Back again.

I am going to start off with something I learnt this week, not only is my stomach now really growing but other areas of my body are getting bigger too (eh hem my bum!) – both of which I suppose are to be expected. I am incredibly fortunate to be pregnant after all...HOWEVER, after waking up with dry eyes, getting headaches and struggle to get moving in the morning because of them, I learnt that your eyeballs can change shape too!! Yes folks, your eyeballs, so just in case all the other rapid changes weren’t enough we can throw that one into the mix too. I am now in a desperate battle to drink more water, constantly slathering myself in moisturiser to potentially help with the impending stretch marks and have dug out my glasses to try and ease some tension across my forehead.

Alas, my morning sickness has eased (yay), starting to actually feel now like Trimester 2 could be a little more enjoyable. I am still setting my daily targets though, today I would like to try and get some order back in the house after having new carpets fitted upstairs at the weekend and a nice dog walk would be nice too. I will wait till my partner is home before moving any furniture though as there have been a few occasions over the weekend, when I have almost forgotten that I am pregnant and in the drive to get stuff done have been moving furniture around, it isn’t until afterwards I have had a little shock realisation (plus a telling off) that it may not have been a good idea.

Every now and then, I get these spurts of energy to do “something”, which is a welcome change. I ran a short distance along the bypass the other day whilst out walking Buddy, just to see if I could and felt surprisingly ok. I then proceeded to walk up a small hill and could barely catch my breath, need to remind myself, small steps.

It is a very strange time for everyone but being pregnant in a global pandemic can be tough. Luke wasn’t allowed to attend our 20 week scan either, meaning he has had to miss both, we completely understand why but it doesn’t always make it any easier to digest. However, I found some positives to the situation for any other mums-to-be out there, firstly, we do not have anywhere to go, so we can get away with not having to buy the next size in clothing – joggers and leggings are my best friend! Actually, no, google is my best friend...then leggings, anybody else? Secondly, gyms and sports clubs are shut, so for those that were active beforehand, or if not pubs are shut too (!), so we don’t feel like we are necessarily “missing out” or guilty for not going because we don’t quite feel up to it. I will try to keep adding to the list, always helps to look on the brightside I think.

We did our little active gender reveal at the weekend, I hope you like the video to go with this week, at least you don’t have to hear me attempt to speak this time. Having a baby still hasn’t hit us, let alone that we are having a girl!! Not sure when the realisation will come in... Stay safe and speak soon.

Hayley (20 weeks – first time Mum-to-be)