



PREGNANCY

Pregnancy Week By Week



Congratulations on your pregnancy! On this page, you will find fetal development photos, lots of articles about pregnancy, and amazing instruments like our [week-by-week ultrasounds](#) or [Due Date Calculator](#). Whether you're a first-time mom, our free [hypnobirthing app](#) is your go-to for a calm pregnancy. Connect with other parents with our [pregnancy apps](#).

That's right, and pregnancy is a huge life change! And we're here to help you make sense of it all in this week-by-week guide for pregnancy. From what's happening with your growing baby and changes that happen during each trimester until the delivery day, our posts will give insight into everything related to pregnancy from A-Z.

First Trimester of Pregnancy



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Your baby is not just an embryo at the beginning, but two layers of cells that will eventually evolve into all the organs and body parts. Growing quickly in this stage, your budding son or daughter may be about as big around as a kidney bean – constantly moving too!

The heart beats fast while it forms almost everything else: earlobes, eyelids, mouth, nose, etcetera; you're sure to notice his/her emerging cute features such as fingers, hands, feet above the ankles stubby little toes.

All you need to know for each stage of pregnancy

1 Week Pregnant



There isn't a baby to speak of this week. However, your body is shedding its uterine lining in preparation for a new cycle. An egg is finishing up the process of ripening this week, but it won't be released from its home in your ovary until ovulation occurs more than a week from now.



Checklist For Week 1



- ☐ Select a prenatal vitamin.
- ☐ Plan your preconceptional health visit.
- ☐ Decide if you need genetic counseling.
- ☐ Define your philosophy of prenatal care.
- ☐ Start developing a comprehensive list of your family medical history.

Since the first week of pregnancy, the uterus has been preparing for the appearance of the fertilized egg. Actually, there is no baby yet. The conception date is assumed to be two weeks after the last day of your last menstrual period.

Doctors and nurses use the first day of your last menstrual period (LMP) to know when you're pregnant. This is because it's about 280 days long, or 40 weeks from fertilization.

2 Weeks Pregnant



At this point in your cycle, your baby is still not

formed. However, you have a follicle with a ripening egg that is getting ready to be released. Once the egg is released, you have ovulated! During ovulation, the egg has approximately twenty-four hours in which to be fertilized by sperm. This makes knowing when you ovulate crucial to getting pregnant. It goes without saying that having sex this week is optimal for conception.



Checklist For Week 2



- [] Know your body's signs of ovulation.
- [] Plan a healthy lifestyle.
- [] Clean out your medicine cabinet.
- [] Choose questions to ask your practitioner.
- [] Select an ovulation prediction kit.

The anticipation for ovulation is building, and you may notice that your vaginal secretions are wetter than usual. It's also possible to feel pain at this stage in our menstrual cycle! You're about to embark on one of the most exciting weeks in your life! This is where it all happens: You'll ovulate, and if egg meets sperm, then a baby bump will be inevitable.

3 Weeks Pregnant



After a long arduous journey, the egg and sperm have joined. As the cells that are your baby begin to divide, you are blissfully unaware of what is going on in your body. While you may be hoping that these cells are rapidly dividing and heading toward your uterus, you have no way of knowing.





Checklist For Week 3



- ☐ Enjoy the two-week wait.
- ☐ Make a list of medications that you take currently or seasonally.
- ☐ See a fertility specialist if necessary.
- ☐ Recognize early pregnancy symptoms.
- ☐ Be prepared emotionally.

The two gametes (sperm and egg), along with their cell membranes, have aligned so that they can interact. This process is known as “fusion.” The resulting single-cell organisms are called blastocyst hatching—the beginning stages of developing an embryo!

The blastocyst will travel to your uterus and stick to your uterine wall.

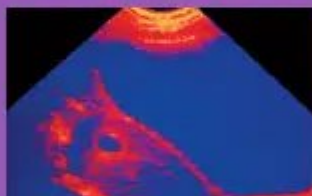
4 Weeks Pregnant




This is the first week that you are sure that your baby is in there! Though what is going on is still very hard to see. Even with high-tech ultrasound equipment, you would be lucky to see the gestational sac—the small bubble where your baby is busy forming and growing—this week. Using a transvaginal ultrasound, which is an ultrasound done from inside your vagina, is your only hope of seeing it at this point in pregnancy. In that gestational sac, you will also have a yolk sac forming. This will help feed your baby until the placenta has fully formed around the end of the first trimester. At the end of week 4, the chorionic villi are completely formed.



Checklist For Week 4



- 
- ☐ Take a pregnancy test.
 - ☐ Choose a practitioner.
 - ☐ Watch for signs of pregnancy.
 - ☐ Cope with morning sickness.
 - ☐ Have sex.
 - ☐ Find out how twins come to be.

This week, your embryo will split in two, forming the placenta and your baby. Your embryo will also develop three coatings of cells that will develop into specialized aspects of your baby's body.

You're probably feeling pretty pregnant at this point! Your abdomen has started to grow and soften, with a changing texture of your cervix. You might experience some breakthrough bleeding as the fertilized egg embeds inline inside your uterus.

5 Weeks Pregnant



One way to measure a baby this size is called crown to rump length (CRL). From the crown, or top of your baby's head, to the bottom (rump), your baby measures about 1.5 to 2.5 millimeters by the end of this week. Very small, but very busy. A couple of major milestones happen this week: Your baby's heart begins to beat, and the neural folds (the folds of tissue that become the brain and spinal cord) are fusing. This means that you can almost begin to differentiate the head from the tail (a vestige that reabsorbs into the body as the baby becomes a fetus). But even with ultrasound, you still may not see as much as you'd like.



Checklist For Week 5



- ☐ Make your first prenatal appointment.
- ☐ Learn to cope with exhaustion.

- [] Understand why you have to go to the bathroom all the time.
- [] Consider telling your family.
- [] Learn what an early ultrasound can tell you.
- [] Calculate your due date.

With each passing day, your baby's growing body undergoes life-long changes. One of these is a dramatic increase in hormones that confirm pregnancy and activate the circulatory system early on its journey to maturity! As a result, there could be some discomfort during your pregnancy, including fatigue.

You should schedule a prenatal appointment. Then, it's time for some serious changes. You should start by eating more healthily and [stop smoking](#) or drinking alcohol while pregnant for the safety of your baby.

6 Weeks Pregnant



From the crown, or top of your baby's head, to the bottom (rump), your baby measures about $\frac{1}{4}$ inch (4 to 6 millimeters) or about half of a centimeter. Still very small, but working very hard, including a beating heart! Your baby's heart is circulating blood through its tiny body, though the heart is still a bulge in the front of the body. (It will eventually move into the chest cavity.) The cells that will become your baby's stomach, liver, lungs, and pancreas are also present. In other big news, at the end of this week, upper and lower limb buds will appear. Your baby is also working on developing its inner ear and larynx. The placenta is working too. It is getting ready to take over the production of hormones from the corpus luteum, which is spot on the ovary where you ovulated. Though this won't happen for about another six weeks, plans are in place now.



Checklist For Week 6



- [] Learn about prenatal visit schedules.
- [] Check your breasts.
- [] Consider chorionic villus sampling.

- ☐ Understand what an ectopic pregnancy is.
- ☐ Deal with constipation.
- ☐ Don't panic over vaginal discharge.

The baby measures anywhere from a fifth to a quarter of an inch. Your baby's developing organs and senses are now more active than ever. You may experience morning sickness or spotting during this time, but don't worry, as it is completely normal for new mothers to do so!

At around week six of the pregnancy, you may notice some changes in your breasts. This is due to the hormonal stimulation of the milk-producing glands.

7 Weeks Pregnant



Your baby is growing rapidly and developing organs. This week your baby is working on its kidneys along with other organs. The crown-to-rump length is about $\frac{1}{4}$ inch (7 to 9 millimeters). Finger rays (the equivalent of pre-fingers) are also forming. While your baby is a girl or a boy from the moment of conception, you can't physically distinguish the sex yet, even though the genital tubercle (what will become the penis or clitoris) is present. Your baby's face is not very baby-like yet. This week the nasal pits are developing, and the eyes are very large and lidless. The intestines are forming inside the umbilical cord and will move into your baby's abdomen. If you were to have an ultrasound at this point in your pregnancy and you were really in your 7th week, you should see a fetal pole with a heartbeat. If you don't, chances are you are not as far along as you thought and a repeat ultrasound in a week's time will tell a different story



Checklist For Week 7



- ☐ Watch what you eat for baby.
- ☐ Find out what takes place during prenatal appointments.
- ☐ Deal with insomnia.
- ☐ Decide when to tell others about the pregnancy.
- ☐ Cope with being pregnant after a previous loss.

The baby is around a quarter of an inch in length now. By seven weeks pregnant, your baby's brain is growing rapidly (new brain cells are developing at the speed of 100 per minute), and arm, mouth, tongue, and leg buds are starting to form.

Your heart rate rises steeply, and your metabolic rate increases up to 25 percent.

8 Weeks Pregnant



Your baby is nearly a centimeter long crown to rump, around $\frac{1}{8}$ inch (eight to eleven millimeters). This is when the gonads become specifically testes or ovaries. Last week, fingers were big; this week, it's toes. In addition to toes, your baby's bones are beginning to harden in spots, known as ossification. Your baby is starting to develop elbows. One of the most thrilling developments this week is that spontaneous movement begins. This means that your baby is beginning to use the joints and will try to wave, kick, and flip. An ultrasound now reveals quite the little acrobat— even when you can't feel all that is going on inside your body—a very odd sensation indeed.



Checklist For Week 8



- ☐ Monitor your first trimester weight gain.
- ☐ Don't worry about being vegetarian.
- ☐ Be familiar with the signs of miscarriage.
- ☐ Prepare for wild and weird pregnancy dreams.
- ☐ Learn about common lab work in the first trimester.
- ☐ Watch out for hyperemesis gravidarum.
- ☐ Consider where you'll give birth.

The baby is growing and changing every day, and you can see some of the changes taking place. For example, the baby's heart is beating faster than an adult's, and he or she is making random movements.

The first prenatal appointment will be scheduled between now and week 10. In addition to various tests, you'll get a "dating" scan (ideally conducted between 13 weeks) that confirm the baby's due date as well as check on his health!

9 Weeks Pregnant



Your baby is continuing to grow and develop. After a growth spurt, your baby now measures just over half an inch (thirteen to seventeen millimeters) from crown to rump. The toe rays are beginning to have toes, and they are wiggling more. If you were to look via ultrasound at your baby at this point, you would see the arms and legs and the baby moving. If you were to touch the outside of the uterus, your baby's home, your baby would move away from the touch. The organ systems are still growing, and the bones are still hardening. This work will continue for weeks to come.



Checklist For Week 9



- ☐ Exercise for two.
- ☐ Look forward to showing.
- ☐ Watch out for weird pregnancy symptoms.
- ☐ Figure out if you're having twins.
- ☐ Choose your practitioner.

The baby's ears are now much more prominent as well! You can feel those new movements happening inside of you grow stronger, too – it's almost like they're fighting back against their restrictive environment (which isn't really possible). The sound of your baby's heartbeat can be heard with a Doppler.

10 Weeks Pregnant



Your baby's head is still a large portion of his total body, but your baby is more recognizably human this week. Measuring about 1.38 inches (3.5 centimeters) from the top of the head to the rump (CRL), your baby is growing quickly. Imagine if you will that your baby's arms are about as big as the "I" on this page. The tiny toes that you long to count are now formed. Your baby's ears are formed, even on the outside. The baby's eyes are still open, but the eyelids are beginning to fuse. Once fused, they will stay fused until about 25 to 27 weeks into your pregnancy. While your baby doesn't weigh much, just four grams or about the weight of four paper clips, it is a good start. As your baby enters the fetal period this week, you quietly pass an important milestone. All of the major organs are nearly completely



Checklist For Week 10



- ☐ Buy a new bra and almost-ready-for maternity clothes.
- ☐ Eat for a healthy pregnancy.
- ☐ Take an early pregnancy class.
- ☐ Tour birth facilities.
- ☐ Discuss family leave policies and protocols.
- ☐ Try a new exercise or exercise class.
- ☐ Take a picture and measure your abdomen.

From an embryo to a fully-developed fetus, your baby is developing fast! The bones and cartilage are forming while their knees and ankles shape up. The teeth are starting to form under the gums as well.

You may find yourself getting more irritable than usual. Of course, this is due to hormonal changes. Still, it can be exacerbated by natural anxieties about pregnancy and motherhood- especially since your hands and feet will probably start feeling warmer as well! You might also notice that you're thirstier; this means the body needs extra fluids, so drink up!

11 Weeks Pregnant



At this stage of development, your baby's head is approximately half the size of his or her body. This is very normal. At the time of birth, your newborn's head will still be a good portion of the body because of the brain growth going on. Your baby is continuing to grow this week, now weighing in at about seven grams, which is equivalent to seven paper clips. It's hard to imagine something so tiny having all of the parts your baby has. This week, we add fingernails to the list. Your baby will also spend some time this week developing the iris, the colored portion of the eye that controls light intake. Your baby's eye color is genetically determined, although it can be hard to tell what that color is at birth; it takes time for it to develop. If you were to have a prenatal appointment this week, you would most likely be able to hear your baby's heartbeat with a Doppler.



Checklist For Week 11



- ☐ Get Dad involved with the pregnancy.
- ☐ Avoid certain foods.
- ☐ Join online groups of pregnant women.
- ☐ Decide how to tell people your good news.
- ☐ Avoid extra stress.

The baby is about two inches long this week and weighs an ounce. In addition, they have human characteristics such as hands, feet, ears, and open nasal passages.

You should perform an ultrasound this week as it will give your EDD within three to five days, help screen for Down syndrome, and detect whether you're carrying twins. Normal weight gain has been around 2¹/₄ lbs so far in pregnancy; however, some women actually lose weight in the first trimester if they suffer from nausea – but don't worry because it's expected that all pregnant ladies experience these changes during their pregnancies too!

12 Weeks Pregnant



Weighing in at fourteen grams this week, your baby is growing by leaps and bounds. The total length from head to toe is about three and a half inches (8.9 centimeters). While growing, your baby is also moving around and practicing moves that are both spontaneous and that involve reflexes. The structure of your baby's brain is now in place. What will happen between week 11 and birth is a period of rapid growth. After birth, babies undergo a dramatic spurt of brain growth until it begins to slow in their toddler years.



Checklist For Week 12



- ☐ Learn about disappearing pregnancy symptoms.
- ☐ Sleep in a comfortable, safe position.
- ☐ Get a pregnancy massage.
- ☐ Find out when you'll start to show.

The digestive system matures as it produces contractions in this stage, but you will finally hear their first heartbeats soon!

One may be offered a CVS test if they are 35 or older, had an abnormal 1st-trimester screen, or have a family history of cystic fibrosis. A person who has been in morning sickness should start feeling better now as their baby's nervous system is fully developed. They can stop taking the folic acid supplement.

Second Trimester of Pregnancy

Baby's second trimester starts when babies weigh just over a pound. They're also starting to develop their fingerprints now, as well as hear the sounds around them! You may notice that your baby has started kicking or fluttering soon if you haven't felt these movements already.

This can be a little startling, but you'll get used to it soon enough! If your baby is like the majority of babies, they will start moving on their own around 20 weeks. A mother's heartbeat and voice are also familiar sounds that your fetus hears while in utero, which helps develop his or her sense of hearing and voice box.

HUMAN EMBRYO AND FETUS DEVELOPMENT

3 WEEKS



4 WEEKS



5 WEEKS



8 WEEKS



10 WEEKS



12 WEEKS



16 WEEKS



24 WEEKS



38 WEEKS





Fetal development illustration. Pregnancy antenatal embryo growth life by weeks isolated on white background

13 Weeks Pregnant



Your baby is blissfully unaware that you both have moved on to the second trimester. He or she is just happily paddling around inside your uterus. Even though their babies weigh in at about an ounce now, most mothers still cannot feel their movements. Other internal happenings include the intestines moving into the abdomen from the umbilical cord. The intestines are also working on their internal structure as the villi form inside. The villi help the baby with digestion by encouraging food to move inside the intestines for the rest of the baby's life. In other intestinal news, the pancreas has started secreting insulin. Your baby also has all twenty teeth formed under the gums.



Checklist For Week 13



- [] Interview childbirth educators.
- [] Learn how your practitioner measures your uterus.
- [] Know how sex changes in the second trimester.

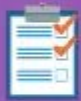
This is the last week of the first trimester. Babies begin growing at different paces at this stage. The intestines are also in for some significant changes, moving towards the baby's abdomen. To serve the growing baby's needs, the placenta is also growing.

You will continue to gain weight and may start to feel better. You will likely gain about 12 pounds this trimester, 2 of which will be due to your baby.

14 Weeks Pregnant



Your baby is just about five inches (13 cm) long! Your baby's kidneys are producing urine, which is being excreted into the amniotic fluid that surrounds the baby inside the uterus. Amniotic fluid completely surrounds your baby, and it allows your baby to move about the uterus, practicing flips and turns. Your baby also "breathes" the liquid in and out to practice for extrauterine life. Amniotic fluid is the ultimate renewable resource, replacing itself every few hours.



Checklist For Week 14



- ☐ Start planning the nursery.
- ☐ Decide if you want to know the sex of your baby.
- ☐ Research amniocentesis.
- ☐ Watch out for depression.

Have you been suffering from constipation at this stage? The most likely cause is increasing progesterone levels, which slows down the muscles in your intestine and makes it difficult for waste materials to pass through. You can solve this by drinking more water or eating fruits high in fiber content, such as prunes. However, if that doesn't work, I recommend seeing a doctor who may offer other solutions too!

15 Weeks Pregnant



If you were to catch a glimpse of your baby today, it would look very different from a newborn. You would see a very thin-skinned baby the size of a Barbie doll. The skin is so thin that you can see the blood vessels peeking through. This is also one of the last weeks that you can see most of the baby in one image of an ultrasound. Past this point, your baby is simply too big. The scalp hair pattern has developed, cowlicks and all. Your baby still only weighs about seventy grams, or the weight of seventy paper clips, which is light for such a long body. But remember that body fat is one of the last things to develop on your baby. The good news is that your baby's heart is pumping blood, nearly twenty-five quarts a day! That may sound like a lot, but by the time his or her birth day arrives that number will be about 300 quarts.



Checklist For Week 15



- ☐ [] Reevaluate your hair care.
- ☐ [] Check for a birth network in your area.
- ☐ [] Learn about maternal blood screening for certain defects.
- ☐ [] Be prepared in case you get sick while pregnant.

Several changes and developments are happening with your baby at this stage of the pregnancy. It would be best if you started preparing for maternity clothes. You will also be offered to screen for Down syndrome and neural tube defects in the near future. Amniocentesis is the best option for ensuring that your baby doesn't have any severe disorders.

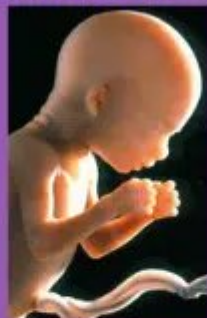
16 Weeks Pregnant



You are not the only one going to the bathroom every hour. Your baby's bladder fills and empties about once an hour from this point on. This is good practice for your baby's kidneys. Sometimes, via ultrasound, if you catch your baby at the right time, you can even witness this. Around now, sometimes ultrasound can begin to hazard a guess as to whether your baby is a girl or a boy. However, there are more mistakes earlier, so take a guess now with a grain of salt. Your baby still only weighs about three ounces (85 grams) and is just over six inches (15 centimeters) long. His or her features are becoming more babyish. One good example is that the eyes and ears are assuming a more normal placement. Your baby also has complete fingernails at this point!



Checklist For Week 16



- ☐ Feel your baby move.
- ☐ Get ready for food cravings
- ☐ Plan for a vaginal birth after Cesarean.
- ☐ Do Kegel exercises.
- ☐ Know the warning signs for pregnancy induced hypertension.

During the prenatal period, it is essential to attend regular check-ups. Growth spurts will occur during this time, so your baby will rapidly gain weight and height. You may be prescribed an iron supplement if you are anemic.

17 Weeks Pregnant



It has been fifteen weeks since conception. Your baby weighs about five ounces (142 grams) and is roughly the same size as the placenta at this point. From here on out, your baby will surpass the placenta in size, although the placenta continues to grow. Brown fat is the substance that helps keep your baby warm after birth. It is built up under the skin. This week your baby started laying down some brown fat, which will continue to develop until birth. Your baby is developing reflexes in the uterus. One of the big milestones this week is that your baby can hear loud noises outside of the uterus. You may actually feel your baby startle when you hear a loud or sudden noise.



Checklist For Week 17



- ☐ Buy a birth ball.
- ☐ Start planning for your maternity leave.
- ☐ Find out about chloasma.
- ☐ Try a new pregnancy exercise.
- ☐ Check on your life insurance.

If you've had a previous pregnancy, you may feel your baby move. At the same time, you may also notice that your belly isn't as hard as it was the first time around. Most of us are probably aware that this is because our abdominal muscles have separated to accommodate the growing baby.

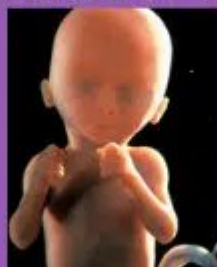
18 Weeks Pregnant



Gotcha! Your baby is busy growing fingerprints. The finger and toe pads are growing, and the swirls and whorls that are characterized as hers and hers alone have started to grow. (Even identical twins have different fingerprints.) Your baby is continuing the process of ossification, or hardening of the bones. This does not mean that your baby is becoming a heavyweight quite yet. But at seven ounces (200 grams), your baby is gaining weight at a much more rapid pace than before.



Checklist For Week 18





- ☐ Start childbirth classes.
- ☐ Try belly dancing.
- ☐ Learn about round ligament pain.
- ☐ Do a nutrition checkup.
- ☐ Learn about linea negra.

The second trimester is when you'll be able to see your baby's genitals. You may experience a resumption of normal energy levels and increased libido, which can make for some great lovemaking!

19 Weeks Pregnant



During pregnancy, your baby, boy or girl, has been growing sex organs. Mature sperm won't appear in the male testes until after puberty, but if you are having a girl, she is developing primitive egg cells already. At birth, she will already carry every egg she will ever have in her lifetime. Your baby weighs about eight ounces (225 grams) and is covered in fur. The good news is that most of this fine hair, called lanugo, will disappear before birth. You will occasionally see small patches of hair on the lower back and as long sideburns. Don't worry, you aren't giving birth to a baby Elvis! Your baby is also working on baby teeth this week.



Checklist For Week 19



- ☐ Buy a maternity outfit for special occasions.
- ☐ Discuss circumcision.
- ☐ Get a dental checkup.
- ☐ Avoid baby-related reality television.

The baby can hear you and the surroundings. Your increased metabolism, blood supply

(which helps with healthy nails), as well a few women's higher estrogen levels mean that they develop chloasma patches of dark skin on their face.

20 Weeks Pregnant



Your baby weighs in this week at about ten ounces (285 grams), lighter than your average bottled drink! While your baby is still not very big weight-wise, he or she is about ten inches (twenty-five centimeters) long, roughly the size of a Barbie doll. In addition to the fine hair called lanugo, your baby is covered in a thick creamlike material called vernix, which is made from skin cells. The vernix will cling to the lanugo and stick in the folds of your baby's skin. If your baby is born prematurely, you will see quite a bit of the vernix. If your baby is born at term or after, you see very little. You can sometimes find vernix in a baby's ears or in the creases at the arms and legs.



Checklist For Week 20



- ☐ Talk to your practitioner about ultrasound screening.
- ☐ Find out the sex of your baby, if you want to.
 - ☐ Learn to deflect unwanted advice.
 - ☐ Think about fetal movement.
- ☐ Ask about the position of your placenta.

You will likely have a prenatal appointment at this time. Your baby's heartbeat will be listened to at this appointment and your abdomen measured to check fetal growth. You may also feel your baby move at this point if it is your first baby. Additionally, blood pressure and signs of preeclampsia will be checked. The baby, at this point, is trying to find his/her best position. The umbilical cord might get in the way, so keep it wrapped around your abdomen until you are ready for delivery. Keep an eye on it!

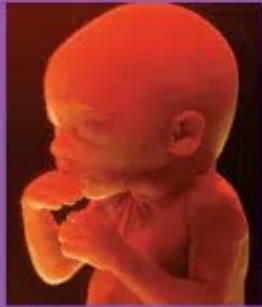
21 Weeks Pregnant



Your baby has been growing and growing. This week, your baby weighs in at about thirteen ounces (370 grams), just shy of a pound. Your pregnancy is halfway through, and your baby still has a lot of weight to gain, which will be his or her primary focus during the second half of your pregnancy. Right now your baby is able to move throughout the uterus, flipping at will. Due to the increase in baby's weight, his or her movements will feel bigger, which can feel strange at times.



Checklist For Week 21



- ☐ Order furniture on your list.
- ☐ Plan a romantic getaway.
- ☐ Know the signs of preterm labor.
- ☐ Learn some yoga poses.

It's a shame that you can't see your baby at this stage of pregnancy because it is so fun for both parent and child. In addition, the pregnant mother will often feel more hot flashes, which could be due to carrying around extra weight or increased activity from her growing bump! She might also find herself sweating during these later stages even if she doesn't have a fever due to the increase of certain hormones in her body.

22 Weeks Pregnant



It is hard to imagine that your baby who started out as two merging cells has grown so big. Your baby is practicing many of the skills that he or she will need after birth. This practice time is important to your baby. Your baby has been busy with reflexes, breathing, and even sucking. This week, your baby weighs in at nearly a pound (450 grams). That is a huge gain from the beginning, when the weight was measured in terms of paper clips! Your baby is also nearly eleven inches (28 centimeters) long. Remember that your baby still has a lot of growing to do before birth.



Checklist For Week 22



- ☐ Begin to interview doulas.
- ☐ Find out about domestic violence in pregnancy.
- ☐ Ignore unsolicited advice from strangers.
- ☐ Learn how to listen to a birth story

The body is preparing for the arrival of the baby. For example, colostrum, the baby's first food, may start leaking from the breasts. In addition, the nipples may start getting bumps called Montgomery's tubercles which produce a moisturizing substance to protect them while breastfeeding.

23 Weeks Pregnant



Your baby's intestines are lined with a thick, tarry substance known as meconium, which is your baby's first stool. It will normally not be seen until after birth and for the first few days of life. Occasionally your baby may leak a bit of stool just prior to birth into the amniotic fluid. Lanugo, the fine hair on your baby, is darkening. (If your baby is born near or after his or her due date, the lanugo will mostly be gone.) The baby's fingernails are growing. By the time of birth, the nails may extend to the end of the finger tips, and some

babies need their fingernails cut at birth. Your baby weighs in at just over a pound (450 grams)!



Checklist For Week 23



- ☐ Check for stretch marks.
- ☐ Learn about baby showers and other ceremonies.
- ☐ Look for varicose veins.
- ☐ Consider the shape of your belly.

Swelling in the ankles and feet, heartburn, and indigestion are common occurrences during pregnancy. Eating several small snacks instead of two or three large meals, taking a walk after meals, and drinking plenty of fluids can help ease these discomforts.

24 Weeks Pregnant



Week 24 has great significance for your baby. This is the week when neonatologists would give the baby a reasonable chance of survival if he or she were born early. Typically, babies born early don't go home until what would have been their original due dates, which is more than three months away at this point. Your baby is busy working on maturing his or her lungs to prepare for life outside your uterus. He or she is also layering more brown fat to help regulate body temperature at birth. This week your baby is nearly twelve inches long (30 centimeters) and weighs a bit over a pound (450 grams), inching toward that pound-and-a-half mark.



Checklist For Week 24



☐ Start fetal kick counts.

☐ Begin to interview pediatricians.

☐ Consider your belly button ring.

☐ Treat snoring and a stuffy nose.

Your baby is growing bigger at this stage in your pregnancy, and you'll likely have a check-up to ensure that they're healthy. You may also want to start practicing Kegel exercises to help [prepare your body for labor](#).

25 Weeks Pregnant



This week, your baby reopens his or her eyes, which have been closed since the eyelids fused around week 10. Your baby can now open and close his or her eyes at will. Your baby's bones are continuing to harden in a process called ossification; this will continue through the first years of life. Your baby is continuing to grow, weighing in this week at just over a pound and a half (680 grams). The average birth weight for a baby is seven and a half pounds. That tells you that over the next fifteen weeks, your baby will put on the majority of his or her weight in preparation for birth.



Checklist For Week 25



☐ Talk to your baby.

☐ Add to your pregnancy journal.

☐ Learn about pelvic pressure.

☐ Check for spider veins.

☐ Discuss important topics with your practitioner.

The extra weight has given rise to backaches or discomfort in the pelvic region. Rest would

help relieve this pain while also allowing yourself time for some self-care by getting tested at week 28 (or earlier) if glucose levels were high before now screen was screen done at 36 weeks.

She may have some discomfort, although she may also feel just fine. What's more important is that the baby has been getting bigger and stronger over the past month or so. Her lungs are fully developed and ready to function on their own once she leaves the comfort of her mother's womb and enters a world where every new breath is one of life's most incredible adventures!

26 Weeks Pregnant



Your baby weighs nearly two pounds (900 grams). In addition to gaining weight, he or she is also busy preparing for birth. The skin on your baby is changing from transparent to more opaque. This means that you can no longer see your baby's veins clearly through the skin.



Checklist For Week 26



- ☐ Check your newborn coverage with your insurance carrier.
- ☐ Schedule your glucose tolerance test.
- ☐ Resolve any conflicts with your practitioner.
- ☐ Start thinking about baby names.
- ☐ Buy a body pillow.

Stretch marks may start to appear around now, usually on your tummy and breasts. If you are taking maternity leave, inform your employer in writing. Check the rights and benefits to which you are entitled.

27 Weeks Pregnant



Your baby continues to grow and gain weight. The eyelids are able to open and close again. Your baby's skin is still very thin and wrinkled from living in the amniotic fluid, making it possible to see the veins underneath. As your baby grows and deposits more fat under the skin, the veins will become less visible and your baby's body will fill out.



Checklist For Week 27



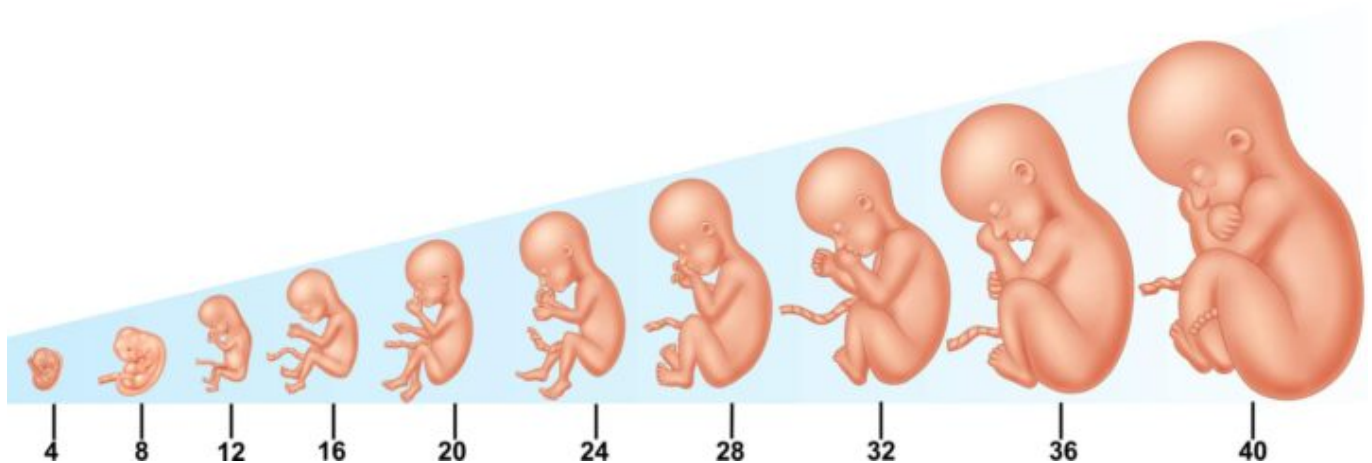
- ☐ Take another tour of your hospital or birth center.
- ☐ Watch out for preterm labor.
- ☐ Deal with insomnia.
- ☐ Choose baby clothes.
- ☐ Be tested for anemia.

The second trimester is when you might start hearing your baby's hiccups for the first time. In addition, your abdomen will now be more prominent, though it depends on factors like height and weight as well if pregnancy has been experienced before or not!

Third Trimester of Pregnancy

During the third trimester, babies grow like weeds, gaining about a pound every day. They can now blink their eyes and have lashes on them! The skin is starting to smooth out as well. Not only does it look more youthful, but it also provides protection for those new bones underneath (that's why you'll notice these little nuances like fingernails or toe webs). Your baby will continue putting weight onto himself until he reaches full term.

Fetal Growth From 4 to 40 Weeks



28 Weeks Pregnant

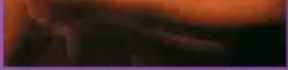


At 28 weeks, your baby is growing toward maturity. Weighing more than two pounds (1 kilogram), and possibly reaching two and a half pounds (1.1 kilograms). Much of this added weight comes from more layers of brown fat. This week is considered a huge milestone for babies that are born or threatening to be born early. If your baby were born from this week forward, the chance of survival is very, very high. Though your uterus is still the ultimate incubator, it is reassuring for many mothers-to-be to know that should preterm labor happen, the outcome is a long road but one that most likely will have a happy ending. Your baby is busy growing eyelashes this week to match the body hair. Babies born before now have no eyelashes, which is a fact that surprises many parents. If you are having a boy, his testicles may start to come down from his abdomen, called descending. Most of the time both testicles will descend before birth, although in a few cases, it will take a couple of months after birth for both to descend fully. This is screened for at birth and, should your son not have descended testicles, followed by your baby's pediatrician.



Checklist For Week 28





- ☐ Make prenatal appointments for every two weeks.
- ☐ Hire your doula.
- ☐ Schedule your Rhogam shot if you are Rh negative.
- ☐ Watch out for preeclampsia.

Blood pressure and preeclampsia check are also done at the prenatal visit. The baby's heartbeat is listened for, and the abdomen is measured to check fetal growth. If the mother is rhesus negative, she will be given her first anti-D treatment. Between now and week 38, the mother may want to have the whooping cough vaccine. [Book your childbirth classes](#) now, so you can meet with the people who will help make this significant moment in life go smoothly.

29 Weeks Pregnant



Your baby weighs more than two and a half pounds (1.1 kilograms) at this point. You may begin to notice that the big kicks and rolls that you felt earlier take on a different quality. Because your baby is more likely to be head down with every passing week, you may also notice that you feel more action at the top of your uterus from the movement of tiny feet. Your baby is busy producing about 36 ounces (half a liter) of urine per day, which is partially what makes up the amniotic fluid.

You can even see babies urinate on ultrasound if you catch them at the right moment. Your baby is also producing his or her own red blood cells, which come from the bone marrow.



Checklist For Week 29



- ☐ Research your childcare options.
- ☐ Schedule a sibling class.
- ☐ Register for baby items.

[] Learn about Braxton-Hicks contractions.

The baby's body continues to grow and develop, with the lungs growing and the head growing in size to create space for the brain. The uterus has grown approximately 1½ inches and is now pushing up against the bottom of the ribcage, which can cause discomfort. Sometimes pressure on the veins that take blood from the legs to the heart can cause varicose veins.

30 Weeks Pregnant



This week, your baby is three pounds (1.4 kilograms) and fifteen inches (38 centimeters) and still growing. While your baby is no longer developing new organs or anything terribly exotic, he or she is still busy preparing to be born. Lung development is one of the last things that the baby works really hard to complete. Your baby's eyes are open, and the eyelashes are lengthening.



Checklist For Week 30



- [] Order your home birth kit.
- [] Deal with an aching back.
- [] Choose a breast pump.
- [] Learn about sex in the last trimester

Now that your baby is getting heavier, you can discuss any concerns you have about the birth with your doctor. They will measure your blood pressure, check for preeclampsia,

listen for the baby's heartbeat, and measure your abdomen to check fetal growth.

31 Weeks Pregnant



Your baby now weighs more than three pounds (1.4 kilograms). The brown fat that has been deposited over the past few weeks has changed the look of your baby's skin from a reddish color to a pink blush. Your baby is growing fingernails, just in time to be trimmed at birth. Be sure to pack a pair of baby fingernail clippers in the bag you plan to bring to the hospital or birthing center.



Checklist For Week 31



- ☐ Take a breastfeeding class.
- ☐ Buy a breastfeeding book.
- ☐ Eat, even if you're not hungry.
- ☐ Deal with breathing difficulties

You may be experiencing insomnia, sleepiness, or fatigue. Your [tailbone pain](#) could also get worse near the end of pregnancy because your body is fighting against labor contractions and fulfilling its final duty to carry this baby into the world! At this point, you should learn more about Braxton Hicks's contractions, and you could use a [contraction app](#).

32 Weeks Pregnant





At nearly four pounds (1.8 kilograms) and fifteen inches (38 centimeters), your baby is beginning to fill out. For the next few weeks, your baby will really be putting on the weight in preparation for birth. If you looked at your baby's face via ultrasound earlier, it probably looked very skeletal, but not anymore. A lot of lung development has been taking place over the past few weeks to prepare the baby to breathe. The nervous system functions



have also been maturing. Checklist For Week 32



- ☐ Deal with leg cramps.
- ☐ Refresh yourself on how to time contractions.
- ☐ Choose your final list of baby names.
- ☐ Learn about late-pregnancy ultrasounds.
- ☐ Prepare a place for your baby to sleep.

As your pregnancy progresses, you will continue to put on weight. Your uterus is also approaching its highest position, about 5 inches above your navel. This can cause heartburn and other symptoms. The baby is also plumping up!

33 Weeks Pregnant



Your baby is growing a lot. Lung development takes the forefront toward the end of pregnancy, and your baby's body is producing something called surfactant. This detergent-like substance helps your baby's lungs stay open once they inflate with his or her first cry. Premature infants

are given artificial surfactant if they are born too early.



Checklist For Week 33



- ☐ Learn about relaxation for labor.
- ☐ Buy a breastfeeding bra.
- ☐ Deal with comments on your belly size and shape.
- ☐ Combat end-of-pregnancy worries.

The baby is continuing to grow and develop in the womb. The baby is now approximately 4 pounds and has moved into the head-down position. This position will make delivery more manageable and also improve breathing and digestion.

34 Weeks Pregnant



At week 34, the average baby weight is four and a half pounds (2205 kilograms). Your baby is still growing heavier and getting longer too. He or she measures approximately seventeen inches (43 centimeters), and you are sure to feel plenty of baby tucked into your uterus. As your baby moves, you are less likely to feel large movements because there's less room in which to move around. You will, however, feel the baby stretching and wiggling. You might catch glimpses of feet, knees, and elbows as they poke outward as your baby settles in to be born.



Checklist For Week 34





- ☐ Prepare for nausea to return.
- ☐ Schedule your group B strep screening.
- ☐ Purchase nursing tops.
- ☐ Choose your music for labor. ☐ Learn about amniotic fluid.

The body is preparing for the birth process by developing the baby's nervous system and other organs. This may cause fatigue and dizziness in the mother. If the rings on your hand feel tight or your feet and hands are swollen, this is due to fluid retention. It can be made worse if tight clothing restricts your blood flow.

35 Weeks Pregnant



Baby is hanging in there, doing his or her part to prepare for the big birth day coming up. This consists principally of growing, developing, and preparing to breathe and regulate body temperature.

Your baby is now about four and half pounds (2.25 kilograms), though at this stage of the game there is more room for variance and where diet and genetics play a significant part. Your baby is approaching eighteen inches (46 centimeters) from head to toe.

Babies born at this gestational age often do well with special care nurseries, but it is still considered early. Babies who are born early often have respiratory illnesses and breathing difficulties, which can lead to an increased risk of SIDS and lifelong issues such as asthma and learning disabilities (although the greatest risk is during the first



year of life). Checklist For Week 35



- ☐ Finalize your birth plan.
- ☐ Visit a breastfeeding group or new mothers' group.
- ☐ Learn about breech babies.
- ☐ Prepare your pet for the new baby.

The hormones released during pregnancy (Relaxin) can cause the pelvis to loosen and the joints to expand. This is so that the mother can give birth more easily. As a result, you may experience some pain in this area, but it is normal and will go away after the baby is born.

36 Weeks Pregnant



Your baby weighs about six pounds (2.7 kilograms) at this point. Most of the weight your baby will gain between now and birth will be brown fat, which is a layer of fat that will help your baby regulate his or her temperature after being born—a skill that is needed right from the start. Lengthwise your baby is about 18 inches (46 centimeters) long, and growing. Toward the end of pregnancy, the weight and length differences between babies tend to be more pronounced. This is because humans are all slightly different. Genetics come into play as well as personal health, nutrition, and wellness. Your practitioner may try to guess how large or small your baby is, but even with ultrasound, these guesses are usually off, sometimes by quite a lot. If these guesses make you anxious, say that

you'd prefer not to be told.



Checklist For Week 36



- ☐ Celebrate your baby.
- ☐ Practice comfort measures for labor to aid in relaxation and pain relief.
- ☐ Learn about cord blood banking.
- ☐ Schedule weekly prenatal visits.
- ☐ Revisit your birth place.

You will have several tests done, including checking blood pressure and preeclampsia, listening for the baby's heartbeat, and measuring your abdomen to check fetal growth. A Group B strep test may also be conducted at this time.

37 Weeks Pregnant



Your doctor will check on the health of you and your baby, including a pregnancy test. In addition, they'll listen for amniotic fluid to see if there are any problems with heartbeat or position concerning fetuses development before delivering them into this world as well assess how dilated estrogen is making things act differently down below!

38 Weeks Pregnant

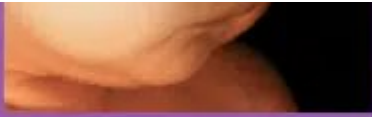


Your baby has been gaining quite a bit of weight up until this point. Starting now the baby's weight gain slows dramatically or even stops. Your baby is still moving around, but there is usually a pattern to which times of day your baby becomes active.



Checklist For Week 38





- ☐ Make a trial run to your place of birth.
- ☐ Learn about vaginal exams before labor.
- ☐ Have a neonatal intensive care nursery plan.
- ☐ Deal with comments about pain medication in labor.

You may feel a mixture of emotions when you're expecting, including anxiety about the impending birth and fatigue due to lack of sleep. Try talking through these feelings with your healthcare provider so that they can help dad out too!

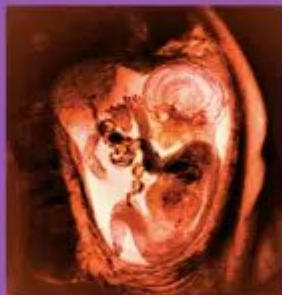
39 Weeks Pregnant



Baby is settled into your pelvis and preparing for birth. Not every baby is perfectly ready at the 37 week mark, which is why there is a range given for due dates. The last to mature on babies is their lungs. In other news, your baby's weight gain has slowed considerably. Some babies will gain a few ounces here or there, but the weight gain has pretty much stopped. On average, babies weigh seven and a half pounds (3.4 kilograms) by this point and measures twenty inches (51 centimeters) long.



Checklist For Week 39



- ☐ Verify that everyone has a copy of your birth plan.
- ☐ Purchase postpartum meals and supplies.
- ☐ Learn about water breaking.
- ☐ If necessary, schedule a Cesarean.
- ☐ Buy a book on motherhood or the postpartum period in particular.

You may be feeling very uncomfortable. Your baby is due this week, and looking to say hi! If you notice any changes in your abdomen or back pain, call for medical help right away because it could mean that there's been a breach of membranes, which would lead up to delivery soon enough. If waters break at all during my pregnancy, then I will definitely get checked out by our gynecologist but until then, let me know if anything pops up so we can take care on both ends.

40 Weeks Pregnant



Your baby has everything he or she needs to be born. Your baby's intestinal tract is lined with meconium, your baby's first stool. About 30 percent of babies will pass this before birth, which means that your baby will need to be deep suctioned at birth to prevent the baby from inhaling the sticky substance.



Checklist For Week 40



- ☐ Have a pedicure.
- ☐ Discuss pictures for labor and birth.
- ☐ Prepare a list of helpers for after the baby arrives.
- ☐ Plan a date night.

This is the week you are due to give birth, but only around 5% of babies are born exactly on their estimated delivery date. The usual checks will be done if the baby hasn't arrived yet, and options for inducing the delivery may be discussed.

41 Weeks Pregnant



Yes, your baby is still in there. Between you monitoring the baby's kick counts and your prenatal care provider monitoring the baby's health, your baby is simply enjoying the last few days of pregnancy. Baby has it good: easy food, no stress, no diapers or clothes. Why give up a deal like that?



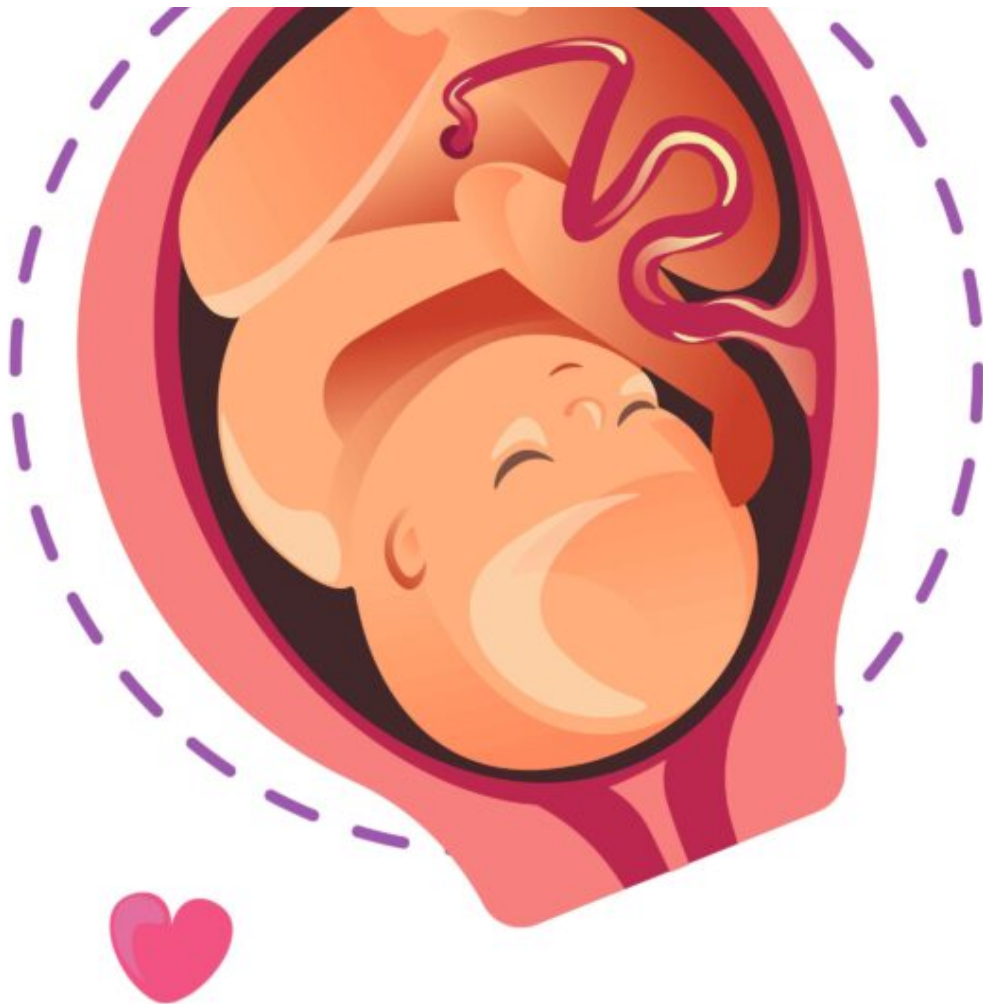
Checklist For Week 41+

- ☐ Schedule a nonstress test for fetal surveillance.
- ☐ Handle annoying phone calls from well-meaning people.
- ☐ Consider induction of labor at forty-two weeks.
- ☐ Celebrate your pregnancy.

The time has come for you and your baby to enter the world together. You'll run into delivery or be induced soon, so it's essential that everyone is on their game! Your healthcare provider will examine how things are going with maternal positions next week at this same visit.

It is almost time to meet your baby!





9 MONTH

The final weeks of pregnancy are finally over, and you are past your due date. Although your baby's birth might still be a few weeks away, it is a good idea to start preparing for his arrival in the best way possible.

Preparing the home for your new baby is not something you will want to leave until later. However, the changes you make now can help set the stage for a smoother transition into parenthood, ensuring that setting up your nursery goes off without any hitches. You will also be teaching essential life lessons for your child right away by making sure his room reflects the structure of life that you want for him.

Congratulations on Your Baby!

We had the first trimester, second trimester, and third trimester during pregnancy. So we all know what it is like to be pregnant, and we had a pretty good idea of what our baby looked like.

The baby's growth (including baby's sex, baby's bones, and baby's lungs) is now fully formed, and the expectant parents are now ready to meet the newborn.

The journey continues, and there are plenty of things to learn during the maternity period, and we are here to assist you.





Hypnobirthing - Mom 17+

Pregnancy Exercises Meditation

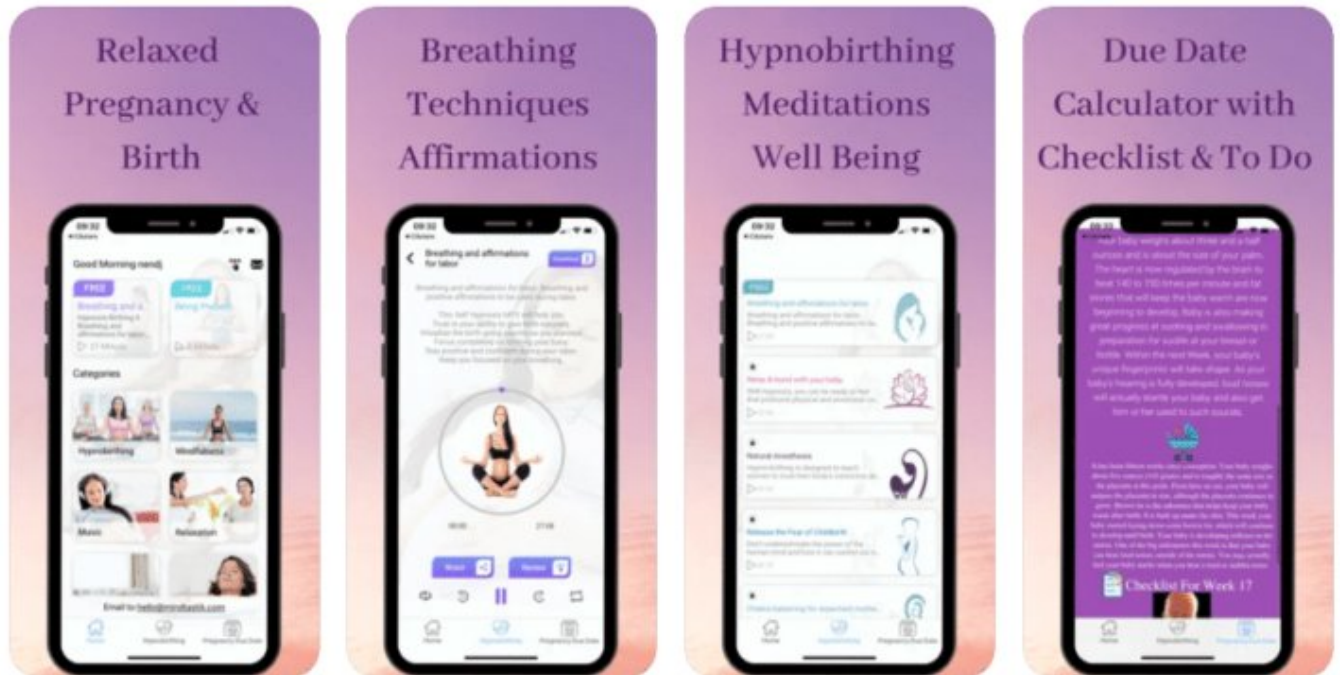
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Frequently Asked Questions

What to expect in the next few weeks of pregnancy?

The next few weeks of pregnancy can be an exciting time as you watch your baby grow. You may start to feel the baby move, and you may begin to notice changes in your body. Here are some things to expect in the next few weeks of pregnancy:

- You may start to feel the baby move.
- Your belly may continue to grow.
- You may have more energy.

- You may have mood swings.
- You may start to feel Braxton Hicks's contractions.
- Your doctor or midwife will likely check your baby's heart rate and size at your next visit.
- You may want to start thinking about childbirth classes and picking a healthcare provider for your baby.

If you have any concerns, please talk to your doctor or midwife.

Is Everything OK with Baby's Development?

When it comes to your baby's development, everything may seem OK at first. However, there are some things you should look for that could indicate a problem. Here are some signs that something may be wrong with your baby's growth:

1. Your baby isn't hitting developmental milestones. If your baby isn't reaching certain milestones by the expected time, it may be a sign that something is wrong.
2. The baby isn't babbling or making other noises. Babies typically start to make noise around 3 or 4 months old. If your baby isn't doing this by 6 months old, it could be a sign of a problem.
3. Your baby isn't trying to communicate. Babies typically start trying to communicate with gestures and sound around 6 months old. If your baby isn't doing this by 8 or 9 months old, it could be a sign of a problem.
4. The baby isn't crawling or walking. Most babies crawl by 8 or 9 months old and walk by 12 or 13 months old. If your baby isn't doing this, it could be a sign of a problem.
5. Your baby seems to be in pain. If your baby is frequently crying and doesn't seem to be soothed by anything you do, it could be a sign that something is wrong.

What is the role of the fallopian tube?

The fallopian tubes play an important role in the reproductive process. They transport the eggs from the ovaries to the uterus. They also help to transport sperm to the egg. If there is a problem with the fallopian tubes, it can make it difficult for a woman to get pregnant.

The Takeaways: Week By Week Pregnancy

Now that you've read our article on the different stages of pregnancy, we hope you feel more prepared and knowledgeable about what to expect each week. The week-by-week pregnancy guide above will give you a better understanding of the changes that occur during each stage of pregnancy.

Remember, these are just guidelines and every woman's experience is unique. If you have any questions or concerns, be sure to speak with your doctor. Congratulations on your growing family!

Tags: fallopian tubes, last period, three trimesters, week pregnancy, most babies, due date, baby grows, final weeks, week of pregnancy, parents to be, pregnancy week

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