

Our TTC Journey

Week 11 – January 25th – 31st, 2008



There was a big study recently about how much caffeine you can consume during pregnancy. I found this great article:

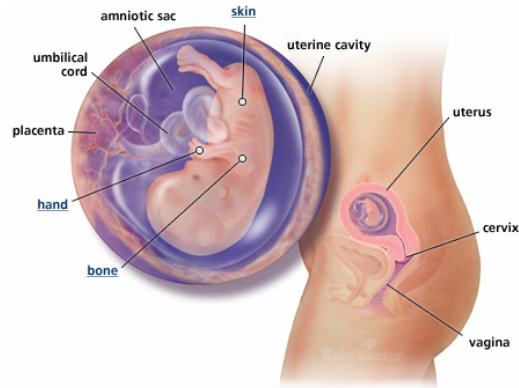
While you may have heard that caffeine is another big no-no during pregnancy, it's actually okay in moderation. After years of controversy, most researchers now believe that, although caffeine does cross the placenta, moderate amounts (less than 300 milligrams a day) won't harm your baby. That's about what you'd get from two to three 8-ounce cups of coffee. (However, you could get that much from just one 8-ounce cup if it's brewed very strong.)

Regarding Beanlette's growth:

Your baby, just over 1 1/2 inches long and about the size of a fig, is now almost fully formed. Her hands will soon open and close into fists, tiny tooth buds are beginning to appear under her gums, and some of her bones are beginning to harden.

She's already busy kicking and stretching, and her tiny movements are so effortless they look like water ballet.

These movements will become more frequent as her body grows and becomes more developed and functional. You won't feel your baby's acrobatics for another month or two — nor will you notice the hiccupping that may be happening now that her diaphragm is forming.



January 25th – I had another difficult night as I learned of yet another friends' issues with her labor and delivery. I get these bouts of mood swings whenever I think that something is likely to go wrong with my pregnancy. I know it is not healthy to think that way, and I do try not to, but I'm very sad for my friends. I wish we could all have healthy beans! I've had more round ligament cramps today. I've noticed that my pimples have gone down for the most part, my appetite is somewhat back to normal as well. The only part that is still constant is the sore breasts and the general fatigue at night.

Oh and it is still raining, and that bad weather makes it hard to get up in the morning when you really just want to stay in bed!



Beanlette's Corner

January 26th – We went to my mom's retirement party tonight and it felt wonderful to receive so many good vibes and blessings from friends who are learning of our pregnancy! I seem to get asked the three most popular questions. 1) When are you due? 2) Do you know or want to know the sex 3) How are you feeling? So to answer these questions, Beanlette is due August 15th, 2008. I don't know what the sex is yet, but yes I do want to know, and I'm feeling great so far.

January 27th – I felt pretty good today. I got my hair re-colored, and it took longer than I wanted it to, but I'm glad that I got it done, cause it was looking pretty bad. DH told me that

he had a craving for a home cooked meal, so I made tacos. They came out very good and I have no idea why but I ate more than I thought I'd be hungry for. Perhaps I was hungry and just didn't know it. I crashed promptly at 9pm. I slept pretty well. The rain woke me up at 2am, but that's ok because it was time to potty anyhow.

January 28th – I did NOT want to get up this morning. The rain, the warm bed, and the fact that I was still very sleepy made it hard to come to work today. Since lunch I've felt a little nausea, then hunger, then nausea again. I couldn't seem to get full after lunch. All of the snacks didn't seem to help at all. Finally though I did get full, and then didn't want dinner.

January 29th – Today was the typical day, still fatigued, still feeling good, still sleeping more than I should, all in all I had good energy and wasn't too famished today.

January 30th – Today was a not so good day. My doc appt was cancelled due to a family emergency in his family. My appt was rescheduled for Feb 11th. Turns out that at this appt he won't really see me. He'll assess me and then refer me to a high risk OB. There was no other doctor available to do a scan, and I got freaked out because of all the terrible things the RE docs had warned me about. Those docs didn't want me to go 2 weeks without a scan. Well, we'd be going on two weeks if this appointment didn't last. I tried to get in with two other OB departments and they wouldn't accept me as a new patient. They'd refer me to a high risk doctor and not treat me. I started to feel as if I would never have an OB, and would never know when my next appt was. I panicked that I would have to deliver in a bucket in the backyard. I was exhausted from being hormonal and emotional. I didn't have an appetite today.

January 31st – I ran into a coworker who gave me his wife's OB. That doctor does specialize in high risk patients and can help me. No referral needed. So I called that office and got an appointment for next Thursday. I'm so excited. Today I've not much of an appetite. I'm excited for my trip with my friend this weekend. So I'll not update the blog until Monday. I'm feeling the same fatigue level I usually do, and could easily take a nap at my desk.