

I found out I was pregnant with our first child at the beginning of February.

My husband and I are thrilled and we ultimately just want a healthy baby. However, it is difficult to ignore some of the disappointment and fear around being pregnant during a pandemic. My husband was not allowed to come to my appointment to witness our first ever ultrasound (thankfully I did get to FaceTime him!). We could not tell our parents the happy news in person, despite living only a handful of miles from them.

Each doctor appointment brings anxiety about contracting the virus while there. I am worried about losing my job and what that would mean for maternity leave and financially supporting the baby. And the future is still uncertain as to whether my husband will be allowed to be in the delivery room with me when the baby is born, and whether our families can visit the baby afterward.

I understand we are lucky in many ways and people have it way worse than us. But there are lots of complex emotions involved in #pregnancyduringpandemic to say the least (as I'm sure many are facing with major life events happening right now)!