





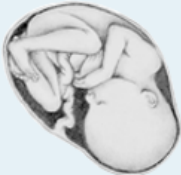


# Pregnancy Week by Week




## 1<sup>st</sup> Trimester

Weeks 1 – 4	Weeks 5 – 8	Weeks 9 – 12
Your baby is about the size of a poppy seed.	At 6 weeks, baby has grown to the size of a grain of rice.	At 10 weeks, baby is about the size of a grape.
His heart and brain are starting to grow.	Your baby's eyes, nose, and lips are starting to form.	Your baby can make a fist and move his legs.
	Lungs and kidneys are also starting to grow.	Fingernails and toenails are growing.
		
You might feel tired or nauseous.	You might need to go to the bathroom more than usual.	You may be constipated.
Breasts may be feeling tender or heavy.	Some things might smell or taste different.	You might start feeling extra hungry.
	Your nipples may get darker.	Small bumps around the nipple, called Montgomery glands, appear.

## 2<sup>nd</sup> Trimester

Weeks 13 – 17	Weeks 18 – 22	Weeks 23 – 27
Your baby is about the size of an apple around 15 weeks.	At 18 weeks, your baby is the size of a sweet potato.	Around 23 weeks, baby is the size of an eggplant.
You can hear his heartbeat with a stethoscope!	His eyebrows and eyelashes appear.	You probably know the gender of your baby, if you chose to find out.
He is starting to hear sounds.	Baby might suck his thumb.	Your baby can open his eyes and see light.
		
You are in the second trimester! Nausea should improve, but you might have some indigestion.	Leg cramps and backaches are common.	As your body grows, you might notice stretch marks on your breasts or stomach. Lotion or creams can help soothe tight or itchy skin.
You might begin to feel baby moving or fluttering.	You will begin feeling baby move more. Your partner may also feel the baby move.	You may be hungrier than normal and eating more often.
Breasts begin to produce colostrum — the first milk for baby.	You may need to change bra size or wear maternity bras.	You may have back pain or swelling in the ankles and feet. Take it easy and rest if you need to.

## 3<sup>rd</sup> Trimester

Weeks 28 – 31	Weeks 32 – 35	Weeks 36 – 40
Your baby is growing fast, and at 28 weeks, he is the size of a head of iceberg lettuce.	Your baby has grown to the size of a pineapple by 33 weeks.	Baby is about to make his appearance in the world!
His bones are fully developed this month.	Your baby can blink. He closes his eyes during sleep and opens them while awake.	He will grow a lot in this last month, and his organs are still growing.
Your baby is familiar with your voice. Talk and sing to him!	His brain and lungs are still developing.	It is best to wait until at least 39 weeks to have your baby unless your health care provider says you need to deliver sooner for medical reasons.
		
He can also taste some flavors from foods you eat, so try to eat healthy.		
You are now in the third trimester!	You might be feeling more back pain.	Your belly will get lower as baby gets into the birth position. Talk to your health care provider about signs of labor.
You might have mild contractions, called Braxton Hicks. Call your health care provider if you are having more than 5 contractions in 1 hour.	You may be constipated, and need to urinate more often.	Breathing may get easier but you might still be achy.
Breasts may leak milk — this is normal.	You might get short of breath and have problems sleeping. Try to sleep on your side with pillows for support.	