

Growing a Baby

First Trimester weeks 1-13

embryo			1	◀ date of last menstrual period (LMP)
			2	◀ ovulation and conception
			3	◀ implantation
			4	◀ missed period
			5	◀ heart, lungs, brain, and spinal cord have begun to develop
			6	◀ eyes and ears begin to form; arm and leg buds are visible
			7	
			8	◀ all essential organs have begun to form
			9	
			10	◀ head is about 1/2 of total body length
			11	
			12	◀ fingers and toes have separated
			13	◀ facial features are clear

Eat lots of protein-rich foods to help your baby grow.

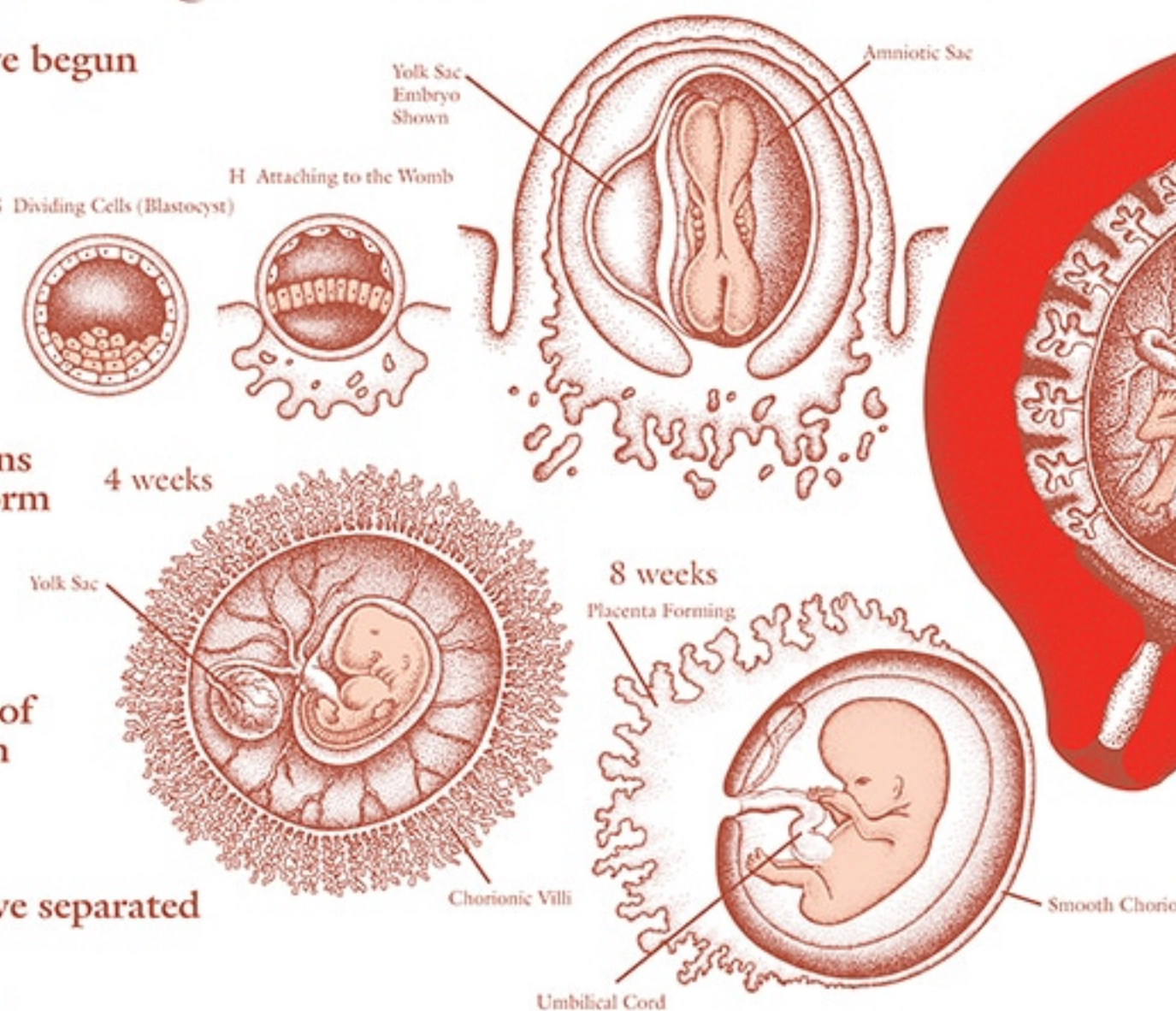
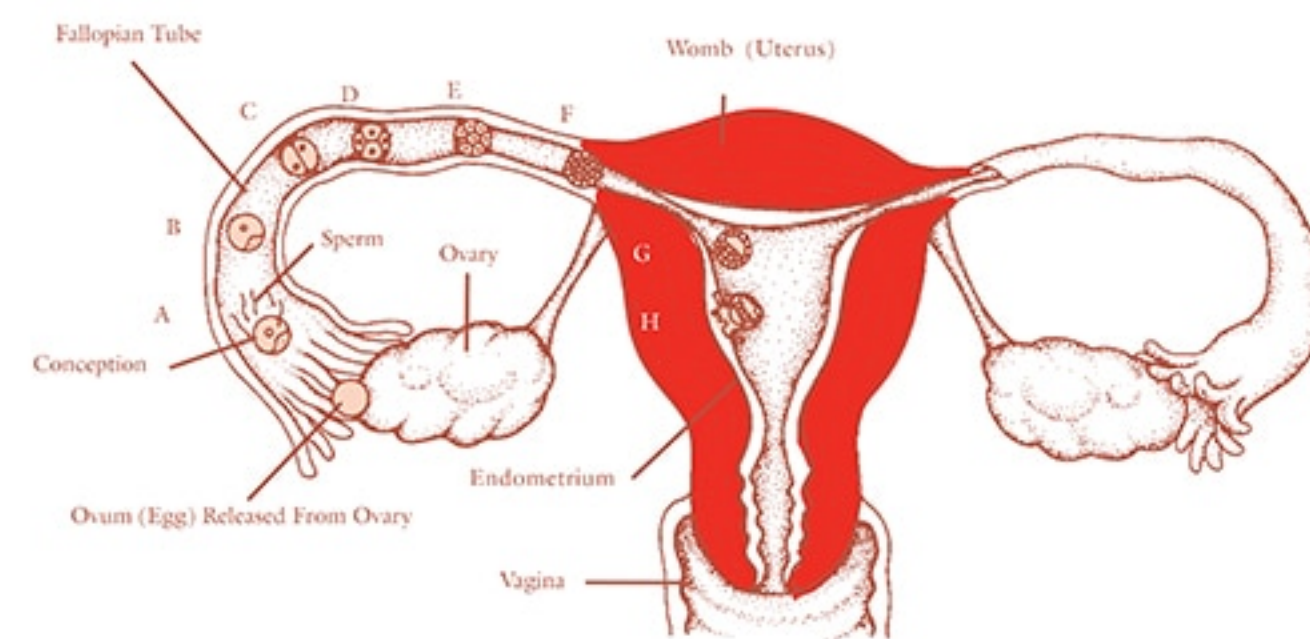
Second Trimester weeks 14-27

fetus			14	◀ external genitalia are male or female
			15	◀ fetus may suck his or her thumb
			16	◀ baby's movements may be felt
			17	◀ body fat begins to form
			18	◀ rate of growth begins to slow
			19	◀ vernix, a protective coating, is appearing on the skin
			20	◀ baby sleeps and wakes regularly
			21	◀ baby is learning to swallow
			22	◀ fingernails and toenails are visible; eyelids and eyebrows are more developed
			23	

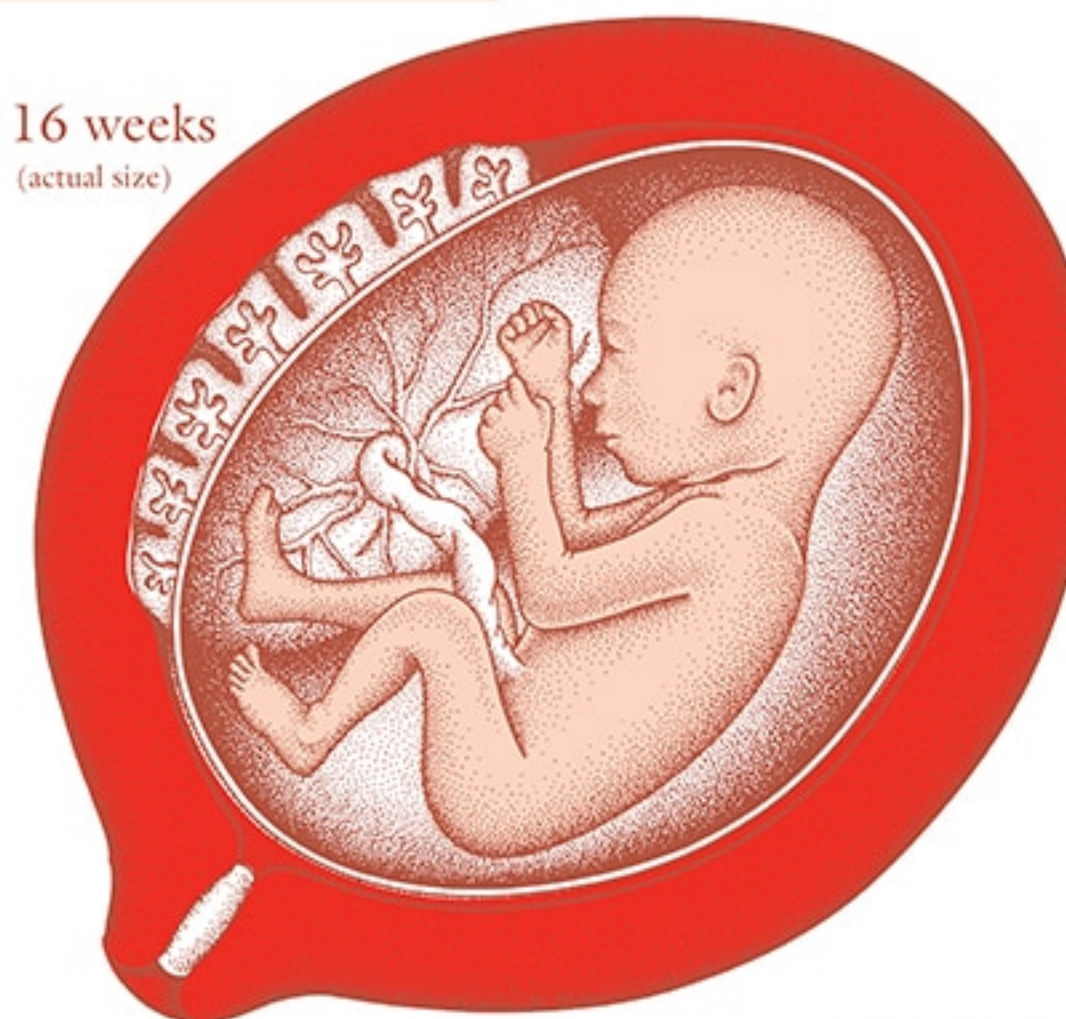
(continued on back)

Put a check mark inside the heart for each week of your pregnancy. Write the dates of each week of pregnancy, the dates of your prenatal visits, and any diagnostic tests in the empty box.

- See your healthcare professional for prenatal care as soon as possible.
- If you smoke, your baby may be born too soon and may be sick.
- If you drink alcohol or do drugs, your baby's brain may not develop normally.



16 weeks
(actual size)



20 weeks
(actual size)

