

Pregnancy Week by Week

Somehow 40 weeks = 9 months!



1st Trimester

Rapid growth for baby and lots of changes for mother!

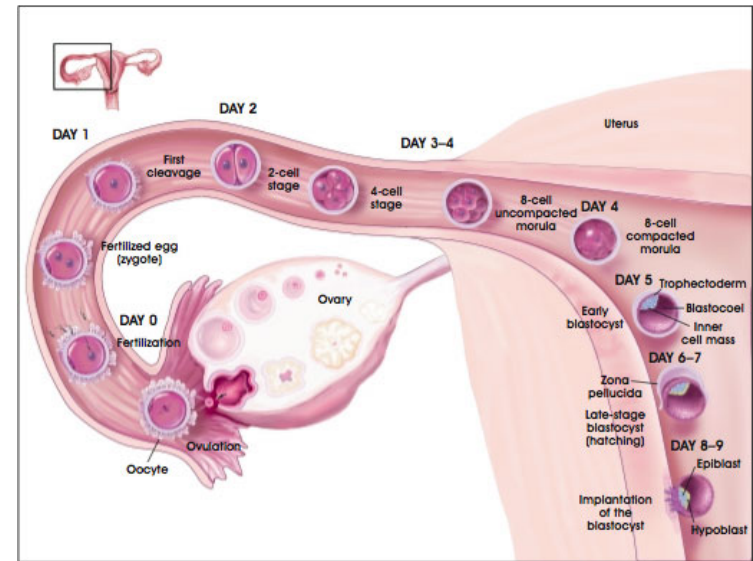
Week 1

- ▶ For the first two weeks of your pregnancy, you won't actually be pregnant
 - ▶ The first day of your period is considered Day 1 of the 280 days of your pregnancy even though conception won't occur for another 14 days or so
- ▶ At this point you should have given up all bad habits!!!
- ▶ Start taking a prenatal vitamin with folic acid
 - ▶ B vitamin that prevents brain and neural-tube birth defects
 - ▶ Works best if you start a few months before conception



Week 2

- ▶ At the end of this week—*CONCEPTION* will occur!
- ▶ Once the egg's been fertilized
 - ▶ Cells will begin to divide rapidly and the little ball of cells will double in size every 12 hours
 - ▶ The gender of the baby and eye and hair color, etc. have all already been determined.
 - ▶ Within 3-4 days the egg will start to change from a solid ball of cells into a layer of hundreds of cells clustered together called a blastocyst which will then begin a 7-10 day trek down the fallopian tubes to the uterus



Week 3 & 4

▶ Baby

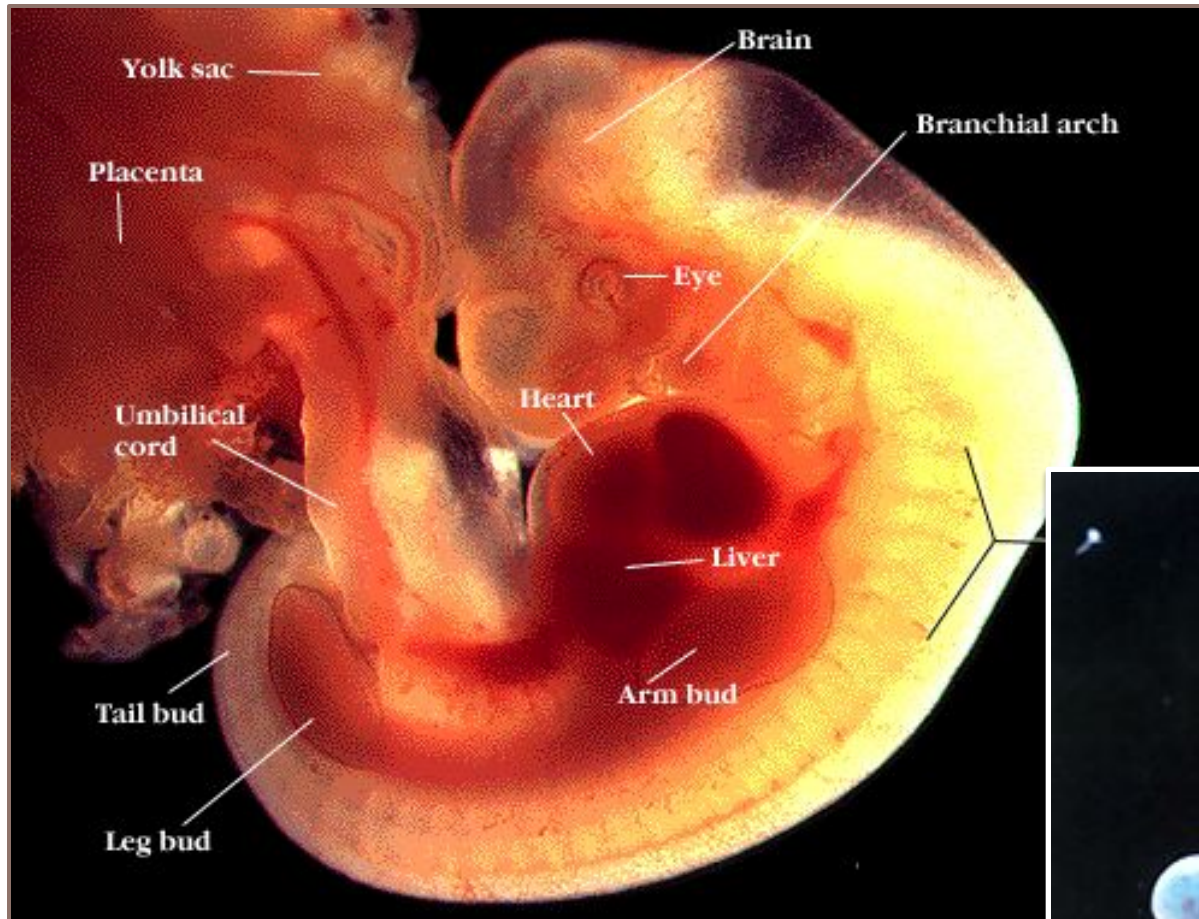
- ▶ *Fertilized egg reaches the uterus and attaches itself to the thickened lining of the uterus and begins to grow.*
- ▶ *Cell Division takes place and at the end of two weeks the zygote is the size of a pin-head*
- ▶ *The placenta, umbilical cord and the basics of his or her body are created*

▶ Mother

- ▶ *May notice small amount of spotting upon implantation*
- ▶ *Tiredness, Mood Swings, Frequent Urination, & Breast Tenderness begin,*
- ▶ *Nipples begin to change*
- ▶ *Missed period—time for a Pregnancy Test!!*



Period of the Zygote



Week 5

- ▶ Baby's microscopic *heart begins to beat and blood begins to circulate* throughout the body (Ultrasound won't pick it up yet)
- ▶ *Beginnings of the brain*; the cardiovascular, nervous and reproductive systems; as well as all other major systems are under way.
- ▶ Amniotic sac and the placenta are still forming at this point



Week 6

▶ Mother

- ▶ Needs 300 extra calories a day during pregnancy
- ▶ *Nausea may begin*
- ▶ *Breasts “HURT!!!”*
- ▶ Very tired and Fatigued
- ▶ *Metallic taste in mouth*

▶ Baby

- ▶ Looks like a mini tadpole, with a tiny head and tail.
- ▶ *Eyes, ears and mouth form*
- ▶ Arms buds begin to “bud”



begin to

Lentil



Week 7

▶ Mother

- ▶ Nausea becomes *MORNING SICKNESS*

▶ Baby

- ▶ Brain is growing 100 cells per minute within a see-through skull
- ▶ *Tiny mouth hole tongue, nostrils & ear indentations are visible*
- ▶ *Eyes are wide open, but they don't have irises yet*
- ▶ *Arm buds are growing* (they look more like microscopic ping-pong paddles than arms)
- ▶ *Leg buds are also forming and the umbilical cord is now visible*



Coffee Bean

-
- ▶ *10,000 times larger than at conception*

Week 8

► Baby

- *Eyelids, ears, upper lip and the tip of nose are forming*
- *Webbed fingers and toes will form*
- *Heart now has separated into four distinct chambers*



Week 9

▶ Mother

- ▶ *Breasts are larger & lumpy!*

▶ Baby

- ▶ *May be able to hear the heartbeat*
- ▶ *Genitalia will begin to form*
- ▶ *Nipples & hair follicles begin to grow*
- ▶ *Pancreas, gallbladder, bile ducts and anus are all in place*
- ▶ *Baby begins moving*
(Mother won't be able to feel anything)



Week 10

- ▶ “Tail” (really just the developing spinal cord) has disappeared--fusing into the spinal column
- ▶ Fingers and toes are discernable
- ▶ *Skeleton is starting to grow and harden*
- ▶ *Tooth buds are forming*
- ▶ *Kidneys begin producing urine*



Week 11 & 12

▶ Mother

- ▶ *May notice an increase in headaches*
- ▶ Tylenol is the only safe pain reliever during pregnancy
- ▶ Threat of miscarriage lessens

▶ Baby

- ▶ *All vital organs are now formed & functioning*
- ▶ Fingernail & toenail beds begin to form
- ▶ Testes or ovaries are completely formed
- ▶ Intestines are developing but may be dangling near or in the umbilical cord



Week 13—Final Week of 1st Trimester

▶ Mother

- ▶ Morning Sickness may begin to subside
- ▶ *Gained 2-4 lbs*
- ▶ Some women may start “showing”

▶ Baby

- ▶ *Can make a fist and even suck his or her thumb*
- ▶ *Eyelids are fused shut to protect his eyes as they develop*
- ▶ *Bones and skull are solidifying*
- ▶ Intestines are now in the belly his or her belly
- ▶ Vocal cords and larynx are complete





2nd Trimester

The best part of a pregnancy!

4th Month

▶ Baby

- ▶ *The fetus moves, kicks, and swallows.*
- ▶ *The skin is pink and transparent.*
- ▶ *The umbilical cord continues to grow and thicken to carry enough nourishment from mother to fetus.*
- ▶ *The placenta is fully formed.*
- ▶ By the end of the fourth month, the fetus is 6 to 7 inches long and weighs about 5 ounces



4th Month



4th Month--Mother

- ▶ *"Round ligament pain"*
- ▶ *Start to feel better because morning sickness is usually gone*
- ▶ *Not as tired*
- ▶ *Starting to show, may have to buy maternity clothes*
- ▶ *Red swollen gums during pregnancy*
- ▶ *Nasal swelling*
- ▶ *Cravings*
- ▶ *Facial skin may darken*



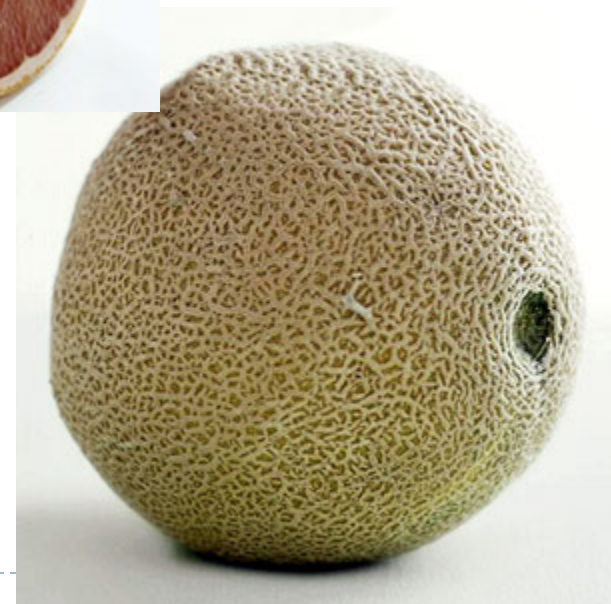
5th Month

► Baby

- *Becomes more active, turning from side to side and sometimes head over heels*
- Fingernails have grown to the tips of the fingers.
- *Sleeps and wakes at regular intervals*
- By the end of the fifth month (20 to 21 weeks), *fetal activity can be felt by the mother*



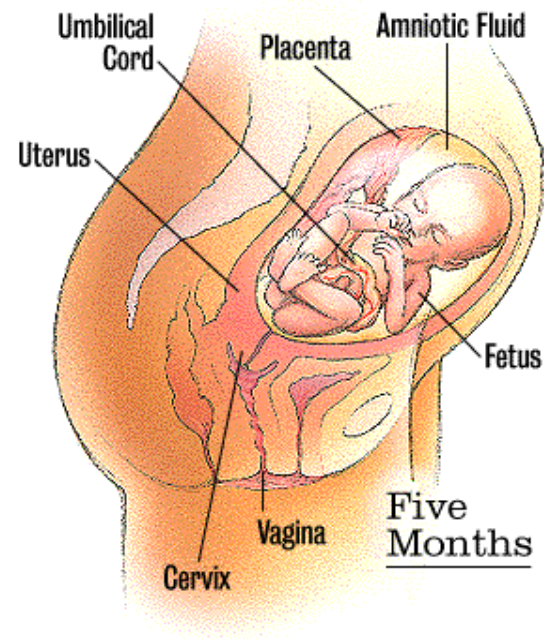
5th Month



5 Months

► Mother

- *Enlarged abdomen is obvious*
- *Increased Fetal Movement is felt*
- *Abnormal Dreams*
- *Leg cramps*
- *Backache*



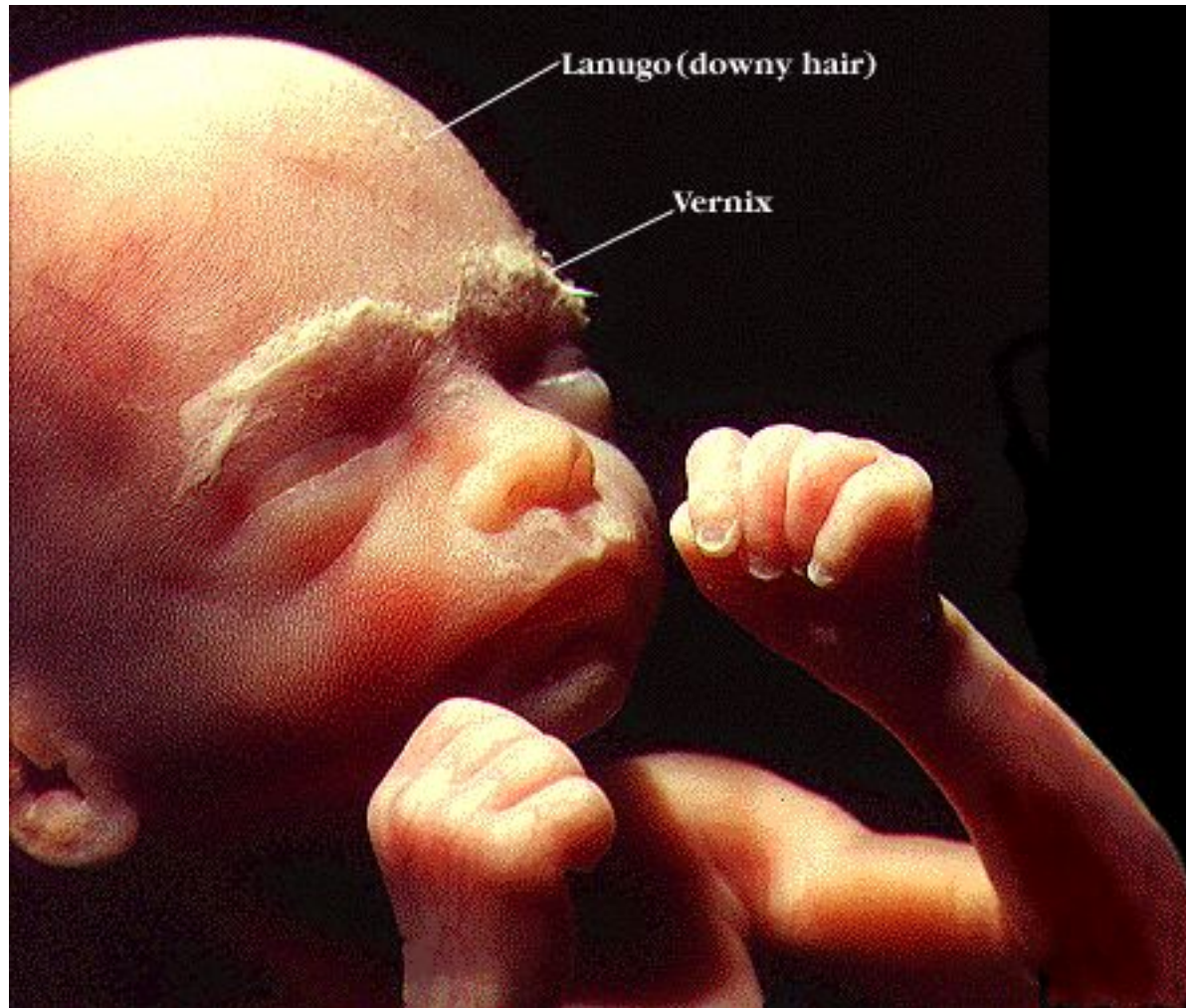
6th Month

- ▶ *The skin is red and wrinkled and covered with fine, soft hair.*
- ▶ *The eyelids begin to part and the eyes open.*
- ▶ *The finger and toe prints can be seen.*
- ▶ If born at 24 weeks or more, the fetus might survive with intensive care



She was 10 OUNCES when born and 9.5 inches. That's just longer than the length of your hand and weighed less than a can of soda.

6 Months



Weights 1.5- 2 lbs



Mother- 6 Months

- ▶ *Fetal movement is strong*
- ▶ *Kicking can be felt from the outside*
- ▶ *Sciatic nerve pain*
- ▶ *Swelling legs & feet*
- ▶ *Stretch marks*
- ▶ *Heart burn*
- ▶ *10-12 lbs total weight gain at the end of 2nd trimester*





3rd Trimester

7th Month

- ▶ *The fetus can open and close its eyes and suck its thumb.*
- ▶ *The fetus exercises by kicking and stretching.*
- ▶ *The fetus responds to light and sound.*
- ▶ *If born now, the fetus has a good chance for survival.*
- ▶ *The fetus is now about 15 inches long and weighs about 3 pounds.*



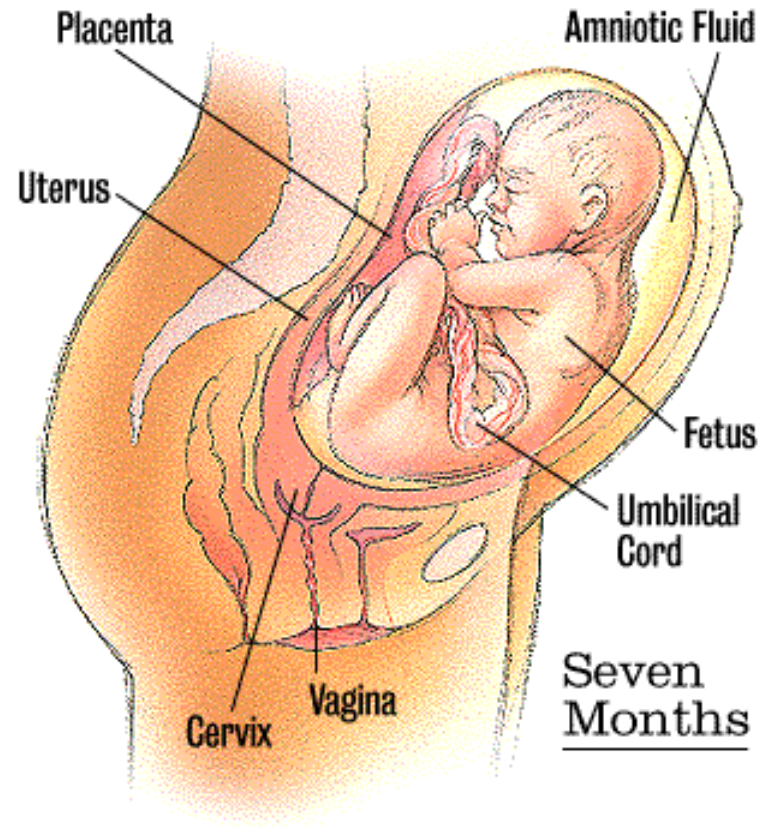
7th Month



7th Month

► Mother

- *Shortness of breath*
- *Continued fatigue, leg cramps and frequent urination*

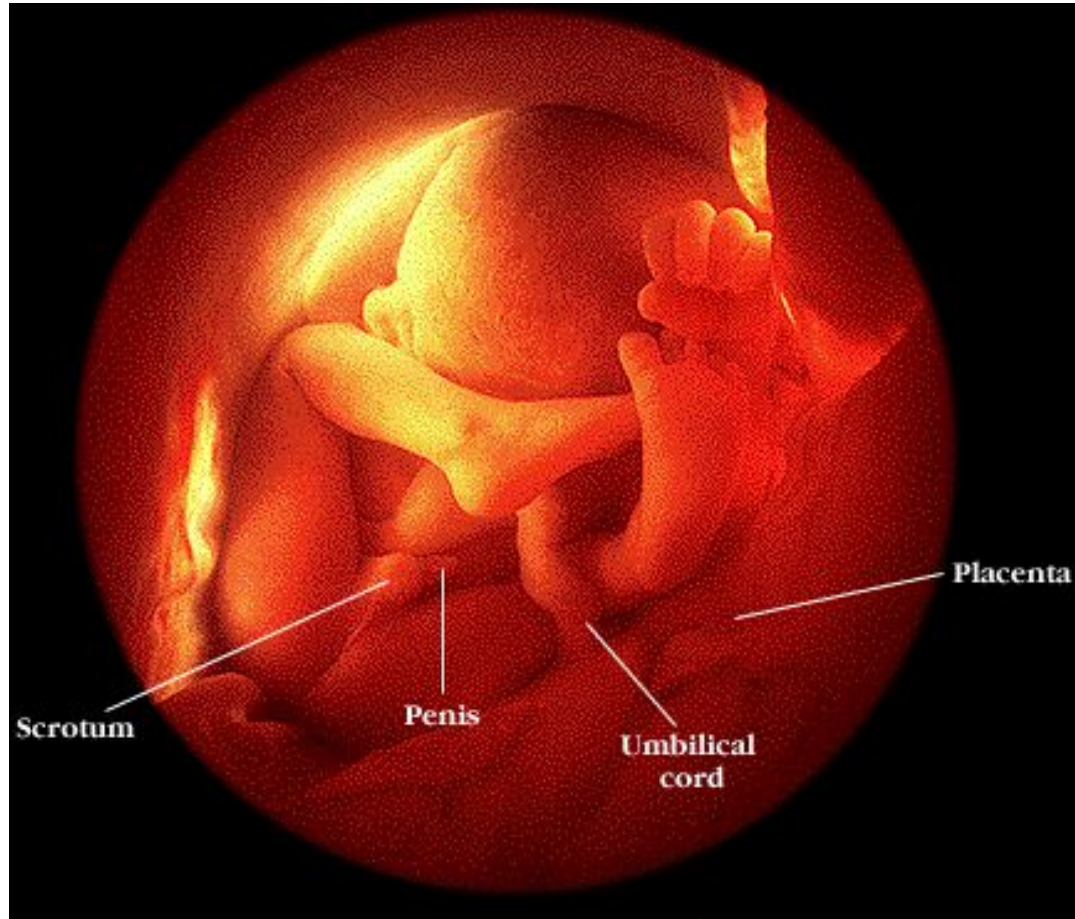


8th Month

- ▶ *Rapid brain growth continues.*
 - ▶ *The fetus is too big to move around much but can kick strongly and roll around.*
 - ▶ *You may notice the shape of an elbow or heel against your belly.*
 - ▶ *The bones of the head are soft and flexible to make it easier for the baby to fit through the birth canal.*
 - ▶ *The lungs may still be immature. If born now, before 37 weeks, the fetus is premature but has an excellent chance for survival.*
 - ▶ *The fetus is now about 18 inches long and weighs about 5 pounds.*
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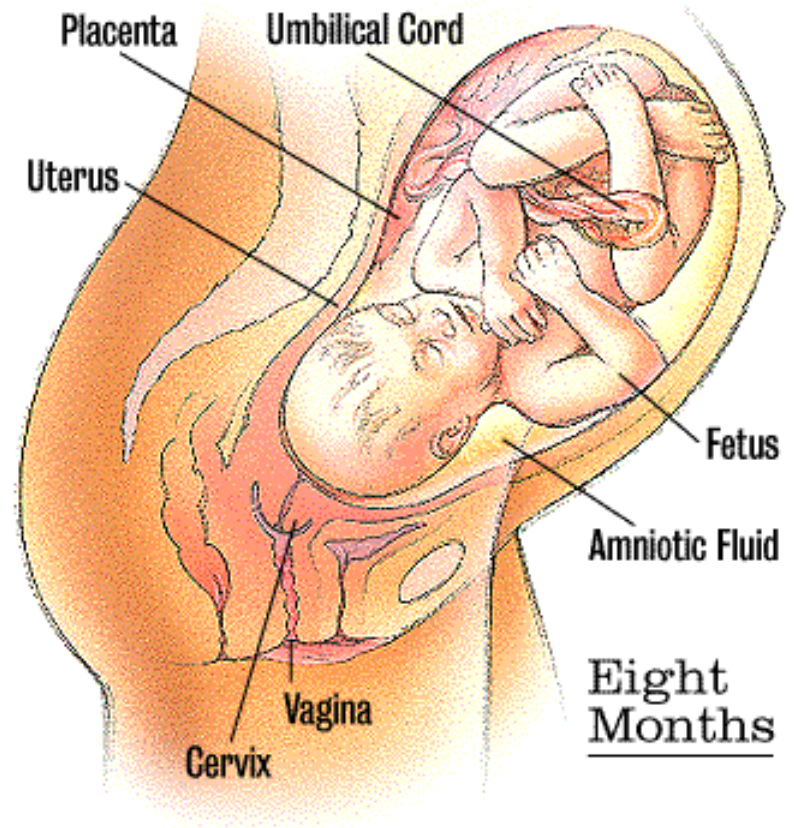
8th Month



8th Month

► Mother

- *Fetal kicks are strong*
- *Braxton Hicks*
- *Difficulty sleeping*



9th Month

- ▶ At 37 to 40 weeks, your baby is full-term.
- ▶ *The baby's lungs are mature and ready to work on their own.*
- ▶ During this month the baby gains about *1/4 to 1/2 pound a week.*
- ▶ *The baby moves into position to be born, usually dropping into a head-down position and resting lower in the mother's pelvis.*
- ▶ By the end of the ninth month, the baby weighs 6 to 9 pounds and is 19 to 21 inches long.

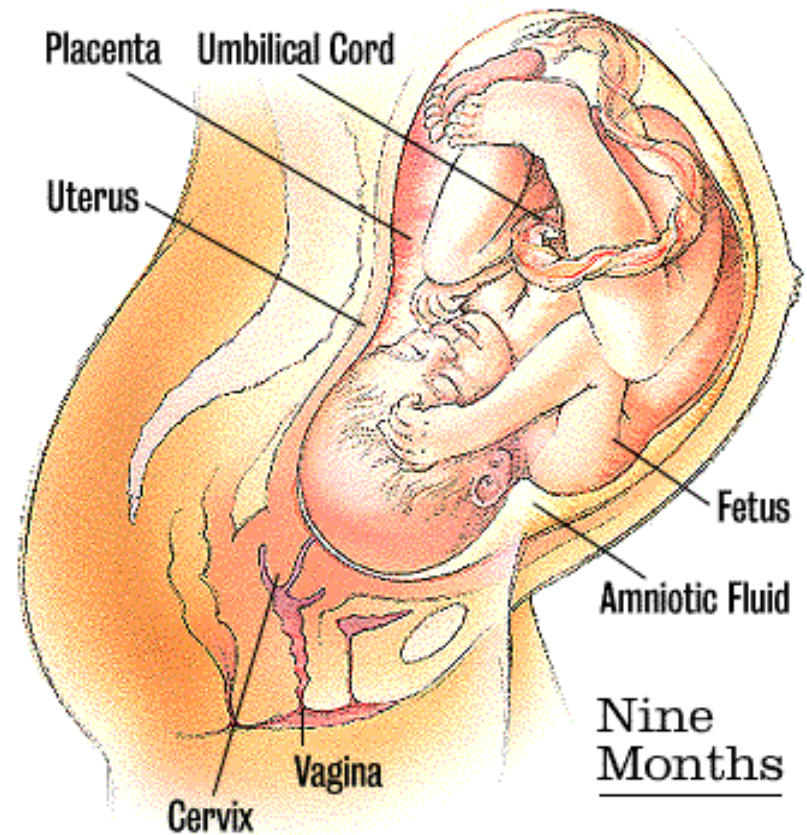


9th Month



9th Month

- ▶ *Uterus is the size of a small watermelon*
- ▶ *Lightening*
- ▶ *Easier to breath*
- ▶ *Breasts may leak*
- ▶ *Nesting*



9 months in 9 seconds



4-D Ultrasound



Problems in Pregnancy

Toxemia, Ectopic Pregnancy, Stillborn, & Miscarriage

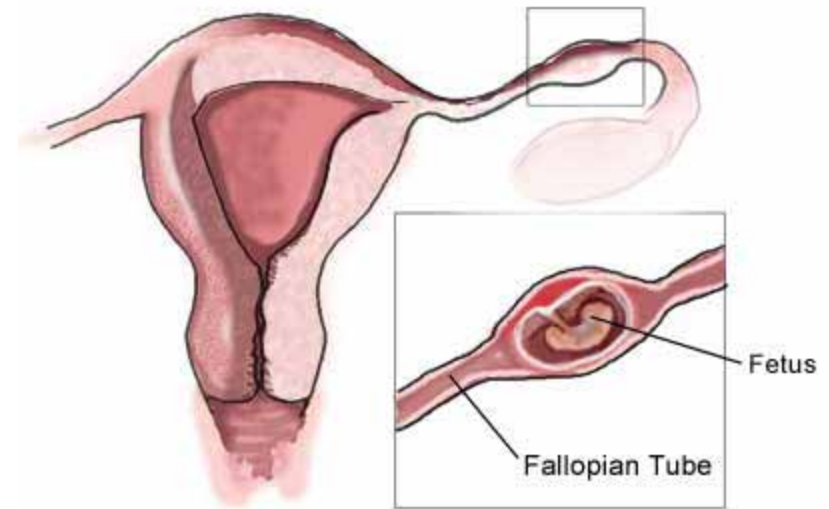
Toxemia

- ▶ *A sharp rise in blood pressure*
- ▶ Edema (swelling) of the hands, feet, and face.
- ▶ Most common complication of pregnancy. It affects about 5% of pregnancies
- ▶ Treated through bed rest & medication
- ▶ If it escalates early induction or a C-Section may result



Ectopic Pregnancy

- ▶ Ectopic means "out of place."
- ▶ *Fertilized egg implants outside the uterus.*
- ▶ The egg settles in the fallopian tubes more than 95% of the time.
- ▶ It will eventually burst the organ that contains it.
- ▶ Causes severe bleeding and can endanger the mother's life.



Miscarriage

- ▶ Miscarriage, or Spontaneous abortion (SAB), is the term used for *a pregnancy that ends on its own, within the first 20 weeks of gestation*
- ▶ Causes:
 - ▶ Chromosomal Abnormality
 - ▶ Hormonal problems, infections or maternal health problems
 - ▶ Lifestyle (i.e. smoking, drug use, malnutrition, excessive caffeine and exposure to radiation or toxic substances)
 - ▶ Improper Implantation
 - ▶ Maternal age
 - ▶ Maternal Trauma



Stillborn

- ▶ *Stillbirth is the death of a baby after the 20th week of pregnancy, but before delivery.* The baby may have died in the uterus weeks or hours before labor, or during labor
- ▶ **Causes**
 - ▶ Problems with the placenta and/or umbilical cord
 - ▶ Maternal medical conditions and lifestyle choices
 - ▶ Birth Defects
 - ▶ 50 % of stillbirths are unknown

