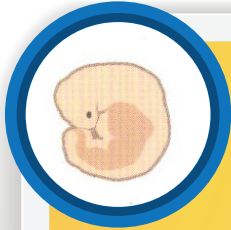




© Treats and Tips for the most memorable pregnancy TRIMESTER 1



Month 1 (WEEK 1 - 4)

Embryo's weight : Less than 1 g
Embryo's length : Not Visible
Head circumference : Not visible



Embryo development: After fertilization, the egg and sperm fuse. New cells multiply and divide and implant themselves in the uterus walls. Your baby's gender is determined at this stage. By the end of the first month, baby is 2 weeks old and critical organs such as the nervous, digestive and circulatory systems are developing well.

What happens to you : You will stop getting your period, although some 'spotting' may occur. Breasts may start feeling sensitive and you may feel bloated. Nipple are darkens and you may experience mood swings due to hormone fluctuations.



Month 2 (WEEK 5 - 8)

Embryo's weight : About 1 g
Embryo's length : About 1.3 - 1.9 cm
Head circumference : Not visible

Embryo development: Baby's toes and fingers have separated and would have already formed individual fingerprints. Eyes begin to take shape and start to darken with pigment. Cartilage and bones are beginning to form. Brain waves are detectable from day 40 as brain tissues are growing rapidly.

What happens to you: Nausea and tiredness is common. Skin may begin to show pigmentation patterns. Tissue near the vagina may become bluish as more blood supply nourishes the baby. You may become hypersensitive to odors and flavours and may be put off by some food. There may also be more vaginal discharge.



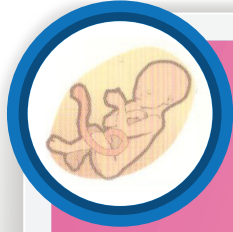
Month 3 (WEEK 9 - 12)

Foetus weight : Less than 14 g
Foetus length : About 5.5 cm
Head circumference at 12 weeks : About 7cm

Foetus development : After eight weeks of development, the embryo is officially a foetus. Facial features begin to form and nails develop. Vital organs like the liver, kidneys, brain and lungs are formed and functional. Nerve cells multiply and synapses form. Baby can yawn, stretch and kick in the amniotic fluid.

What happens to you : Your nausea may finally settle through tiredness is common. A vertical line of pigmentation called 'linea nigra' may form on your abdomen but do not worry as the line will gradually fade after your baby is born. You may begin to feel hungry more often and suffer constipation problems. Listen for you baby's heartbeat!

TRIMESTER 2



Month 4 (WEEK 13 - 16)

Foetus weight : About 100 g

Foetus length : About 11.6 cm

Head circumference at 16 weeks : About 12.8 cm

Foetus development: The circulatory system and urinary tract are working well, and taste buds have developed. Baby can breathe in and out, grasp and frown. Fingernails are fully formed, joints and limbs can be fixed.

What happens to you: Signs of a beautiful belly may start to show. As your center of gravity shifts, you may feel clumsier and begin to waddle. The uterus may put pressure on your lower back. Your breasts feel lumpy and leg cramps may occur.



Month 5 (WEEK 17 - 20)

Foetus weight : About 252 g

Foetus length : About 16.5 cm

Head circumference at 20 weeks : About 17 cm

Foetus development: Hair is beginning to grow - on the scalp, eyebrows and eyelashes as well as on the body. Baby's kidneys can make urine. Hearing is getting better and the baby may respond to sudden loud noises from the outside world.

What happens to you: You may feel your baby move for the first time. The uterus puts pressure on your lower back and you may experience leg cramps, dizzy spells and constipation.



Month 6 (WEEK 21 - 24)

Foetus weight : About 600 g

Foetus length : About 30 cm

Head circumference at 24 weeks : About 22 cm

Foetus development: Hair is beginning to grow - on the scalp, eyebrows and eyelashes as well as on the body. Baby's kidneys can make urine. Hearing is getting better and the baby may respond to sudden loud noises from the outside world.

What happens to you: You may feel your baby move for the first time. The uterus puts pressure on your lower back and you may experience leg cramps, dizzy spells and constipation.



Month 7 (WEEK 25 - 28)

Baby's weight : About 1 kg

Baby's length : About 38 cm

Head circumference at 28 weeks : 26.3 cm

Baby's development: Organs are almost completely developed. Brain development is speeding up and eyes can now open and shut. Kicking becomes stronger.

What happens to you: As weight gain is more substantial, you may feel clumsier and get more aches and pains. Heartburn or breathlessness may be experienced. Leg cramps, hemorrhoids, varicose veins and itchiness may also occur.

TRIMESTER 3



Month 8 (WEEK 29 - 32)

Baby's weight : About 1.7 kg

Baby's length : About 42 cm

Head circumference at 32 weeks : 28.8 cm

Baby's development : Skeleton hardens and the brain muscles, lungs and digestive tract continue to mature. Head grows larger due to expansion of the brain. In boys, testicles descend through the groin to the scrotum. In girls, the clitoris is relatively prominent. Baby's limbs fill out and will not move as much.

What happens to you : From now on you may gain 1/2 kg every week. Some mothers suffer from gestational diabetes, causing high levels of blood sugar. As the uterus presses on your bladder, you may get a touch of cystitis, which causes a burning sensation when you pee. Breathlessness is also common.



Month 9 (WEEK 33 - 36)

Baby's weight : About 2.7 kg

Baby's length : About 45 cm

Head circumference at 36 weeks : 31.7 cm

Baby's development : Brain continues to grow rapidly. Fat layers add up to prepare baby for life outside the womb. Baby turns upside down to position for delivery, engaging with the mother's pelvis. Movements get more restricted.

Your baby has a full head of hair now.

What happens to you : Frequent urination and swollen feet make you feel uncomfortable. It may be hard to sleep due to cramps, joint pains, heartburn, and the need to pee regularly. Pelvic joints loosen up and you may sense a tingling sensation or numbness.



Month 10 (WEEK 37 - 40)

Baby's weight : About 3.4 kg

Baby's length : About 51 cm

Head circumference at 40 weeks : 36.2 cm

Baby's development : Baby is now 'full term' and all set to enter the world outside. Baby slowly gains weight and the downy hair and white protective substance on skin disappears. Lungs mature and a hormone in the lungs is released to trigger off contractions.

What happens to you : Vaginal discharge may be heavier now and will have more cervical mucous in it as your baby prepares for labour. It's also normal to feel anxious and have trouble sleeping. You may feel more contractions on the lower abdomen wall that are uncomfortable. Regular contractions or a "bloody show" herald the onset of labour.

Note: The accompanying measurements represent a guide. Every baby develops differently. With regular check-ups, your doctor will be able to assess whether your baby is developing normally or not.

IMPORTANT INFORMATION

Breast milk is the best food for babies as it is the sole source of nutrition for the first 6 months of life and is recommended to be continued until 2 years, with introduction to appropriate complementary foods after 6 months of age.

A. Following are the details of advantages, as also nutritional superiority of breast-feeding :

- i)** Immediately after delivery, breast milk is yellowish and sticky. This milk is called as Colostrum, which is secreted during the first week of delivery. Colostrum is more nutritious than that of mature milk because it contains more protein, more anti-infective properties which are of great importance for the infant's defence against dangerous neo-natal infections. It also contains higher level of Vitamin 'A';
- ii)** Breast Milk -
 - a) Is a complete and balanced food that provides all the nutrients needed by the infant (for the first six months of life);
 - b) Has anti-infective properties that protect the infants from infection the early months;
 - c) Is always available;
 - d) Needs no utensils or water (which might carry germs) or fuel its preparations;
- iii)** Breast-feeding is much cheaper than feeding infant milk substitutes as the cost of the extra food needed by the mother is negligible compared to the cost of feeding infant milk substitutes;
- iv)** Mothers who breast-feed usually have longer periods of infertility after child birth than non-lactators;

B. Details of management of breast-feeding, are as under :

- i)** Breast-feeding-
 - a) Immediately after delivery enables the contraction of the womb and helps the mother to regain her figure quickly;
 - b) Is successful when the infant suckles frequently and the mother wanting to breast-feed is confident in her ability to do so;
- ii)** In order to promote and support breast-feeding the mother's natural desire to breast-feed should always be encouraged by giving, where needed, practical advice and making sure that she has the support of her relatives;
- iii)** Adequate care for the breast and nipples should be taken during pregnancy;
- iv)** It is also necessary to put the infant to the breast as soon as possible after delivery;
- v)** Let the mother and the infant stay together after the delivery, the mother and her infant should be allowed to stay together (in the hospital, this is called "rooming-in");
- vi)** Give the infant Colostrum as it is rich in many nutrients and its anti-infective factors protect the infants from infections during the few days of its birth;
- vii)** The practise of discarding Colostrum and giving sugar water, honey water, butter or other concoctions instead of Colostrum should be very strongly discouraged;
- viii)** Let the infants suckle on demand;
- ix)** Every effort should be made to breast-feed the infants whenever they cry;
- x)** Mother should keep her body and clothes and that of the infant always neat and clean,