

Pregnancy stages

Keep track of your pregnancy by weeks, months and trimesters.

First trimester



month

1 to 4 weeks



months

5 to 8 weeks



Second trimester



months

14 to 17 weeks



months

18 to 21 weeks



Third trimester



months 31 to 35 weeks



Most pregnancies normally last about 40 weeks, but is considered full term from 37 weeks. If you go past 41 weeks, you would then be overdue.

If you have any questions about your pregnancy, call Pregnancy, Birth and Baby to speak to a maternal child health nurse.



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