

Your pregnancy explained

You can roughly calculate your baby's due date using the date of the first day of your last period (often known as LMP – last menstrual period).

You can do this at:

- www.nhs.uk/conditions/pregnancy-and-baby/due-date-calculator/

After your first ultrasound scan, your due date may change slightly – this is quite common.

It's up to you when you tell friends, family and your employer that you're pregnant. You can find more information on speaking to your employer on page 45. Many women prefer to wait until they have had their first scan at around 12 weeks of pregnancy. This is because the chance of miscarriage reduces significantly after the 12 week milestone.

Pregnancy is normally between **37 and 42 weeks** in length (from the first day of your last period), which is typically known as around 9 months – although it is actually a little more than that! Pregnancy is sometimes referred to as being split into 'trimesters.'

Download the free Best Beginnings 'Baby Buddy app' – your 'personal baby expert who will guide you through pregnancy and the first six months of your baby's life' from Google Play or in the App Store. Or view content at:

<https://web.bestbeginnings.org.uk/web/lets-get-started>

