

Pregnancy Calendar

Note: weeks of pregnancy are counted from the first day of a woman's last menstrual cycle.

Week 1:

The story of your baby's life begins when a sperm fertilizes an egg. Within half an hour, the fertilized egg begins dividing at a furious rate while traveling down the Fallopian tube to the uterus.

Once in the uterus, the developing embryo implants beneath the surface of the uterus. The unborn child is only one-sixth of an inch long, but is rapidly developing.

Week 2:

The embryo produces hormones which stop the mother's menstrual cycle

Week 3:

At three weeks, the bundle of cells can now be called an "embryo" and the tiny heart begins to beat.

Week 4:

The baby is now an embryo and is about 1/17 of an inch long. The neural tube enlarges into three parts, soon to become a very complex brain. The placenta begins functioning. The umbilical cord develops. The eyes and ears begin to form as well as an opening for the mouth. The heart has begun to pump blood. Buds form on the body that will become the arms and legs.

Week 5:

The baby is about 1/3 of an inch. The brain is growing. Facial features are visible, including a mouth and tongue. The eyes have a retina and lens. The major muscle system is developed, and the unborn child practices moving. The part of the nervous system that deals with equilibrium and spatial relations also begins to develop. That means that whenever the mother moves, the baby can feel the change in spatial orientation and will try to change her position accordingly in order to re-stabilize herself. She can also respond to tactile stimulation as her coordination improves.

Week 6:

Development between third and eighth weeks is highly important since the outlines of all internal and external structures are developed. During the second month, the mother's total volume of blood increases to accommodate the growing fetus.

Week 7:

The fingers and thumb have appeared but are short and webbed.

Week 8:

Most of the joints are formed now. Ears, ankles and wrists are formed. At the end of the second month the fetus is a little over 1 inch long and weighs less than an ounce

Week 9:

As we go into the third month, the embryo is now called a fetus. The heart is beating more strongly, she can turn her head, open her mouth, and swallow amniotic fluid. She is growing rapidly. Fingers and toes of the fetus have soft nails.



Week 10:

Nearly all of the organs of the fetus are formed. They will continue to grow and develop until delivery. Vocal chords are complete, and the child can and cries (silently). The brain is fully formed, and he is able to feel pain. The fetus may even suck his thumb. The eyelids now cover the eyes, and will remain shut until the seventh month to protect the delicate optical nerve fibers.

Week 11:

The face is looking more and more human each day as the eyes begin to move closer together it would be possible now to determine the baby's sex by looking at the genitals. Hair is beginning to appear on the fetus' head.

Week 12:

Remember that the baby can now experience many sensations and is now able to begin communicating with you. She has immense potential waiting to be stimulated and developed. Your baby is intimately connected to you emotionally as well as physically. Not only are the substances you intake transmitted to your baby, but your emotions and feelings are transmitted to her as well. Since she shares your endorphins, which are chemical substances that produce an enormous sense of well-being, your child can also sense and share your emotional sensations. It is therefore very important to be happy, peaceful and serene. Your happiness and positive feelings can induce equally pleasant feelings in your child. By the end of the third month the fetus is 4 inches long and from now on, the organs will mature and the fetus will gain weight.

Week 13:

Muscles lengthen and become organized. The mother will soon start feeling the first flutters of the unborn child kicking and moving within. The skin is pink and transparent.

Week 14:

In the second trimester the head is developing more actively than the rest of the body: the eyes, mouth, nose, and ears are almost completely formed, creating a well-defined face. The fetus has an adult's taste buds and may be able to savor

Week 15:

The legs are now longer than the arms, and she is moving those arms and legs frequently

Week 16:

The internal organs are maturing. The fetus sleeps and wakes at regular intervals

Week 17:

The fetus is much more active turning from side to side and your baby can grasp with his hands, kick, or even somersault.

Week 18:

Meconium, the baby's first bowel movement, is accumulating within the bowel

Week 19:

At the fifth month, something extraordinary occurs: she can actually begin to hear! The child can hear and recognize her mother's voice



Week 20:

She hears the sounds coming from your body: your voice, and the voices of other people who are speaking close by - perhaps her father's. She can also hear environmental sounds. Rhythmic music calms her and strident sounds excite her.

Week 21:

The sensory organs continue their development. She is able to react to sweet and sour tastes as well as bitter ones. She hears and learns and the ability to react to stimuli is already present

Week 22:

The body is becoming better proportioned each day, and the bones of the middle ear begin to harden

Week 23:

Baby makes breathing movements with the chest muscles and sometimes amniotic fluid gets into the windpipe and gives the fetus hiccups

Week 24:

At six months, the unborn child is covered with a fine hair called lanugo and his/her is protected by a waxy substance called vernix caseosa.

Week 25:

The brain continues its rapid growth, and the lungs continue to grow

Week 26:

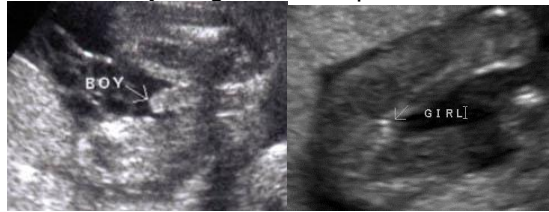
The eyelids open, and the eyes are completely formed

Week 27:

Fat continues to accumulate under the skin. The brain can control primitive breathing and body temperature control, and the eyes can move in the sockets. The baby is becoming sensitive to light, sound, taste and smell

Week 28:

By the 7th month, her key organs are already developed: The nervous system has matured to the point that it controls respiratory functions and body temperature, the lungs would be capable of breathing if she were to be born at this point. Her movements are more organized, and her muscles stronger. She exercises by kicking and stretching. Calcium is being stored and fetal bones are hardening. Now the baby weighs about 3 pounds and she is about 15 inches long



Week 29:

The brain goes through a period of rapid development. The only major organ left to fully develop is the lungs

Week 30:

The baby is up to four pounds now and all five senses are functional. The toenails are completely formed and the hair on the head continues to grow.

Week 31:

Fat continues to accumulate which turns the baby's skin color from red to pink. During this month, she begins to show signs of personality and intentional behavior. Not only does she move to the rhythm of music, but she also prefers some types of music to others. By the end of this month, she can see! She reacts to changes in lighting and can follow a flashing light.

Week 32:

She is developing immunities to fight mild infection. Her skin is smooth, her legs and arms are chubby by the eight month. The nervous system is fully formed and ready to operate through a complex mass of neurons. The signals they emit turn into messages, ideas, decisions, memory. She doesn't move as often, but her movements are stronger when she does. The baby is about 18 inches long and weighs about 5 pounds

Week 33:

The baby has gotten big enough to take up most of the uterus, and there's less room to move around

Week 34:

With four weeks to go, our baby is almost ready. She could drop into the birth canal at any time now. This week, the fat is dimpling on the elbows and knees as well as forming creases in the neck and wrists. The baby's gums are very rigid.

Week 35:

Average size is around 6.5 pounds now! The baby practices breathing movements preparing for life outside the womb. His/her grasp becomes firm, and she will turn toward light.

Week 36:

The circumference of the head and the baby's abdomen are about the same size. The bones of the baby's head are soft and flexible for delivery. She will continue growing and developing until birth. The fetus is gaining about half pound per week.

Week 37:

The lungs are maturing and surfactant production is increasing. The baby can't move too much anymore, and the average size is over seven pounds

Week 38:

The baby is ready for life outside its mother's womb. Toward the end of the ninth month, when the baby drops into a lower position, you will breathe easier and you may have an increased need to urinate.

Your baby, now approximately seven and a half pounds, is ready to be born



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