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# **GUIDE**

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## **Growing Together During Pregnancy**



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The Ottawa | L'Hôpital  
Hospital | d'Ottawa



***Disclaimer***

*This is general information developed by The Ottawa Hospital. It is not intended to replace the advice of a qualified healthcare provider. Please consult your own personal physician who will be able to determine the appropriateness of the information for your specific situation.*

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# Growing Together: Changes During Pregnancy

## *1 Month (6 weeks)*

### **Mother**

- Fertilized egg sticks to the wall of your uterus and starts to grow.
- Your body, through your placenta begins to feed the fertilized egg which grows into the fetus.
- You have missed your period.
- You might have morning sickness.
- ✓ It is important not to take any medications without talking to your physician.
- ✓ If you smoke, not may be a good time to try and stop. Ask your nurse or physician for help.

### **Fetus**

- The fertilized egg is the baby. It grows from a bundle of cells into the fetus.
- The fetus is the early form of your baby.
- Your fetus gets food from your body through the placenta.
- Your fetus is  $\frac{1}{4}$  "(0.63cm.) long.

$\frac{1}{4}$  inch 

*Your baby is this big!*

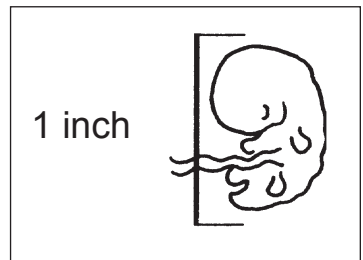
# 2 Months (10 weeks)

## Mother

- You begin to notice little changes in your body.
- You might:
  - get sore breasts
  - urinate (pee) a lot
  - feel tired
  - not feel like eating
- Ask about the routine blood tests which will be done at this time.
- **Think about prenatal classes.** They give you information about eating well, exercises, birth planning and infant care. **Call today.**
- Your visits to your health care provider or clinic will be every 4 weeks until you are 28 weeks pregnant.

## Fetus

- Your fetus'/baby's heart starts beating.
- Your fetus'/baby's brain is developing.
- The arms and legs begin to show as buds on your fetus'/baby's body.
- All the internal organs are in place.
- Your fetus/baby is 1" (2.5cm) long and weighs less than a grape.



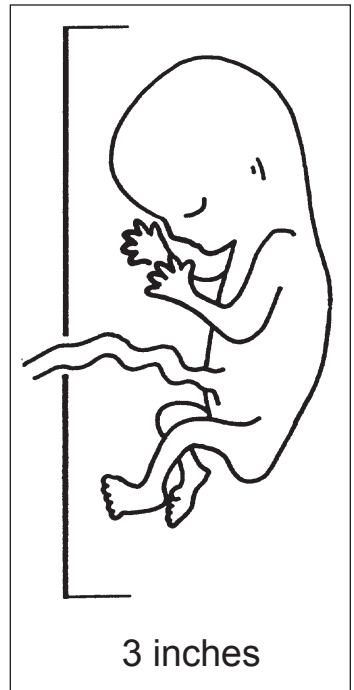
## **3 Months (14 weeks)**

### **Mother**

- Your uterus is the size of an orange.
- You can feel your uterus above the pelvic bone.
- There might be changes to your skin, like a rash.
- ✓ If you are still smoking and want to stop, ask your nurse or physician for help.
- ✓ If you are taking alcohol or drugs and cannot stop yourself, get help.
- ✓ Ask if you will have an ultrasound. It is usually done between 16 – 20 weeks.
- ✓ If you haven't called about prenatal classes, it's not too late. Call today!

### **Fetus**

- Your fetus/baby has a fully formed skeleton.
- At about this time you can hear your fetus'/baby's heart beat.
- Your fetus/baby can kick its legs, drink liquid and pucker its lips.
- The fingers and toes are fully developed.
- Sex organs are formed.
- Your fetus/baby is 3" (7.62cm) long and weighs about  $\frac{3}{4}$  oz. (21g).



***A healthy beginning for Mother and Child.***

# **4 Months (19 weeks)**

## **Mother**

- Your uterus is the size of a large grapefruit.
- Your morning sickness begins to go away.
- You start to feel better.
- You might notice a dark line (linea nigra) down the centre of your tummy (abdomen). This is due to an increase in your hormones, and usually fades after your baby is born.
- Your nipples start to darken.
- Your breasts begin to produce colostrum. It is a liquid that will give your baby protection (antibodies) from viruses and bacteria.
- ✓ Have you gained weight?
- ✓ Are you eating well?
- ✓ Do you know the signs and symptoms of preterm labour? Ask your health care provider for information.

## **Fetus**

- Your fetus/baby is fully formed.
- Your fetus/baby is now getting bigger, stronger and more developed.
- Hair begins to grow on your fetus'/baby's body.
- The first protective hair covering is called Lanugo.
- Your fetus/baby has eyebrows and can pass urine (pee).
- Your fetus/baby has fingernails and toenails.
- Your fetus/baby weighs about 11oz. (300g).



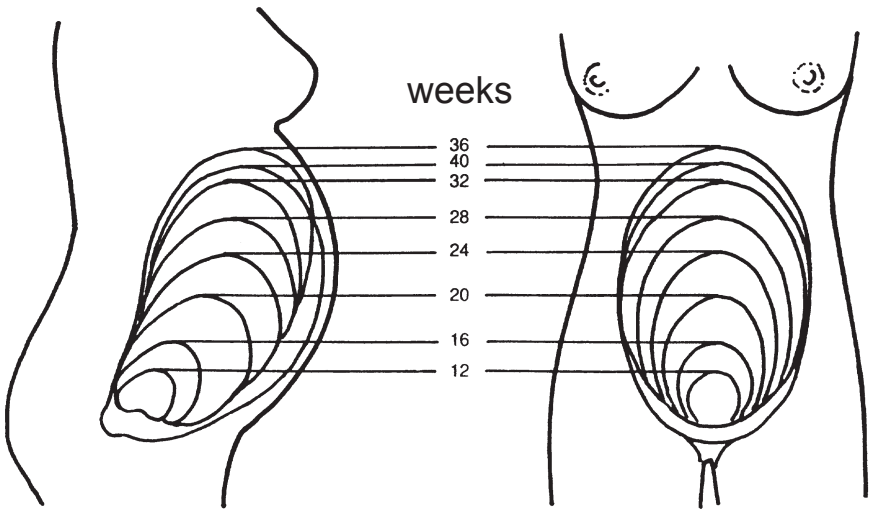
# **5 Months (24 weeks)**

## **Mother**

- You begin to sweat more.
- You begin to feel your baby move.
- You know there is really a baby inside you.
- Your breasts are getting bigger.
- ✓ This is a good time to start relaxation and breathing exercises.
- ✓ Take note of your baby's movements during the day. An active baby is a well baby.
- ✓ Know the signs and symptoms of early (preterm) labour. Ask your health care provider.

## **Fetus**

- Your baby now weighs more than the placenta
- Your baby is testing its reflexes.
- Your baby might start to suck its thumb.
- Teeth buds are forming.
- A protective cream (Vernix) clings to the Lanugo (hair) covering the skin.
- Your baby passes urine into the amniotic sac (bag of waters).
- Your baby has grown about 7 inches in one month!
- Your baby begins to hear.
- Your baby weighs 1.5lb. (600 – 700g.)



The *fundus* is the top of your uterus. As the baby grows, your uterus expands until the fundus reaches your rib cage.

## **6 Months (28 weeks)**

### **Mother**

- You might begin to get heartburn (a burning feeling in the lower part of your chest). Speak with a dietician or your healthcare provider for suggestions on how to cope with this.
- Your gums might swell and bleed more easily because of changes in your hormones.
- You might start to get stretch marks.
- You might get varicose veins.

- Your uterus might tighten up (contract) at times. These first painless tightenings are called Braxton Hicks Contractions.
- ✓ If you have had a preterm baby before, it is important to let your health care provider know about any tightenings you have.
- ✓ Staying fit and healthy will help with your labour.
- ✓ **Have you thought about breastfeeding?** Speak with your health care provider about breastfeeding classes.
- ✓ Have you called about your **Orientation Night?** Call today.
- ✓ From now on your visits to your health care provider are more often (every 2 weeks).

## **Fetus**

- Your baby starts a pattern of activity and sleep.
- Your baby's lungs are not fully developed yet.
- Your baby continues to grow but looks skinny.
- Your baby now has its finger and toe prints.
- Your baby can weigh over 2.5lbs. (1100g).
- Some babies are born at 6 months. They can survive, but these babies need a lot of special care from parents, doctors, nurses and machines.
- Babies born before their due date are called "premies" or premature babies.

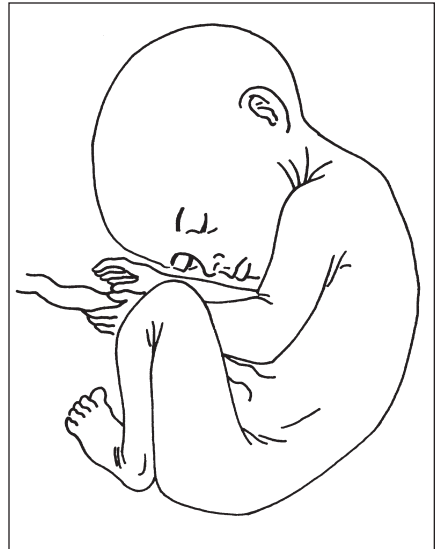
# 7 Months (32 weeks)

## Mother

- Your uterus may push against your rib cage.
- You might begin to feel the strain of the baby's weight on your body.
- You might find you have a hard time breathing.
- ✓ Try to maintain good posture. Pull in your tummy (abdomen) so that your spine will straighten. Letting your baby's weight pull you forward will give you back ache.
- ✓ Take note of your baby's movements during the day. An active baby is a healthy baby.

## Baby

- Your baby's bones are beginning to harden.
- Your baby can notice your movements.
- Your baby weighs about 3.5lbs. (1700g).



# 8 Months (36 weeks)

## Mother

- You begin to feel pressure on your diaphragm, liver, stomach and intestines.
- You might have more difficulty breathing.
- You may have more difficulty sleeping or staying in one position of a long period of time.
- ✓ Your health care provider will begin to feel your uterus/womb to find your baby's position.
- ✓ Ask your nurse or health care provider to review the signs of labour with you.
- ✓ Ask your nurse or health care provider for a list of community resources such as:
  - Parenting classes
  - Parenting help lines
  - Well baby drop-ins
  - Post partum breastfeeding support
  - Baby information lines
- Are you ready to go to the hospital?
- **Have you made plans for help at home?**
- Your visits to your health care provider or clinic are now once a week.

## Baby

- By now your baby's head is more or less in proportion with the rest of his/her body.
- Your baby's eyelids can now open.
- Your baby is starting to get fat.
- Your baby weighs about 5.5lbs. (2600g).

# **9 Months (40 weeks)**

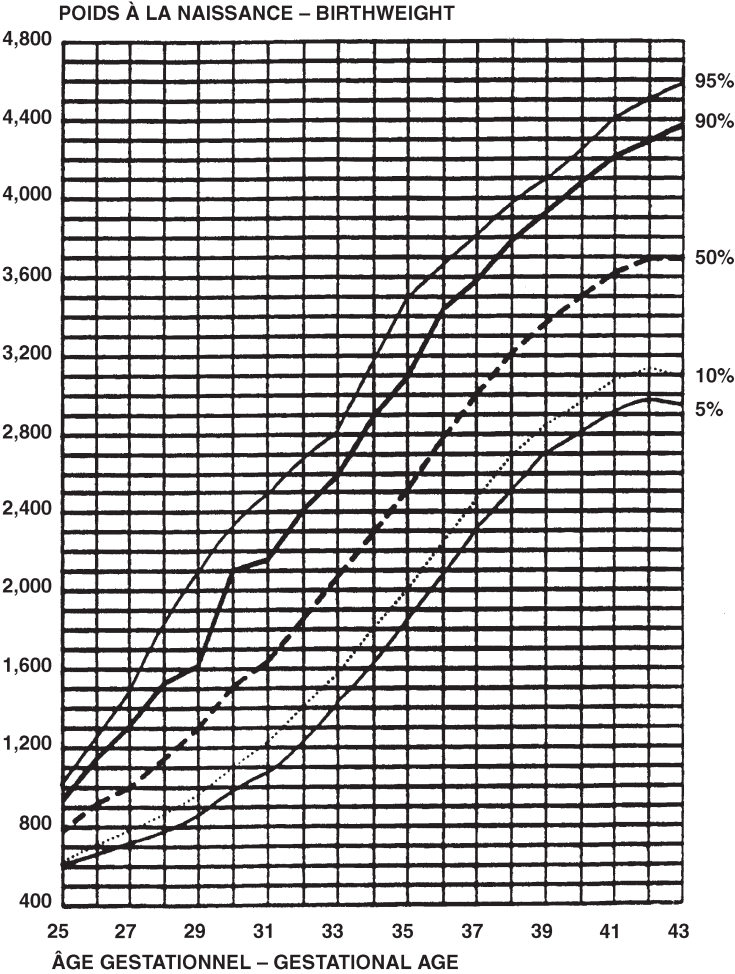
## **Mother**

- You might be able to feel your baby's bottom or a foot or knee.
- You may need to change position often.
- You might have difficulty sleeping. Short naps during the day may help.
- Your baby moves into its birthing position.
- You start to feel lighter because your baby has moved lower down in your pelvic area. It will be easier to breath, but you will need to urinate (pee) more often.

## **Baby**

- Your baby's skin is becoming pinker.
- Your baby can tell dark from light through your abdomen (tummy).
- Your baby's lungs are fully developed.
- Your baby puts on extra fat as energy reserves for his/her first few days of life in our world.
- Your baby weighs about 7.5lbs (3400g).

# Growth Chart



# Notes

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