

# Cambridge Nationals –Signs & symptoms of Pregnancy

OCR Child Development

## EARLY PREGNANCY SYMPTOMS



**FOLD OVER TO TEST YOURSELF** →→→→

Key Vocabulary	Definition
Signs	Signs of pregnancy are indications, often physical, that a woman may be pregnant, and these can include a missed period, breast changes, fatigue, nausea, and frequent urination.
Symptoms	Symptoms of pregnancy are signs and changes in a woman's body that can indicate she is pregnant,
Nausea	Feeling of sickness.
Trimester	In pregnancy, a trimester is a period of roughly three months, or 12-14 weeks, and a full-term pregnancy is divided into three trimesters: first, second, and third.

### Exam Question – 2024 paper

\* Describe common signs and symptoms that may indicate a woman is pregnant.

#### Other tasks –

Describe how a women’s breasts change during pregnancy?

Create an acronym to remember the 5 signs of pregnancy.

#### Signs and symptoms of pregnancy:

- missed period
  - usually first sign of pregnancy
  - most reliable sign of pregnancy
- breast changes
  - breasts become larger
  - breasts become more tender
  - nipples may appear darker
  - nipples may stand out more
  - breasts may 'tingle'
  - veins on breasts may become more visible
- passing urine more frequently
- may be constipated
- may have increased vaginal discharge without irritation
- tiredness
  - may feel exhausted particularly during first 12 weeks of pregnancy
  - this is due to hormonal changes in body
  - may feel more emotional/upset
- nausea
  - may feel nauseous/sick or actually be sick
  - morning sickness but can happen anytime during the day
  - this symptom usually begins around 6 weeks after a pregnant woman's last period
- strange tastes/smells and cravings
  - strange taste in mouth/metallic taste
  - crave new foods
  - loose interest in foods and drinks used to enjoy e.g. tea/coffee/fatty foods
  - more sensitive sense of smell e.g. cooking smells
  - loose interest in smoking

Task	Link to Resource
Watch the video and take notes	<a href="https://www.youtube.com/watch?v=Xoh_elhMQVc">https://www.youtube.com/watch?v=Xoh_elhMQVc</a>
Check your understanding using this quick quiz	<a href="https://create.kahoot.it/details/fac84a3f-007b-478a-9f75-608765451209">https://create.kahoot.it/details/fac84a3f-007b-478a-9f75-608765451209</a>
Practise your exam technique	<a href="https://app.senecalearning.com/teacher/resource-hub/preview/quiz/89a6e92d-48df-48ab-b75c-bb1379427f22">https://app.senecalearning.com/teacher/resource-hub/preview/quiz/89a6e92d-48df-48ab-b75c-bb1379427f22</a>

1. Can you name and describe the 5 signs and symptoms of pregnancy?
2. Create flash cards to test yourself