

# Week 1, Week 2

Though considered the first two weeks of your pregnancy, you are not actually pregnant. However, your body is preparing. You're having your last period for a long while in the first week. The second week, you are preparing to ovulate the egg that will be fertilized and building the uterine lining where that egg will eventually implant itself.



**Week**

**3**

**You ovulation this week. The sperm will meet the egg in the outer part of the fallopian tube and begin its journey toward the uterus.**



# Week

# 4

**The egg now implants itself in the uterus. You will also finally have some signals from your body that you are expecting. This is the earliest a pregnancy test would accurately show that you're pregnant.**



# Week

# 5

**This week your baby's rudimentary heart will begin to beat. You might even start feeling some of the earliest symptoms of pregnancy from morning sickness to extreme exhaustion.**



# Week

# 6

While your baby's heart began beating last week, most early ultrasounds can only now pick up the tiny flickering pixels that indicate that heartbeat. It's still too early to use external Doppler devices. If you haven't had symptoms of pregnancy yet, this might be your lucky week.



# Week

# 7

**Your baby has a genital tubercle—the beginning of what will be the penis or clitoris. Your baby is also forming nostrils this week.**



# Week

# 8

**This is the week of elbows and knees. The arm and leg buds have formed, and now come the parts that help them kick and wave. You may start your prenatal care this week.**



# Week

# 9

**This week your baby weighs the same as a paper clip. It's hard to imagine something so small has so many body parts (and that most of them are working to some degree). You might be feeling like you have a stuffy nose. This is a common, but not fun, part of pregnancy.**





# Week 10

**You might feel like you're boasting a belly, though that bulge is not really the baby. That said, welcome to the fetal period.**



# Week

# 11

**About half the baby is head at this period. Before you blame your partner, that's perfectly normal. (Your baby's proportions will even out over time.)**



# Week 12

**Your baby is moving around, though you don't feel it. He or she is also producing bile.**



# Week

# 13

**Your baby weighs a whole ounce at this point. That's a huge leap in the last few weeks. Your baby also has formed teeth, but can't bite yet.**



# Week

# 14

**Your breasts have probably begun changing already. They may have previously been sore from preparing for breastfeeding, and you may also notice the darkening of the areola. This is normal.**



# Week

# 15

**Your baby might be a thumb- or finger-sucker already. This is great practice for your baby. Your body has already increased its blood volume, which causes your heart to work harder.**



# Week

# 16

**Your baby is emptying his or her bladder every 45 minutes.**

**You, on the other hand, can probably hold it a bit longer than that in this trimester. Some mothers will be able to feel the first flutterings of baby beginning this week, particularly if this is not your first baby or if you are really thin.**



# Week 17

**Extra sweating is normal at this stage. You are carrying your own heat source (your baby), after all. Trying to stay cool can help, as can bathing and deodorant.**





# Week

# 18

**Your baby weighs about seven ounces. It also happens that his or her bones are beginning to harden, a process known as ossification.**



# Week

# 19

**Your baby is pretty hairy this week. He or she is covered with a fine hair called lanugo that will fall off closer to birth, and even a bit after.**



# Week

# 20

In addition to body hair, your baby's skin is covered in a thick white coating called vernix. This helps protect the skin. If he or she is born at term, you won't see much of it. Your uterus is at the point of your belly button or navel now. This means your doctor or midwife will start measuring it to see how your baby is growing.



# Week 21

**Your baby weighs just under a pound at this point. He or she can still move fairly freely in the amniotic fluid. You are most likely feeling your little gymnast now.**



# Week

# 22

**Your baby now has eyebrows. If you haven't yet, sign up for childbirth classes. They fill faster than you would imagine.**



# Week

# 23

**You might notice that your abdomen is sometimes hard. This due to Braxton Hicks contractions, which are essentially practice contractions.**



# Week 24

**Your baby is depositing something called brown fat. This will help him or her regulate body temperature after birth. This is also considered the week of viability, though your goal—of course—is to keep baby in as long as you can.**



# Week

# 25

**Your partner might start to be able to feel the baby move. This is a huge deal for all involved. You are finishing up the second trimester soon.**





# Week 26

**Are you having trouble sleeping? Various positions can help you get better rest. Experiment with what works well for you. Pillows are usually a must.**



# Week

# 27

**Your baby weighs in at about two pounds. Though baby's skin is wrinkled from floating in amniotic fluid, it will fill out after birth.**



# Week 28

**Your baby now has some eyelashes. They will continue to grow and be normal length at birth. It's worth noting that you will probably start seeing your doctor or midwife every other week now.**



# Week 29

**The third trimester might make you feel not so great. There is a long list of aches and pains, but did you know that safe exercise and good posture can really alter how well you feel?**



# Week

# 30

**Your baby can sense light and dark, which is pretty amazing considering the cozy "cave" he or she is resting in. Your baby can also hear your voice.**



# Week

# 31

**Three pounds and a few ounces—that's about the average weight for a baby at this point. That's an amazing transition from the weight of a paper clip.**



# Week

# 32

**Have you started thinking about the baby? That is, the one who will be in your home soon? Think about car seats and baby carriers, as well as other gear you may need. If you haven't had a baby shower and plan to (or think one may be coming as a surprise), you may want to register soon.**



# Week

# 33

**How prepared for labor are you? Have you read some books on labor and birth? Taken a childbirth class? Hired a doula? Time is going to start really passing quickly, so you may want to get educated about what's coming so you feel ready (or as ready as you can be).**





# Week 34

You may have some questions about where you'll give birth and what will happen when you're there, and a tour of your hospital or birth center can help address them. It's also a great time to pre-register, if you haven't already.



# Week

# 35

**Your baby's brain is about to get really groovy (literally). It will grow a lot over the next few weeks until the very end of pregnancy.**



# Week 36

**At about this point, you are entering what's roughly the last month of pregnancy. You will start seeing your doctor or midwife every week until you have the baby.**



# Week

# 37

**You should pack a bag for labor and birth, if you haven't already. Pack one for labor and one for postpartum. Be sure that your partner packs his or her own bag—and that it includes snacks!**



# Week

# 38

**Some babies will be born beginning now, while others will hang out for a while. Be sure you know who to call and how to determine when "it's time."**



# Week

# 39

**This really isn't a magic number, though some think it might be. Most babies are still snug in place, but you might be experiencing more pre-labor symptoms as you get closer.**



# Week

# 40

**Congratulations on making it to your due date! How do you intend to celebrate? We suggest something enjoyable and relaxing—a nice date night with your partner, a massage, a pedicure. Remember, it may be a matter of hours or days (even weeks) before the big day, so take a moment for yourself.**



# Week 41

**Sometimes babies stick in a bit longer and need some extra time. Try to be patient. You may see your doctor or midwife an extra time or two this week just to keep an eye on you and baby.**





# Week

# 42

**If you are still pregnant, you are amazing...and probably miserable. Hang in there—most practitioners will recommend an induction of labor by the end of this week.**

