

Calendar of Pregnancy

First Trimester			
Gestational age	Six weeks	Ten weeks	Fourteen weeks
Changes in baby	<p>About 0.1 inch long</p> <p>Brain and spinal column begin to form</p> <p>Development of gastrointestinal system, heart, and lungs begins</p> <p>Amniotic sac envelops the preliminary tissues of entire body</p> <p>Is called a blastocyst from five days to two weeks, then called an embryo</p>	<p>About 1 inch long</p> <p>Face is forming with simple eyes, ears, nose, mouth, and teeth buds</p> <p>Arms and legs begin to move</p> <p>Fingerprints are present</p> <p>Brain is forming</p> <p>Fetal heartbeats on ultrasound scan</p> <p>External genitals begin to appear</p> <p>Is called an embryo</p>	<p>About 3 inches long, Weighs ~1 oz</p> <p>Can move arms, legs, fingers, and toes</p> <p>Can smile, frown, suck, and swallow</p> <p>Sex is distinguishable</p> <p>Bone cells begin to appear</p> <p>Can urinate</p> <p>Heartbeat can be heard with ultrasound stethoscope</p> <p>Vocal cords complete</p> <p>Is called a fetus</p>
Changes in placenta and uterus	<p>Uterus is enlarging</p> <p>Uterine lining is thick, with increased blood supply</p> <p>Placenta and umbilical cord are forming</p> <p>Human chorionic gonadotropin (hCG) is present in mother's blood and urine</p>	<p>Uterus is size of tennis ball</p> <p>Umbilical cord has definite shape</p> <p>Amniotic fluid cushions fetus, maintains even temperature, and allows easy movement</p>	<p>Uterus is size of grapefruit and reaches just above pubic bone</p> <p>Amniotic fluid fills uterine cavity and is continually replaced</p> <p>Placenta is small but complete, with full exchange of nutrients and waste products; Placenta is major source of estrogen and progesterone</p>

First trimester changes (You may experience some or all of these.)			
Common physical changes	No menstrual periods Breast changes: fullness, tenderness, tingling of nipples, darkened areolae Nausea and vomiting (morning sickness) Increased salivation Weight loss or gain up to 5 pounds	Frequent urination Constipation Metallic taste Feeling faint or lightheaded	Fullness, bloating, or ache in pelvis or lower abdomen Aversions to some foods and odors Fatigue and sleepiness Increased vaginal secretions
Emotional changes pregnant parent	Mood swings	Increased worries about everything	Greater interest in meaning of motherhood
Common emotions of father or partner	Difficulty acknowledging pregnancy	May gain weight and experience nausea as an empathetic response to her pregnancy	Difficulty seeing baby as real until proof by ultrasound scan or audible heartbeat
Common changes for both parents	Mixed feelings about pregnancy: excited, relieved, surprised, proud, anxious, scared, and/or nervous Determining parenting roles and family values Fear that sex harms baby	Examination of feelings toward own parents and their parenting techniques Changes in sexual relationship Concern for baby's well-being	Concern about mood swings and fatigue Concerns about finances

Second Trimester

Gestational age	Nineteen weeks	Twenty-three weeks	Twenty-seven weeks
Changes in baby	<p>About 5–6 inches long</p> <p>Weighs about 4 ounces</p> <p>Heartbeat is strong</p> <p>Skin is thin, transparent</p> <p>Downy hair (lanugo) covers body</p> <p>Fingernails and toenails are forming</p> <p>Has coordinated movements; is able to roll over</p>	<p>About 10–12 inches long (6–8 inches crown to rump)</p> <p>Weighs ½–1 pound</p> <p>Heartbeat is audible with ordinary stethoscope</p> <p>Hiccups</p> <p>Hair, eyelashes, eyebrows are present</p>	<p>About 11–14 inches long (9–10 inches crown to rump)</p> <p>Weighs 1–2 pounds</p> <p>Skin is wrinkled and covered with protective coating (vernix caseosa)</p> <p>Eyes are open</p> <p>Begins to hear</p> <p>Meconium is collecting in bowel</p> <p>Has strong grip</p>
Changes in placenta and uterus	<p>Uterus is 3 inches above pubic bone</p> <p>Placenta performs nutritional, respiratory, excretory, and most hormonal functions for fetus</p> <p>Amniotic fluid volume increases</p>	<p>Uterus is at level of navel</p> <p>About 2–3 pints of amniotic fluid</p> <p>Placenta is fully developed and covers about half the inner surface of uterus</p>	<p>Uterus is above level of navel</p> <p>Placenta covers less of inner surface of uterus as uterus grows</p> <p>Uterus contracts periodically (Braxton-Hicks contractions), which might not be noticeable</p>

Second trimester changes (You may experience some or all of these.)

Common physical changes in mother	<p>Sense of well-being; increased energy</p> <p>Nasal congestion</p> <p>Disappearance of nausea</p> <p>Groin pain from round-ligament contractions</p> <p>Skin changes: linea nigra, mask of pregnancy (chloasma)</p>	<p>Less tenderness in breasts</p> <p>Increased appetite</p> <p>Relaxation of pelvic joints</p> <p>Food cravings or nonfood cravings (pica)</p> <p>Weight gain averaging 0.8–1.0 pound per week</p>	<p>Noticing movement of baby</p> <p>Bleeding gums or nosebleeds</p> <p>Constipation</p> <p>Leg cramps</p>
Common emotional changes in mother	<p>Feeling more dependent on others</p> <p>Varying feelings about changing appearance</p>	<p>Developing sense of growth and creativity</p> <p>More daydreaming and dreaming at night</p>	<p>Introspective; have trouble concentrating</p> <p>Increased interest in babies</p>
Common emotions of father or partner	<p>Feelings of closeness to the baby</p> <p>Varying feelings about partner's changing appearance</p>	<p>Greater involvement in pregnancy</p>	<p>Evaluating readiness and ability to be a parent</p>
Common changes for both parents	<p>Changes in sexual desire and activity</p> <p>Eager to be prepared for baby's arrival</p>	<p>Increasing interest in and awareness of parenting styles</p>	<p>More enjoyment of pregnancy</p>

Third Trimester

Gestational age	Thirty-one weeks	Thirty-five weeks	Thirty-eight to forty-two weeks
Changes in baby	14–17 inches long (11–12 inches crown to rump) Weighs 2½–4 pounds Is adding body fat Is very active Breathing movements are present Responds to sound	16½–18 inches long (12–13 inches crown to rump) Weighs 4–6 pounds Has periods of sleep and wakefulness May assume birth position Bones of head are soft and flexible Stores iron in liver	19–21 inches long (13–15 crown to rump), Weighs 6–8 pounds More body fat, skin less wrinkled Lanugo is mostly gone, Vernix caseosa is thick Lungs are mature Gaining antibodies In birth position May descend or “drop” into pelvis (engagement)
Changes in placenta and uterus	Uterus is three finger-breadths above navel	Uterus is just below breastbone and ribs Uterine contractions (Braxton-Hicks) are more frequent	Placenta is 6–8 inches in diameter, 1 inch thick, and about 1 pound More frequent uterine contractions Cervix is softening (ripening) and thinning (effacing) Amniotic fluid is decreasing

Third trimester changes (You may notice some or all of these.)			
Common physical changes in mother	Heartburn or indigestion Anemia Light sleep or insomnia Tingling or numbness in hands Varicose veins Increased colostrum	Backache Changes in balance and agility Urinary urgency and frequency (not painful urination) Hemorrhoids Increased perspiration and feeling warmer	Shortness of breath Soreness in lower ribs Vascular spiders Stretch marks; abdominal itching Swollen ankles Total weight gain of 25–35 pounds
Common emotional changes in mother	Excitement and doubts about readiness for baby Decreased sexual interest Feelings of clumsiness Difficulty in focusing attention	Increased dependency on others; desire for protection Variety of feelings about body changes Relief that pregnancy is almost over	Focus on labor and birth, fear of childbirth pain, anxiety about the unknown Increased attention from family and friends may be enjoyable at times, tiresome at others
Common emotions of father or partner	Protectiveness toward family Frustration about inability to “fix” partner’s discomforts	Longing for relationship to return to normal Fear for health of mother and baby during childbirth	Anticipation of parenthood Worries when something is wrong Anxiety over support role in labor
Common changes for both parents	Continuing changes in sexual relationship Worries about labor pain and responsibilities of parenthood Eagerness for pregnancy to end	Choosing names for the baby Excitement about baby’s arrival Emotional and mental preparation for birth	Fear of harm to baby during sexual activity Simultaneous feelings of anticipation, exhilaration, excitement, and apprehension