



Track your baby's development



Disclaimer: the document is not a medical reference and should not be treated as one. For any medical advice or information please contact your midwife or physician.

Introduction

Congratulations on your great news. It's an exciting time for all concerned especially mums, dads and grandparents. We've put together a little guide to help you track your baby's development over your pregnancy.

This guide highlights major events during your pregnancy starting at your 12 week scan all the way until 40 weeks which is around the time when most babies are born.

This guide also indicates how you might be feeling during your pregnancy as well.

12 Weeks

Your Baby at Week 12

At this point in development, your baby has facial features which will become more defined as the pregnancy progresses. The eyes and ears will drift into place and their eyelids are still closed. The first scan of the baby might be performed at this point but you may not be able to determine the sex. The baby's reflexes are developing and sporadic although you typically won't feel them for a few more weeks. In addition, the kidneys should start functioning and the intestines will move into the belly area of the baby.

Finally, the skeleton is still cartilage, soft and flexible, soon to become bones. This week is the turning point since the baby is completely developed and now just needs to grow bigger and healthier.

You at 12 Weeks Pregnant



Three months never seemed to pass by so quickly and yet so slowly before. You're approaching the end of morning sickness if you were plagued by it, and you will start to get your energy back. You may start to notice your bra and pants getting slightly snug at this point. It is very important to stay on your vitamin regimen especially the B vitamins and Folic Acid (your doctor, midwife or pharmacist will be able to advise you on this). Iron is also important especially if you tend to have anemia. Natural sources include red meat and fish along with leafy greens which also

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contain Vitamin K, also great for your blood during and after pregnancy. You may want to start looking into midwives, doctors, and birth centers or hospitals. Also, look into birthing classes, even if it isn't your first, you can always find new information and fellow parents to connect with. This is often the exciting time where you can start to register for baby things.

20 Weeks

Your baby at week 20

It is a wonderful experience to be fully informed of every aspect of your baby's development and growth during your pregnancy. Your baby is growing very fast already when you are into your 17th week of pregnancy. Your own body is getting larger. It is a very exciting time when you have reached the 20 week period. Your baby is now in the process of developing their appearance. The baby is starting to grow eyelashes and eyebrows. Their face is now beginning to look very human. The baby can actually move their eyes at 20 weeks. Their eyelids are still shut at this point. Your baby can now open and close their mouth. They have developed their own unique fingerprints because the lines on their fingers have formed at 20 weeks. Your baby is now growing fingernails and toenails. Your baby now has a firm hand grip at this time. They may now respond to some of the loud noises that come from the outside world including music. They will be moving around inside. This is the time in which every baby will be covered in a substance called vernix. This is a protection for the numerous weeks of amniotic fluid. This is greasy and white.

You at 20 weeks pregnant

When you have reached 20 weeks of pregnancy, you are at the halfway point. Your pregnancy is half over now. You most likely have already felt your baby move inside. It is very common to notice movement between 18 and 20 weeks of pregnancy. There is typically some fluttering and bubbling sensations. The first movements can be now seen and felt. You may experience the following symptoms:

- * headaches
- * tiredness
- * lack of sleep

* dark line down the middle of your stomach

30 Weeks

Your Baby at Week 30

At 30 weeks pregnant, your baby will be growing faster than ever! Your baby will have grown to approximately 15 inches long and weighs roughly around as much as a large cabbage. At this time your baby's eyesight is starting to develop, as well as its brain.

Since the baby's brain and fat cells are helping keep their temperature at a warm degree, the lanugo (soft, silky hair coating your baby's body) is starting to fall off.

Another amazing thing that is happening with your baby is your baby's bone marrow is starting to take over the assembly of red blood cells. This is good for your baby because it is able to do better on their own once they are born.

You at 30 Weeks

For you, at 30 weeks you are probably starting to experience even more discomfort than you usually are. The early symptoms of pregnancy that you thought you got rid of weeks ago could be starting to creep back up on you.

You may also experience trouble sleeping as it's becoming increasingly more difficult getting comfortable. Some mothers find lying curled up on your side with a cushion between your legs and a pillow under your bump can help. With the baby increasing in size and putting extra on your organs you might also find you need to pass urine a lot.

At this point in pregnancy you could be getting breathless, In this case you will want to start sleeping in a seated like position, it can also help with any indigestion as well!

40 Weeks

Your baby at week 40

Once you're at week 40, the baby is more than prepared to be delivered, and you're no doubt more than prepared to meet them! They likely are to be around 50 centimeters now and weighing between six and eight pounds.

At birth, the baby's vision is going to have developed enough to see about 2.5 centimeters so they will not have the ability to view much of your face at birth; however, they'll have the ability to recognize the sound of your voice and your spouse's if you have been speaking with them over the past couple of weeks of pregnancy.

If the due date has passed, the midwife is going to be keeping an eye on both of you, and in some instances might provide you an ultrasound scan in order to check on the well-being of your placenta and your baby.

Also, your midwife will be routinely observing the unborn baby's heartbeat and movement, and is going to suggest an induction if any concerns arise.

You at 40 weeks pregnant

The midwife is going to be keen to get things moving along by the time you pass 40 weeks. If the due date has passed, she'll be talking over your options with you. Initially, she most likely will suggest performing a 'sweep' for you, in which she'll use her fingers to provide you an inside exam and sweep around the cervix to attempt to loosen the membranes. It'll hopefully release



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prostaglandins, the hormones which are going to get the labor started. If that doesn't work, she'll set up a date to be induced inside the hospital.



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