

A monthly wellness newsletter from Better You

What to Expect in the First Trimester of Pregnancy

Pregnancy is divided into four trimesters. Each trimester lasts about three months. The first trimester is the earliest phase of pregnancy lasting 0-14 weeks. During each trimester your body changes and your baby grows. Ever wonder how mom and baby change during the first trimester? Here's how:

Your body:

- Your period stops.
- Pregnancy hormones are made to help your baby grow.
- Hormone changes can make you feel moody.
- Your breasts may get bigger and tender.
- You may feel very tired and need to rest more often.
- You might lose your appetite and feel sick to your stomach, known as morning sickness. It can happen any time of the day and should go away by the end of the trimester.
- You may have to go the bathroom more often because your



- uterus is growing and pressing on your bladder.
- You might crave certain foods.
- You may get headaches and feel light-headed due to changing hormone levels and an increase in blood volume.
- You can gain or lose a few pounds.

Your baby:

- The placenta forms to provide food and oxygen to the baby through the umbilical cord.
- Major organs such as the brain, spinal cord, heart, and lungs are forming.
- The baby's heart starts beating.
- Head, arms, fingers, legs, and toes form.
- Eyelids, eyelashes, fingernails, and toenails form.
- Teeth buds appear.
- Bones are developing.

- The skin is thin but will start to thicken soon.
- Hair starts to grow.
- The baby is about 2 inches long and weighs about ½ ounce at the end of the trimester.

Give your baby a great start by visiting your healthcare provider as soon as you think you might be pregnant and continue to have regular prenatal visits throughout your pregnancy.

If you are currently pregnant and have a Florida Blue health plan, you are eligible to enroll in the Healthy Addition® Prenatal Education Program. Contact us via email: healthyaddition@floridablue.com or Call: 1-800-955-7635 option 6

Resources: marchofdimes.org; acog.org

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Start the New Year Right

Do you ring in the New Year with a few resolutions? One challenge with making resolutions is setting unrealistic goals. Then after a few weeks of struggle trying to change your behavior, you get frustrated and give up. Set yourself up for success by using the Tiny Habit method created by behavioral scientist B. J. Fogg. The idea behind tiny habits is breaking your goal down to make it smaller and easier to do. No matter how much you want to change, you won't be able to do it consistently if you start big. Make what you are going to do so tiny that success is a given. Use the ABC method to get started.

1. Find an **Anchor** moment. This is an existing routine (like brushing your teeth) or an event that happens (like having

a meal). The Anchor moment reminds you to do the new tiny behavior. It must be something that happens reliably in your life.

2. New tiny **Behavior**. A simple version of the new habit you want, such as walking for 10 minutes or flossing one tooth. Do the tiny behavior immediately after the anchor moment.
3. Instant **Celebration**. Do something to create positive emotions, such as saying "I did it" or "I am awesome" or do a happy dance. Whatever makes you feel good works! Celebrate immediately after doing the new tiny behavior.

Here is an example of putting it all together. After I **eat breakfast**



(Anchor moment). I will **walk for 10 minutes** (tiny Behavior). And celebrate by saying "**I am awesome!**" (Instant Celebration to affirm your new behavior).

To learn more about this topic, click [here](#) to join us for a live webinar on Tuesday, January 10, 2023 at 1:00 pm Eastern time.

Resource: [Tiny Habits: The Small Changes That Change Everything by BJ Fogg, PhD](#)

Oven Roasted Squash with Garlic & Parsley (Serves 10)

Ingredients:

- 5 pounds winter squash (such as butternut, buttercup, kabocha or Hubbard), peeled, seeded, and cut into 1-inch chunks
- 2 tablespoons extra-virgin olive oil, divided
- 1 ½ teaspoons salt
- ¼ teaspoon freshly ground pepper, divided
- 3 cloves garlic, minced
- 2 tbsp. chopped Italian parsley

Directions

Preheat oven to 375 degrees F. Toss squash with 4 teaspoons oil, salt and 1/4 teaspoon pepper. Spread evenly on a large baking sheet. Roast, stirring occasionally, until tender throughout and lightly browned, 30 to 45 minutes (depending on the variety of squash). Heat the remaining 2 teaspoons oil in a small skillet over medium heat. Add garlic and cook,



stirring, until fragrant but not brown, 30 seconds to 1 minute. Toss the roasted squash with the garlic and parsley. Taste, adjust the seasoning and serve.

Recipe courtesy of [Eatingwell.com](#); for nutritional information click [here](#).

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ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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