

1 Month

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
FIRST TRIMESTER												SECOND TRIMESTER												THIRD TRIMESTER																	

Mother

- The blood supply to the uterus increases to create a thick, soft lining to nourish the fertilized egg when it implants.
- You miss your menstrual period and confirm your pregnancy with either a home pregnancy test or at your healthcare professional's office (page 9).
- You may have tender breasts, which could continue next month.
- If you are not already taking prenatal vitamins, talk to your healthcare professional. (See *folic acid* on pages 8 and 22.)

Father

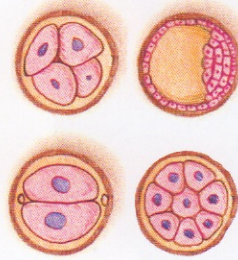
- You may feel mixed emotions about the pregnancy: joy, pride, and disbelief.

Embryo (about weeks 0–4)

- During the first 8 weeks, the baby is called an embryo.
- The egg is fertilized about week 2 and is implanted in the uterus about week 3.
- The heart and lungs begin to form. Toward the end of the first month, the heart begins to beat.



Conception

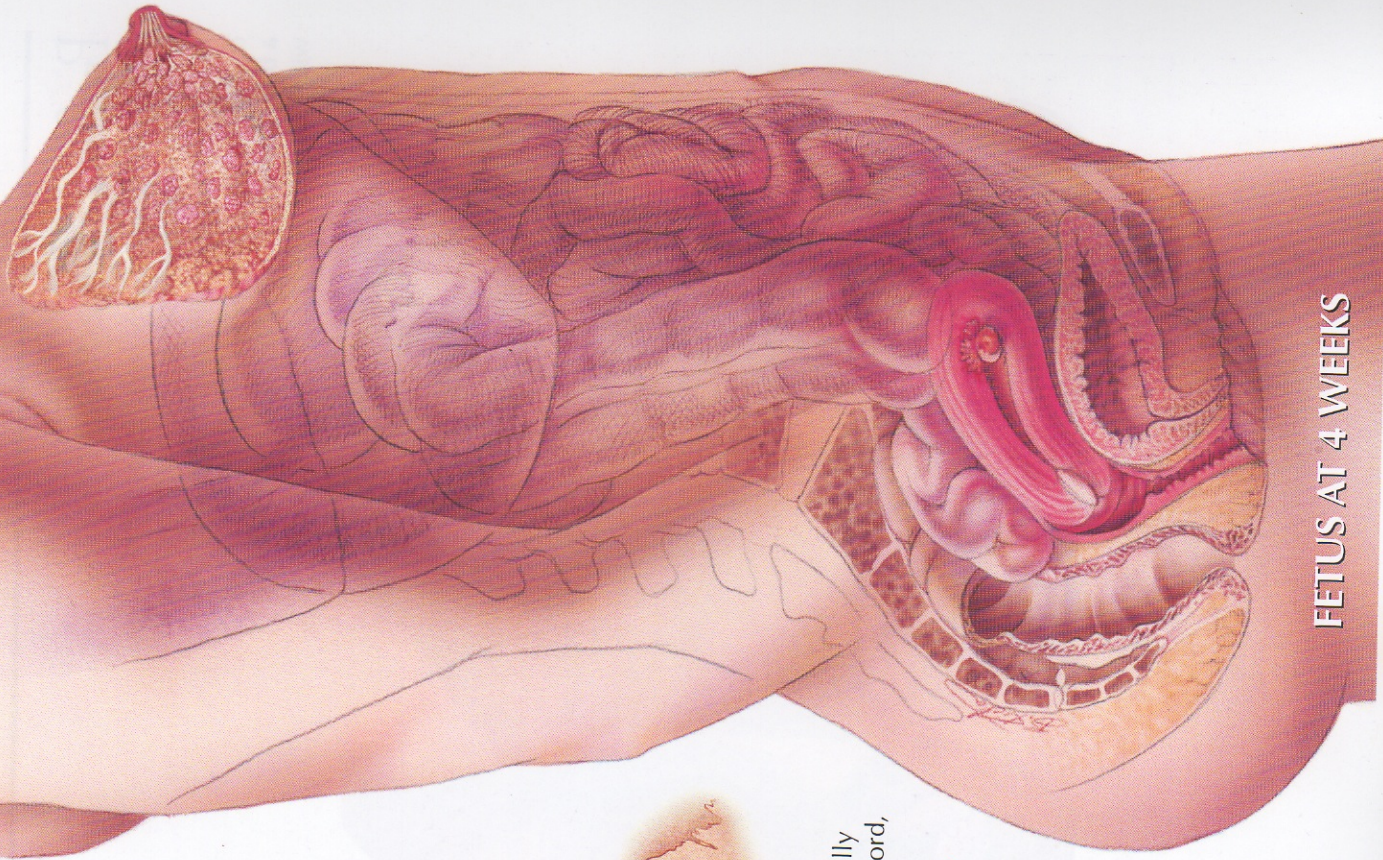


Early cell division



Implantation

- The neural tube, which eventually becomes the brain and spinal cord, begins to form.
- Buds that will become the arms and legs are forming.
- When the first month ends, the embryo measures about 0.25 inches (0.5 centimeters) and weighs less than 1 ounce (28 grams).



FETUS AT 4 WEEKS

2 Months

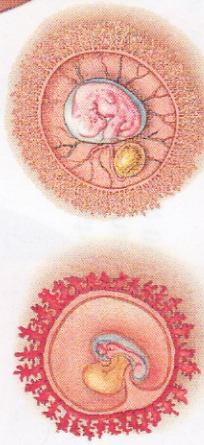
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FIRST TRIMESTER								SECOND TRIMESTER								THIRD TRIMESTER								Weeks																	

Mother

- You may experience nausea and/or vomiting.
- You may feel tired and need a nap each day.
- The area around your nipples (the areola) may begin to darken.
- As your uterus expands, it puts pressure on your bladder, which may cause you to urinate more often.
- The umbilical cord is developing.

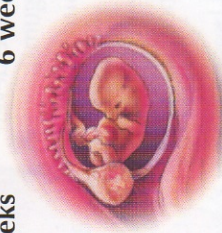
Father

- Expectant fathers often have many of their own fears and concerns, including queasiness about taking part in the birth, fears of being displaced by the attention to the baby, and worries about losing an independent, spontaneous lifestyle.



5 weeks

6 weeks



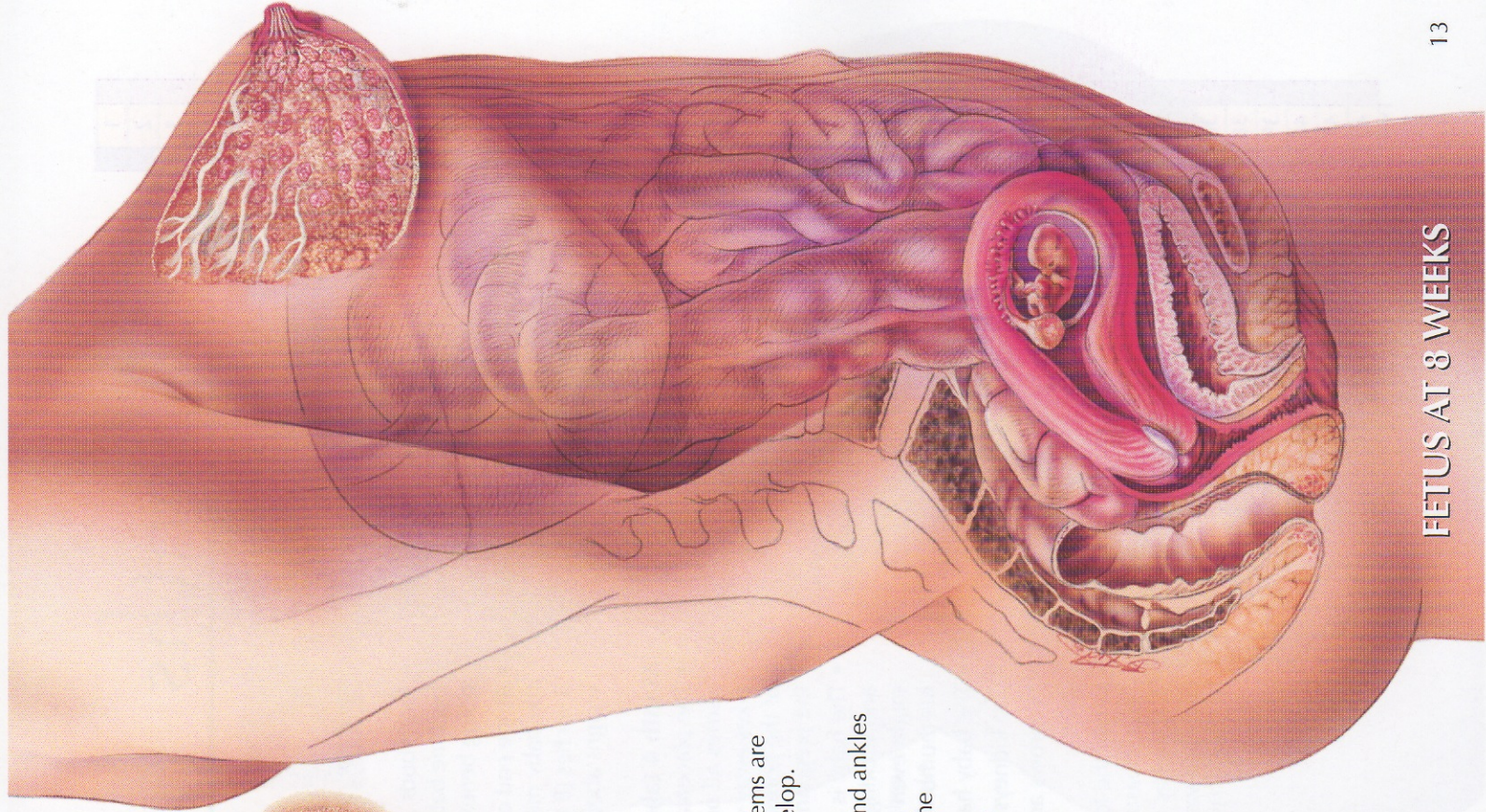
8 weeks

Embryo (about weeks 5–8)

- All essential organs and body systems are in place and will continue to develop.
- The eyes and ears start to form.
- Finger and toes as well as wrists and ankles are developing.
- At the end of the second month, the developing baby measures about 1 inch (3 centimeters) and weighs less than 1 ounce (28 grams).



Fetal hand at 8 weeks



FETUS AT 8 WEEKS

3-4 Months

Mother

- As you begin to gain a few pounds, your clothes may feel tight around your waist and breasts. If this is not your first pregnancy, you may wear maternity clothes as early as the third month.
- In the third month, you may still feel tired and experience nausea. In the fourth month, however, you may start to feel more energetic and have a better appetite.
- The risk of miscarriage is lower after 13 weeks.
- You may feel your baby moving as early as the end of the fourth month.

Father

- Planning ahead can ease concerns about extra expenses after the baby is born.

Fetus

Month 3 (about weeks 9-13)

- The developing baby is now called a fetus. The fetal stage lasts for the duration of the pregnancy.
- Soft nails appear on the fingers and toes.
- The baby's heartbeat can be heard with a Doppler listening device.

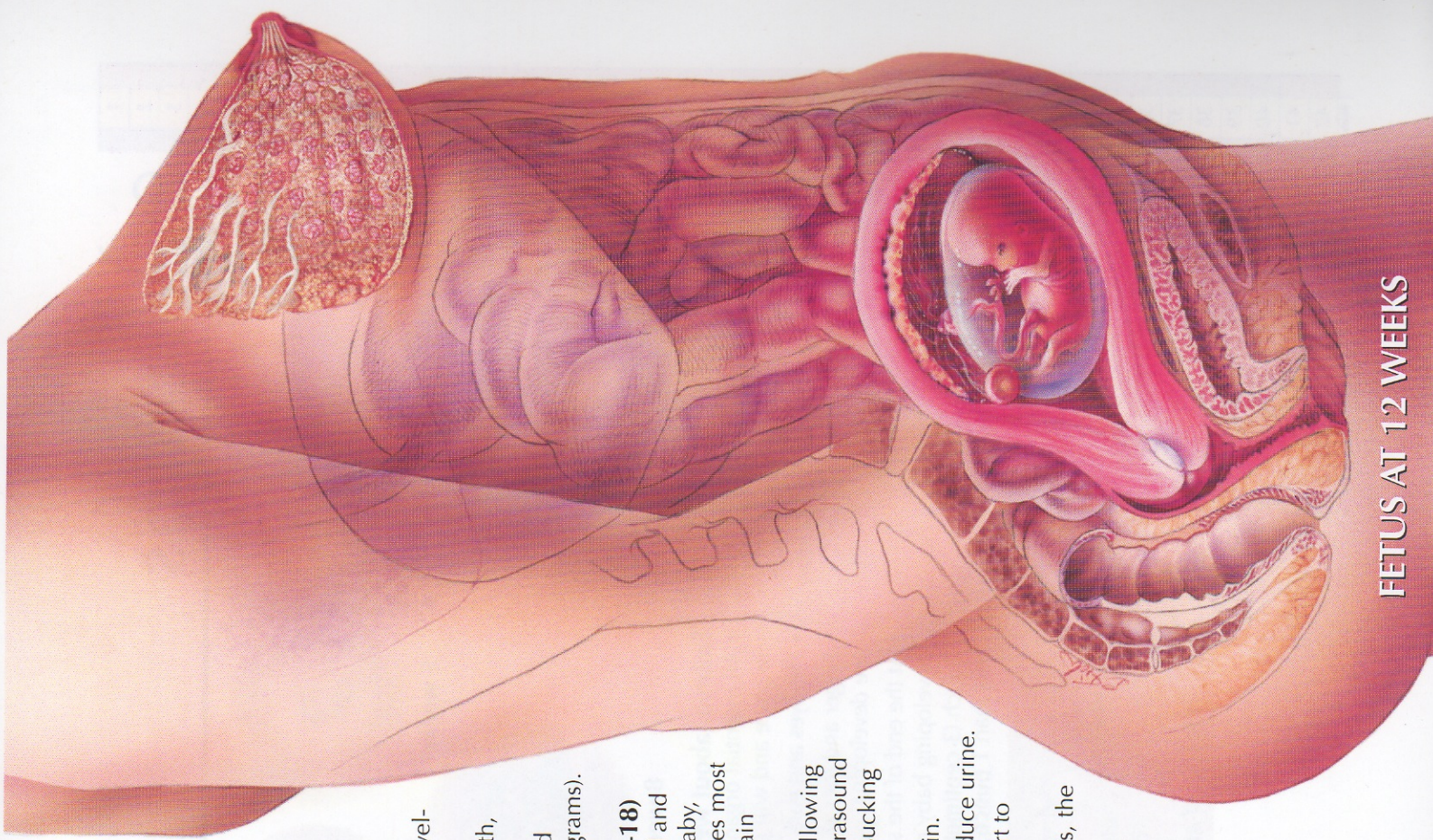


Fetal hand at 12 weeks

- Tooth buds, which will become baby teeth, are developing beneath the gums.
- At the end of the third month, the baby measures about 3 inches (8 centimeters) and weighs about 1 ounce (28 grams).

Month 4 (about weeks 14-18)

- The placenta is fully formed and carries all nutrients to the baby, takes away wastes, and issues most of the hormones that maintain the pregnancy.
- The baby is developing swallowing and sucking reflexes. An ultrasound might even show the baby sucking his thumb.
- The baby has transparent skin.
- The kidneys are able to produce urine.
- Eyebrows and eyelashes start to grow.
- When the fourth month ends, the baby measures about 6-7 inches (15-18 centimeters) and weighs about 5 ounces (142 grams).



FETUS AT 12 WEEKS

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
FIRST TRIMESTER												SECOND TRIMESTER												THIRD TRIMESTER								Weeks									