problems with her hips and balance. *"As of late, sleep has been kinda meh..."*, she says.

### Laila & Joseph

Laila struggles with lower back pain and breast sensitivity. *"My breasts hurt a lot,"* she says. She also has to pee a lot and can't make it through a movie. She is fortunate because she hasn't experienced any heartburn, constipation, or hemorrhoids. She also no longer throws up, and smells don't bother her anymore. *"The good news is I'm not throwing up no more,"* she says. She is struggling with shortness of breath, some hip and pelvic issues, and leg cramps.

### Mariah & Tyler

Mariah has been struggling with urgently needing to pee a lot! *"It's like an urge to pee. Like, you have to, like, oh my God, I gotta go to the bathroom right now. Like there's no way I can hold it!"* She has also struggled with heartburn really badly. Her morning sickness has cropped up again in the third trimester. She has also been sick, and thinks it's from the climate changes going back and forth between Phoenix and Paulden. She has also struggled with constipation, shortness of breath, and achiness.

## Contractions

### Laila & Joseph

Laila has been having some uncomfortable Braxton Hicks contractions. She thinks that because she has had more kids, she might be feeling them more frequently. Laila experienced contractions for four hours straight at ten minutes apart, and then they went away. She thought her water might have broken, but after some tests, they determined it hadn't, and the doctor gave her medicine to stop her contractions.

## Mikayla & Kyle

Mikayla is praying that she goes into labor soon. She feels done with the pregnancy. She did get adjusted for her lower back pain, and that helped. She has felt discomfort in her uterine area, and she is hoping it is the beginning of labor. She is confident that her baby is in the head-down position.

## Mariah & Tyler

Mariah doesn't find Braxton Hicks contractions painful, just uncomfortable. To her, it feels like the baby is tucking into a tight ball. She says her baby is now in the head-down position. She is supposed to be on bed rest, but she still gets out and walks.

## **Birth Plan**

### Mikayla & Kyle

Mikayla will ultimately decide on who will be in the room, and she doesn't think that she would be comfortable with Kyle in the room. She doesn't want to worry about feeling embarrassed with the bodily functions that happen with childbirth. *"I know what I want, and that's what I'm sticking with,"* she says. She says she is not taking any childbirth classes because she doesn't have time. But she knows she wants an epidural because she has no pain tolerance.

### Laila & Joseph

Laila and Joseph did not take any classes because they have already been through childbirth. This is Laila's fifth baby. They feel like they know what to expect. But Laila is nervous about how hard labor and recovery will be on her. And she is worried that because of the coronavirus pandemic, she can't have her mom in the delivery room with her. She is grateful for Joseph.

### Mariah & Tyler

Whether Mariah has a C-section or a natural birth, she knows she will want an epidural, but she wants to wait as long as she can.

## **How Have Things Changed?**

### Laila & Joseph

Laila is nesting, trying to get everything ready. Joseph is overwhelmed by all that will change. "Five kids, at the age of twenty four. It's a blessing. I can say that there's a lot I'm still learning as a parent," he says

### Mariah & Tyler

Mariah is worried about being by herself while Tyler works all day.

### Mikayla & Kyle

Mikayla is overwhelmed with thoughts of taking care of a five-month-old baby while in nursing school.