

OPTION 6-STAGES OF PRENATAL DEVELOPMENT

KEY

A MONTH AT A TIME

Complete the chart below. Remember that every fetus has its own growth pattern, but this chart shows the general development of the average fetus. The same is true for the effects the pregnancy will have on the mother.

	FETAL DEVELOPMENT	EFFECTS ON MOTHER
FIRST MONTH	Cell multiplication begins. Egg attaches to the uterus lining. Fetal internal organs and circulatory system begin to form. Heart begins to beat. Small bumps show the beginnings of arms and legs.	Missed menstrual period.
SECOND MONTH	5 weeks - embryo is 1/4 inch long. Face, eyes, ears, and limbs take shape. Bones begin to form. Development of internal organs.	Breasts begin to swell. Enlarging uterus places pressure on the bladder--more frequent urination. Possible "morning sickness." Fatigue.
THIRD MONTH	Fetus is about 1 inch long Nostrils, mouth, lips, teeth buds, and eyelids form. Fingers and toes are almost complete. All organs are present but immature. Eyelids are fused.	Breasts are firmer, fuller, and ache. Nausea, fatigue, frequent urination. Abdomen becomes larger. Uterus is about the size of an orange. 2-4 pounds weight gain.
FOURTH MONTH	Fetus is 3 inches long. Fetus weighs about 1 ounce. Can suck thumb, swallow, hiccup, and move. Facial features are clearer.	Continued size change. Discomforts of early pregnancy are gone. Increased appetite.
FIFTH MONTH	Fetus is about 6-7 inches. Fetus weighs 4-5 ounces. Hair, eyelashes, and eyebrows appear. Teeth continue to develop. Organs keep maturing. Fetus is more active. Lanugo develops.	Enlarged abdomen is obvious. Fetal heartbeat is heard through stethoscope. Quickening.
SIXTH MONTH	Fetus is 8-10 inches long. Fetus weighs about 8-12 ounces. Fat is depositing under the skin. Fetus looks wrinkled. Breathing begins.	Fetal movement is strong. Fetus kicks and thumps are felt. 10-12 pounds weight gain.

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SEVENTH MONTH	Fetus is 10-12 inches long. Fetus weighs about 1 1/2-2 pounds. Fetus is active, then rests. Eyelids separate. Vernix develops.	Posture is affected by increased weight and size.
EIGHTH MONTH	Fetus is 14-16 inches long. Fetus weighs 2 1/2-3 pounds. Fetus may react to noises with a jerking action. Fetus has moved to head-down position.	Backaches, leg cramps, shortness of breath, fatigue. Fetal kicks are felt. Weight gain of 18-20 pounds.
NINTH MONTH	Fetus is about 17-18 inches long. Fetus weighs 5-6 pounds, but weight gain continues. Skin is smooth because fat deposits continue. Fetal movements are slowed due to lack of room. Disease-fighting antibodies are taken from the mother's blood. Fetus descends into pelvis and is ready for birth.	"Lightening"--the fetus drops into the pelvis. Easier to breathe. Usual discomforts of late pregnancy. Weight gain of 24-30 pounds. Uterus is the size of a small watermelon. May have false labor pains.