

# 5 Major Differences Between My 1st and 2nd Pregnancies

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**A lot of people like to give pregnant women advice, and when I was pregnant with my second baby, the world was convinced that I would be having a boy.**

How did they know, you ask?

Easy. My second pregnancy was completely different than my first. And because I had a girl first, the second pregnancy must be a boy, right?

Um, wrong.

Even though both of my first pregnancies were girls, here are five major differences I experienced between the first and second pregnancies. If you're expecting your second baby, you may be surprised to discover just how different pregnancies can be!

## **#1: Morning sickness**

Strangely enough, although I couldn't stop throwing up during my first trimester of my first pregnancy, I barely had any morning sickness with my second. I waited tentatively every day, just dreading the moment when the awful morning sickness would rear its ugly head. But beyond a few queasy moments, I made it through without throwing up. Yay!

## **#2. Weight gain.**

Oh, man. With my first baby, I gained a lot. My husband is fond of telling me how large I was, which is super nice of him. But with my second baby, I stayed the smallest of any of my pregnancies. Maybe chasing after a toddler really does help that weight gain when you're pregnant!

## **#3. Labor**

While I struggled through all-natural labor with my first daughter and ultimately had what would go down in my mind as a truly awful labor experience involving stalled contractions, IV medication that made me hallucinate, and a baby that eventually got stuck, my second labor was like night and day from my first.

I went in prepared and confident for natural labor, and I made it. My OB nurse even commented that I was one of the most calm laboring patients she had ever had, and the difference was a lot, in part, because I knew what I was in for this time around, knew my body could do it, and had actually taken time to prepare this time with lots of visualization and yoga to help me center and breathe through contractions.

## **#4. Pushing**

First baby?

I pushed for four hours. *Four hours*, people. Isn't that illegal in some states??

Second baby?

Four pushes.

Moms-to-be of soon-to-be-two, take heart: pushing is SO much easier the second time around!

## **#5. Postpartum depression**

Unfortunately, after my first daughter was born, I did experience postpartum depression until a little after her first birthday. It was rough, and I lived in constant fear after my second daughter was born that I would fall into that dark spot in my life again.

I watched and prayed and hoped and took a lot more naps the second time around and wept actual tears when my younger sister came over to help me almost every day, because I know in my heart that she may have saved me. If you experienced postpartum depression the first time around, take heart knowing that it doesn't mean you will automatically get it again, but definitely be aware and ask for help as you need it with baby #2!

*Are you pregnant with #2? What differences have you noticed so far in your pregnancies?*

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