

## How Your Fetus Grows

*Note: The weeks shown here represent the gestational age, which is calculated from the date of the first day of your last menstrual period.*

### Months 1 to 2

#### Weeks 1 to 8



- The brain and spine begin to form.
- Cardiac tissue starts to develop.
- Muscles of the eyes, nose, and mouth form.
- Webbed fingers and toes poke out from developing hands and feet.
- The lungs start to form the tubes that will carry air in and out after birth.
- The inner ear begins to develop.

By the end of week 8, the embryo is about half an inch long.

### Month 3

#### Weeks 9 to 12

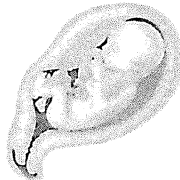


- Cartilage for the limbs, hands, and feet start to form but won't harden into bones for a few weeks.
- Eyelids form but remain closed.
- **Genitals** begin to form.
- Liver begins development.
- Kidneys begin making urine.
- Pancreas starts making insulin.
- Fingernails form.

By the end of week 12, the fetus is about 2 inches long and weighs about half an ounce.

### Month 4

#### Weeks 13 to 16

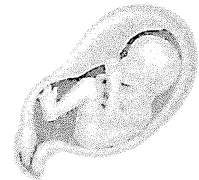


- Bones harden, especially the long bones.
- Skin is thin and see-through but will start to thicken soon.
- Toenails form.
- Neck is defined and lower limbs are developed.
- Hearing starts to develop.
- Lungs begin to form tissue that will allow them to exchange oxygen and carbon dioxide when breathing starts after birth.

By the end of week 16, the fetus is more than 4 inches long and weighs more than 3 ounces.

### Month 5

#### Weeks 17 to 20

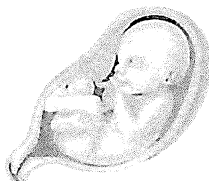


- The part of the brain that controls motor movements is fully formed.
- Digestive system is working.
- Ears, nose, and lips are recognizable on an ultrasound exam.
- In girls, the uterus and **vagina** are starting to form.
- Soft, downy hair called **lanugo** starts to form and cover the body.

By the end of week 20, the fetus is more than 6 inches long and weighs less than 11 ounces.

### Month 6

#### Weeks 21 to 24



- Kicks and turns are stronger.
- Sucking reflex is developing.
- Fat is forming under the skin.
- Ridges form in the hands and feet that later will be fingerprints and footprints.
- Skin is wrinkled and reddish from visible blood vessels.

By the end of week 24, the fetus is about 12 inches long and weighs about 1½ pounds.

### Month 7

#### Weeks 25 to 28



- Lungs are fully formed but not yet ready to function outside the uterus.
- Loud sounds can make your fetus respond with a startled movement and pull in the arms and legs.
- Eyelids can open and close.
- Lungs begin to make **surfactant**, a substance needed for breathing after birth.
- Nervous system is developing.
- Skin begins to look smoother as more fat is added.

By the end of week 28, the fetus is nearly 15 inches long and weighs about 2½ pounds.

*(continued)*

## Changes in Your Body During Pregnancy

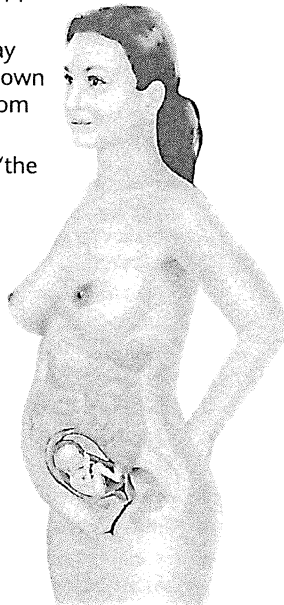
### The First Trimester

- Your *menstrual period* stops.
- Your breasts may become larger and more tender.
- Your nipples may stick out more.
- You may need to urinate more often.
- You may feel very tired.
- You may have nausea and vomiting.
- You may crave certain foods or lose your appetite.
- You may have heartburn or indigestion.
- You may be constipated.
- You may gain or lose a few pounds.



### The Second Trimester

- Your appetite increases and nausea and fatigue may ease.
- Your abdomen begins to expand.
- The skin on your abdomen and breasts stretches and may feel tight and itchy. You may see stretch marks.
- Your abdomen may ache on one side or the other, as the ligaments that support your uterus are stretched.
- A dark line, the *linea nigra*, may appear on your skin and run down the middle of your stomach from your navel to your pubic hair.
- You may get brown patches (“the mask of pregnancy”) on your face.
- Your areolas, the darker skin around your nipples, may darken.
- Your feet and ankles may swell.
- You may feel your uterus in your lower abdomen.



### The Third Trimester

- You can feel the fetus’s movements strongly.
- You may be short of breath.
- You may need to urinate more.
- Colostrum—a yellow, watery pre-milk—may leak from your nipples.
- Your navel may stick out.
- You may have contractions (abdominal tightening or pain). These can signal false or real labor.

