

Pregnancy Visit #5

- Fetal Development
 - As Baby Grows
 - Kick Counts
 - Baby's Brain Development

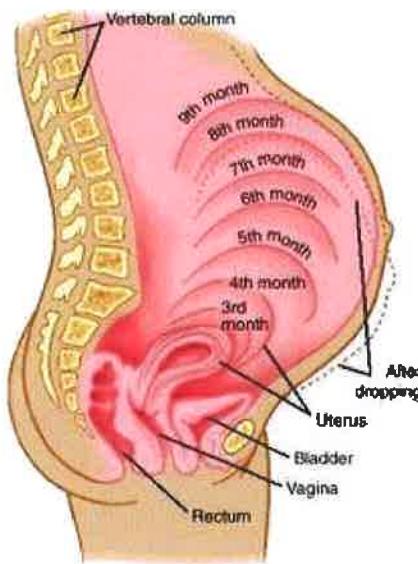
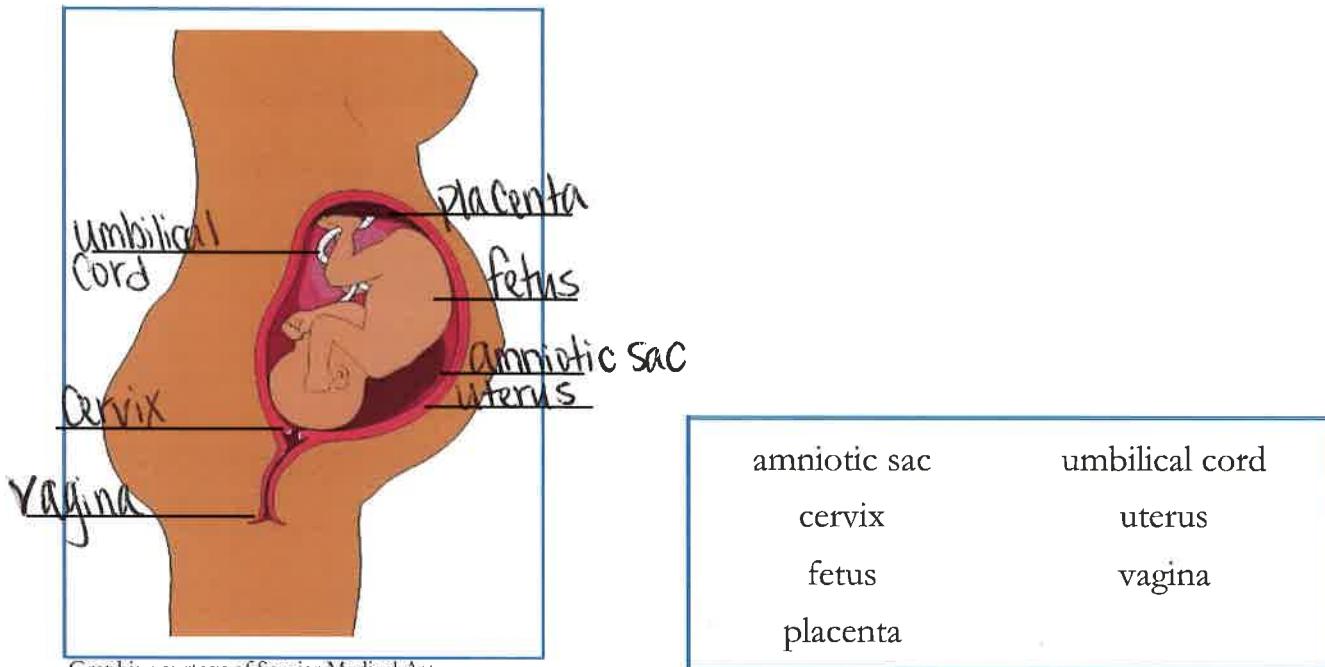


Topics for Next Visit:

- Normal Discomforts of Pregnancy
 - Gestational Diabetes
- Pregnancy Induced Hypertension
 - Bed Rest
 - NICU

As Baby Grows

You may wonder what is happening to your body and what is happening to your baby as your baby grows. Let's start by looking at a picture of your body with a baby inside:



As Baby Grows

Month 1

What happens to my body this month?

- Most women have no periods during pregnancy.
- Breasts get larger and feel sore.
- Morning sickness can come and go: it can happen at any time of day.
- You might have heartburn, gas, and/or bloating.
- Many women feel very tired. Rest when you can!
- You might have mood swings.

What happens to my baby this month?

- Baby's brain, heart and lungs are forming.
- Baby's arms and legs are little buds.

How big is my baby?

- By the end of this month, baby will be about the size of a grain of rice.



About 6 weeks



As Baby Grows

Month 2

What happens to my body this month?

- You might gain a pound or two.
- Your breasts get bigger and darker around the nipple.
- Your growing uterus starts to crowd your bladder. You need to urinate more often.
- You feel sick to your stomach.
- You feel tired.

What happens to my baby this month?

- Baby has a heartbeat!
- Baby's major organs are formed, but still developing.
- Baby's fingers, toes, arms and legs can move.
- Baby's face begins to develop.

How big is my baby?

- By the end of this month, baby will be:
 - 0.6 inches long – about as big as a raspberry
 - .04 ounces



About 9 weeks



As Baby Grows

Month 3

What happens to my body this month?

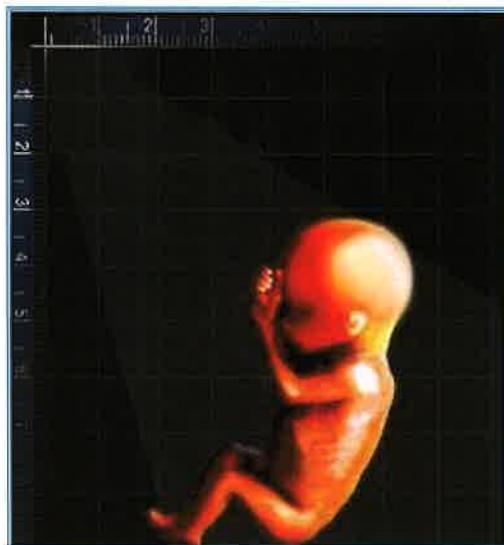
- You might have gained two to four pounds by now. Your clothes may feel tight!
- You feel hungry a lot.
- You may be constipated.
- You feel tired.
- You feel sick to your stomach.
- You might have headaches.
- You might feel faint or dizzy.

What happens to my baby this month?

- Baby's fingernails and toenails are formed.
- Baby's mouth has 20 buds that will become baby teeth.
- There are fine hairs forming on baby's skin.
- You can hear baby's heartbeat at the doctor's office!

How big is my baby?

- By the end of this month, baby is:
 - 2 inches long – about the size of a plum.
 - $\frac{1}{2}$ ounce



About 12 weeks



As Baby Grows

Month 4

What happens to my body this month?

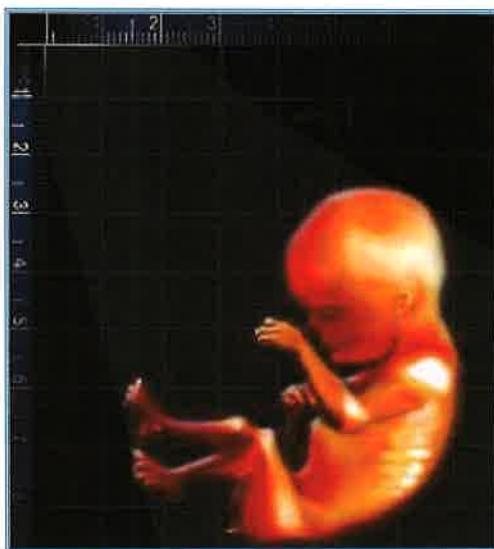
- You start to gain one pound a week.
- You are starting to show. You'll need bigger clothes soon!
- You feel hungrier as morning sickness ends.
- You feel less tired.
- You don't need to urinate as often.
- You might have a stuffy nose and ears.
- You probably have a white discharge from your vagina.
(Call your doctor if you have a lot of discharge. Also call if it is colored, smelly, or itchy.)

What happens to my baby this month?

- Baby has eyebrows and eyelashes.
- Some hair begins to grow on baby's head.
- Baby is moving all the time! You will be able to feel it in a few weeks.

How big is my baby?

- By the end of this month baby is:
 - $4 \frac{1}{2}$ inches long – about the size of an avocado
 - $3 \frac{1}{2}$ ounces



16 to 17 weeks



As Baby Grows

Month 5

What happens to my body this month?

- You keep gaining one pound a week.
- Your breasts grow larger and feel softer. They may leak colostrum (pre-milk).
- You feel achy under and around your belly. This is because your uterus is stretching.
- You have backaches.
- You feel out of breath.
- Your feet and ankles sometimes swell.
- You might develop hemorrhoids.

What happens to my baby this month?

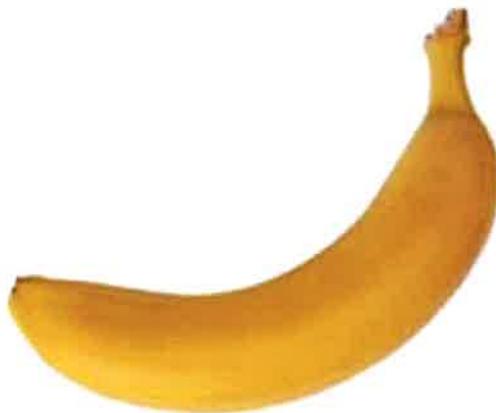
- Baby's skin has a thick white covering called vernix.
- You can feel baby kicking!

How big is my baby?

- By the end of this month baby is:
 - 10 ½ inches long – about the size of a banana
 - 13 ounces



About 21 weeks



As Baby Grows

Month 6

What happens to my body this month?

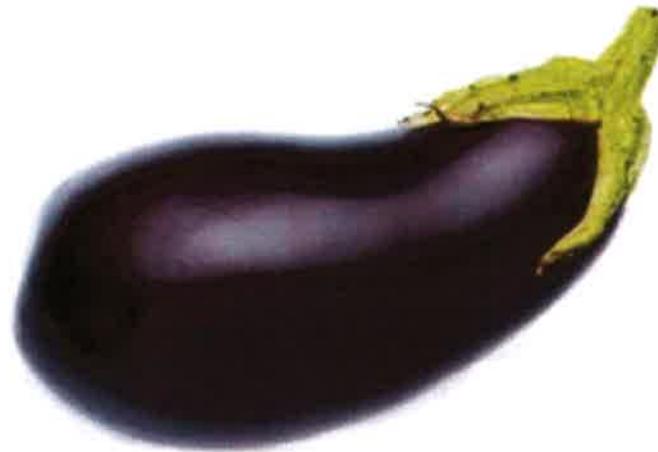
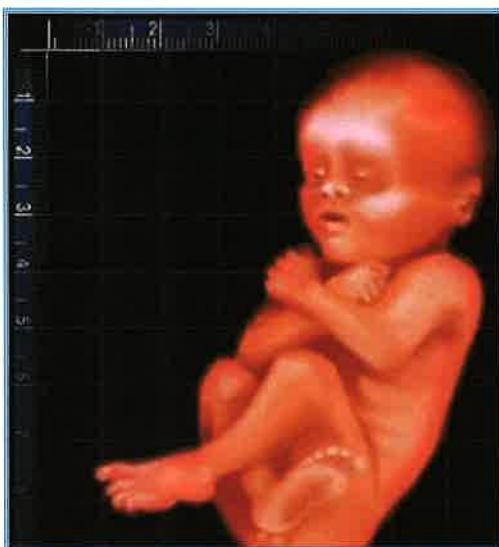
- You keep gaining one pound a week.
- You have heartburn.
- You notice a tightening of your belly. This is caused by Braxton-Hicks contractions. (They are normal as long as it happens less than four times in an hour.)
- You may develop stretch marks.

What happens to my baby this month?

- Baby's eyes can open and close.
- Baby reacts to noises from outside your belly.
- Baby can kick, cry, and hiccup.
- Baby starts to develop regular sleeping and waking patterns.

How big is my baby?

- By the end of this month baby is:
 - 13 ½ to 15 inches long – about the size of an eggplant
 - 1 ½ to 2 pounds



About 26 weeks

As Baby Grows

Month 7

What happens to my body this month?

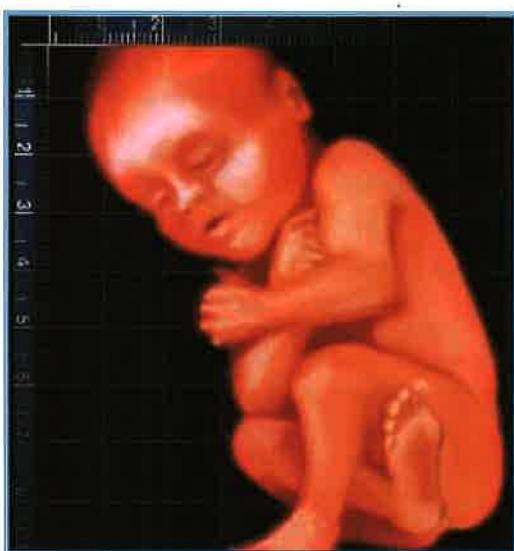
- You may continue to gain a pound a week.
- Your feet, ankles, and hands are swollen.
- You feel clumsier because of your bigger belly. Be careful not to fall!
- It is harder to sleep.

What happens to my baby this month?

- Baby's body is covered with fine, soft hair called lanugo.
- Baby moves, kicks, and stretches.
- Baby has active times and quiet times.
- Baby's brain and nervous system are almost mature.
- Baby can suck on a thumb.
- Baby can hear and learn your voice even before being born!

How big is my baby?

- By the end of this month baby is:
 - 15 to 16 $\frac{1}{2}$ inches long – about the size of a honeydew melon
 - 2 $\frac{1}{2}$ to 4 pounds



About 29 weeks



As Baby Grows

Month 8

What happens to my body this month?

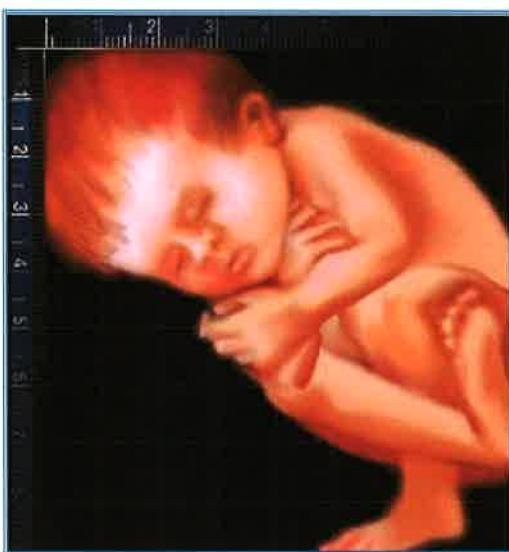
- You may gain 3 to 4 pounds.
- It is hard to breathe. Baby is pushing against your lungs.
- You get tired easily.
- You need to urinate more often. Baby pushes against your bladder.
- You feel stronger contractions. Call your doctor if you feel more than 5 in an hour!

What happens to my baby this month?

- Baby's brain is developing very fast.
- Most of baby's organs are working well. The lungs are not quite ready yet.
- Baby may move less because there is less room in your belly. Call your doctor if baby does not move at least 4 times in an hour or 10 times in 2 hours!
- Baby may have turned head-down to get ready for birth!

How big is my baby?

- By the end of this month baby is:
 - 17 to 19 inches long – about the size of a spaghetti squash
 - 4 to 6 pounds



About 36 weeks



As Baby Grows

Month 9

What happens to my body this month?

- You might not gain much weight.
- Your cervix begins to open and thin out.
- You are tired and uncomfortable.
- The baby drops lower in your pelvis. This makes it easier to breathe. But you have to urinate even more often than before!
- You have backaches and Braxton-Hicks contractions. Call the doctor if you have more than 5 in an hour!
- It is hard to eat much. Baby is crowding your stomach.

What happens to my baby this month?

- Baby's lungs are ready to work on their own.
- By the end of this month, baby is ready to be born!

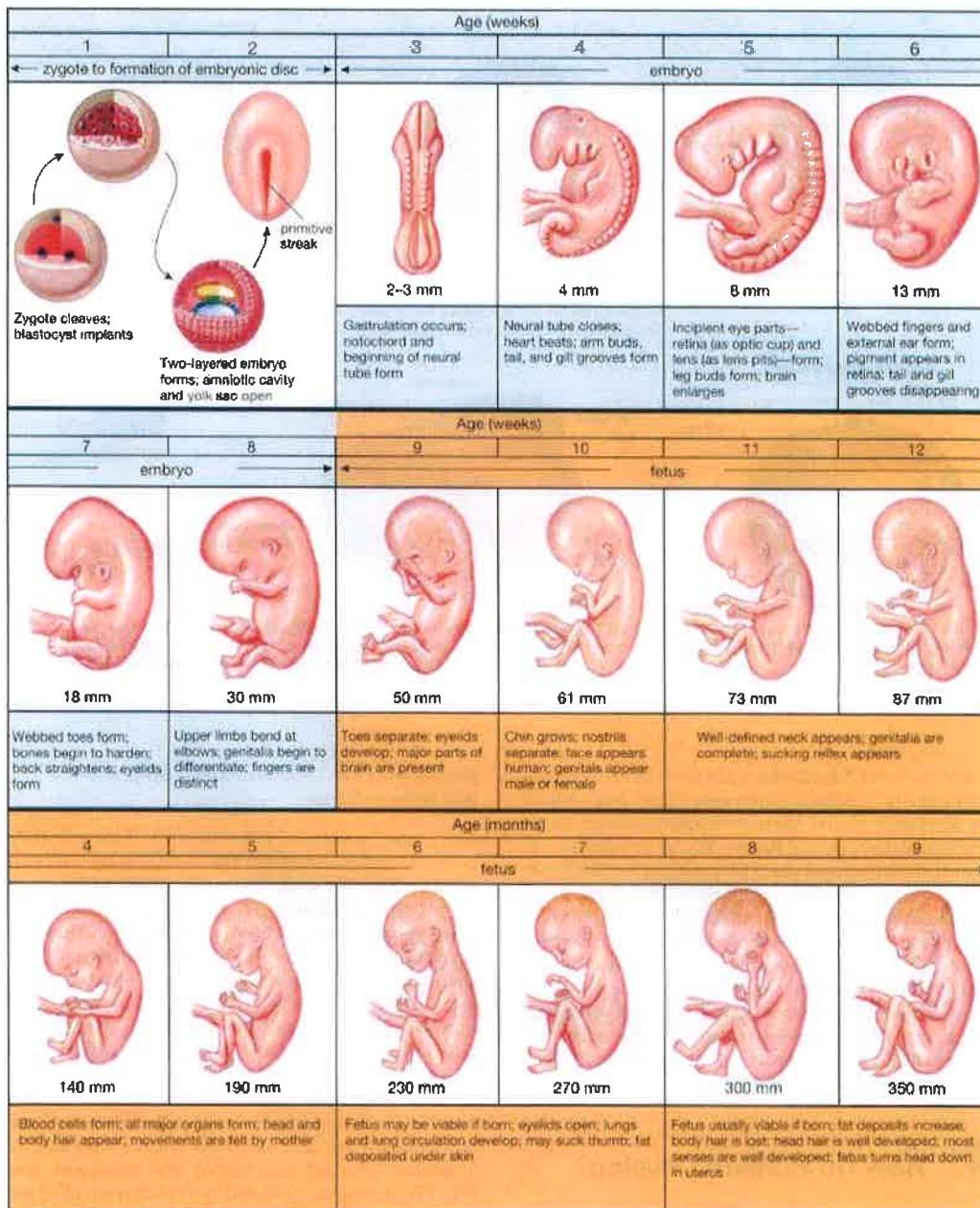
How big is my baby?

- By the end of this month baby is:
 - 19 to 21 inches long – about the size of a watermelon
 - 7 to 9 pounds



As Baby Grows

Overview



Baby's Movement Chart

When will I feel my baby move?

You will be able to feel your baby (also known as fetus during pregnancy) move when you are about five months pregnant. It may be hard to feel baby move at first, but will be easier as your baby grows bigger.

How often should my baby move?

At the beginning of your 3rd trimester, you should feel baby move every day. Keep in mind babies have regular sleep and wake cycles. The general recommendation is that when baby is awake, they should move at least 10 times in 2 hours. Check with your health care provider to see what count parameter they think is best for you and your baby.



Why should I count my baby's movements?

When babies are doing well, they are active and move around. A decrease in movement could mean that baby isn't doing well. Count your baby's movements each day. This helps you know how your baby is doing.

Regularly counting for a few days will help you discover what your baby's pattern is for how long it takes to get to ten movements. This is what is normal for your baby.

How do I use the baby movement chart?

After week 28, start counting your baby's movements around the same time each day. It might be helpful to count movements after you have eaten or at a time when your baby is usually active.

Note the time and count your baby's movements. When you reach 10 kicks, flips, swishes, or rolls stop counting and note the time it took to reach 10.

If you're worried or haven't felt much movement, try waking baby by having something to eat or drink. Lie on your left side. Concentrate on feeling baby's movements.

Your health care provider may have different instructions for counting movements. If so, follow their directions.

Baby's Movement Chart

What should I do if my baby is not moving enough?

Call your health care provider right away if there is a change in baby's movements including:

- Your baby is not moving as much as usual.
- It takes longer for your baby to move in the usual length of time.
- Your baby has stopped moving.



Here is an example of a completed fetal movement chart. Ask your nurse if you have any questions about filling out the blank weekly one below for yourself!

# of weeks pregnant: 30							
Date	Sat Jan 3	Sun Jan 4	Mon Jan 5	Tues Jan 6	Wed Jan 7	Thurs Jan 8	Fri Jan 9
START time	8:20P	7:50P	8:45P	7:30P	7:45P	8:15P	7:50P
Count Movements	X X X X X	X X X X X	X X X X X	X X X X X	X X X X X	X X X X X	X X X X X
END time	8:50P	9:20P	8:55P	8:10P	8:00P	8:50P	8:15P
Total time	30 min	1.5 hour	10 min	40 min	15 min	35 min	25 min
NOTES	drank apple juice at 8:50P to help wake baby up						

Baby's Movement Chart

# of weeks pregnant: 28							
Date							
START time							
Count Movements							
END time							
Total time							
NOTES							

# of weeks pregnant: 29							
Date							
START time							
Count Movements							
END time							
Total time							
NOTES							

# of weeks pregnant: 30							
Date							
START time							
Count Movements							
END time							
Total time							
NOTES							

Baby's Movement Chart

# of weeks pregnant: 31							
Date							
START time							
Count Movements							
END time							
Total time							
NOTES							

# of weeks pregnant: 32							
Date							
START time							
Count Movements							
END time							
Total time							
NOTES							

# of weeks pregnant: 33							
Date							
START time							
Count Movements							
END time							
Total time							
NOTES							

Baby's Movement Chart

# of weeks pregnant: 34							
Date							
START time							
Count Movements							
END time							
Total time							
NOTES							

# of weeks pregnant: 35							
Date							
START time							
Count Movements							
END time							
Total time							
NOTES							

# of weeks pregnant: 36							
Date							
START time							
Count Movements							
END time							
Total time							
NOTES							

Baby's Movement Chart

# of weeks pregnant: 37							
Date							
START time							
Count Movements							
END time							
Total time							
NOTES							

# of weeks pregnant: 38							
Date							
START time							
Count Movements							
END time							
Total time							
NOTES							

# of weeks pregnant: 39							
Date							
START time							
Count Movements							
END time							
Total time							
NOTES							

Baby's Movement Chart

# of weeks pregnant: 40							
Date							
START time							
Count Movements							
END time							
Total time							
NOTES							

# of weeks pregnant: 41							
Date							
START time							
Count Movements							
END time							
Total time							
NOTES							

# of weeks pregnant: 42							
Date							
START time							
Count Movements							
END time							
Total time							
NOTES							

Building Baby's Brain

The brain grows and develops best when baby has food, vitamins, oxygen, and a safe place to live.

Baby can respond before birth. Touch, talk to, or sing to your baby. Do it before and after baby is born. This builds baby's brain!



What can I do to build baby's brain?

Try these things before and after your baby is born:



- Go to all your prenatal visits.
- Touch your baby.
- Make choices that keep you and baby safe.
- Get enough sleep.
- Respond when baby kicks or wiggles.
- Play with baby.
- Eat healthy foods.
- Talk, read, and sing to baby.
- Take your vitamins.
- Have warm, caring contact with baby and others.
- Laugh, relax, and enjoy yourself. Enjoy your baby, too!



Sing to Baby



Did You Know...

Babies are starting to hear at 17 weeks. Babies can hear very well by 26 weeks.

Instructions:

1. Pick a song you want to sing to your baby. What is it?

2. Find a time to relax. Sing to your baby.

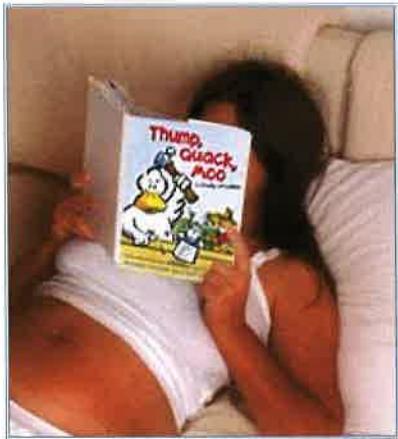
3. What do you notice about baby's movements while you are singing?

4. How often would you like to sing to your baby?

5. Who else would like to sing to baby?

Remember! Your baby does not care how *well* you sing. Your baby loves the sound of your voice. Baby also likes the rhythm of the music.

Read to Baby



Did You Know...

Babies are starting to hear at 17 weeks. Babies can hear very well by 26 weeks.

Instructions:

1. Pick a book you want to read to your baby. What is it?

2. Find a time to relax. Read the book to your baby.

3. What do you notice about baby's movements while you read?

4. How often would you like to read to your baby?

5. Who else would like to read to baby?

Remember! Your baby does not care how *well* you read. Your baby loves the sound of your voice. Baby also likes the rhythm of the words.

If you don't like to read, you can look at the pictures. Describe the pictures to your baby. Baby will like this before and after birth!

Read to Baby

Books to read to baby:

“Can’t Wait to Show You: a celebration for mothers” by Jacqueline Boyle and Susan Lupone Stonis.

“Good Night Moon” by Margaret Wise Brown

“Love You Forever” by Robert N. Munsch

“Ma! There’s Nothing to Do Here!” by Barbara Park

“Oh, Baby, the Places You’ll Go!: A Book to Be Read in Utero” Adapted by Tish Rabe from the works of Dr. Seuss

“With Love: A Book to be Read to Your Child in Utero and Beyond” by Marissa McTasney

“You Were Loved Before You Were Born” by Eve Bunting

* If you would like to learn to read better, go to
<http://www.literacydirectory.org>.

You can find reading programs near you!

Let's Play Tag!



Did You Know...

Even though your baby is still in the womb, baby can sense the movements you are making.

Instructions:

1. Wait until you can feel the baby move (about 22 weeks). Ask your baby to play “tag” with you.
2. Gently push on your belly. What did baby do?

3. Try again. Gently push on your belly. What did baby do? Did baby push back?

4. Who else would like to play tag with baby?
