



MIRACLE BABY CELEBRATIONS

# Is this *normal?*

*25 pregnancy worries  
& what they actually mean.*

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A GENTLE GUIDE FOR THE IN-BETWEEN HOURS

**25**  
WORRIES INSIDE

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FOUNDER · MIRACLE BABY

## FOREWORD • ONE

# A note *before* we start.

If you've Googled a symptom at 2 a.m. this week, you're in good company. Pregnancy comes with a constant background hum of *is this okay?* — and most of the time, the answer is yes.

“

*Pregnancy comes with a  
constant background hum of  
"is this okay?"*

This guide walks through 25 of the worries I hear most often from moms in my studio. For each one, you'll find what's usually going on, and the signs that mean it's time to call your provider.

A gentle reminder: this guide is reassurance, not medical advice. When something feels wrong, trust that feeling and call your doctor or midwife. They'd rather hear from you ten times than miss the one time it mattered.

*Read it slowly. Skip around. Bookmark the parts you'll need tonight, next week, at thirty-four weeks. It will still be here.*

With care,  
*Claudia*

MIRACLE BABY CELEBRATIONS

# I

PART ONE

## First *Trimester* Worries

*Weeks one through thirteen — the season of secret news,  
sudden naps, and a quiet that can feel louder than it is.*



SEVEN WORRIES · NUMBERS 1 – 7

## First trimester · weeks 1–13

## REASSURANCE CARDS

01

WORRY

**"I don't feel pregnant anymore."**

*What's usually happening* — Symptoms come and go, especially around weeks 9–11 as the placenta takes over hormone production. A quieter day doesn't mean a quieter pregnancy.

**CALL IF**

You experience any bleeding or cramping that worries you — any bleeding during pregnancy is worth checking in about, even if it seems light.

02

WORRY

**"I had some spotting."**

*What's usually happening* — Light spotting happens in about one in four pregnancies, often from implantation or a sensitive cervix. Most of these pregnancies continue normally.

**CALL IF**

You notice any bleeding, especially if it increases, becomes painful, or concerns you — when in doubt, always call.

03

WORRY

**"My morning sickness is gone — is the baby okay?"**

*What's usually happening* — Nausea typically fades between 12 and 16 weeks as hormone levels stabilize. Losing it early can simply mean your body adjusted.

**CALL IF**

You notice any bleeding or cramping — any bleeding during pregnancy is worth a quick call for reassurance.

04

WORRY

**"I can't stop throwing up."**

*What's usually happening* — Some nausea is normal. Constant vomiting, an inability to keep fluids down, or weight loss can point to hyperemesis gravidarum, which is treatable.

**CALL IF**

You can't keep liquids down for 24 hours, or you feel dizzy.

*First trimester · continued*

## REASSURANCE CARDS

05  
WORRY

"I'm so tired I can barely function."

*What's usually happening* — First-trimester fatigue is legendary for a reason. Your body is building an organ from scratch.

CALL IF

Fatigue comes with shortness of breath or a racing heart — ask about iron levels.

06  
WORRY

"I had a glass of wine before I knew I was pregnant."

*What's usually happening* — This is one of the most common worries, and research on very early exposure is reassuring. Stop now and move forward.

CALL IF

You want to talk it through for peace of mind — your provider has heard this a thousand times.

07  
WORRY

"I'm cramping like my period is coming."

*What's usually happening* — Mild cramping in early pregnancy is usually your uterus stretching. It often feels exactly like PMS.

CALL IF

Cramping is severe or one-sided, or you notice any bleeding or shoulder pain — any bleeding is worth checking in about.

# II

PART TWO

## Second *Trimester* Worries

*Weeks fourteen through twenty-seven — the slow unfolding. First flutters, soft kicks, the body starting to show what the heart already knows.*

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SEVEN WORRIES · NUMBERS 8 — 14

## Second trimester · weeks 14–27

## REASSURANCE CARDS

08

WORRY

**"I haven't felt the baby move yet."**

*What's usually happening* — First-time moms often don't feel movement until 18–22 weeks. Placenta position — especially anterior — can delay it further.

**CALL IF**

You're past 24 weeks and haven't felt anything, or movement stops after it's been established.

09

WORRY

**"The baby was moving a lot and now is quiet."**

*What's usually happening* — Babies sleep in 20–40 minute cycles. Cold water, a snack, and lying on your side usually wakes them up.

**CALL IF**

You don't feel the usual pattern after trying these — always better to check.

10

WORRY

**"I felt a sharp pain in my side."**

*What's usually happening* — Round ligament pain — sharp, brief, triggered by movement — is very common from 14 weeks on.

**CALL IF**

Pain is persistent or severe, or you notice any bleeding or a fever — any bleeding during pregnancy is worth a call.

11

WORRY

**"My belly measures small (or big)."**

*What's usually happening* — Fundal height is a rough measurement and can be off by 2+ cm without any real issue. Your baby's size is better tracked by ultrasound.

**CALL IF**

Your provider raises concerns and orders a growth scan — follow through, but don't panic.

Second trimester · *continued*

## REASSURANCE CARDS

12

WORRY

**"I forgot to take my prenatal for a few days."**

*What's usually happening* — A gap of a few days is not a problem. Your prenatal is insurance, not magic — your diet is doing most of the work.

CALL IF

You want to double-check which vitamin to restart with.

13

WORRY

**"I slept on my back by accident."**

*What's usually happening* — You did not harm your baby. The "don't sleep on your back" guidance is about comfort and blood flow late in pregnancy. If you wake up on your back, just roll over.

CALL IF

You feel dizzy or lightheaded when lying flat — mention it at your next visit.

14

WORRY

**"I'm not glowing. I feel awful."**

*What's usually happening* — The "pregnancy glow" is a marketing invention. Feeling exhausted, moody, and bloated is the actual norm.

CALL IF

Sadness or anxiety is persistent — prenatal depression is real and treatable.

# III

PART THREE

## Third *Trimester* Worries

*Weeks twenty-eight onward — the final stretch. A body asking for rest, a heart counting down, and a thousand small changes that mean you are close.*

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SIX WORRIES · NUMBERS 15 — 20

## Third trimester · weeks 28+

## REASSURANCE CARDS

15  
WORRY**"My feet and hands are swollen."**

*What's usually happening* — Mild swelling (edema) in the third trimester is expected. Elevating your feet and staying hydrated helps.

**CALL IF**

Swelling is sudden, severe, affects your face, or comes with headache or vision changes — this can signal preeclampsia.

16  
WORRY**"I'm having contractions but it's too early."**

*What's usually happening* — Braxton Hicks — tightening that comes and goes irregularly — are practice contractions and usually harmless.

**CALL IF**

Contractions are regular, getting closer together, or paired with back pain, fluid leaking, or any bleeding — especially before 37 weeks.

17  
WORRY**"I can't catch my breath."**

*What's usually happening* — As baby grows, your lungs have less room. Breathlessness climbing stairs is normal.

**CALL IF**

You're short of breath at rest, your heart races, or your lips look blue.

*Third trimester · continued*

## REASSURANCE CARDS

18

WORRY

**"Heartburn is keeping me up at night."**

*What's usually happening* — Hormones relax the valve between your stomach and esophagus, and baby is pushing up on everything. Small meals, no eating before bed, and propping up help.

**CALL IF**

Pain is in your upper right abdomen (not burning) — this is different and worth checking.

19

WORRY

**"I had a few drops of fluid — was that my water?"**

*What's usually happening* — Late-pregnancy discharge and small leaks of urine are very common, and often mistaken for water breaking.

**CALL IF**

Fluid is continuous, clear, or has a greenish or brown tint — get checked.

20

WORRY

**"The baby has the hiccups constantly."**

*What's usually happening* — Fetal hiccups are a sign of a developing nervous system. They can happen many times a day and don't bother the baby.

**CALL IF**

Hiccup patterns change dramatically along with decreased movement.

# IV

PART FOUR

## Any-Time Worries

*The ones that don't belong to a trimester — the quiet 2  
a.m. worries about feelings, bodies, and the road ahead.*

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FIVE WORRIES · NUMBERS 21 – 25

## Any-time worries · *the heart of it*

REASSURANCE CARDS

21

WORRY

### "I'm terrified something will go wrong."

*What's usually happening* — Pregnancy anxiety is one of the most underdiscussed parts of this journey. You are not broken for feeling it.

CALL IF

Anxiety interferes with sleep, eating, or daily life — there is support.

22

WORRY

### "I don't feel bonded to my baby yet."

*What's usually happening* — Bonding isn't a lightning strike. For many moms it builds slowly — sometimes not even until after birth. This doesn't predict what kind of mother you'll be.

CALL IF

You feel numb or disconnected in a way that worries you.

23

WORRY

### "I had a stressful day — did I hurt the baby?"

*What's usually happening* — A bad day, a good cry, an argument — none of these harm your baby. Babies are more resilient than the internet suggests.

CALL IF

You're in ongoing high-stress circumstances and want support.

## Any-time worries · *continued*

REASSURANCE CARDS

24

WORRY

"I don't like the way my body is changing."

*What's usually happening* — Body-image struggles in pregnancy are common and rarely talked about. You're allowed to feel both grateful and uncomfortable.

CALL IF

These thoughts become intrusive or affect eating.

25

WORRY

"I'm scared of birth."

*What's usually happening* — Almost every mother is. Fear doesn't mean you can't do it — it means you understand the weight of what's ahead.

CALL IF

Fear is paralyzing — a therapist who specializes in perinatal care can help enormously.



*that is all twenty-five.*

TURN THE PAGE →

— FOURTEEN —



A REMINDER • PAGE FIFTEEN

# When in doubt, *call.*

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*There is no such thing as a silly question to  
your provider.*

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The moms who get the best care are the ones who call — not the ones who stay quiet and hope. Trust your body. Trust the small voice that says *something feels off*. Make the call. You will never regret it.

YOU DON'T HAVE TO DO THIS ALONE • A GENTLE INVITATION

A soft place  
to land — for *the 2 a.m.*  
moments, and the  
first 30 days after.

I built the Miracle Baby app because I wanted every expectant mom to have a place to turn at 2 a.m. when worry creeps in. It's gentle, judgment-free, and made for exactly these moments. When baby arrives, the Miracle Moments Journal is waiting for you — thirty days of gentle prompts to help you land softly into motherhood.

THE APP • FREE

## Miracle Baby *App*

APP PREVIEW • SOFT MOCK

A quiet companion for the worry hum. Search a symptom, get a calm answer, breathe.

[DOWNLOAD THE APP →](#)

THE JOURNAL • KEEPSAKE

## Miracle Moments *Journal*

JOURNAL COVER • SOFT MOCK

Thirty days of gentle prompts to help you land softly into motherhood — held in linen and gold.

[LEARN MORE ABOUT THE JOURNAL →](#)



IN CLOSING • WITH LOVE

*With care,*  
*Claudia*

MIRACLE BABY CELEBRATIONS

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*May this guide live in your back pocket for the long  
nights, and may the answer almost always be *yes* — *this*  
*is normal.**

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