



# Pregnancy

**Categories :** [Children and Families](#), [First Time Mothers](#), [Health Issues](#)

Being pregnant is a time filled with a lot of emotions. You may be excited, shocked, or scared. If you think that you might be pregnant, you should see your health care provider right away and begin your prenatal care. Dial 2-1-1's [Child Development Infoline](#) at 1-800-505-7000, with questions or concerns about your pregnancy.

Your body will go through a lot of changes when you are pregnant. It is very important that you take good care of yourself. Your health care provider can teach you about what will happen to your body and can tell you things that you can do to help you have a healthy baby.

## What are Some Signs of Pregnancy?

- Missed period
- Unusual or abnormal period
- Nausea and vomiting
- Changes in sex drive
- Sore breasts
- Breasts get bigger
- Urinating more
- Stomach gets bigger
- Strange cravings for foods
- Being tired

## What Should You Do If You Think are Pregnant:

If you think you may be pregnant, it is important to get health care right away. Women should get health care in the first trimester, or in the first three months of the pregnancy. Women who receive the appropriate health care starting early in their pregnancy are less likely to have a baby that is too small or born too soon.

## Where Can You Go to Get a Pregnancy Test?

You can get a blood pregnancy test from your health care provider. If you do not want to wait until you see your health care provider, you can buy a pregnancy test kit at most stores and test yourself. If the test shows that you may be pregnant, you should see your health care provider right away.

## Planning for Pregnancy

If you are trying to get pregnant, there are things that you can do to help you have a healthy baby. You should see your health care provider and have them check your health before you get pregnant. This time before you get pregnant is called the [Preconception Period](#).

## Pregnancy Counseling / Options Counseling

If you are facing an unplanned pregnancy and you need to discuss your options, contact Planned Parenthood of Connecticut. Trained staff will discuss all of your options with you, including continuing your pregnancy, abortion, or adoption.

## Ways to Avoid Pregnancy:

The safest way to avoid having a baby is to not have sex and practice abstinence.



If a couple wants to have sex but does not want to get pregnant, birth control should always be used. There are many choices for birth control. Planned Parenthood of CT offers advice, exams, free condoms for men, and free or low cost birth control methods for women. For more information about different birth control methods, visit the website: <http://www.plannedparenthood.org/learn/birth-control/>

**Websites with Information About Pregnancy:**

- Planned Parenthood of Connecticut:  
<http://www.plannedparenthood.org/learn/pregnancy/>
- March of Dimes Foundation: <http://www.marchofdimes.org/pregnancy.aspx>
- Web M.D. Health & Baby: [www.webmd.com/baby](http://www.webmd.com/baby)
- U.S. Department of Agriculture – MyPyramid for Pregnancy and Breastfeeding:  
<https://www.choosemyplate.gov/>
- For more information about Interconception Care or Case Management talk to your health care provider, or call 211 or 1-800-203-1234 to find a healthcare provider in your area.

**To Find Resources in Connecticut’s Community Resources database search by service name:**

- [Pregnancy Counseling](#)
- [Prenatal Care](#)

Or call us by dialing 2-1-1. We are open 24/7.

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SOURCE: March of Dimes; Planned Parenthood; Child Development Infoline  
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