



# NEW BEGINNINGS

Pregnancy • Birth • Postpartum

## Pregnancy the Second Time Around

It's likely to be one of the first questions that runs through your head when you find out that you're expecting another baby: how will this pregnancy be different from my first?

While every pregnancy is different, it's possible to make a few educated guesses about how things will play out between now and delivery day. Here's what to expect.

- You may find that you're less preoccupied with your pregnancy this time around. It is, after all, a lot more difficult to find the time to luxuriate in the fact that you're pregnant again when you're busy chasing a toddler or preschooler around the house.
- You may find yourself worrying that you won't love the new baby as much as you love your older child—or that you're ruining your

older child's life by bringing a sibling into the picture. While there may be a few rough patches during the early weeks and months of your new baby's life, you'll adjust to the new baby's arrival and so will baby number one!

- You're likely to feel extra tired this time around. Remember the good old days when you were able to succumb to the fatigue of early pregnancy by heading to bed at 7:00 p.m.? Well, that's all ancient history if you've got a toddler or preschooler to look after.
- You may start showing sooner. Your uterus has already been down this road before and your abdominal muscles might not be quite as taut as they were the first time around.
- You may detect fetal movement sooner than you did the first time around. Because you're already an old pro when it comes to detecting

fetal movement, you can expect to start feeling your baby's flutters a few weeks earlier this time.

- Your second labour may be shorter—but there are no guarantees. While most women find that their second labour progresses more quickly than their first labour, you won't know for certain if that's going to be the case for you until you're actually in the heat of labour.

Of course, it's not all gloom and doom on the second pregnancy front. Far from it! Many women who are pregnant for the second time find that they're able to relax and enjoy their second pregnancies much more than they did the first time along. After all, they're old pros at this pregnancy thing now.

*Ann Douglas is the mother of four, parenting author of numerous books about pregnancy and parenting and the creator of The Mother of All® Series including The Mother of All Pregnancy Books. Visit Ann online at [www.having-a-baby.com](http://www.having-a-baby.com).*



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