



### **Your Baby**

- \* By the end of this period, your baby has grown from about a ½ to one inch long inside a sac of amniotic fluid (bag of waters).
- \* Many of the baby's features were determined from the moment the mother's egg and the father's sperm met.
- \* The father's sperm has already determined your baby's sex.
- \* The brain and nervous system are forming.
- \* The heart and lungs are beginning to form.
- \* Tiny spots for ears, eyes and nose are appearing.
- \* Arm and leg buds are forming.

### **Your Body**

- \* Your breasts now begin to feel tender and tingly.
- \* You may feel nausea (morning sickness) but it can come at any time of the day.
- \* You haven't gained much weight or changed your body size this month.
- \* The placenta is forming and beginning to produce chemicals that prepare your body for pregnancy.
- \* It is normal to feel ambivalence about pregnancy.
- \* You may feel sleepy and tired.
- \* Your uterus will grow larger, softer and rounder, but it is down behind the pubic bone where you can't feel it.

### **What You Can Do During This Time**

- ✓ It is safe to continue having sex during pregnancy. If you would like more information, ask your doctor or midwife.
- ✓ Check with your doctor or midwife before taking any medicine, prescribed or over-the-counter.
- ✓ Avoid cigarettes and limit caffeine. Do not drink alcohol or use any street drugs.
- ✓ Eat a balanced diet of whole grain breads and cereals, fruits and vegetables, milk products and meat, fish or other sources of protein.
- ✓ Discuss with your partner any positive or negative feelings you both have about this pregnancy.
- ✓ Decide how and when to tell your family, friends and maybe your boss about your pregnancy.
- ✓ Wear seat belts while traveling, to protect you and your baby.
- ✓ Plan on attending the free "Special Beginnings Class" (ask your nurse for more information).

### **Warning Signs/Call Women's Specialists**

- ! Unable to keep food/fluids down for over 12 hours.
- ! Bright red bleeding that requires a pad or increased cramping. It is not unusual to have slight spotting especially after intercourse or pelvic exam at the office.



### **Your Baby**

- \* Embryo becomes fetus.
- \* Your baby grows to be about 2 ½ inches long and weighs ½ to 1 ounce by the end of this month.
- \* The umbilical cord has formed.
- \* The baby's head is large because its brain is growing faster than its other organs.
- \* The baby's heart beats.
- \* The stomach, liver and kidneys are forming.
- \* This is a very important time in the development of the baby's sight and hearing.
- \* Skin and muscles are starting to give shape to your baby's body.
- \* Kidneys produce urine.

### **Your Body**

- \* The placenta continues to grow and is fully functioning and producing hormones.
- \* Your breasts increase in size and the area around your nipples begin to darken.
- \* Your vaginal secretions are becoming thicker, whiter and stickier; the tissues in and around your vagina are bluish from the heavier blood supply brought in to nourish the baby.
- \* Your growing uterus crowds into the space next to your bladder and you begin to urinate more often.
- \* You may still have nausea.
- \* Your waistline may begin to get bigger.
- \* Your uterus may feel like a small bump above your pubic bone by the end of this month.
- \* You will probably gain 1-2 pounds by the end of this month.
- \* It is normal to feel different emotions; you may be happy and sad without any obvious reason that you can think of.

### **What You Can Do During This Time**

- ✓ Rest and relax, take frequent naps; you probably won't need this much sleep later.
- ✓ Try to walk for 15-30 minutes every day.
- ✓ Take prenatal vitamins. If you have nausea, wait on taking them until you feel better.
- ✓ Avoid cigarettes, caffeine and junk food. Always check with your doctor or midwife before taking any medications. Do not take alcohol or street drugs.
- ✓ Eat a balanced diet.
- ✓ Share with your partner your ideas and worries about how the pregnancy is affecting both of you because everyone has some feelings of doubt. Also, talk with family and friends about what it was like for them.
- ✓ Plan to see the dentist during your pregnancy.
- ✓ Start thinking about whether you want to breastfeed.
- ✓ It is safe to continue having sex throughout your pregnancy unless you have specifically been cautioned against this by your provider.

### **Warning Signs/Call Women's Specialists**

- ! Bright red bleeding that requires wearing a pad.
- ! Unable to keep food or fluids down for over 12 hours.



### **Your Baby**

- \* Your baby measures about 6 inches long and weighs about a ½ pound by the end of this month.
- \* The umbilical cord is well formed and blood is circulating between your infant and the placenta.
- \* Your baby can move, but it is still too tiny to be felt by the mother.
- \* The heart beats 120-160 beats per minute; you can hear with Doppler.
- \* Your baby's vocal cords are formed.
- \* By the end of this month you baby's ears, arms, hands, fingers, legs, feet and toes will be completely formed.
- \* Reflex movements allow your baby's elbows to bend, legs to kick and fingers to form a fist.
- \* The taste buds are forming.
- \* The neck is well defined and the head (still the largest part) can be held erect.
- \* Baby teeth are beginning to form.

### **Your Body**

- \* Your vaginal secretions increase.
- \* Pressure on bladder is less, so urinary frequency decreases.
- \* Your weight gain has probably been 3-4 pounds.
- \* Your appetite may begin to increase by this time.
- \* The nausea is starting to go away.
- \* You may notice you are constipated as hormones of pregnancy cause your bowel activity to be more sluggish.
- \* You may perspire more easily than usual.
- \* The placenta is now completely formed and hormones are produced in amounts needed to keep your pregnancy healthy.
- \* You may begin to have more energy by the end of this month.

### **What You Can Do During This Time**

- ✓ No douching, take daily showers, wear cotton panties.
- ✓ Eat a balanced diet with plenty of calcium for teeth and bones.
- ✓ Drink at least 6-8 glasses of water each day; this will help prevent constipation.
- ✓ Avoid cigarettes, alcohol, caffeine and any unprescribed medicine.
- ✓ Get some exercise every day--like walking 15 minutes each day.
- ✓ Avoid using paint (except Latex), pesticides and aerosol sprays during your pregnancy.
- ✓ Ask about any changes in your body that worry you.
- ✓ Allow yourself and your partner time to adjust to both negative and positive feelings about the pregnancy; besides your partner, you may want to have someone else you can share all of your feelings with.



### **Your Baby**

- \* Your baby will measure about 10 inches long and weigh about  $\frac{3}{4}$  of a pound by the end of this month.
- \* The amniotic fluid increases during this month and your baby enjoys moving about freely inside the amniotic fluid.
- \* The baby's kidneys now make urine.
- \* Hair begins to appear on the head.
- \* A fine soft hair (lanugo) begins to appear over the baby's body.
- \* The eyebrows and eyelashes begin to grow.
- \* Baby's movements may become strong enough for some to be felt by the mother by the end of this month.

### **Your Body**

- \* Your uterus grows to your belly button by the end of this month.
- \* Your weight starts to increase by about  $\frac{3}{4}$  to 1 pound a week now; you may gain about 3 to 4 pounds this month.
- \* The placenta secretes hormones into your body that helps to soften some of your joints and muscles to make labor and delivery easier.
- \* You may be hungry more often.
- \* Cravings may start for certain foods and may continue throughout pregnancy.
- \* Your nipples and the area around them become darker in color.
- \* A line down the middle of your abdomen may darken (Linea Nigra).
- \* Your pregnancy is now beginning to show.
- \* You may be less tired now; you may find you are beginning to enjoy being pregnant.
- \* Your skin may be very dry, your hair fuller and your nails may grow more.

### **What You Can Do During This Time**

- ✓ Continue to eat a balanced diet; avoid greasy food and empty calories.
- ✓ Avoid caffeine drinks, cigarettes, alcohol and medications (unless prescribed).
- ✓ Get regular exercise--work up to walking at least a mile a day.
- ✓ Make sure seat belts fit low over your hips.
- ✓ Learn and practice the Kegel and pelvic rock exercises every day.
- ✓ Lie down and get your feet up for at least 30 minutes a day.
- ✓ Continue to take your prenatal vitamins and iron.
- ✓ Pick out some comfortable clothes to wear as you change size.
- ✓ If you are employed, find out about the procedure for maternity leave.
- ✓ Talk with your partner about what you both think the baby will be like and also about what it will be like to be responsible for a new baby.
- ✓ Talk with your doctor or midwife about breastfeeding and prepared childbirth.
- ✓ It is safe to continue having sex as long as you feel comfortable.



### **Your Baby**

- \* Your baby will weigh about 1 ½ pounds and be about 12 inches long by the end of this month.
- \* The skin is covered by a white secretion (vernix caseosa) that protects its skin as it moves in the amniotic fluid.
- \* Movement of the arms and legs are easier for you to feel now.
- \* Some hair may be present on the head.
- \* The eyelids are still closed.
- \* The skin is wrinkled and red but slowly being filled out with fat.
- \* The fingernails continue to grow.

### **Your Body**

- \* You will continue to gain about ¾ pounds a week now or about 3 to 4 pounds a month.
- \* Your baby will begin to move a lot; you will notice certain patterns of quiet and activity.
- \* The top of the uterus can be felt about the belly button.
- \* Your breasts continue to grow larger; they may get softer and the veins will start to show.
- \* You may notice colostrum (clear fluid) leaking from your breasts.
- \* It is normal to feel faint or dizzy, especially with sudden change in position.
- \* Constipation may become more troublesome. Drink lots of water and fluids. Try prunes, prune juice, or apple juice.
- \* Your hair may begin to feel thicker and oilier.
- \* You usually feel good; people begin to talk about how well you look.
- \* You may have some feelings from time to time of not being able to cope; this can happen anytime during pregnancy.
- \* Varicose veins may appear. Try wearing support hose and elevate your legs when resting.

### **What You Can Do During This Time**

- ✓ Continue to eat a balanced diet.
- ✓ Keep the routine of walking every day.
- ✓ Avoid smoking, alcohol, junk foods, caffeine drinks and unprescribed medications.
- ✓ Be careful to remember your vitamins and iron supplements every day.
- ✓ Drink 6-8 glasses of water or other fluids each day.
- ✓ Take time to purchase one or more well-fitting support bras.
- ✓ Take time for a rest period on your side every day.
- ✓ Talk about any concerns you or your partner may have about the responsibilities you will have to assume as parents.
- ✓ Seek out special friends and family members to help you deal with depressed or scared feelings, as well as sharing the fun and the anticipation that goes with having a baby.
- ✓ Register for prepared childbirth classes and infant care classes.

### **Warning Signs/Call Women's Specialists**

- ! Bright red bleeding.
- ! Your bag of water breaks (a gush of fluid from vagina or constant leaking).
- ! Cramping more than normal (your uterus gets hard frequently).



### **Your Baby**

- \* Your baby will measure about 14 to 15 inches long and weigh about 2 to 2½ pounds by the end of this month.
- \* Parts of the baby will be big enough to be felt by the doctor or midwife when they examine your abdomen.
- \* Your baby can respond to noises from the outside; it may move or become quiet.
- \* It can kick, cry and hiccup.
- \* The skin is still wrinkled and red.
- \* The eyelids can now open and close; the eyes are almost completely developed for life outside.
- \* Ridges for fingerprints are forming.

### **Your Body**

- \* You may have occasional heartburn, especially if you eat heavy, greasy or spicy foods.
- \* Your breasts may leak colostrum.
- \* You may notice some tightening and relaxing of your uterus (Braxton-Hicks contractions).
- \* Your sex drive may increase or decrease; it may change from week to week.
- \* Stretch marks may show up on your abdomen, hips and breasts as you gain weight.
- \* Your weight gain continues to be about 3 to 4 pounds a month or 1 pound per week.
- \* Your appetite is good; you have probably forgotten about nausea most of the time now.
- \* You find yourself getting more and more involved with your baby as it grows inside you.
- \* You look healthy--there is a special glow to your skin and a sparkle in your eye.
- \* Leg cramps, abdominal itching are normal and to be expected.
- \* You may find laying on your side with many pillows is more comfortable for sleeping.

### **What You Can Do During This Time**

- ✓ If you plan to breastfeed, find out about classes, videos or books to help prepare you.
- ✓ Take rest periods as needed to avoid tiring at the end of the day; try lying on your side & relax.
- ✓ Continue to exercise regularly & eat a good diet with plenty of fruits, vegetables, and whole grains and calcium. Continue taking your prenatal vitamins and iron.
- ✓ If you have heartburn, try eating smaller frequent meals and avoid fatty foods.
- ✓ If you plan to work after the baby is born, start thinking about child care.
- ✓ When family or friends ask, let them know what you and the baby will need.
- ✓ Take time to talk about how you feel about your changing body, the delivery and infant care.
- ✓ Start childbirth classes around 28 weeks.
- ✓ Pre-register at the hospital you will be delivering at.
- ✓ Ask your doctor or midwife how to count the baby's movements.
- ✓ Choose a pediatrician to care for your baby.

### **Warning Signs/Call Women's Specialists**

- ! Severe, painful headache that is not relieved with Tylenol.
- ! Contractions more than 4 in 1 hour.
- ! Cramping, diarrhea.
- ! Your bag of water breaks or there is a constant leaking of fluid.
- ! Bright red bleeding.



### **Your Baby**

- \* Your baby now measures about 16 inches and will weigh a little over 2½ to 3 pounds by the end of the month.
- \* The body is now covered with fine, soft hair called “lanugo”.
- \* The fingerprints are set.
- \* Baby will have definite periods of sleeping and waking.
- \* Baby moves frequently with noticeable kicking and stretching.
- \* Baby practices thumb sucking.
- \* The brain and nervous system now mature rapidly.
- \* Baby starts to store iron and will continue until the time to be born.
- \* If it's a boy, the testicles will start to descend into the scrotum.

### **Your Body**

- \* Your uterus is now moving up closer to your ribcage; you may feel kicking against your ribs.
- \* You can watch your abdomen move as your baby moves about.
- \* Your breasts may leak enough to need to wear padding in your bra.
- \* Your weight may increase faster than you expect; this begins the period of greatest growth for your baby.
- \* You may begin to tire more easily.
- \* You may begin to feel a bit more awkward when moving about; you may also notice light headedness as you get up from a lying down position.
- \* You may be aware of a loosening in the pelvic bones as you walk.
- \* You may notice periods of insomnia or waking up in the middle of the night.

### **What You Can Do During This Time**

- ✓ Eat a balanced diet with increased calcium. Continue taking your prenatal vitamins and iron.
- ✓ Continue to drink 6 to 8 glasses of fluids a day.
- ✓ Be sure to continue wearing seat belts.
- ✓ Practice relaxation and breathing exercise each day. Continue to exercise regularly.
- ✓ If your legs start swelling, try sitting with your legs up and rest as much as you can. Wear comfortable, low heeled shoes.
- ✓ Start thinking about items you will need the first six weeks at home--convenience foods, paper dishes, disposable diapers or diaper service and an infant car seat.
- ✓ Plan some special time with your partner.
- ✓ Take some extra time for yourself to do things you want to do.
- ✓ Continue to talk about your feelings being pregnant and responsibilities that face both you and your partner.
- ✓ If you are working, discuss with your health care team and employer how close to delivery you will want to work. If you have private insurance, check on coverage for the baby after he/she is born.
- ✓ Continue keeping track of the baby's movements.
- ✓ Choose a pediatrician

### **Warning Signs/Call Women's Specialists**

- ! Severe, painful headache that is not relieved with Tylenol.
- ! Contractions more than 4 in 1 hour. Cramping or unusual diarrhea.
- ! Bag of water breaks
- ! Bright red bleeding.
- ! The baby's movement is less than normal or is not moving.



### **Your Baby**

- \* Your baby gains about 2 pounds this month; by the end of the month, it will weigh about 5½ pounds and will be about 18 inches long.
- \* The skin is smooth as fat begins to fill out the wrinkles.
- \* The eyes are open.
- \* The soft downy hair gradually disappears.
- \* The baby is still active with noticeable patterns of sleep and wakefulness.
- \* Baby may settle down into the position for birth.

### **Your Body**

- \* You may notice some swelling of your feet, ankles and hands by the end of the day.
- \* The top of your uterus is now up near your ribcage. You may have trouble breathing when the baby pushes up against your lungs.
- \* Your heartburn may increase.
- \* You may have trouble with hemorrhoids and constipation.
- \* You can feel the parts of the baby through your abdominal wall.
- \* You begin to tire easily.
- \* Your vaginal secretions increase.
- \* You may perspire more easily.
- \* Your breasts may leak.

### **What You Can Do During This Time**

- ✓ Plan to get a prenatal check-up every two weeks this month or as your doctor or midwife requests.
- ✓ Eat a balanced diet of small frequent meals. Continue taking your prenatal vitamins and iron.
- ✓ Drink at least 6 to 8 glasses of fluid each day.
- ✓ Continue your exercises learned in your childbirth education class. Continue to exercise regularly.
- ✓ Begin to make plans for someone to help you around the house after the birth.
- ✓ Review what activities will take place during your labor and delivery.
- ✓ Discuss any questions about breastfeeding with your doctor or midwife.
- ✓ Get an infant car seat for the baby to ride home from the hospital in and put it in the car.
- ✓ Select your pediatrician
- ✓ Attend tour of the hospital and Special Beginnings class if you have not done so.
- ✓ Make sure you are pre-registered at the hospital.

### **Warning Signs/Call Women's Specialists**

- ! Severe, painful headache that is not relieved with Tylenol.
- ! Contractions more than 4 in 1 hour. Cramping, unusual diarrhea.
- ! Your bag of water breaks or if there is a constant leaking of fluid.
- ! Bright red bleeding.
- ! The baby is not moving as much (at least eight movements in two hours).



### **Your Baby**

- \* Your baby grows 2½ inches and gains 2 pounds--now weighs 6½ to 7½ pounds and is about 20 inches long.
- \* The amniotic fluid equals about 1 quart.
- \* Your baby settles into a head down position, if this hasn't happened already.
- \* The definite sleep and activity periods continue.
- \* The fingernails become complete and may grow long.
- \* All your baby's body systems, lungs and heart continue to grow; it will be ready to take that first breath and grow on its own just as soon as it is born.

### **Your Body**

- \* You see your abdomen getting bigger and wonder how much longer you have before birth.
- \* The false labor contractions are more frequent (Braxton-Hicks contractions).
- \* Your abdomen may look lopsided as baby moves arms and legs or shifts position.
- \* You tire easily and often feel drowsy.
- \* Your sleep may be interrupted by the need to urinate and change position. It may help to sleep on your side with lots of pillows.
- \* Your feet and hands may swell.
- \* You may feel pressure low in the pelvis from the baby settling in position for the birth.
- \* You are tired of being pregnant and are ready for delivery.
- \* Your breasts may leak.

### **What You Can Do During This Time**

- ✓ Get a prenatal check-up each week until the baby arrives.
- ✓ Eat a balanced diet of small frequent meals. Continue taking your prenatal vitamins and iron.
- ✓ Drink at least 6 to 8 glasses of fluid each day.
- ✓ Continue to exercise and practice for childbirth.
- ✓ Limit any out-of-area travel now or get copies of your prenatal records to take with you.
- ✓ Ask your doctor or midwife for information on birth control.
- ✓ Pack what to take to the hospital (make sure you have slippers, robe and pens to write with).
- ✓ Set aside clothes for you and the baby to wear home and put the car seat in the car.
- ✓ Take time to treat yourself and your partner to something extra special for both of you.
- ✓ As your cervix softens, you may pass your mucous plug. Do not be alarmed.

### **Warning Signs/Call Women's Specialists**

- ! Your bag of water breaks or is leaking.
- ! Regular, painful contractions that are 5 minutes apart for 1-2 consecutive hours.
- ! Bright red bleeding like a menstrual period.
- ! The baby is not moving.
- ! Severe headache that is not relieved with Tylenol
- ! If there is a sudden swelling in your face, hands or feet or you see "spots or lights".