

Emotional Changes in the Third Trimester

During the third trimester of pregnancy, your baby (and your belly) will continue to grow and your body will continue to prepare for birth as well as breastfeeding. You have already done a lot of the hard work physically and emotionally at this point. This is the time to bond with your baby, enjoy those relationships you have with your partner and/or your older children and pamper yourself as much as possible. Let this be a special time as you prepare for the arrival of this unique little person who is growing inside of you!

Nature sets the stage for this time of reflection and “cobweb cleaning” as you will find that you get tired much more easily and it is not so easy to move around as your belly grows. This ensures that you will slow down and have time to really feel anything that is coming up.

Some women find that concerns or fears come to the surface about their ability to care for and protect this new baby and some women also feel anxiety around the process of birth itself - especially if they are first-time mothers.

You may experience mood swings, anxiety, and be very short-tempered in these last three months of pregnancy. You may feel vulnerable and anxious about the actual birth process as well as how you are going to cope with being a mother to a real, live human being if you are a first-time mom. If you are having another child, you may have overwhelming concerns about how you will be able to love this new baby as much as you love the one(s) you already have. Or how will you possibly have time and energy to take care of everyone who needs your care.

This is all completely normal. Feeling things more deeply, feeling vulnerable and hyper-concerned, feeling perhaps less (or more) sexual and in-tune with your body are common and come with the final stages of pregnancy.

Take time to acknowledge any feelings that come up. Also be sure that you are building and solidifying your circle of support. Really processing your emotions and feeling well supported are two of the best ways to put any concerns and fears to rest.

We are, of course, here for you. Please always feel free to reach out to us. We want to help!