

# Changes During Pregnancy

## Month 1 to 2 Weeks 1 to 8



- The egg is fertilized by sperm and a growing ball of cells called the blastocyst implants in the uterus.
- Week 5 begins the embryo stage of development.
- The brain and spine begin to form, followed by the neural tube.
- Cardiac tissue starts to develop.
- Parts of the face take shape and the inner ear begins to develop.
- Arm and leg buds appear, and then webbed fingers and toes emerge.
- The long tube that will become the digestive tract takes shape.

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 is forming but won't harden into bones for a few weeks.
- Eyelids form but remain closed.
- The head develops a rounded shape.
- Week 11 begins the fetus stage of development.
- The fetus makes breathing-like movements and swallows amniotic fluid.
- The kidneys are making urine, the pancreas is making insulin, and fingernails have formed.

By the end of week 12, the fetus is about 3 inches long and weighs about half an ounce.

## Month 4 Weeks 13 to 16



- By week 13, all major organs have formed and will continue to develop.
- Bones are hardening, especially the long bones.
- The skin is thin and see-through but will start to thicken soon.
- At week 14, the neck is defined, and the lower limbs are developed.
- The fetus's hearing begins to develop.
- The lungs begin to form tissue that will allow them to exchange oxygen and carbon dioxide after birth.
- Limb movements become more coordinated.

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



- At week 18, the fetus can hear sounds.
- The part of the brain that controls motor movements is fully formed.
- The digestive system is working.
- At week 19, the ears, nose, and lips may be recognizable on an ultrasound exam.
- Soft, downy hair called lanugo is starting to form all over 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



- The fetus's kicks and turns are stronger now.
- If the hand floats to the mouth, the fetus may suck its thumb.
- Eyebrows are visible.
- At week 23, most of the fetus's sleep time is spent in rapid eye movement (REM) sleep.
- ridges are forming in the hands and feet that later will be fingerprints and footprints.
- The lungs continue to develop.

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

## Month 7 Weeks 25 to 28



- The fetus can respond with movement to familiar sounds, such as your voice.
- The lungs are now fully formed but not yet ready to function outside the uterus.
- Loud sounds may make the fetus respond by pulling in arms and legs.
- The lungs begin making surfactant, a substance needed for breathing after birth.
- At 27 weeks, more fat is being added to keep the fetus warm.
- A greasy material called vernix has started to develop. Vernix acts as a waterproof barrier that protects the skin.

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

## Month 8 Weeks 29 to 32



- The fetus can stretch, kick, and make grasping motions.
- The eyes can open and close and sense changes in light.
- The bone marrow is forming red blood cells.
- At week 31, major development is finished, and the fetus is gaining weight very quickly.
- In boys, the testicles have begun to descend into the scrotum.
- At week 32, the fine hair that covered the fetus's body (lanugo) begins to disappear.

By the end of week 32, the fetus is almost 17 inches long and weighs a little more than 4 pounds.

## Month 9 Weeks 33 to 36



- The brain is growing and developing rapidly.
- The bones harden, but the skull remains soft and flexible.
- More fat is forming under the skin.
- The fingernails have grown to the ends of the fingers.
- During week 34 or 37, most fetuses turn to a head-down position for birth.

By the end of week 36, the fetus is about 18 inches long and weighs a little more than 8 pounds.

## Month 10 Weeks 37 to 40

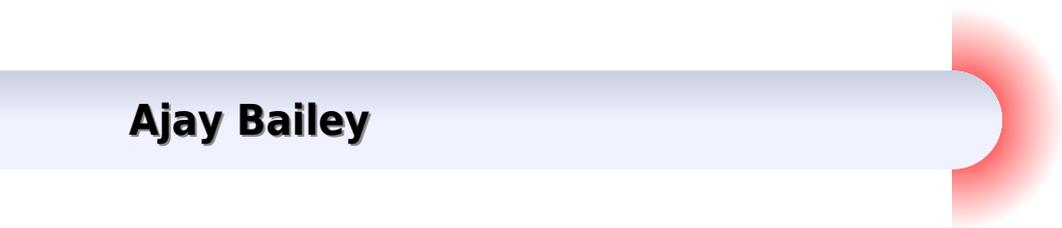


- The lungs, brain, and nervous system continue to develop.
- The circulatory system is complete, and so is the musculoskeletal system.
- The fetus is taking up a lot of space in the amniotic sac and you should continue to feel movement.
- By now, the fetus's head may have dropped lower into position in your pelvis.

By the end of week 40, the fetus is 20 inches long and may weigh 7½ to 8 pounds.

# Early Life Changes Transition In Pregnancy And Birth Outcome In

**Ajay Bailey**



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**Cognitive-Behavioural Therapy for Insomnia (CBT-I) Across the Life Span** Chiara Baglioni, Colin A. Espie, Dieter Riemann,2022-07-06 COGNITIVE BEHAVIOURAL THERAPY FOR INSOMNIA CBT I ACROSS THE LIFE SPAN A comprehensive presentation of the use of CBT in patients experiencing insomnia In Cognitive Behavioural Therapy for Insomnia CBT I Across the Life Span Guidelines and Clinical Protocols for Health Professionals a team of distinguished medical researchers delivers a comprehensive exploration of various treatment protocols used by health professionals treating patients with insomnia from several different populations The included treatment protocols are written by members of the European Academy for Cognitive Behaviour Treatment for Insomnia and reflect the most current practice and theoretical models The editors have included contributions from leading scholars throughout Europe as well as up and coming researchers with new and exciting data and conclusions to share with the community of health practitioners treating patients experiencing insomnia In the book readers will find discussions of the presentation of insomnia in different professional populations including healthcare workers and shift workers as well as the presence of common comorbidities

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**Textbook of Diabetes and Pregnancy** Moshe Hod, Nir Melamed, Gian Carlo Di Renzo, Hema Divakar, Alberto de Leiva-Hidalgo, Liona C. Poon, Huixia Yang, Yariv Yogeve, 2025-01-28. Written by a cadre of experts, this new edition provides a comprehensive, authoritative and international view of gestational diabetes mellitus and will be invaluable to maternal fetal medicine specialists, diabetologists, neonatologists and a growing number of gynecologists and general physicians concerned with the management of noncommunicable diseases in pregnancy. Offers a comprehensive and authoritative guide to all aspects of the subject internationally. Presents an invaluable resource for all working in diabetes, maternal fetal medicine and obstetrics. Shows the latest developments in research in genomics and in practice with the digital clinic.

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International Public Health Michael H. Merson, Robert E. Black, Anne Mills, 2005. Public Health **Research Report** London School of Hygiene and Tropical Medicine, 1998

**Introduction to Maternal and Child Health Nursing** M. Christine Neff, Martha Spray, 1996. This introductory guide to maternity and paediatrics gives students a strong foundation for contemporary nursing care. A consistent nursing process framework helps students understand and apply information. Recurring displays including teaching guidelines, family considerations, nursing care plans, nursing alerts, nursing insights and What would you do case studies and questions enhance learning of clinical and theoretical information. Maternity coverage includes care of the pregnant woman from conception through delivery, care of the newborn and family issues and trends, reproduction and family planning. Paediatric coverage includes growth and development, health problems organized by body system, medications and pain management, chronic and life-threatening illness and mental health problems. Each chapter has the following helpful tools to enhance learning and promote retention: student objectives, key terms, chapter outline, introduction, key concepts, NCLEX style review questions and a bibliography.

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