



Conception

## 1<sup>st</sup> Trimester (Weeks 1-12)

### NUTRITION

Don't try to lose weight during pregnancy. What you eat nourishes your baby as well as yourself. Eat a healthy, well-balanced diet that includes adequate protein, vegetables and fruit, grains and dairy products. Discuss prenatal vitamins and mineral supplements with your doctor. In pregnancy, most women need about 2000 calories per day.

### WEIGHT GAIN

Weight gain can be approximately 5 pounds in the first trimester. You will gain most of your weight in the later stages of your pregnancy.

### EXERCISE AND ACTIVITIES

Moderate and safe exercise during pregnancy can make you feel good, tone your muscles and increase endurance. Aerobic exercises, such as swimming, walking and low impact aerobics help strengthen your heart. Ask your healthcare provider about an exercise program that is safe and appropriate for you. Maintain your heart rate below 140-150 bpm.

### DAILY TIPS

You will probably feel very tired during this time so get all the rest you need, taking short naps when you can. Many women feel queasy or nauseated during the 1st trimester. Try eating small meals throughout the day and eat dry crackers when you feel sick.

### HEALTH RISKS

Smoking increases the risk of low birth weight, still birth, and health problems in infancy. Do not drink alcoholic beverages during pregnancy. Excess consumption of alcohol may cause low birth weight, birth defects and mental retardation in the fetus (fetal alcohol syndrome). Reduce your consumption of caffeinated beverages to 200 mg of caffeine a day. Tell your healthcare provider about any medications you are taking.



One Month

Your baby is an **embryo** consisting of two layers of cells from which all her organs and body parts will develop.



Two Months

Your baby is now about **the size of a kidney bean** and is constantly moving. He has distinct, **slightly webbed fingers**.



#### Three Months

By now your baby is about 3 inches long and weighs nearly an ounce. Her tiny, unique **fingerprints** are now in place.



#### Four Months

Your baby is now about **5 inches long** and weighs 5 ounces. His skeleton is starting to harden from rubbery cartilage to **bone**.



#### Five Months

**Eyebrows and eyelids** are now in place. Your baby would now be more than 10 inches long if you stretched out her legs.



#### Six Months

Your baby weighs about a **pound and a half**. His wrinkled skin is starting to **smooth out** as he puts on baby fat.

## 2nd Trimester (Weeks 13-27)

### NUTRITION

Eating well-balanced meals and drinking plenty of water remains essential for your health and the health of the growing fetus. Your appetite may increase but limit sweets and junk food. These foods increase your calories but do not provide good nutritional value.

### WEIGHT GAIN

Your weight may increase significantly toward the end of the 2nd trimester, but on average it should increase about 5 pounds total.

### EXERCISE AND ACTIVITIES

You can continue to exercise carefully. Your joints are looser and more likely to be injured by jerking movements and because your center of gravity is changing you can more easily lose your balance. Swimming and prenatal yoga are some of the best exercises during pregnancy.

### DAILY TIPS

To help prevent backache, relieve strain on the back by wearing low-heeled shoes, using proper lifting techniques, getting enough rest and practicing good posture. You can use a pregnancy belt from a maternity store to ease low back pain. To help prevent sore, swollen feet and varicose veins, try not to stand in one place for long periods of time and wear support stockings. To help prevent sleeplessness, sleep on your side and support your back and abdomen with extra pillows. Rest is very important but as the fetus grows and becomes active, you may have trouble sleeping.

## 3rd Trimester (Week 28-40)

### NUTRITION

Continue to eat well-balanced meals and nutritious food. Watch your salt intake and drink plenty of water to help reduce swelling in the legs and feet. Try sitting down and elevating your feet to reduce swelling in the legs.

### WEIGHT GAIN

Your baby gains the most weight in the last 13 weeks of pregnancy, so you will probably gain the most weight at the end of the 2nd trimester and throughout the 3rd trimester. Average weight gain for the pregnancy is 25 to 35 pounds, but will vary depending on your pre-pregnancy weight.

### EXERCISE AND ACTIVITIES

You may have to adjust your activities and exercises to accommodate your increasing size and fatigue. You should take short naps when you can. Avoid becoming exhausted and make sure you are drinking plenty of fluids. Ask your healthcare provider for advice on the most appropriate activities, swimming and walking are often recommended.

### DAILY TIPS

As in the 1st trimester, you will probably feel very tired and will need a lot of rest. You may also have to urinate more frequently as your enlarging uterus presses on your bladder. To help prevent hemorrhoids, avoid constipation by drinking plenty of water and eating fruits, vegetables and grains regularly.

### HEALTH HINT

Many women experience emotional ups and downs due to the hormonal change, fatigue and worry. If you have any concerns about your pregnancy and your baby, talk to your healthcare provider.



Seven Months

By now, your baby weighs about **3 pounds** and is more than 15 inches long. She can open and close her eyes and **follow a light**.



Eight Months

Your baby now weighs about 4 3/4 pounds. His **layers of fat** are filling him out, making him rounder, and his **lungs** are well developed.



Nine Months

The **average baby** is more than 19 inches long and weighs nearly 7 pounds now, but **babies vary widely** in size at this stage

Picture Credit: Babycenter.com