

# A-Z Pregnancy Acronym Guide

- BFP** - Big fat positive  
**BFN** - Big fat negative  
**BLW** - Baby led weaning  
**BM** - Bowel movement or Breastmilk  
**CIO** - Cry it out  
**CM** - Cervical Mucus  
**Co-sleeping or bed sharing** - Sleeping with your baby in the same bed.  
**CS or C/S** - C-section  
**DD** - Darling daughter  
**DH** - Darling husband  
**DS** - Darling son  
**DTD** - Do the deed, as in have sex  
**EBF** - Exclusively breastfed  
**EDD** - Estimated due date  
**EP** - Exclusively pumping breastmilk for your baby.  
**FF** - Formula fed  
**FTM** - First-time mom  
**HCG** - A hormone produced during pregnancy  
**HG** - Hyperemesis gravidarum  
**IUI** - Intra Uterine Insemination  
**L&D** - Labor & delivery  
**NBR** - Not baby related  
**PNP** - Pack n Play  
**PPA** - Post-Partum anxiety  
**PPD** - Post-Partum depression  
**RNP** - Rock n Play  
**Room sharing** - Sharing a room but not a bed with your baby  
**SAHM** - Stay at home mom  
**STM** - Second-time mom  
**TTC** - Trying to conceive  
**TMI** - Too much information  
**Trigger warning** - Sensitive subject that may be triggering for others  
**VBAC** - Vaginal birth after C-section.

