

You can buy a book that has plenty of pictures and information about each of the stages: 1st trimester, etc. Usually these books will detail many of the amazing things science has learned about how a child grows. Routines are good to develop in any relationship, so take advantage of this time to institute a new event each week. Just like you may have a time to read together, go on a date, see a movie, or attend religious services. Setting a designated time to talk about this will only strengthen your relationship and you can keep yourself from being excluded. Plus, the facts are quite interesting to learn. Do you know when the baby first has fingers or eyelashes? After the pregnancy, you could extend that time to be a “discuss the baby” later to “family” time.