



Weeks 14 to 30

Find out about keeping healthy and well during the first 14 weeks of pregnancy.

Transcript ▾

Rachael and John are 26 weeks pregnant. See how they learn about their [baby's development \(/your-health/pregnancy-and-kids/pregnancy/weeks-14-30/your-developing-baby-weeks-14-30\)](#). Their midwife, Ngaire, [explains her role \(/your-health/pregnancy-and-kids/services-and-support-during-pregnancy/maternity-care\)](#) and what [screening tests and scans \(/your-health/pregnancy-and-kids/pregnancy/weeks-14-30/screening-tests-and-scans-week-14-30\)](#) are offered at this stage. Find out about your pregnancy superpower!

Stay healthy for you and your baby by [eating safely and well \(/your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/eating-safely-and-well-during-pregnancy\)](#), [taking supplements \(/your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/folic-acid-iodine-and-vitamin-d\)](#) and [being active \(/your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/being-active-during-pregnancy\)](#). [Avoid alcohol, smoking and drugs \(/your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/avoid-smoking-alcohol-and-drugs\)](#).

Many women feel sick or throw up (vomit) during pregnancy. Although it's called '[morning sickness \(/your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/morning-sickness\)](#)', it can happen at any time of the day. It's usually worse during the first 3 months of pregnancy.

Most women feel some [aches and pains \(/your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/common-complaints-pregnancy\)](#) during their pregnancy but sometimes there are [problems during pregnancy \(/your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/danger-signs-during-pregnancy\)](#) that need urgent medical attention.

If you are having [twins, triplets or more \(/your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/twins-triplets-or-more\)](#), find out about the types of twins, the maternity care you'll receive, what you need to think about before the birth, and where you can get help and support.

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