

# Stages of Development

## Conception to Birth



**Month 1 (0-6wks):** Your baby is about the size of a grain of rice, however, her heart has already started beating (around day 25.) Her arms and legs are also beginning to form. You may feel tired and nauseous, so be sure to eat plenty of fresh fruits and veggies, and protein and dairy, and get plenty of rest!



**Month 2 (7-10 wks):** Your baby's fingers, toes, ears, and nose are forming, as well as her internal organs. Many moms complain of heartburn and constipation. Eat slowly and avoid greasy foods, and soda. Include 8-10 glasses of water and fiber every day, and exercise!



**Month 3 (11-14 wks):** Your baby is about three inches long, weighing only 1 ounce! Her eyes are developing, and she is able to open and close her mouth, along with moving the rest of her body! As your baby grows, you may feel lower back pain and stomach pains...your body is accommodating the baby!



**Month 4 (15-18 wks):** Your baby is now about 5 inches long and 4 ounces...about the size of your palm. You may be experiencing less symptoms; however your growing stomach may now be more noticeable. Your baby will begin kicking and turning, as she is learning how to move and flex her arms and legs. You may be able to learn his/her sex at your 18-20 week ultrasound.



**Month 5 (19-22 wks):** Your baby is about 8 inches long (about the size of a soda can) and weighs 12 oz. Her hair may be growing, and her reproductive system is developing. Her bones and muscles are getting stronger, so you may feel more movement.



**Month 6 (23-26 wks):** Your baby is about 9 inches long and weighs about 2 pounds. She's able to suck her thumb, and her lungs are preparing to breathe. Some mothers experience hemorrhoids from the pressure of the baby. Drink lots of water, eat a high fiber diet, and try to exercise (walk/swim) to stay regular.



**Month 7 (27-30 wks):** Your baby is about 15 inches long and weighs about 3 pounds. Her eyes are now opening. She may get hiccups (which you will be able to feel.) It may feel as though your bladder is shrinking, and you have to visit the bathroom more often. This is because your baby is taking up more and more room!



**Month 8 (31-34 wks):** Your baby is about 18 inches long and weighs about 5 pounds. She can see and hear, so talk to your baby. You are passing antibodies to her, helping her build her immune system. Your breasts may grow a cup size, so wear a supportive bra to prevent sagging. Your nipples may expand and blue veins around your breasts may appear, but that will disappear after you deliver.



**Month 9 (35 wks +):** Your baby is about 20 inches long and weighs 6-7 pounds, and can gain  $\frac{1}{2}$  a pound every week until delivery. Her lungs are developed, and she's getting into position for delivery! Are you ready to be a mom??