

WELCOME AND CONGRATULATIONS ON YOUR PREGNANCY!

What a blessed and exciting time for you and your family! We are pleased to be a part of your birthing experience and wish to guide and help you through your pregnancy. This guide is designed to help you through your journey to the miraculous birth of your baby. We wish to provide you with general information and helpful hints and advice about your body and the development of your baby during the next several months. We hope that you enjoy our guide and your journey!

In the beginning, you will find pages to help you take notes at your prenatal visits. You may wish to record your baby's heart rate and other facts about each visit. We also have a timeline of your baby's development and healthful tips for each step of the pregnancy.

We also encourage you to write down your own thoughts and feelings during the pregnancy. These pages will make an excellent keepsake for your Baby Book. Your child will love to hear your thoughts, hopes, and experiences someday!

Finally, we wish to provide you with information for a healthy pregnancy. It is important that you take the time to take care of yourself while anticipating the arrival of your newborn.

Prenatal Appointment Log

This space is for you to record some of the information you talk about at each doctor's visit. Feel free to write down any questions you think of for your doctor between visits.

MY FIRST PRENATAL VISIT

DATE: _____ TIME: _____ DOCTOR: _____

NURSE: _____ LAST MENSTRUAL PERIOD: _____

NUMBER OF PREVIOUS PREGNANCIES: _____ NUMBER OF CHILDREN: _____

COMPLICATIONS IN PAST PREGNANCIES: _____

WEIGHT: _____ BP: _____ MY BLOOD TYPE: _____

BABY'S HEART RATE: _____ WEEKS GESTATION: _____

CURRENT MEDICATIONS: _____

CURRENT MEDICAL PROBLEMS: _____

SPECIAL MOMENTS: _____

TESTS PERFORMED: _____

QUESTIONS FOR MY DOCTOR: _____

OTHER THOUGHTS AND FEELINGS: _____

PERSON TO CONTACT IN CASE OF AN EMERGENCY: _____

RELATIONSHIP TO ME: _____

PHONE NUMBER (DAY): _____ (EVENING) _____

CELL: _____

MY NEXT APPOINTMENT IS: _____

DATE: _____ TIME: _____ DOCTOR: _____

WEEKS GESTATION: _____ WEIGHT: _____ BP: _____

BABY'S HEART RATE: _____

SPECIAL MOMENTS: _____

QUESTIONS FOR MY DOCTOR: _____

OTHER THOUGHTS AND FEELINGS: _____

MY NEXT APPOINTMENT IS:

DATE: _____ TIME: _____ DOCTOR: _____

WEEKS GESTATION: _____ WEIGHT: _____ BP: _____

BABY'S HEART RATE: _____

SPECIAL MOMENTS: _____

QUESTIONS FOR MY DOCTOR: _____

OTHER THOUGHTS AND FEELINGS: _____

MY NEXT APPOINTMENT IS: _____

Beginning our journey.... The First Trimester

I found out I was pregnant when.....

When I found out that I was going to have a baby, the first person I told was.....

Their reaction was....

My partner's feelings about the pregnancy are.....

We celebrated the pregnancy by.....

Some new feelings and sensations I have experienced are.....

Some discomforts I have experienced are.....

Questions for my health care professional:

Answers:

Advice and instructions:

The First Month

During this stage, most women are not even aware that they are pregnant. At fertilization, the genetic sex of the embryo is determined, either male or female! At 2 to 3 hours after conception, the cells are beginning to divide and double and by the fifth day the embryo is made up of about 90 cells. By about the 6th day, the embryo has traveled to the uterus and is beginning to implant and form the support for the pregnancy.

During the next few weeks, the placenta and the very early stages of development of the embryo are beginning to take place.

Week 4

The baby is absolutely tiny at this stage, but during this week he or she will develop a heartbeat. This week also marks the beginning of development of the eyes, ears, and arms and legs. Your baby is about the size of a droplet of water!

The Second Month

Week 5

This week the baby's nose and lips are forming. His arms and legs are better defined and his hands are starting to develop. The earliest stages of a soft skeleton are growing! His heart is pumping blood and his brain is growing and dividing.

Week 6

Your baby's features are becoming more obvious now. Her fingers are more developed and her toes are forming! Other important tissues are developing too, such as the liver, blood cells, spinal cord, and tiny roots which will become the teeth! Your little baby is small enough to fit on your thumbnail this week.

Week 7

Your baby is changing and growing rapidly now. His face is complete with eyelids and his stomach and kidneys are forming. Your baby's brain is now able to start to send messages to the tiny muscles and nerves beneath his skin. Hold up a nickel – that is about how big he is this week!

Week 8

Your tiny baby now has his or her own handprints and footprints etched in the skin. Your baby is now visibly either male or female. He weighs about 1.5gms and is about 1 inch long. Her heart beats at about 40 to 80 beats per minute. Now that all of the internal and external parts are formed, the embryo becomes a fetus.

The Third Month

Week 9

♪♪ Heads, Shoulders, Knees, and Toes!!! Knees and Toes, Knees and Toes!! ♪♪ Your baby's many features are well formed now! He can move his arms and wrists and even flex his new muscles! The soft skeletal cartilage is slowly turning to bone, but the spine is still soft. Even though you can't feel it yet, your little baby is starting to move. Can you picture a large button? That is about how big he is this week!

Week 10

The baby's face now has a very human appearance and the lower body is developing quickly now. She has a tiny little nose and is beginning to develop tiny fingernails. Her eyelids will be shut for another few months and her arms are long enough to touch her face. If you are appropriate for or considering diagnostic testing in pregnancy such as the CVS or amniocentesis, you may wish to schedule an appointment with a genetic counselor around this week.

Week 11

Exciting changes are happening this week. Your baby's organs are beginning to function: the pancreas is making insulin and the kidneys can make urine (which will become the baby's amniotic fluid). The liver and spleen are producing cells and the white blood cells are now present to help protect against disease. The baby is about the size of a butterfly

Week 12

Your baby can really move now! He can turn his head, kick his feet, and breathing motions begin. Your baby may suck his thumb as he kicks and floats, weightless in the amniotic fluid. A sparse layer of hair is forming on the upper lip, eyebrows, and palms of the hands and the feet. The placenta is now functioning and acts as your baby's lungs, kidneys, liver, digestive and immune system.

On Our Way....The Second Trimester

The changes that I first started to notice in my body were.....

At this point in my pregnancy, I am feeling.....

At this point in my pregnancy, my partner is feeling.....

Some of the things going on in our life right now, such as activities, home, jobs, school, and free time are.....

When was the doctor able to hear the baby's heartbeat?
When we first heard the baby's heart beat.....

I began to wear maternity clothes.....

The first time I felt the baby move was.....
I felt like.....

I think I know/do not know if it is a boy or a girl....

My friends and family think I am having a (boy/girl)

Some new feelings and sensations I have experienced are.....

Some discomforts I have experienced are.....

Questions for my health care professional:

Answers:

Advice:

The Fourth Month

Week 13

Congratulations! You are in the second trimester. She is growing rapidly now! She will soon double her weight! Keep eating your healthy diet to help her be as healthy as possible! Reproductive changes are also happening. In boys, the prostate gland develops this week and in girls the ovaries are dropping from the abdomen into the pelvis. Within the next few weeks, your doctor may discuss testing options for the pregnancy. If you are under 35, you will be offered the maternal serum screen (often called the triple screen or quad screen). For moms who are over 35 or who have a high-risk pregnancy, you will be offered either the maternal serum screen or amniocentesis. Amniocentesis is a test that can detect chromosomal abnormalities, such as Down syndrome and other abnormalities such as spina bifida. These choices are all up to you! It may help to discuss your options with a genetic counselor. (See Genetic Counseling Section)

Week 14

The musculoskeletal and nervous systems are beginning to mature. The baby is beginning to control his own movements. He can hold his head up, and the development of facial muscles allows him to make a variety of expressions such as squinting and frowning. The skeleton continues to develop this week so keep drinking that milk! Calcium is so important for your baby's healthy development! Guess what else?! If your baby is female, millions of eggs will form in her ovaries this week.

Week 15

This week your baby will develop hair. Lanugo, fine hairs that grow over your baby's body and protect the skin, also grows this week and will continue growing until just before delivery. Most of it will disappear just before birth. Your little one has hands that can grasp and feet that can kick against the amniotic sac!

Week 16

By now, all organs and structures have been formed. It is time for your baby to **GROW! GROW! GROW!** The baby is about 6 inches long and a perfect size to fit in the palm of your hand.

The Fifth Month

Week 17

♪ ♪ “Rock a Bye Baby!” ♪ ♪ Start practicing this song and other nursery rhyme favorites, your baby’s hearing is beginning to develop! Your baby can start to hear your voice, your heartbeat and even when your stomach growls!

Week 18

Around this time, you may be beginning to “look” pregnant. You may also feel gentle flutters, like butterfly wings. This feeling is called “quickening.” As your baby grows and gets stronger, these feelings will strengthen into twists, turns and kicks!

Week 19

Your baby has a sucking reflex and has noticed that his thumb can reach his mouth! Your baby is also now able to swallow, and he or she may swallow up to a liter of amniotic fluid throughout the day. Recent research indicates that your baby may already be able to feel thirsty! The baby’s thirst may be responsible for the amount of fluid swallowed in order to keep the protective amniotic fluid at a normal level.

Week 20

By now, your baby has his or her own schedule (which may or may not match yours)! Your baby will take naps and wake and be calm or active at different points throughout the day and night. Most likely, your baby is turning, and sucking, and swallowing, and kicking and has his own favorite position in your uterus. Sometimes your baby even has the hiccups! These may last only a short period of time or for an hour – you may sense them. Don’t worry – they are not a cause for concern.

The Sixth Month

Week 21

By now, your baby weighs about one pound! She continues to grow and is even developing sweat glands, small fat deposits and increased muscle tone!

Week 22

Your baby continues to develop fingernails and toenails! His eyes may reopen soon and his bones are developing rapidly. Your doctor may even be able to begin to feel the baby’s head through your belly. Your baby’s permanent teeth are beginning to develop in the jaw. Maybe some day the tooth fairy will be visiting!

Week 23

Peek a boo! Your baby's eyelids can open and shut! She also has fairly well developed respiratory functions by now – amniotic fluid can move in and out of the lungs. Her skin is still very thin and can appear to have a reddish glow – lots of blood vessels and capillaries are close to the surface.

Week 24

Your baby is growing rapidly every day now! She weighs about 1 ½ pounds and may be about 10 to 12 inches long! All of her organs and body systems are in place and functioning as she continues to grow. Congratulate yourself on being such a good mother; she is totally dependent on you for all of her nutrition and care!

I can't wait to meet you!....The Third Trimester

At this point in my pregnancy, I am feeling.....

At this point in my pregnancy, my partner is feeling.....

Some of the things going on in our life right now, such as activities, home, jobs, school, current events, are.....

In some ways, this pregnancy has changed the way I think about myself and others. For example,....

Now that I am visibly pregnant, people treat me.....

(If you have other children) My other children are feeling.....

Questions for my health care professional:

Answers:

Advice:

The Seventh Month

Week 25

Ready set go! Your baby is moving much more and you may be getting a few good kicks during some of the more active times of day. Her lungs continue to develop in anticipation of when they will breathe oxygen and not amniotic fluid.

Week 26

Although Mom is providing all of the critical support to the baby right now, she can actually breathe, swallow and regulate her body temperature to a certain extent. If you were to deliver right now, survival would be possible, but complications could occur. The baby will have much greater chances for a healthy life the longer she can stay in the womb.

Week 27

What is the hair like in your family? The baby now has lots of hair, depending on the genes that tend to be in the family. Your baby's weight is now likely to be over 2 pounds and length over 14 inches long. In addition, a material called surfactant forms in the lungs. This helps them to work on their own after the baby is born.

Week 28

At this point, your baby can see light and hear sound. Her brain continues to develop the pathways for thinking, speaking, understanding, and memory. Your baby is now two-thirds the size that she will be when she is born. This might really start to make a difference in the way you feel. Enjoy the extra attention and friendly wishes of strangers.

The Eighth Month

Week 29

Your baby's internal organs are now totally developed. You may be surprised at how strong your baby's grasp is by now – her little fingers will tend to curl around anything they touch. Keep taking such good care of yourself!

Week 30

Your baby's senses continue to develop. Her eyes can see and she may even have taste preferences. Sweet is more likely to be her favorite than bitter. Her organs are in working order and ready to go soon!

Week 31

Fat deposits are helping to fill out your baby's skin. They will also be important for keeping him healthy and warm when he experiences the quick temperature change at the time of his birth.

Week 32

Boy, this baby is growing fast now! She might be about 3 ½ pounds and 14 to 16 inches long. Most importantly for healthy survival, her lungs should be starting the process of fully maturing. The “lanugo” (soft hair) and vernix (creamy substance on skin) are disappearing fast.

The Ninth Month and To Term

Week 33

It feels like that little bundle of joy is moving around quite a bit, but his space is getting limited! Your job now is to keep him healthy and growing. The rest of the pregnancy will be mostly about weight gain for your little one. On average, he will gain about an ounce a day or approximately half a pound per week. This weight will help insulate the baby's body and will provide nourishment after you deliver as your baby learns his new method of eating.

Week 34

Your baby should still be very active. Hopefully, the baby will be moving into a “head down” position. It is important to keep monitoring your baby's activity and movement at this point in the pregnancy. Changes in movement, especially a decrease in movement or no movement could mean that your baby may be having problems. If you notice a

decrease in movement, call your doctor or The St. Elizabeth Medical Center Family Birth Place right away so that further testing can be ordered.

Week 35

Your baby should have a healthy, working immune system by now. You passed on all kinds of healthy antibodies and this will provide the baby with protection for the first 6 months of life. Antibodies against measles, mumps, rubella, whooping cough and scarlet fever have been transferred to the baby and will protect him. After about 6 months, his immune system will take over and work on its own.

Week 36 Through 40

You are now preparing for the long awaited birth. It may be days or weeks and your baby will most likely be between 6 and 10 pounds. Your baby is a masterpiece; every baby is unique and wonderful. We know you can't wait to meet your baby and that he or she can't wait to meet you. These last few weeks will be filled with last minute preparations, but try not to be too busy. Your days will be much busier once your little bundle of joy arrives!