



## **Changes Occurring during Pregnancy**

### **First Trimester (1-12 weeks)**

#### **What is happening to me?**

You may be experiencing:

- Missed period
- Fatigue/Sleepiness/No energy
- Heartburn/Indigestion
- Food aversions/Cravings
- Emotional ambivalence/Anxiety
- Headaches
- Nausea and/or vomiting
- Breast tenderness and enlargement
- Frequent urination

\*For helpful suggestions, please refer to the section "Common Discomforts of Pregnancy" pg.48

#### **What is happening to my baby?**

1st month (0-4 weeks):

- The fertilized egg grows rapidly
- The placenta begins to develop
- The heart and lungs begin to develop
- By the end of this month, your baby is  $\frac{1}{4}$  inch long (smaller than a grain of rice)

2nd month (5-9 weeks):

- Your baby's major organs and facial features begin to develop
- Fingers, toes, ears and eyes are forming
- Bones are starting to replace cartilage
- By the end of this month, your baby is about one inch long
- The heart begins to beat

3rd month (10-13 weeks):

- Your baby's sexual organs develop by the end of this month
- Your baby can also open and close its fists and mouth
- As this month ends, your baby is about four inches long and weighs over one ounce
- Warning signs: Please call our office immediately if you experience bleeding, significant cramping, or trauma or injury to your abdomen.

### **Second Trimester (13-28 weeks)**

## **What is happening to me?**

You may be experiencing:

- A linea nigra (a dark line running down your abdomen) forms
- At 18-20 weeks, you will usually begin to feel "Quickening" or fetal movements
- Nasal congestion/Nose bleeds
- Bleeding gums
- Increased appetite
- Mild swelling of hands and feet
- Lower abdominal aches/Backaches
- Constipation
- Leg cramps

\*For helpful suggestions, please refer to the section "Common Discomforts of Pregnancy" page 48

## **What is happening to my baby?**

4th month (14-18 weeks):

- Your baby's heartbeat may now be audible with the use of a doppler (ultrasound)
- Eyelids, eyebrows, eyelashes, nails and hair are formed
- Your baby is developing reflexes, such as sucking and swallowing
- Tooth buds appear
- The fingers and toes are well-defined
- By the end of this month your baby is about 6 inches long

5th month (19-23 weeks):

- A soft, downy "lanugo" (fine hair) covers your baby's body
- Hair begins to grow on its head
- A protective vernix (cheese-like) coating covers the fetus
- Your baby now weighs about one pound and measures nearly 10 inches long

6th month (24-28 weeks):

- Your baby's essential organs are formed
- He/She weighs 1-2 pounds and is about 12 inches long
- The eyes begin to open, fingerprints form
- Your baby grows quickly from now until birth
- The organs are developing further
- The skin is wrinkled and covered with fine hair
- The fetus moves, kicks, sleeps and wakes
- The fetus can swallow and hear
- The urinary system is working

## **Third Trimester (29-40 weeks)**

### **What is happening to me?**

You may be experiencing:

- Abdominal pains/Braxton-Hicks contractions

- Shortness of breath
- Stronger fetal activity/larger movements
- Difficulty sleeping
- Swelling of hands, feet
- Itchy abdomen
- Frequent urination
- Colostrum/leaking breasts
- Increasing back and leg aches
- Hemorrhoids
- Increased vaginal discharge
- Navel sticking out
- Cervix changes

### **What is happening to my baby?**

7th month (29-32 weeks):

- This is a period of extreme growth and maturation for your baby
- By the end of this month fat begins to deposit on your baby
- Your baby can suck its thumb, hiccup, cry, and can taste sweet or sour
- He/She can respond to stimuli (pain, light and sound)
- The placental functions begin to diminish
- The volume of amniotic fluid lessens
- Your baby is about 14 inches long
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8th month (32-36 weeks):

- Your baby is starting to see and hear as the brain matures
- Excluding the lungs, most systems are well-developed
- By the end of this month, your baby is about 18 inches long and weighs about 5 pounds

9th month (37-40 weeks):

- The lungs are maturing this month
- The baby adds about ½ pound growth per week
- Your baby may weigh nearly 7 pounds and be about 18-20 inches
- He/She kicks and stretches as it gets bigger and there is less room
- Fine body hair disappears
- Bones harden, but bones of the head are soft and flexible for delivery
- The fetus settles into a position for birth
- Full term: approximately 20 inches long and six to nine pounds.