

UNDERSTANDING STAGES OF PREGNANCY

Both physical and mental health matter at every step of the journey—before, during, and after giving birth. A recent survey found that 42.8% of Utah women who delivered a live infant reported symptoms of depression or anxiety before pregnancy, or during the prenatal or postpartum period.

PRENATAL:
The period from conception, through pregnancy, up to delivery.

PERINATAL:
Generally refers to the full prenatal and postpartum period, though in some cases can describe the weeks immediately before and after childbirth.

POSTPARTUM:
Definitions span from 12 weeks (the "4th trimester") to one year post-delivery, recognizing a varied recovery timeframe for different body systems and individuals.



Perinatal Development

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