Pregnancy Guide Week-By-Week

Here's a list of the stages, and what to expect



- Week 1: Take supplements (like Folic Acid); the baby's growth is fastest in this first week
- Week 2: Eat many fruits and vegetables; your body is now producing hormones for pregnancy; the baby's major organs are forming
- Week 3: The early embryo transports from the fallopian tube to the uterus; the mother might have sore breasts and cramps now
- Week 4: Brain and heart development occur; central nervous /circulatory system form
- Week 5: The baby's heartbeat can be seen in scans; the baby is the size of a small tadpole currently
- Week 6: The mother's breasts will begin to grow; certain hormones are present that cause to exhaustion; proper diet can assist with morning sickness this week
- Week 7: Essential for the mother to avoid illnesses, like rubella & parvovirus; 100+ brain cells in the baby are created every minute!
- Week 8: The baby is officially a fetus; all fingers/toes are developed but still webbed; the child is the size of the raspberry
- Week 9-10: The baby now has human-like features; the baby's heartbeat can now be detected on an ultrasound; the baby's fingernails & toenails develop
- Week 11: Mother's morning sickness should be gone and instead she will now feel much hunger; the baby's torso becomes straight; the baby will begin to move inside the womb
- Week 12: Now is time for the first scan; baby is the size of a lime this week
- Week 13: Begin 2nd Trimester; the baby's kidneys & lungs are functional; exercise is recommended at this stage (yoga, swimming, dance, whatever you wish!); the baby is now burping, swallowing and yawn
- Week 14: All of the baby's sexual organs are developed, and finger prints are visible; the mother might have congestion due to extra blood flow
- Week 15: The baby will recognize voices and flavors; some mothers experience gum inflammation and bleeding; some

women develop Linea Nigra

- [ ] Week 16: Limbs & joints are developed so the baby is now mobile; the baby is the size of an avocado
- [ ] Week 17: The baby will move a bit more now; the baby is practicing sucking and swallowing
- [ ] Week 18: The baby's sex is seen in a scan; there is 50% survival if the baby is born this week
- [ ] Week 19: The baby's hair grows; the mother might experience heartburn & indigestion; the baby will put on weight quickly
- [ ] Week 20: Time for another scan of the baby to find out the sex; mothers will experience pain from abdominal stretching; the baby is the size of a pomegranate
- [ ] Week 21: The baby's tastebuds are developing; the mother should consider now attending prenatal classes; baby can taste foods from amniotic fluid
- [ ] Week 22-23: The baby senses light and recognizes voices; the mother's back, ankles and feet will ache; stretch marks are visible as the baby doubles its weight
- [ ] Week 24: The baby's lungs continue to mature; the baby's is similar to a coconut; the mother's bellybutton may protrude
- [ ] Week 25: The baby is preparing to breath for the first time; the mother is encourage to speak & read to the baby because he/she can hear it; mothers might experience constipation
- [ ] Week 26: The baby's eyes open!
- [ ] Week 27: Third trimester begins; the mother is encouraged to practice breathing exercises; the mother can expect baby hiccups
- [ ] Week 28: The mother's partner can hear the baby's heartbeat through the belly; the baby is the size of an eggplant and is quickly gaining weight
- [ ] Week 29: The mother might be experiencing many baby kicks; the mom is encouraged to rest as much as possible
- [ ] Week 30: Amniotic fluids begin to reduce and the baby's brain is growing; the baby is also making his/her own red blood cells from bone marrow
- [ ] Week 31: Mothers might experience contractions
- [ ] Week 32: The baby begins to move into a proper position for birth; the baby is the size of a pineapple; the baby's skin is no longer transparent
- [ ] Week 33: The baby's bones are hardening and he/she is also forming an immune system from the mom's antibodies
- [ ] Week 34: The baby's lungs are fully developed; the baby will not move as much as before because of lack of space
- [ ] Week 35: Mom! Ensure all birth plans are set; while still premature, the baby would fare well outside of the womb now
- [ ] Week 36: The mother will eat & breath more easily now because the baby's position is lower; the baby's blood flow & immunity systems are ready
- [ ] Week 37: This is now full term!; breastmilk antibodies assist in creating the immunity system; the baby is the size of a butternut squash
- [ ] Week 38-40: Time to rest & prepare; the mother's cervix should dilate up to 10cm at the time of delivery; the mother is advised to rest, rest, REST!

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