



Grossesse
Nourriture



1

Ovulation



2

Fécondation



3

Nidation



4

Embryon



1



6 semaines

2



10 semaines

3



14 semaines

4



18 semaines

5



24 semaines



1^{ère} Echographie



2^{ème} Echographie

Je sens mon bébé bouger !



Test d'urine

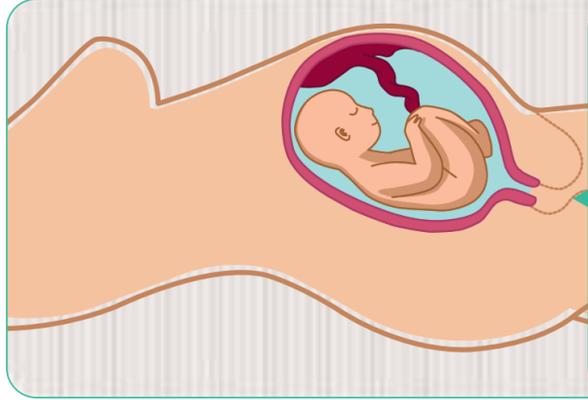


Prise de sang



Poids

⑥



28 semaines

⑦

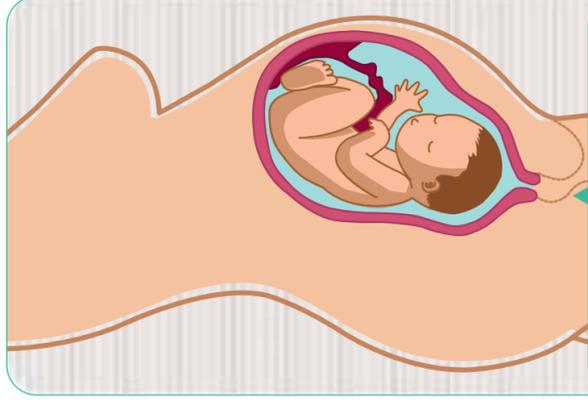


32 semaines



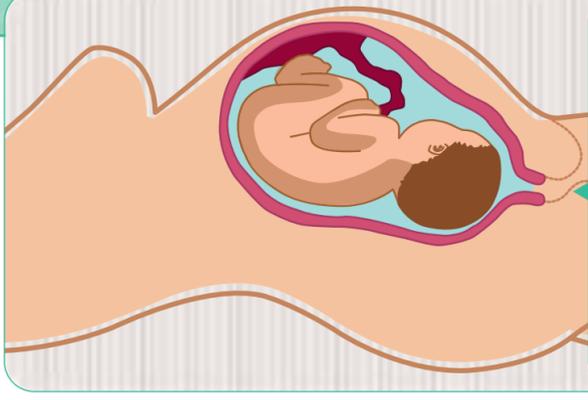
3^{ème} Echographie

⑧

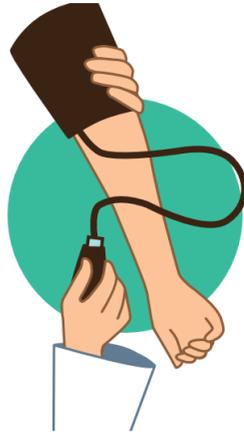


36 semaines

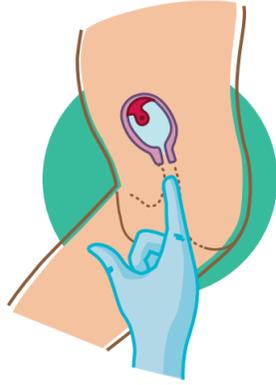
⑨



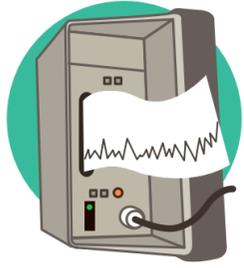
40 semaines



Tension



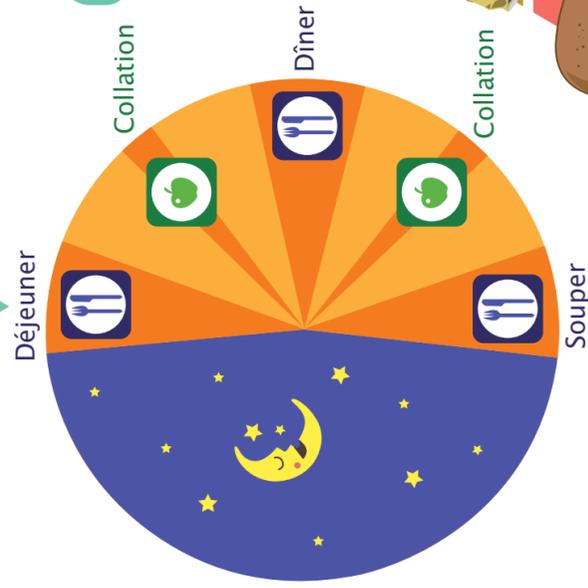
Toucher vaginal



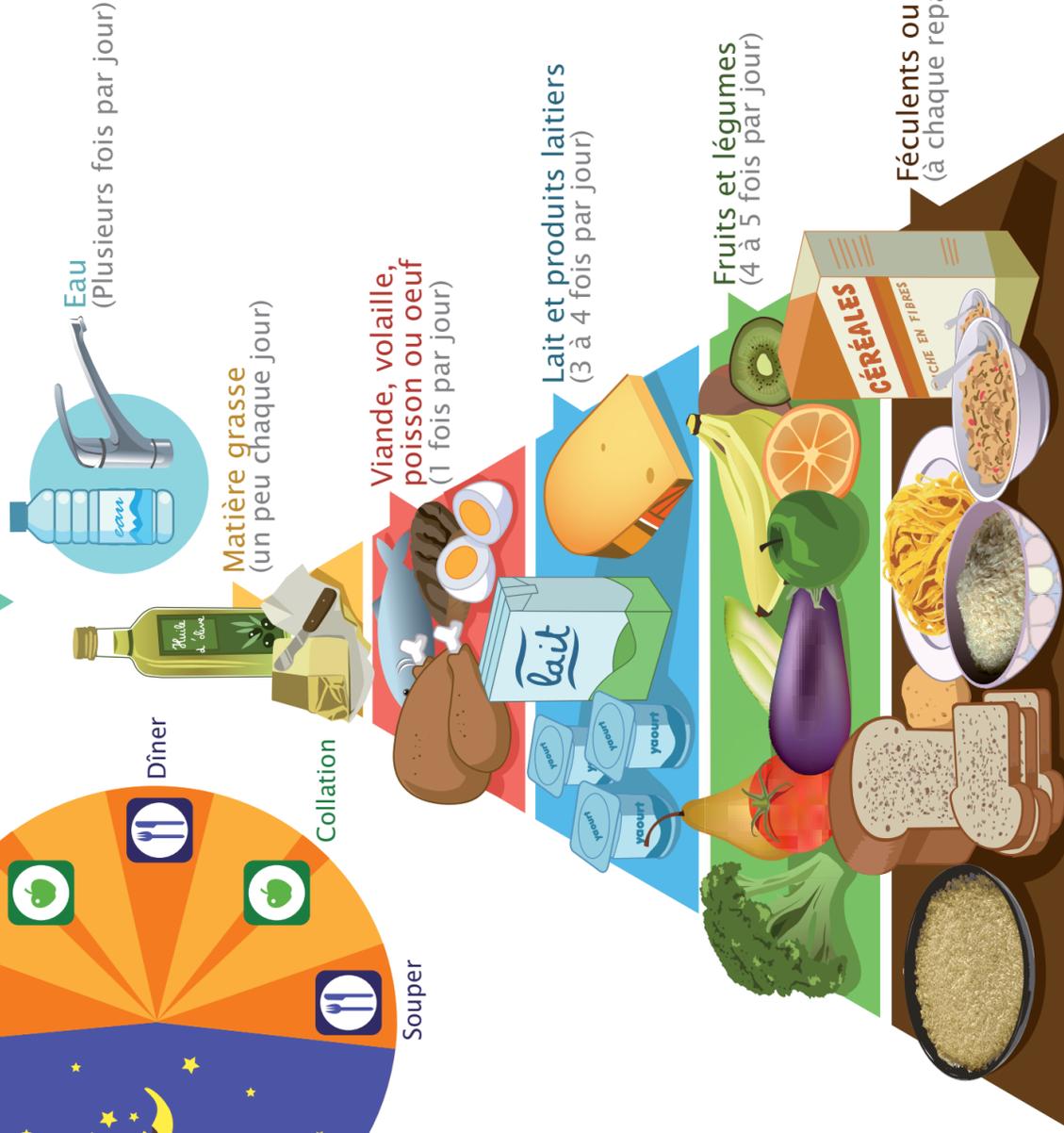
Monitoring



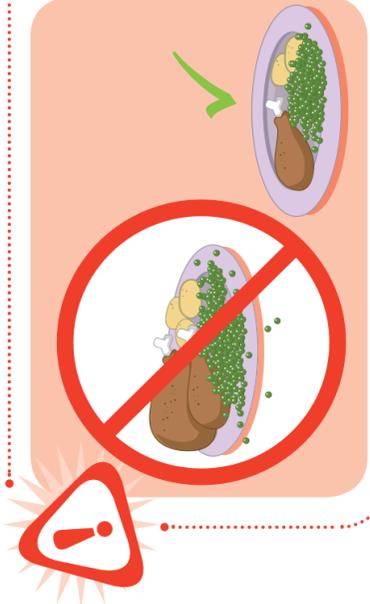
Répartition des repas sur la journée



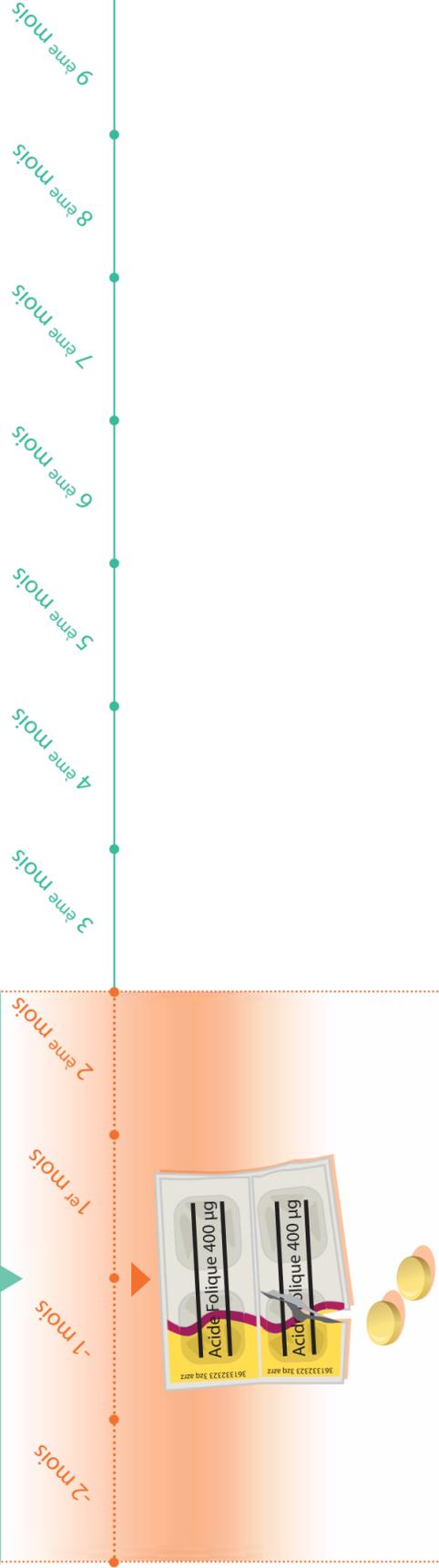
Composition des repas



Ne pas trop manger!

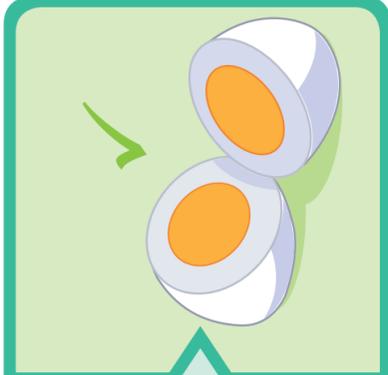


Prendre de l'acide folique





Oeuf cru



Oeuf cuit



Poisson cru



Poisson cuit



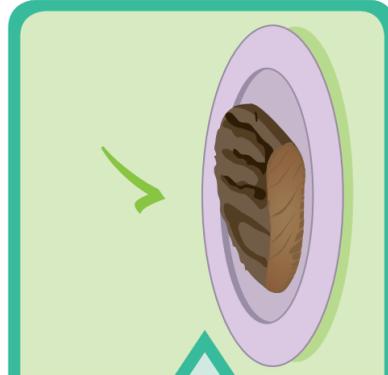
Fromages «au lait cru»



Fromages au lait pasteurisé



Viande saignante



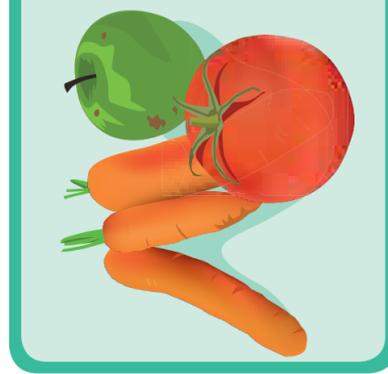
Viande bien cuite



Toucher de la viande crue



Se laver les mains



Crudités



Laver fruits et légumes



Jardiner



Porter des gants



Contact avec une personne malade



Se laver les mains



Changer la litière du chat



Porter des gants



Se laver les mains



Se promener, marcher...



Se reposer



Ne pas porter d'objets lourds



Pas de tabac



Pas d'alcool

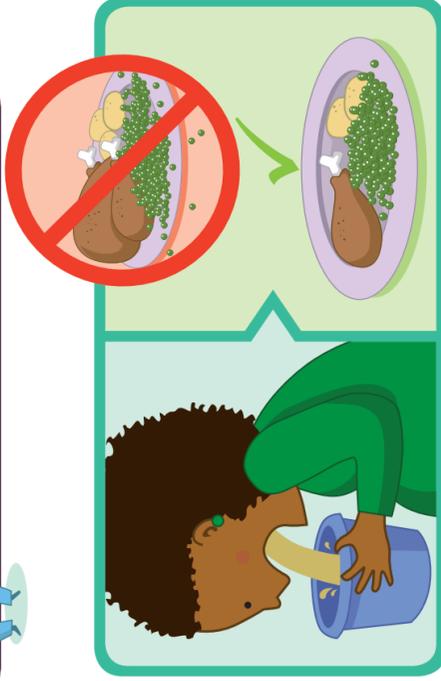


Pas de médicaments



Pas de drogues

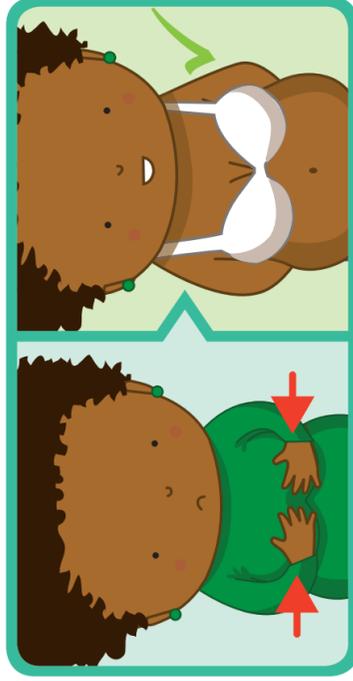
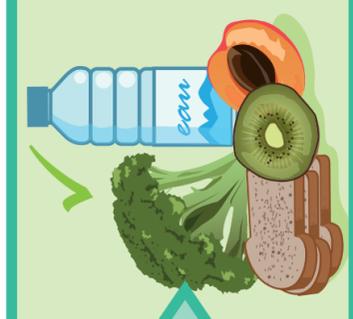




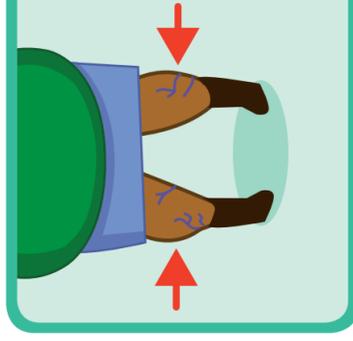
Nausées, vomissements, brûlant



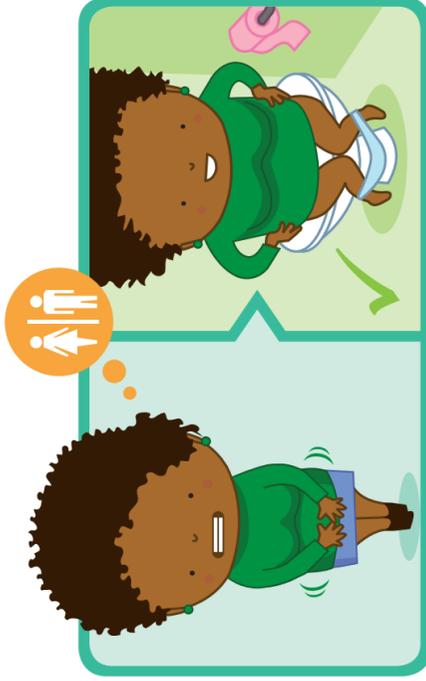
Constipation



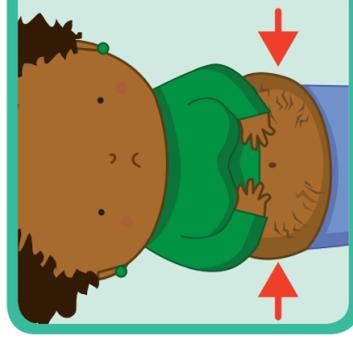
Seins lourds



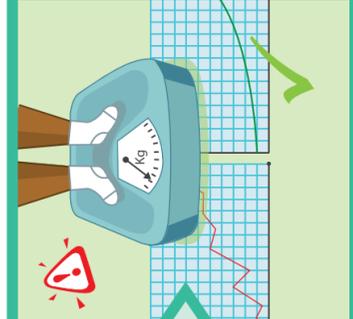
Jambes gonflées, varices



Envies fréquentes d'uriner



Vergetures



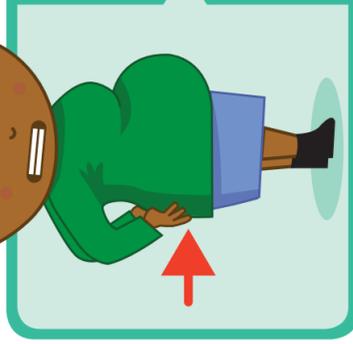
Crampes



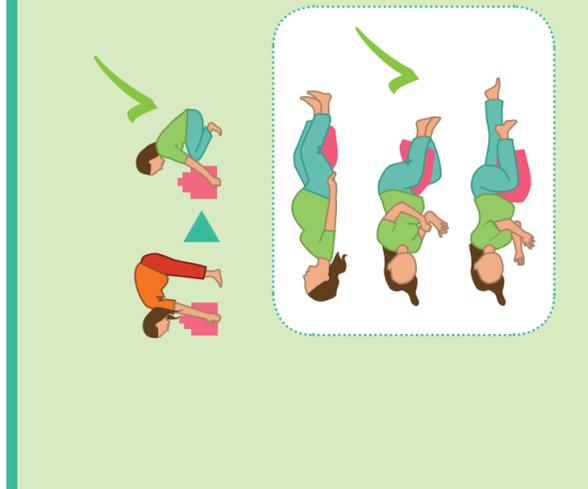
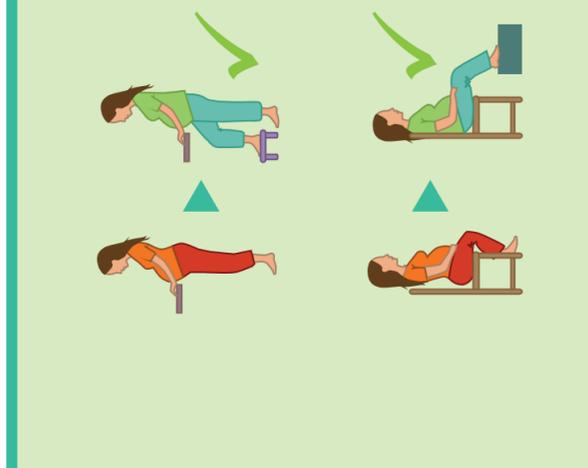
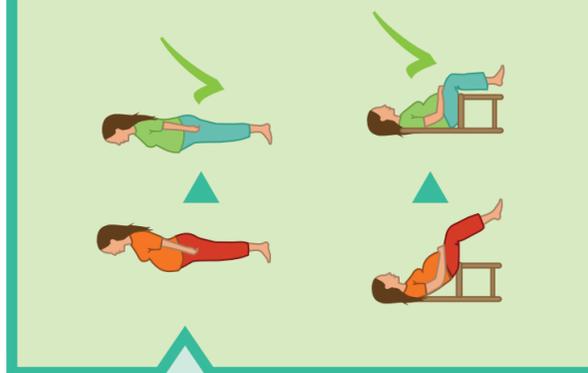
« Eau riche en magnésium » ✓

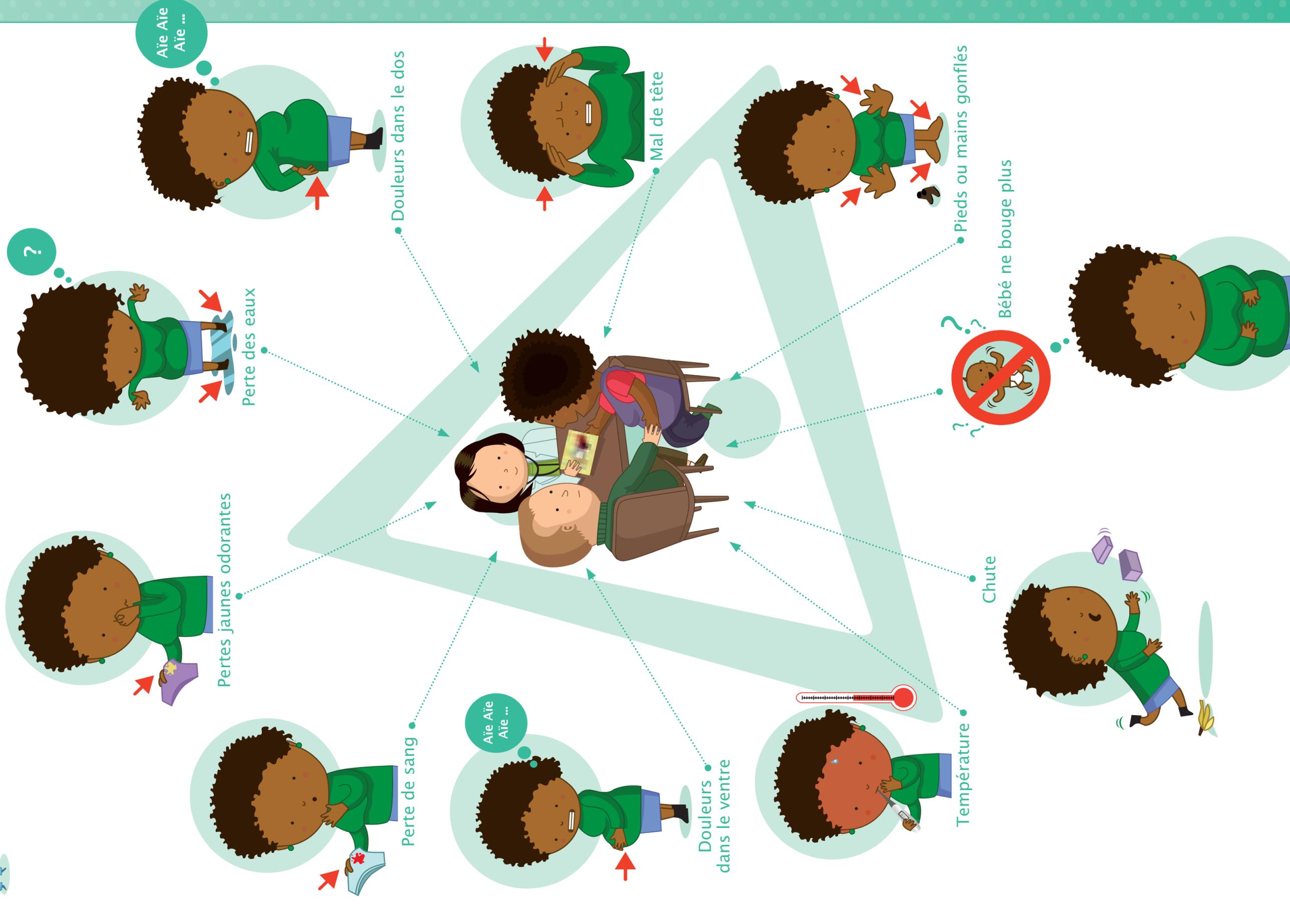


Aïe Aïe Aïe ...



Maux de dos







Grossesse

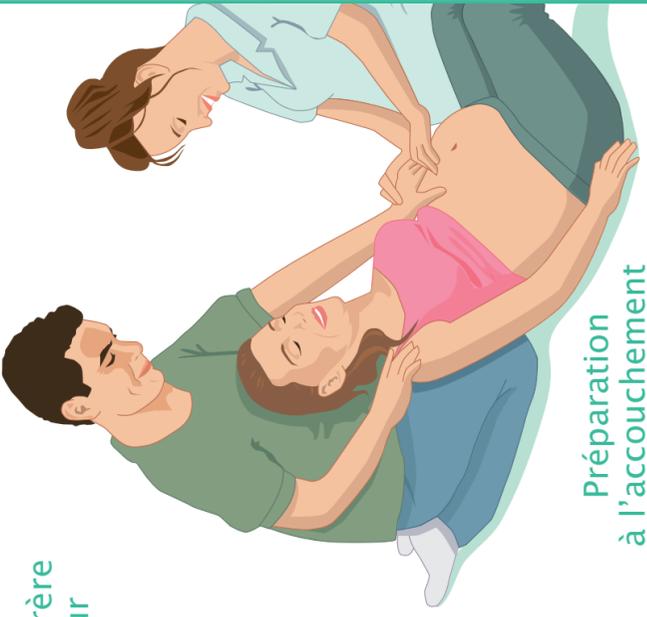
► Préparatifs pour la naissance



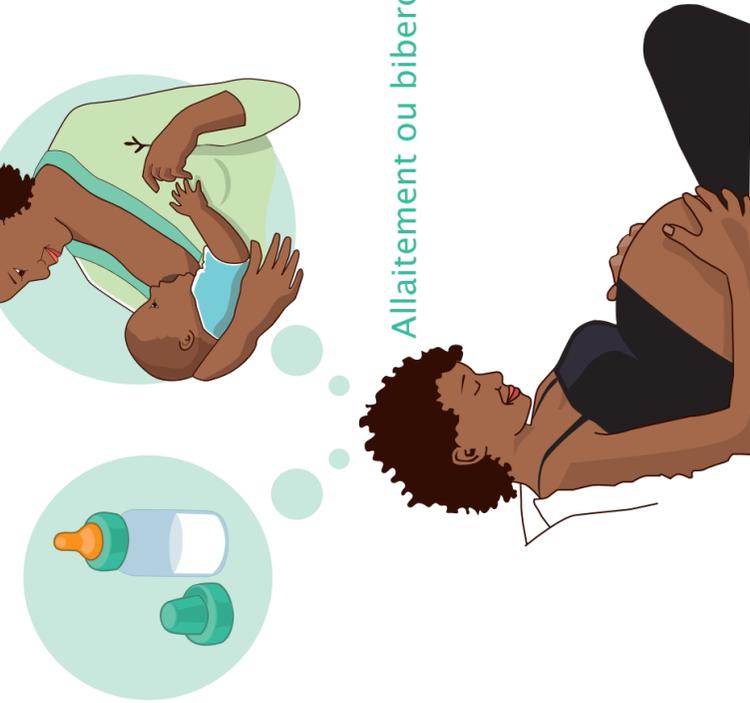
Chercher un milieu d'accueil pour bébé



Préparation du grand frère ou de la grande soeur



Préparation à l'accouchement



Allaitement ou biberon ?

1er

mois

2ème

mois

3ème

mois

4ème

mois

5ème

mois

6ème

mois

7ème

mois

8ème

mois

9ème

mois

1er trimestre

2ème trimestre

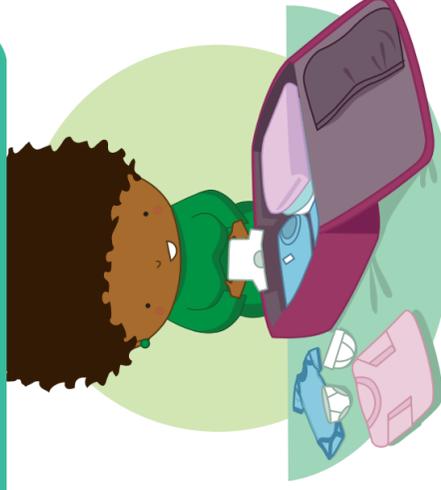
3ème trimestre



Visite de la maternité



Choix du matériel pour bébé (poussette, lit...)



Préparation de la valise



Préparation de la chambre du bébé



Prévoir qui va s'occuper du grand-frère, de la grande soeur



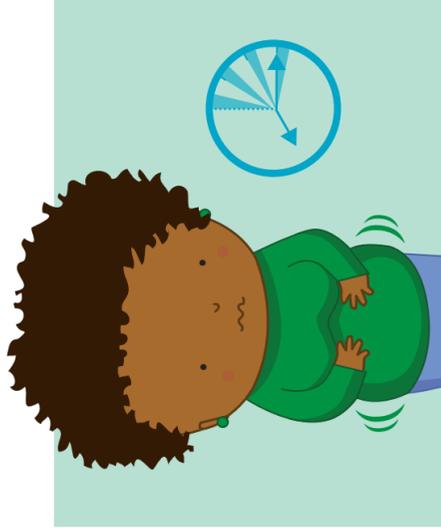
Grossesse

► Signes annonçant la naissance

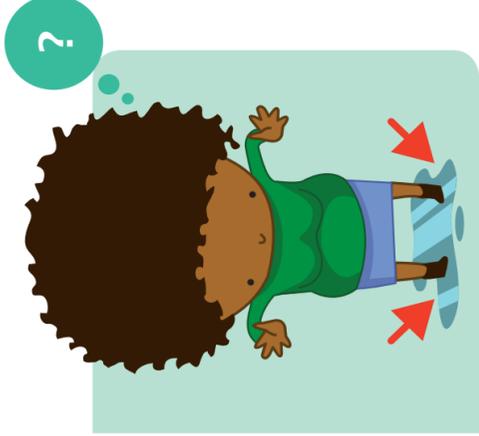
8



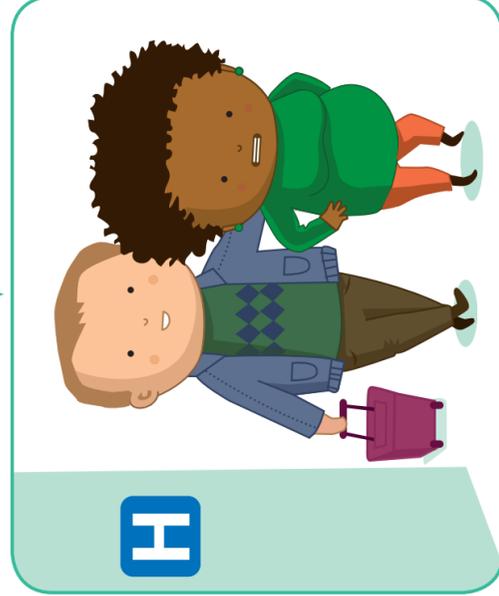
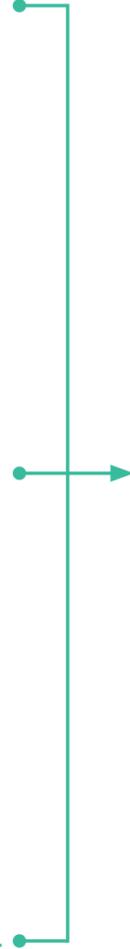
Perte du bouchon muqueux



Contractions toutes les 5 minutes



Perte des eaux



Naissance



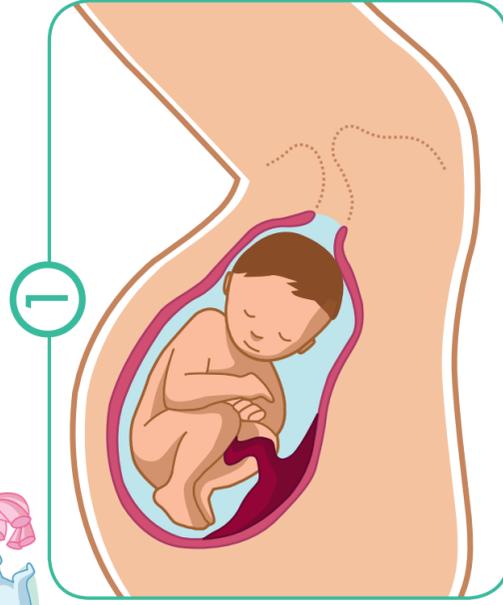


Apaiser la douleur



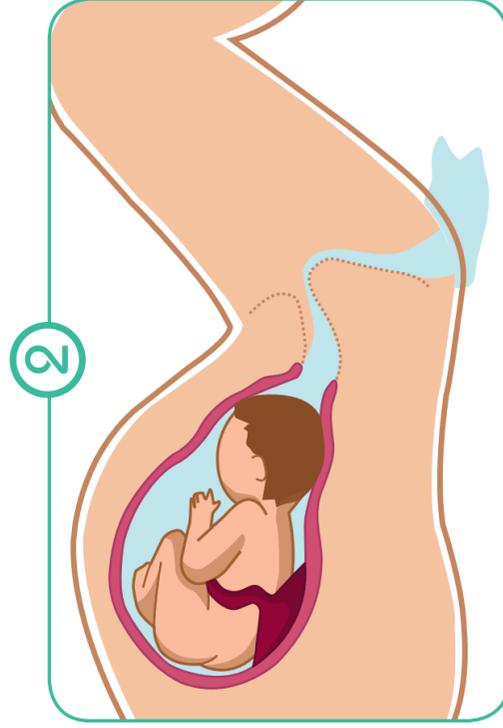
Différentes positions pour accoucher





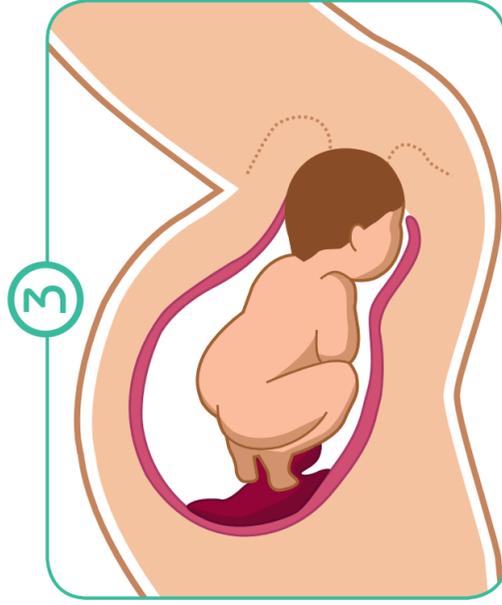
1

Col effacé et ouvert



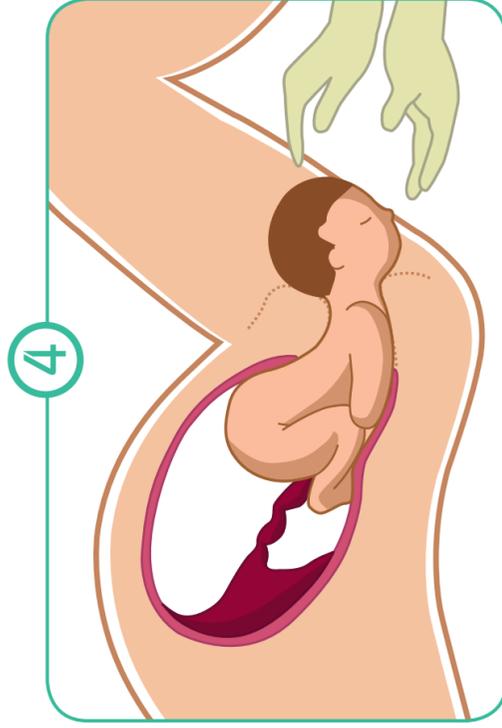
2

Rupture de la poche des eaux



3

Dilatation complète



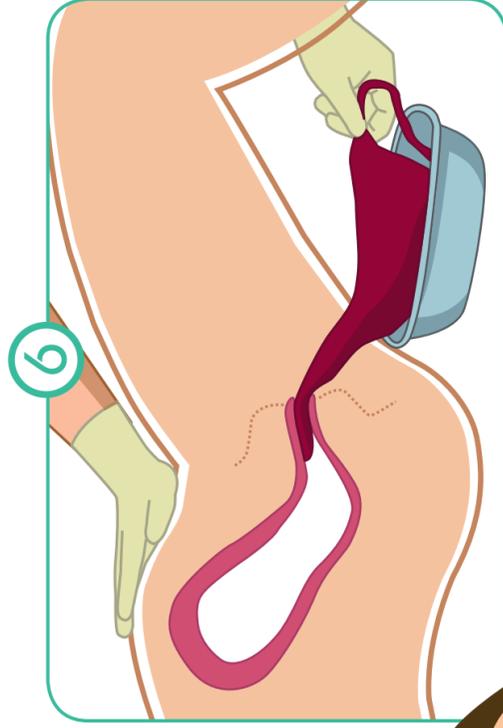
4

Expulsion



5

Naissance



6

Sortie du placenta





Premiers moments ensemble



Visite de la famille



Remise du carnet de l'enfant