



USAID
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ZdravPlus Project

YOUR PREGNANCY WEEK-BY-WEEK

Your Pregnancy, Your Baby



6 Weeks



6 to 9 Weeks

Your pregnancy will last 38 weeks (or 266 days) from the day your female egg was fertilized by your partner's sperm. Your expected delivery date is estimated by counting 40 weeks from the first day of your last menstrual period. But, less than 10% of babies are born on their due date. A normal full term baby may be born from 37 to 43 weeks.

WEEK 0-9

Weeks 0-1	A healthy diet and lifestyle before pregnancy maximizes your chance of having a healthy baby. Folic acid supplements before conception reduce the risk of problems in the newborn. Alcohol, drugs, and cigarettes harm you as well as your growing baby and should be avoided. Caffeinated beverages and unhealthy foods should also be reduced or avoided.
Weeks 1-3	<i>You are pregnant!</i> Around 14 days before your expected period, one egg is released from one of your ovaries and traveled down your fallopian tube. During these days, sex with your male partner sends millions of sperm through your vagina, into your uterus, and then into your fallopian tubes. Your egg is fertilized by one sperm while traveling down your fallopian tube, and then multiplies into a cluster of cells, called an <i>embryo</i> , that travels along the fallopian tube toward your uterus.

Week	Your baby is growing!	You are growing and changing!	What you can do....
Week 4-5	Your embryo is about 2mm long – the size of a pea. It arrives at your uterus and embeds into the uterine wall, where it gets nutrients through your uterine blood vessels. A sack and placenta form around your fetus.	You may notice a strange metallic taste in their mouth. Your period is late but you may feel like it will start any time. Your breasts may feel tender. You may need to urinate often. Some women spot a little blood at this time.	<i>Stay healthy:</i> Drink plenty of water. Eat healthy foods. Consult a health worker for advice. Involve family members in your care. Treat yourself well! Your baby depends on your health. <i>Frequent urination?</i> Urinate as frequently as you need to. Drink plenty of water throughout your pregnancy.
Week 6	Your baby has a head and body, and buds where arms, legs, and teeth will form.	You may have nausea or vomiting, especially in the morning or when you eat. You may cry or weep easily. A urine test may confirm that you are pregnant.	<i>Nausea & vomiting?</i> Try eating 4 or 5 smaller, more frequent, and well balanced meals, instead of 2-3 big meals.
Week 7	Your baby is about 2-3 cm long, has a head, spinal cord, and tiny arms and legs with indentations where fingers and toes will grow.	You may continue to feel nausea and fatigue. Your breasts and nipples may be sore.	<i>Tired & Sleepy?</i> Rest and take naps during the day, if possible.
Week 8-9	Your baby is about 3-4 cm long and rapidly developing internal organs, eyes and ears, a nervous system, fingers, and toes.	Many women don't feel like eating some foods they once enjoyed, and may experience slight vaginal discharge. Some women have bleeding gums and changes in their skin and hair, because of hormonal changes.	<i>Vaginal discharge?</i> Inform your doctor if the discharge smells bad or causes itching. Wear comfortable-fitting cotton underwear. An <i>ultrasound</i> may be done if you previously had a miscarriage or ectopic pregnancy.

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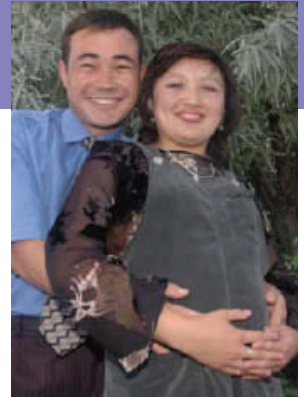


WEEK 10-19

Week	Your baby is growing!	You are growing and changing!	What you can do....
Week 10-11	Your baby is about 5 cm.	You may still feel aversions to certain foods, cravings for other foods, and have nausea and vomiting.	Prenatal visit & classes: It is time to schedule your 1st prenatal visit and start ANC classes. Take your partner with you so you can share the experience and information about your growing baby together!
Week 12-13	Your baby is about 6 cm long and 18 grams in weight, has eye lids and muscles, and is moving around.	You may feel less nauseous and tired. Your first prenatal visit will involve a complete exam, blood and urine tests, scheduling prenatal classes, and an opportunity to ask questions. Your nausea and morning sickness is likely to stop soon. Some women feel constipated, especially if they take iron supplements.	Iron supplements: Daily iron supplements may be suggested by your doctor to prevent or treat anemia. Iron rich foods are important throughout your pregnancy. Constipation? Drink plenty of water and eat fresh fruits, vegetables, and whole grains. Do not take laxatives without consultation with your doctor.
Week 14-15	Your baby is about 8 to 9 cm long and has eyebrows and little hairs on its head. The baby heart can be heard by ultrasound. Your baby has increasing need for oxygen and your heart has increased output by 20% to meet this need.	You may feel more energetic and less tired. Your skin may darken around your nipples and in a line down the center of your belly. You may feel itchy, especially on your belly. This will disappear after delivery. Your clothes may feel tight.	Itchiness? For itching, try using less soap or using mild soap when washing. You may also try natural oils to moisturize the body. Breast care: Avoid using soap to clean the nipples or areola, as the natural oils prepare the breast for nursing the baby.
Week 16-17	Your baby is about 16cm long and weighs about 135 grams and has fine hairs all over the body and small fingernails.	You may experience fluttering, like butterfly wings, in your stomach – this is your baby moving! You may sweat more, have nasal congestion, or increased vaginal secretions. These symptoms are normal and will stop after delivery.	ANC visit: Visit your health worker for ANC between week 16-18. Ultrasound: An ultrasound may be done between weeks 16 and 20. Nasal congestion: Do not take medicines for congestion without asking your doctor.
Week 18-19	Your baby is 20 cm long and is kicking, grasping, and sucking.	You may feel your baby kick you from inside. You may have trouble sleeping.	Sleeping problems: Try a warm bath, drinking warm milk before sleeping, and use extra pillows to support your body.

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WEEK 20-29

Week	Your baby is growing!	You are growing and changing!	What you can do....
Week 20	Your baby is now 25 cm long and a protective “vernix” is forming on the baby’s skin. Your baby will be born with this white protective vernix.	You notice more of your baby’s movements and your navel may pop out as your belly grows.	ANC visit: A prenatal visit is due between weeks 20 and 24. You may want to get an adjustable bra to accommodate for your expanding chest.
Week 21	Your baby is now 450g and active.	You may start having heart burn—a burning feeling in the lower part of your chest—or throw up a small amount of stomach acid.	Indigestion and heart burn? Mint or ginger tea without caffeine may soothe indigestion and heart burn. Consult your doctor before drinking other herbal teas or taking antacids. Excessive use of antacids can interfere with iron absorption.
Week 22-23	Your baby starts to have patterns of activity and sleep. You may notice your baby is active when you are resting.	Your gums may swell or bleed.	Dental care: Brush and floss your teeth at least twice daily, and keep good dental hygiene during your pregnancy!
Week 24-25	Your baby is about 32 cm long and 0.5kg. Your baby’s bones are beginning to harden, and vital organs are already formed, but the lungs cannot work outside your body.	The top of your uterus (the fundus) is just above your navel. Your baby’s heart can be heard using a stethoscope or fetoscope. You may need to urinate more frequently as your baby presses against your bladder and you may feel cramps in your legs.	You can benefit by practicing deep relaxation and steady rhythmic breathing.
Week 26-27	Your baby’s skin is changing from being thin to more opaque, and is wrinkled.	You are getting bigger each day, but feeling energetic compared to the first weeks of pregnancy.	
Week 28-29	Your baby is about 38cm long and 0.9 kg. If born now, the baby might survive with medical support.	Your nipples may leak colostrum and you may feel pressure on your internal organs as your growing baby pushes against them. If you are Rhesus negative an antibody test may be done.	ANC visit: A prenatal visit is suggested between 29-32 weeks Blood and Urine tests: Blood and urine tests are done to check for anemia, glucose levels, sexually transmitted diseases, and HIV.

YOUR PREGNANCY WEEK-BY-WEEK

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32 to 35 Weeks



36 to 40 Weeks



WEEK 30-40

Week	Your baby is growing!	You are growing and changing!	What you can do....
Week 30-31	Your baby is around 1.8kg and growing quickly.	You may feel Braxton Hicks contractions or “pre contractions.” You may get breathless when you climb stairs; this is normal. It is important to maintain good posture even if you feel heavy with the weight of your belly.	
Week 32-33	Your baby is about 42cm long and perfectly formed. If your baby is born now, it is likely to survive, but will need medical support. Your baby is probably head down and will stay this way until delivery.		ANC visit: A prenatal visit is suggested between 33-36 weeks.
Week 34-35	Your baby is about 44cm long and 2.5kg. Your baby knows between day and night when sunlight is on your tummy.	You may have lower backaches as the weight of your baby strains ligaments and muscles.	Maintain good posture and try to rest and relax.
Week 36	Your baby is about 49cm long and almost fully mature. In preparation for birth the head may drop into your pelvis.	You may find that your breathing is easier as your baby drops into your pelvis.	Hospital Tour: You and your partner may want to schedule a tour of the maternity ward where you will deliver, so you will know what to expect when you arrive in labor.
Week 37-38	Your baby is putting on as much as 28g per day now. The baby has less room to move the whole body, but will continue to make small jabs with feet, elbows, and knees.	You may feel pressure or vibration in your vagina if the baby moves his/her head against your pelvic floor.	ANC visit: A prenatal visit may be suggested every 2 weeks until you deliver. Pack a bag: Prepare what you need to bring to the hospital and make a plan of what to do when you go into labor. Blood tests: Blood tests to check for anemia and infections may be repeated.
Week 39-40	Your baby is about 55cm long and probably weighs more than 2.5kg. Your baby’s birthday is almost here!	Your cervix is “ripening” for labor and delivery, and you may have stronger Braxton Hicks contractions. Your baby will soon be in your arms!	Less than 10% of women deliver on their expected due date. Most babies born between 37 to 43 weeks are full-term, normal, and healthy.

Photo: Karla Held; Content & Photo of fetus: <http://news.bbc.co.uk/1/hi/health/4121411.smt> <http://news.bbc.co.uk/1/hi/health>



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