

**SIMPLEST™**  
Pregnancy Planner

# YOUR BABY **WEEK BY WEEK**

WEEK	SIZE	WHAT IS HAPPENING
WK. 1	Size Nothing yet	You are actually not pregnant yet.
WK. 2	Size Nothing yet	Fertilization of your egg takes place near the end of this week.
WK. 3	The size of a pinhead	Sperm and egg fertilize in the fallopian tube to create a zygote; starts moving to the womb.
WK. 4	.04 in. Poppy Seed	The ball of cells implants in the lining of the uterus.
WK. 5	.10 in. Apple Seed	Hormones are on the rise. Your baby-to-be has a primitive circulatory system. The heart begins beating.
WK. 6	.25 in. Sweet Pea	Growth is rapid. The neural tube along the back from which the brain and spine will develop is closing.
WK. 7	0.333 in. Blueberry	Low limb buds are forming; they will become legs and arms.
WK. 8	0.6 in. Raspberry	Tiny nubs of fingers are forming, and eyes are becoming more apparent.
WK. 9	0.9 in. Grape	Arms continue to grow, and elbows form. Tiny toes are visible.
WK. 10	1.2 in. Peanut	Fingers and toes lose their webbing and lengthen. Tiny ears can be seen.
WK. 11	1.6 in. Fig	The baby is officially a fetus. Buds for future teeth begin to appear.
WK. 12	2.1 in. Plum	Fingernails are beginning to form. Intestines continue forming.
WK. 13	2.9 in. Lemon	Bones are beginning to form.

**WEEK****SIZE****WHAT IS HAPPENING****WK. 14**2.9 in.  
Lemon

Baby's skull and long bones are just beginning to harden.

**WK. 15**3.4 in.  
Nectarine

Baby's sex may be able to be seen at this time.

**WK. 16**4 in.  
Apple

Bones continue to develop and a scalp line/hair pattern is forming.

**WK. 17**4.6 in.  
Avocado

Baby's head is erect now, skin is thickening, and its eyes can slowly move.

**WK. 18**5.1 in.  
Pear

Toenails begin developing. Your baby is more active, rolling, and flipping.

**WK. 19**5.6 in.  
Bell Pepper

Baby might begin to hear slightly. The baby's digestive system starts working.

**WK. 20**6 in.  
Big Tomato

A coating called vernix caseosa is forming to protect baby's skin.

**WK. 21**7.5 in.  
Artichoke

You might begin to feel baby's movements. Baby is sleeping and waking.

**WK. 22**9 in.  
Carrot

Baby is developing the sucking reflex, enabling it to suck its thumb.

**WK. 23**10.9 in.  
Mango

Eyebrows and hair are visible.

**WK. 24**11.4 in.  
Grapefruit

Fingerprints and footprints are beginning to form.

**WK. 25**11.8 in.  
Corn

Skin begins to wrinkle in places, and you might be able to see tiny capillaries.

**WK. 26**13.6 in.  
Rutabaga

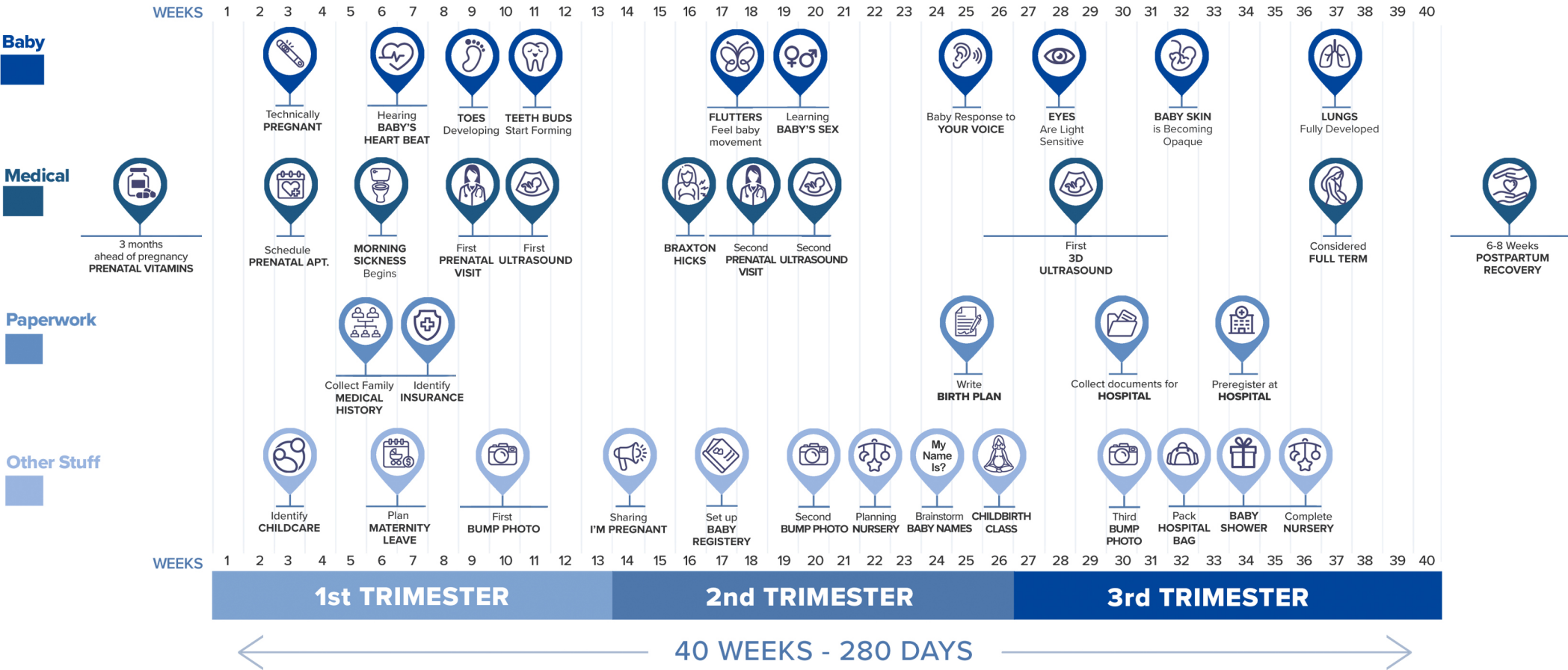
Baby might begin responding to familiar voices.

**WK. 27**14 in.  
Lettuce

Nervous system continues to develop.

WEEK	SIZE	WHAT IS HAPPENING
WK. 28	14.8 in. Eggplant	Baby is able to open and close its eyes and sense light. Eyelashes have formed.
WK. 29	15.2 in. Acorn Squash	Muscles continue to develop, and the head grows to make room for the developing brain.
WK. 30	15.7 in. Cabbage	Baby may be kicking a lot now, as your womb is getting increasingly tighter as baby grows.
WK. 31	16.2 in. Coconut	Baby will be getting input from all five senses. Baby can begin to regulate its body temperature.
WK. 32	16.7 in. Pineapple	Baby's transparent skin is becoming opaque.
WK. 33	17.2 in. Durian Fruit	A coating called vernix caseosa is forming to protect baby's skin.
WK. 34	17.7 in. Butternut Squash	Baby likely will start turning into a head down position.
WK. 35	18.2 in. Swiss Chard	Lungs are almost fully developed.
WK. 36	18.7 in. Honeydew	Baby will begin to shed the vernix (the waxy substance that protects its skin).
WK. 37	19.1 in. Winter Melon	The lanugo (tiny soft hairs that cover the baby) is almost gone.
WK. 38	19.6 in. Pumpkin	Meconium (baby's first poop) begins to build up in baby's intestines.
WK. 39	20 in. Jackfruit	If baby is born now, it is considered full-term.
WK. 40	20.2 in. Watermelon	If you are still pregnant, don't worry; it is not uncommon to go past one's delivery date.

# PREGNANCY TIMELINE



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Every pregnancy is different, but what follows is a general timeline of some of the key dates, activities, and milestones during a healthy, uncomplicated pregnancy.

## First Trimester

- Week 1:** Begin Taking Prenatal Vitamins
  - Be sure to eat healthy
- Week 3:** Choose a healthcare provider
  - Schedule Prenatal Appt.
  - Determine Due Date
  - Identify Childcare.
  - Make a appt. to visit your Dentist
- Week 5:** Morning Sickness Begins
  - Digestive system is begin to take shape
  - Collect family Medical History
  - Identify & Confirm Insurance coverage
- Week 6:** Hearing Baby's Heartbeat
  - Plan Maternity Leave
  - Plan Paternity Leave
- Week 9:** First Prenatal Visit
  - First Ultrasound
  - First Bump Photo
  - Toe are developing
- Week 11:** Teeth buds start forming

## Second Trimester

- Week 14:** Annouce your are Pregnant
- Week 16:** Braxton Hicks
- Week 17:** Feeling Baby Flutters
  - Learning Baby's Sex
  - Second Prenatal Visit
  - Second Ultrasound
  - Set Up Baby Registry
- Week 20:** Second Bump Photo
- Week 22:** Planning Nursery
- Week 24:** Brainstorm Baby Names
- Week 25:** Write a Birth Plan
  - Baby can response to your voice
- Week 26:** Take Childbirth Class

## Third Trimester

- Week 26:** 3D Ultrasound
- Week 28:** Baby's eyes are now sensitive to light
- Week 30:** Collect Documents for Hospital
  - Third Bump Photo
- Week 32:** Pack Hospital Bag
  - Baby's skin is becoming opaque
- Week 34:** Preregister at Hospital
  - Baby Shower
- Week 36:** Complete Nursery
- Week 37:** Lungs are fully developed
  - Considered Full Term