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②

③

④

⑤



①
Ovulation



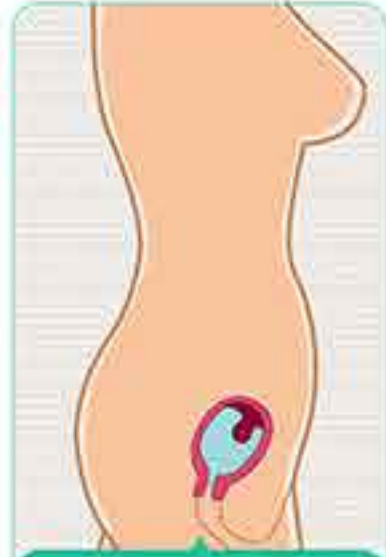
②
Fécondation



③
Nidation



④
Embryon



6 semaines



10 semaines



14 semaines



18 semaines



24 semaines



1^{ère} Echographie



2^{ème} Echographie

Je sens mon bébé bouger !



Test d'urine



Prise de sang



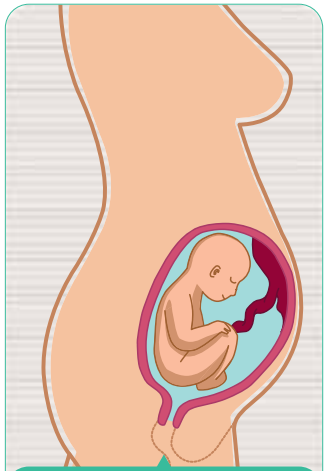
Poids

⑥

⑦

⑧

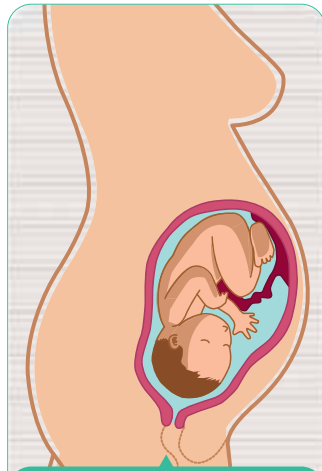
⑨



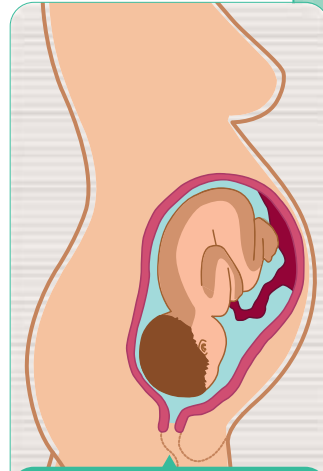
28 semaines



32 semaines



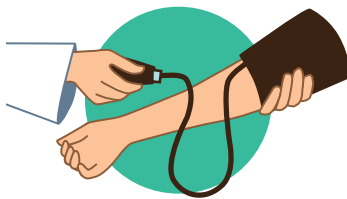
36 semaines



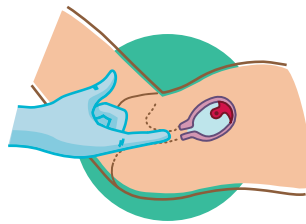
40 semaines



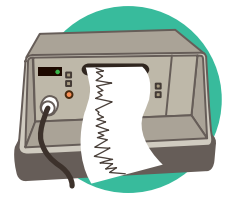
3^{ème} Echographie



Tension



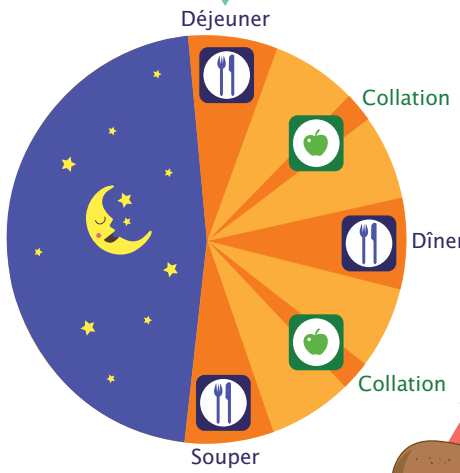
Toucher vaginal



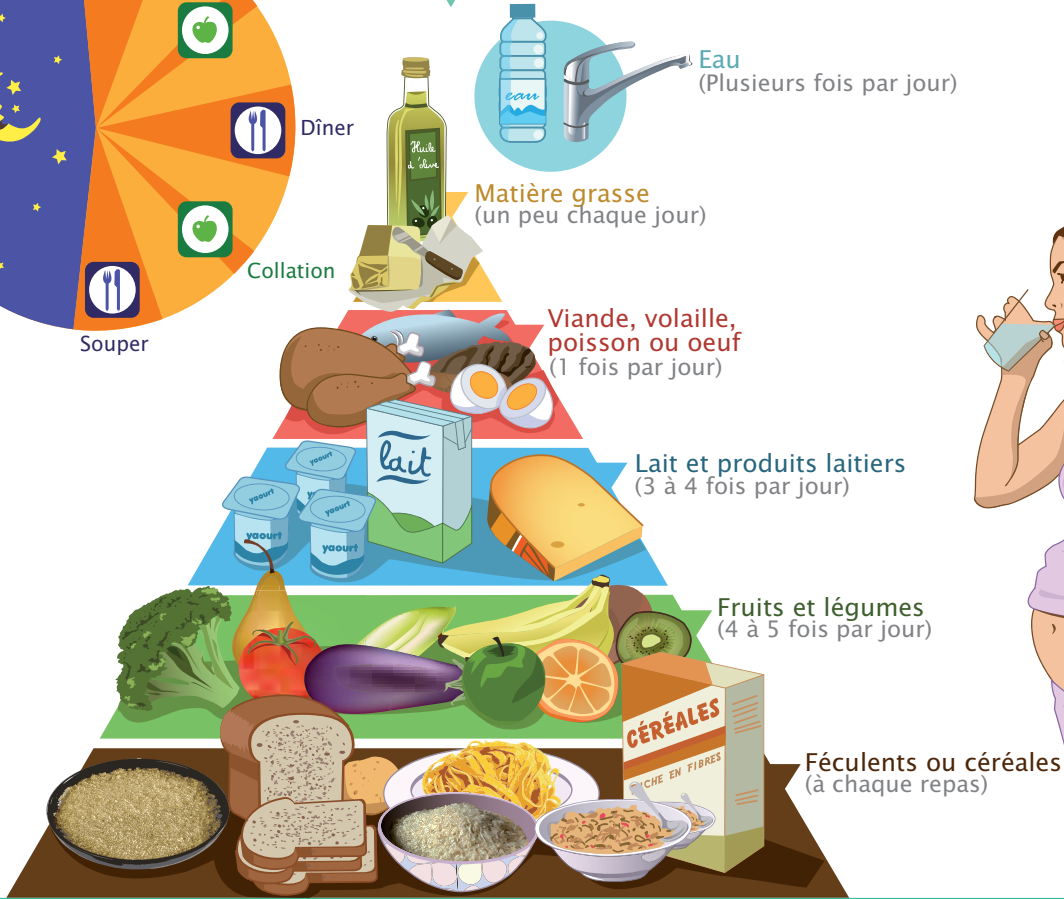
Monitoring



Répartition des repas sur la journée



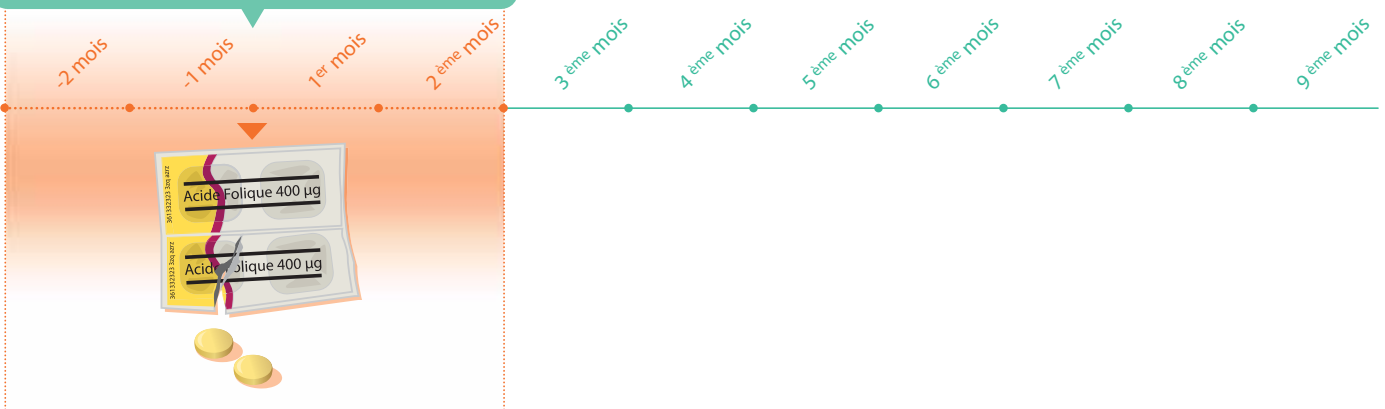
Composition des repas

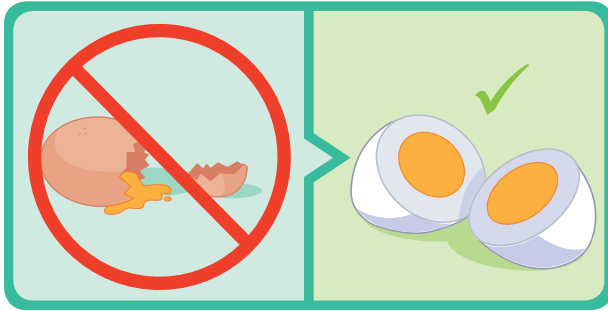


Ne pas trop manger!

Soda, café et thé : avec modération

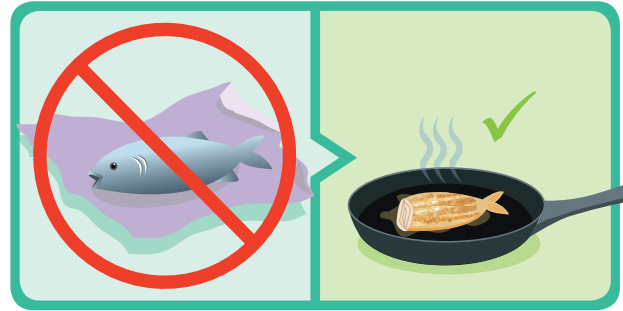
Prendre de l'acide folique





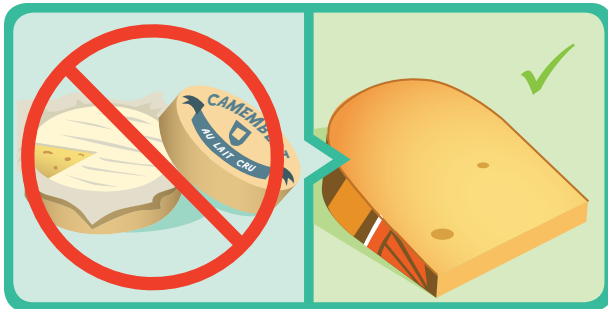
Oeuf cru

Oeuf cuit



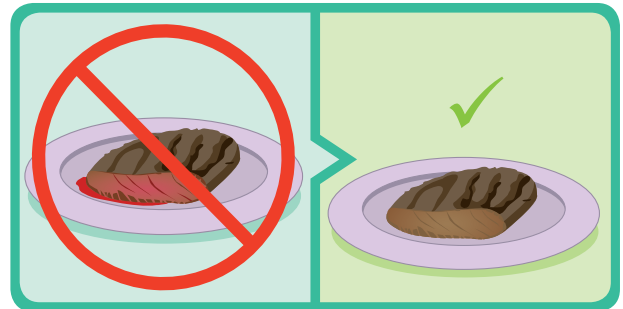
Poisson cru

Poisson cuit



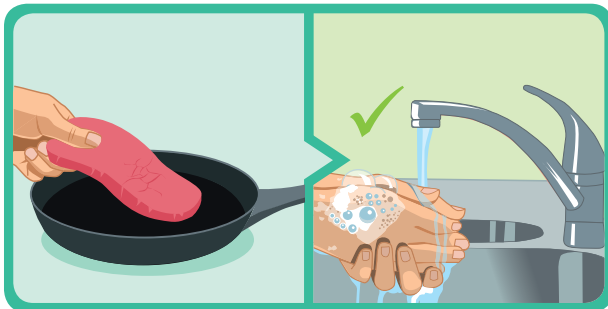
Fromages
«au lait cru»

Fromages
au lait pasteurisé



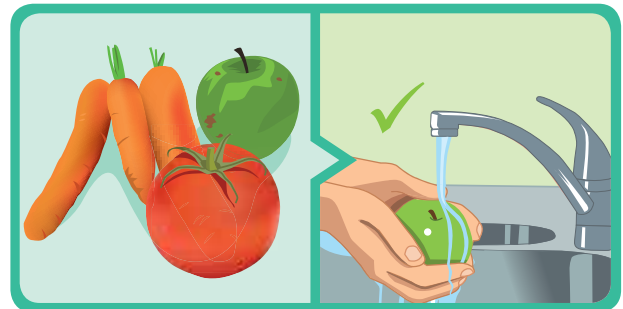
Viande saignante

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



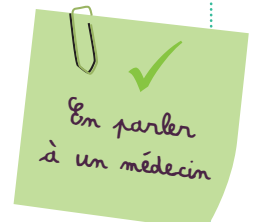
Pas d'alcool

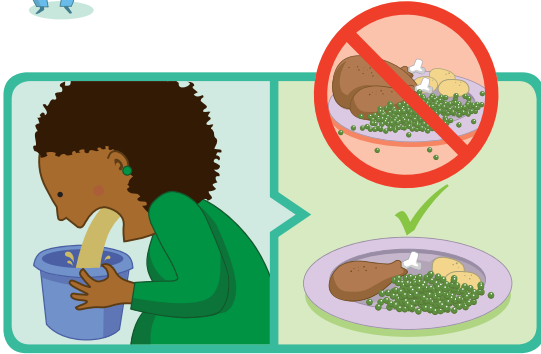


Pas de médicaments

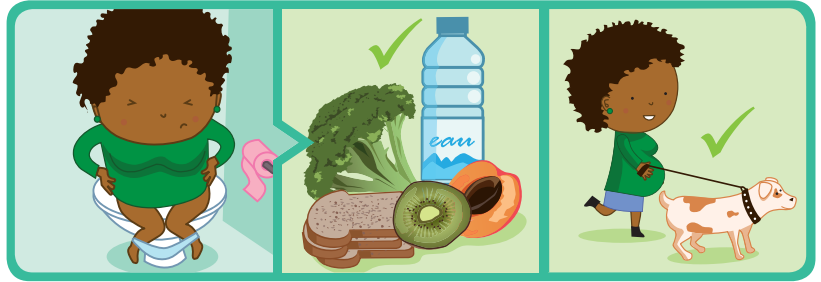


Pas de drogues

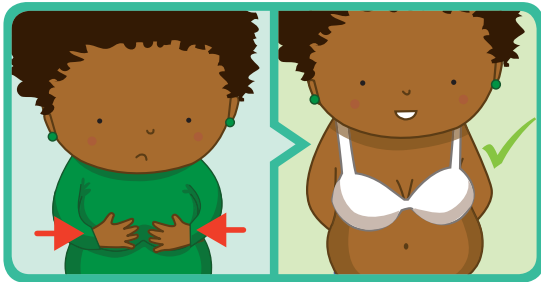




Nausées, vomissements, brûlant



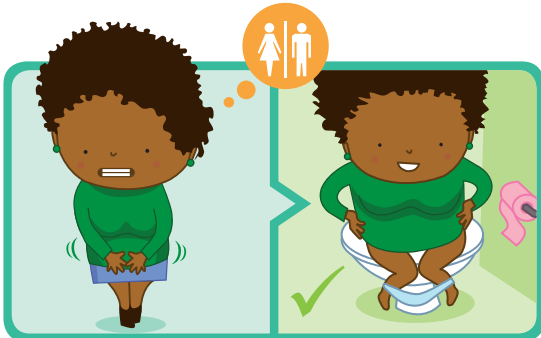
Constipation



Seins lourds



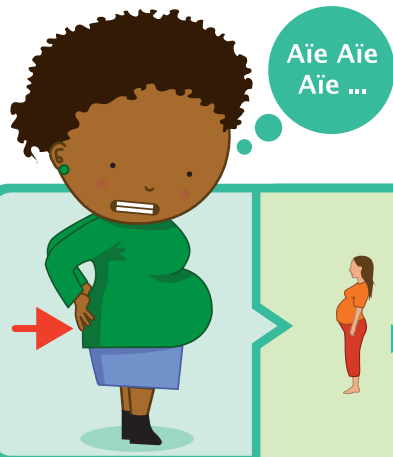
Jambes gonflées, varices



Envies fréquentes d'uriner



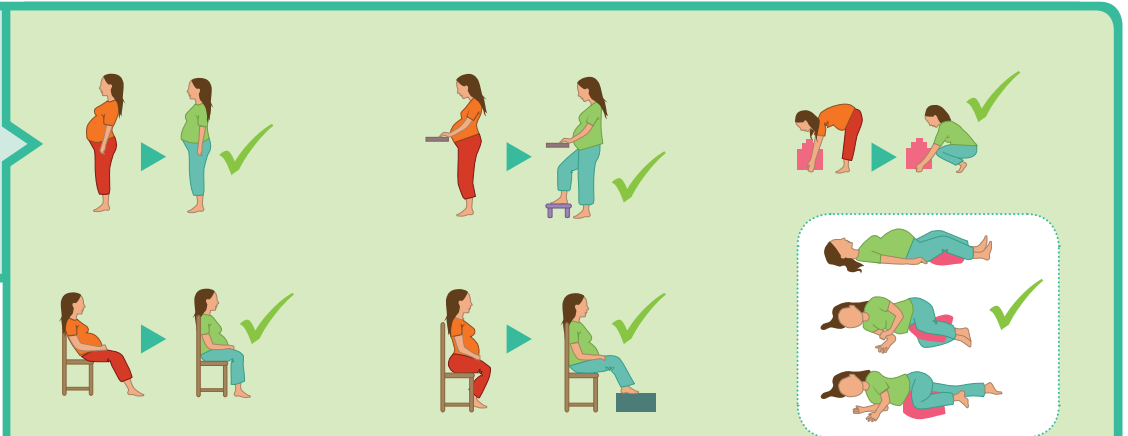
Vergetures

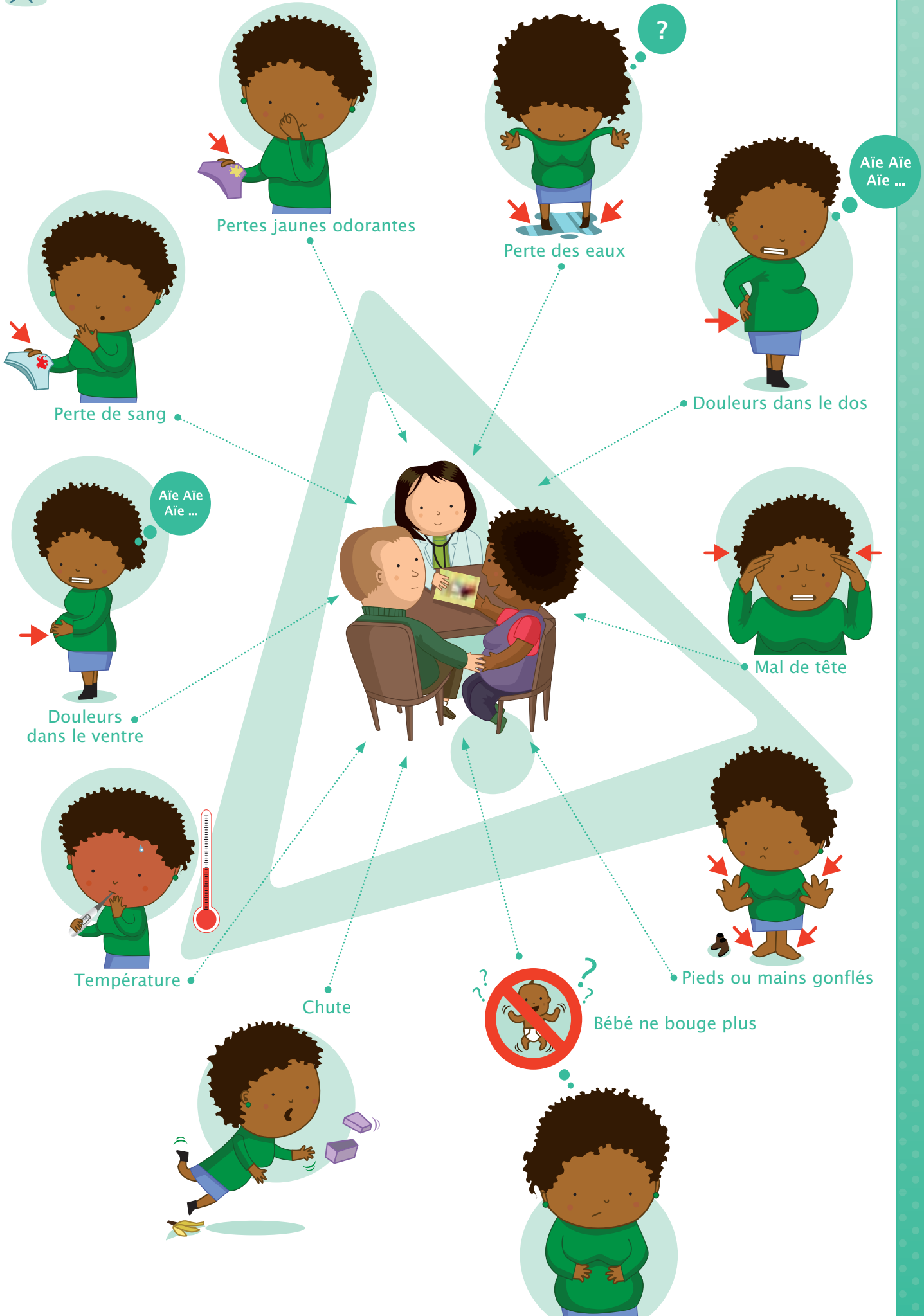


Maux de dos



Crampes







Chercher un milieu d'accueil pour bébé



Préparation du grand frère ou de la grande sœur



Allaitement ou biberon ?



Préparation à l'accouchement





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

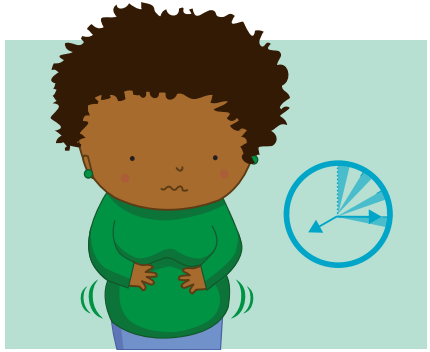


Grossesse

Signes annonçant la naissance



Perte du bouchon muqueux



Contractions toutes les 5 minutes



Perte des eaux





Naissance

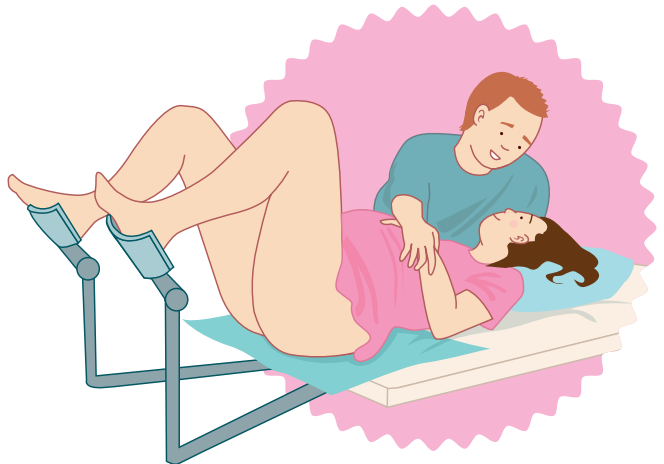


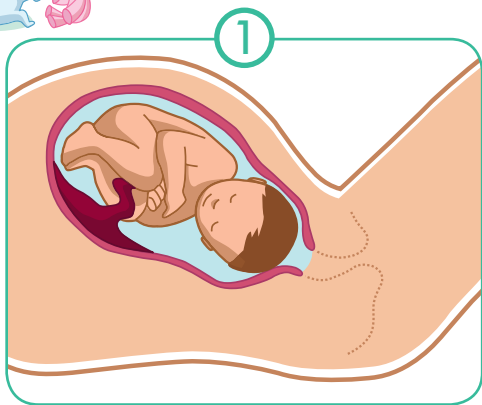


Apaiser la douleur

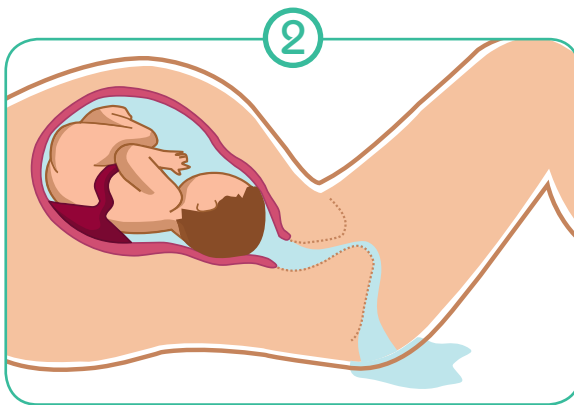


Différentes positions pour accoucher

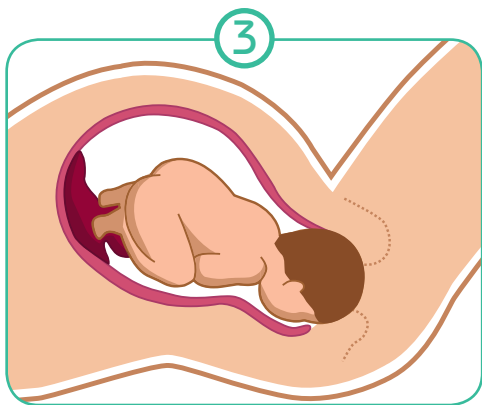




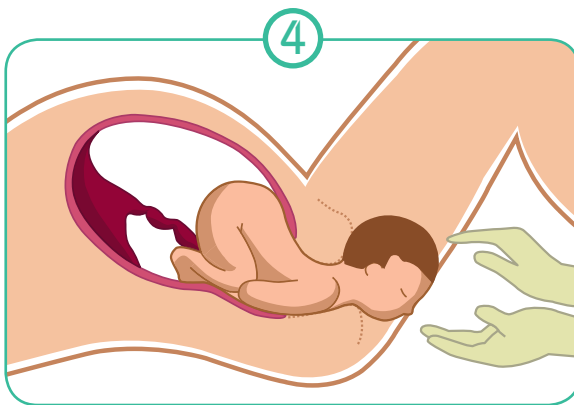
Col effacé et ouvert



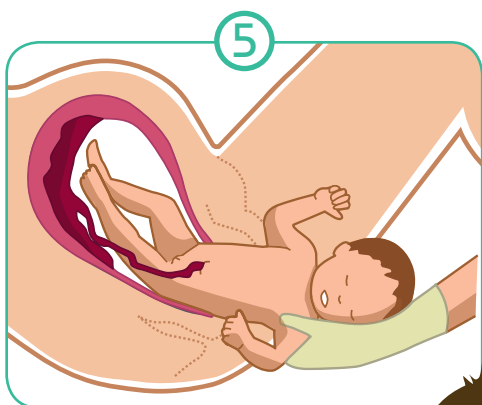
Rupture de la poche des eaux



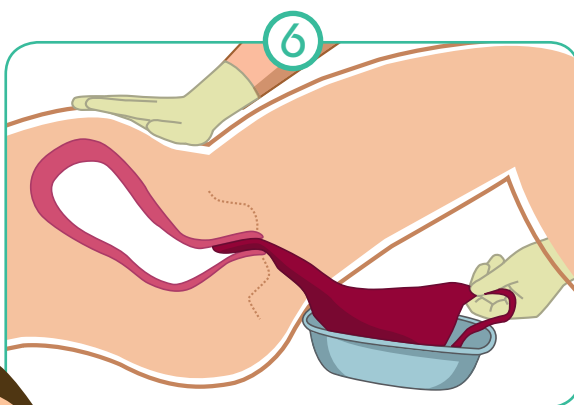
Dilatation complète



Expulsion



Naissance



Sortie du placenta





Premiers moments ensemble



Visite de la famille



Remise du carnet de l'enfant