

# One Month at a Time

## KEY



	Baby Development	Changes in the Mother
<p><i>First Month</i></p> <p><b>1<sup>st</sup> Trimester</b></p>	<p>Fertilized egg reaches the uterus and attaches itself to the uterus.</p> <p>Cell multiplication begins</p> <p>Internal organs and circulatory system begins to form.</p> <p>Cell Division takes place and at the end of two weeks the zygote is the size of a pin-head</p> <p>Heart begins to beat</p> <p>Small bumps show the beginnings of arms and legs</p>	<p>Missed Period</p> <p>Fatigue</p> <p>Excess saliva</p> <p>Frequent urination</p>
<p><i>Second Month</i></p> <p><b>1<sup>st</sup> Trimester</b></p>	<p>At 5 weeks the embryo is <u>  </u> inch long</p> <p>All major organ systems develop</p> <p>The placenta and Umbilical Cord develop</p> <p>Amniotic Fluid surrounds the baby</p> <p>Face, and limbs take shape</p>	<p>Breasts begin to swell and enlarge.</p> <p>Possible morning sickness</p> <p>Continued fatigue</p>
<p><i>Third Month</i></p> <p><b>1<sup>st</sup> Trimester</b></p>	<p>The fetus is about 1 inch long</p> <p>Nostrils, mouth, lips, teeth buds, and eyelids form</p> <p>Fingers and toes are almost complete</p> <p>Eyelids are fused shut</p> <p>Arms, legs, fingers, and toes have developed</p> <p>All internal organs are present—but aren't ready to function</p> <p>The genital organs can be recognized as male or female</p>	<p>Breast continue to become fuller and ache</p> <p>Morning sickness continues</p> <p>Abdomen becomes larger</p> <p>Uterus is about the size of an orange</p> <p>Increased appetite</p> <p>Mood Swings</p>
<p><i>Fourth Month</i></p> <p><b>2<sup>nd</sup> Trimester</b></p>	<p>Fetus is 3 inches long and weights 5 oz.</p> <p>Your baby is covered with a layer of thick, downy hair called lanugo.</p> <p>His heartbeat can be heard clearly.</p> <p>This may be when you feel your baby's first kick.</p> <p>The baby can such thumb, swallow and hiccup.</p>	<p>"Round ligament pain"</p> <p>Start to feel better because morning sickness is usually gone</p> <p>Not as tired</p> <p>Starting to show, may have to buy maternity clothes</p> <p>Red, swollen gums during pregnancy,</p> <p>Nasal swelling</p> <p>Cravings</p>

<p><b><i>Fifth Month</i></b></p> <p><b>2<sup>nd</sup> Trimester</b></p>	<p>The Fetus is about 6 inches long and weighs 4-5 oz.</p> <p>A protective coating called vernix begins to form on baby's skin.</p> <p>Hair eyelashes and eyebrows appear</p> <p>Organs keep maturing</p> <p>Fetus is very active</p> <p>The eyes can open and blink</p>	<p>Enlarged abdomen is obvious</p> <p>Fetal heartbeat is heard</p> <p>Quickening occurs</p> <p>Abnormal Dreams</p> <p>Leg cramps</p> <p>Backache</p>
<p><b><i>Six Month</i></b></p> <p><b>2<sup>nd</sup> Trimester</b></p>	<p>The fetus is 8-10 inches long and weighs 4-5 oz.</p> <p>Your baby's lungs are filled with amniotic fluid, and he has started breathing motions.</p> <p>If you talk or sing, he can hear you.</p> <p>Fat is starting to deposit under the skin</p>	<p>Fetal movement is strong</p> <p>Kicking can be felt from the outside</p> <p>sciatic nerve pain</p> <p>Swelling legs and feet</p> <p>Stretch marks</p> <p>Heart burn</p>
<p><b><i>Seventh Month</i></b></p> <p><b>3<sup>rd</sup> Trimester</b></p>	<p>Fetus is 10-12 inches long and weighs about 1-2 pounds.</p> <p>Fetus is active and then rests.</p> <p>The baby now uses the four senses of vision, hearing, taste and touch</p>	<p>Shortness of breath</p> <p>Continued fatigue, leg cramps and frequent urination</p>
<p><b><i>Eight Month</i></b></p> <p><b>3<sup>rd</sup> Trimester</b></p>	<p>Fetus is about 17-18 inches long and weighs 5-6 pounds</p> <p>Skin is smooth because of the fat</p> <p>Baby's movement slows down due to lack of room</p> <p>"Lightening" occurs when the baby drops in the pelvis</p> <p>Disease fighting antibodies are taken from the mother's blood</p>	<p>Fetal kicks are strong</p> <p>Braxton Hicks</p> <p>Difficulty sleeping</p>
<p><b><i>Ninth Month</i></b></p> <p><b>3<sup>rd</sup> Trimester</b></p>	<p>Fetus is about 17-18 inches long and weighs 5-6 pounds</p> <p>Skin is smooth because of the fat</p> <p>Baby's movement slows down due to lack of room</p> <p>"Lightening" occurs when the baby drops in the pelvis</p> <p>Disease fighting antibodies are taken from the mother's blood</p>	<p>Hard to sleep</p> <p>Lightening</p> <p>Easier to breath</p> <p>Uterus is the size of a small watermelon</p> <p>Breasts may leak</p> <p>Nesting</p>