

# The Shy Girl's Guide to Pregnancy and Parenting

## ◦ Categories

- Categories
  - [do good](#) (1)
  - [health & nutrition](#) (2)
  - [holidays](#) (1)
  - [money matters](#) (1)
  - [pregnancy](#) (2)
    - [belly fashion](#) (1)
  - [teachable moments](#) (1)
  - [the blog](#) (1)

## ◦ Archives

- [November 2008](#)
- [October 2008](#)

## Things I Bought: Most Comfortable Maternity Jeans (and Pants) Ever!!!

Posted on October 28, 2008 by Annie

Those stretch-band maternity pants can be the pits and at two months post-partum I am (sadly) still more comfy in pants with a stretch waist than my pre-baby jeans. So I wanted to share with you maternity and someday-may-be-maternity-again mamas the best, most comfortable pair of maternity jeans I have EVER tried on (seriously!):



(<http://theshygirlsguide.files.wordpress.com/2008/10/bestmaternitypants.jpg>)

These are Motherhood Maternity's jeans with the "Secret Fit Belly™" ([http://www.motherhood.com/Product.asp?ViewSource=&Product\\_Id=55401652&category\\_Name=Boot+Cut&Category\\_Id=1652&MasterCategory\\_Id](http://www.motherhood.com/Product.asp?ViewSource=&Product_Id=55401652&category_Name=Boot+Cut&Category_Id=1652&MasterCategory_Id)) and the first time I put them on I told my husband I might just keep wearing them after the baby came. The tummy panel is sooo comfortable, and fits well enough to wear from early baby-belly all the way through the ninth month. I literally wore these to the hospital! And at about \$25-30 a pair, they're relatively cheap. Best of all, they actually look good on your butt (unlike Old Navy & Target's maternity pants which gave me grandma-booty).

The Secret Fit Belly™ comes on a lot of different styles ([http://www.motherhood.com/mastercategory.asp?MasterCategory\\_Id=33&ViewAll=true](http://www.motherhood.com/mastercategory.asp?MasterCategory_Id=33&ViewAll=true)) of pants, jeans, shorts, skirts, and capris, too, and they're mostly pretty cute.



I had a pair of black capris that I wore to work all the time. I was actually really bummed on days these pairs of pants were dirty so I had to wear different pants with tight elastic bands that hurt. So ladies with baby tummies unite & try on the Secret Fit Belly™ and see for yourself!

xo!

Annie

photos from motherhood maternity (<http://www.motherhood.com/home.asp?>)

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## Your First Transvaginal Ultrasound: You're Going to Put That WHERE?

Posted on October 25, 2008 by Annie

How amazing is it to see your brand new peanut baby for the first time on that fuzzy black and white screen? If only someone had told me how they were going to get that picture!



Can you find the baby? (We had to ask where it was!)

At approximately five weeks in my pregnancy with our little Bun, I was having some abnormal discomfort, so my doctor sent me into the hospital to get checked out and make sure Bun was in my uterus and not an ectopic pregnancy. When I went into the exam room, they asked if I wanted a chaperone.

Weird... why would I feel the need for a chaperone for some goop on my tummy and a peek at the baby? Enter the endovaginal ultrasound. \*Gulp\*

### What is a Transvaginal Ultrasound?

Besides being a big shock, an endovaginal or transvaginal ultrasound is a pelvic ultrasound taken using a probe (a.k.a. transducer) placed into the vaginal opening. Doctors use this type of ultrasound when the baby is still very small—so small that your body tissue would block it in a regular outside-the-tummy ultrasound.

Not everyone will have an ultrasound at this stage of pregnancy, so don't get your knickers in a twist just yet!

### How is it performed?

After a quick disrobing from the waist down, you'll probably find yourself in the traditional pelvic exam position: on your back with your feet in stirrups and draped with a bed sheet for privacy (though as you'll notice throughout pregnancy, "relative" is a relative term).

The doctor or technician will then place a condom over the transducer and cover that with a gel. She will then place part of the transducer in the vagina and begin the ultrasound. She may need to move the probe around to find the fetus, so be prepared for that.

### Does it hurt?

In most cases, no. The transducer is shaped to \*ahem\* fit a condom, which means it is also shaped to fit correctly in the vaginal canal. You may feel some pressure which may not be super comfortable. If you feel pain, let your doctor or technician know immediately.

### How can I make this process more comfortable?

Even the non-shy-mamas among us don't look forward to a pelvic exam or anything like it, so remember that there is nothing wrong with being nervous—but also remember that it shouldn't hurt, and that you get to see your baby!

A few tips for making a transvaginal ultrasound more comfortable:

1. **Have a chaperone.** Whether it's your baby-daddy or your very own mama, having someone there to hold your hand—and admire your first glimpse of baby—can help you feel more comfortable and secure.
2. **Ask to help.** When I went in for my first endovaginal ultrasound, the tech let me guide the probe in myself, and it made a big difference. My second endovaginal ultrasound was performed by a midwife, and she placed the transducer herself—and it was much more uncomfortable. If you want to, go ahead and ask if you can guide the transducer yourself.
3. **Relax.** Easy for me to say sitting comfortably in front of my computer, fully clothed, and no where near a pair of stirrups. But really, you should make an effort to relax while this is going on. If you can, focus especially on relaxing the muscles around the probe so it won't hurt when it is moved around during the ultrasound.
4. **Ask questions.** Ask what the tech is doing, what you can do to help, where the baby is on the screen, anything you want! Asking questions will not only help distract you, but also help you feel more in control of the situation.
5. **Focus on your baby!** It may not be the most fun way to catch a peek at your own little bun in the oven, but the point of this weird and wacky ultrasound is to check on your baby! So don't get caught up in nerves or worries—look at that beautiful baby. You might even be able to see or hear its heartbeat!



Our little Bun at nine weeks!

For more information about transvaginal ultrasounds, check out [About.com's encyclopedia entry \(http://adam.about.com/encyclopedia/Transvaginal-ultrasound.htm\)](http://adam.about.com/encyclopedia/Transvaginal-ultrasound.htm) or [WebMD's Women's Health topic \(http://women.webmd.com/pelvic-ultrasound\)](http://women.webmd.com/pelvic-ultrasound) about them.

Good luck, and enjoy your first baby picture!

Love,

Annie

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