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 ¼ 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

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.