

10 Things No One Tells You About Pregnancy

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by **Chaunie Brusie, RN, BSN**



Pregnancy is one of the most talked about, yet least known-about experiences in life.

Many people think they know all there is to know about pregnancy, but there are a few parts about pregnancy that you may not hear some honest talk about, such as ...

It's totally normal to
cry at your pregnancy
test.

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Even if your pregnancy is 100% planned and more than dreamed for, it is normal if you burst into tears when you see that “positive” result. It’s a major life change, no matter how much you want that change.

Pregnancy can make
you secretly hate your
partner.

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The strangest thing happens to me when I'm pregnant — I start to hate weird things about my husband. Like the way he smells. Suddenly, any time he walks by, I get nauseated just at his scent. Luckily, the feelings fade once those pregnancy hormones settle down. (Mostly.)

Pregnancy really
messes with your
brain.

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Not in a major way that can make you feel like a 1950's throwback to when women were expected to quit work, but in a way that you kind of just want to shut out the rest of the world and focus on your little space and your little family. I call it “mental nesting.”

Some women really
do love pregnancy.
And some women
hate it.

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I thought I was a horrible freak of nature for absolutely loathing being pregnant, but as it turns out, some women hate it just as much as I did. And some women honest to goodness love every minute of being pregnant. To each her pregnant own.

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You will never pee the
same way after
pregnancy.

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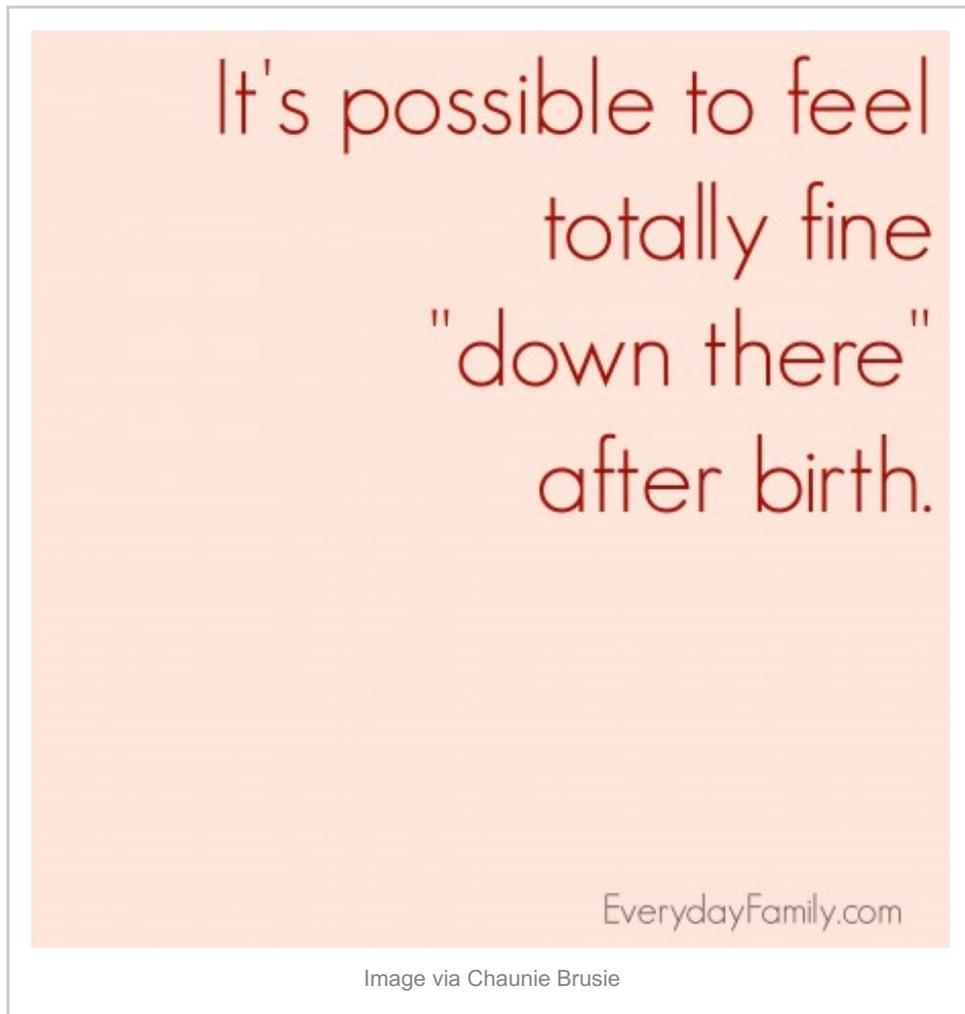
Say goodbye to a neat-and-tidy stream. Sorry, but it's the (TMI) truth.

Every single piece of
evidence points
against women
delivering up in
stirrups.

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Image via Chaunie Brusie

And yet it's the most common way that doctors have women deliver. What is up with that?



If you're worried about the pain after childbirth, allow me to reassure you that, crazy as it may sound, it is possible to feel fine “down there” after birth. A smooth birth that is relatively quick with no stitches or tears and you will be amazed at how incredible a woman's body really is to go through such a feat unscathed.

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Pregnancy is just as
much a mental
transformation as
physical.

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There is so much emphasis on the physical changes that occur with pregnancy that I think we gloss over the mental transformation that a mother goes through in those nine months. It takes a lot of courage to face labor, acceptance to learn to live in a new body, and tremendous love to literally put aside everything about our own lives, including the very air we breathe, for another person.

Your pregnancy
hormones affect your
partner too.

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Image via Chaunie Brusie

It's true. Men's levels of estrogen increase during a woman's pregnancy, possibly to help him prep for the emotional bonding needed to care for his wife and baby.

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Pregnancy hunger is
not a joke.

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Image via Chaunie Brusie

Sure, pregnancy hunger may be the source of many jokes, but I can assure you that it is most definitely not a joke. The hunger I've experienced during pregnancy is unlike anything else I've experienced in life — it's a deep, visceral need, and you shouldn't be ashamed of it. I once read that pregnant women experience that unbearable hunger so they can have sympathy for their hungry babies in the middle of the night. and that makes absolute sense to me.

Now, who wants a sandwich?

Author



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Chaunie Brusie is a coffee mug addict, a labor and delivery nurse turned freelance writer, and a young(ish) mom of four. She is the author of "Tiny Blue Lines: Preparing For Your Baby, Moving Forward In Faith, & Reclaiming Your Life In An Unplanned Pregnancy" and "The

Moments That Made You A Mother". She also runs Passion Meets Practicality, a community of tips + inspiration for work-at-home mothers. ... [More](#)