


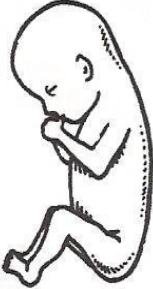







## PRENATAL CHART

FIRST TRIMESTER	GROWTH & DEVELOPMENT	MAKE GOOD CHOICES
<p>During the First Month</p> 	<ul style="list-style-type: none"> <li>• Cell Multiplication begins.</li> <li>• Fertilized egg attaches to the lining of uterus.</li> <li>• Internal organs and circulatory system begin to form.</li> <li>• Small bumps show the beginning of arms and legs.</li> <li>• Gender determined at conception.</li> <li>• 1/100<sup>th</sup> of an inch (the thickness of a heavy pencil dot)</li> </ul>	<ul style="list-style-type: none"> <li>• Good health affects the development of your baby.</li> <li>• Alcohol, tobacco and drugs will alter growth of baby.</li> <li>• If your pregnancy is stressful, hormones may be released that are not good for you and baby.</li> </ul>
<p>During the Second Month</p> 	<ul style="list-style-type: none"> <li>• All major body parts have formed.</li> <li>• Eyes, ears, and nose are developed.</li> <li>• Tear ducts are forming in eyes.</li> <li>• The heart is beating.</li> <li>• Hands and feet take shape. Fingerprints have developed.</li> <li>• Baby moves often, has an exercise routine.</li> <li>• Measures .56 - .8 of an inch, weighs no more than a peanut.</li> </ul>	<ul style="list-style-type: none"> <li>• The bond between you and baby will form when you begin communicating.</li> <li>• Introduce yourself to your baby. Assure baby that you will provide love and protection.</li> <li>• Get permission from your doctor before taking any medicines.</li> <li>• Stay physically fit.</li> <li>• Eat healthy foods, drink plenty of fluids, and get lots of rest.</li> </ul>
<p>During the Third Month</p> 	<ul style="list-style-type: none"> <li>• The head is the largest part of the body.</li> <li>• Can lift head off of chest</li> <li>• Eyes have moved closer together</li> <li>• Ears moved into position.</li> <li>• Baby can frown, yawn, hiccup, suck thumb, open mouth, curl toes.</li> <li>• Bones and muscles are growing.</li> <li>• External genitals are formed.</li> <li>• Fetus never sleeps.</li> <li>• Measures 2.5 inches from crown to rump, weighs 2.8 ounces, is the size of your little finger.</li> </ul>	<ul style="list-style-type: none"> <li>• Take your prenatal vitamins.</li> <li>• Use deep breathing and walking to rock your baby.</li> <li>• Always wear your seat belt.</li> <li>• Your baby will become your main focus as you learn about fetal development.</li> <li>• Read and ask questions about how your baby is growing.</li> <li>• Envision your baby floating safely in your womb.</li> <li>• When you are safe, your baby is safe.</li> </ul>

SECOND TRIMESTER	GROWTH & DEVELOPMENT	MAKE GOOD CHOICES
<p data-bbox="175 191 472 218">During the Fourth Month</p> 	<ul data-bbox="586 184 1008 646" style="list-style-type: none"> <li>• Baby is rocked and swayed by mom's breathing &amp; walking.</li> <li>• Baby kicks and wiggles toes</li> <li>• Makes a fist, brings hands together.</li> <li>• Fingernails start to grow.</li> <li>• Kidneys begin to make urine.</li> <li>• Sex organs are distinct.</li> <li>• Floats in a quart of amniotic fluid.</li> <li>• Placenta is completely formed.</li> <li>• Measures 6 – 7 inches, weighs about 2.8 ounces.</li> </ul>	<ul data-bbox="1049 184 1424 611" style="list-style-type: none"> <li>• Tight clothing will not allow room for your baby to move and grow.</li> <li>• Your baby exercises daily and hopes you do too.</li> <li>• Depression and distress produce chemicals which may cross the placenta and affect your baby.</li> <li>• Stroke and pat your baby.</li> <li>• Play and rest with baby.</li> <li>• Read and sign to baby.</li> </ul>
<p data-bbox="175 701 448 728">During the Fifth Month</p> 	<ul data-bbox="586 695 1008 1297" style="list-style-type: none"> <li>• Mom can feel baby move, quickening.</li> <li>• Baby drinks and tastes amniotic fluid.</li> <li>• Clean fluid replaced every 3 hours.</li> <li>• Baby plays with umbilical cords.</li> <li>• Eyebrows, eyelashes are growing.</li> <li>• Skin is covered with yellowish substance, vernix.</li> <li>• Fine hair called lanugo covers body.</li> <li>• Layer of fat is formed around neck &amp; shoulders to keep warm.</li> <li>• Measures 8 – 12 inches</li> <li>• Weights 9 ounces</li> </ul>	<ul data-bbox="1049 695 1424 1079" style="list-style-type: none"> <li>• Your center of gravity changes as uterus grows.</li> <li>• Check home for hazards that might make you fall.</li> <li>• Just as your actions affect baby's physical development, your feelings affect her emotional development.</li> <li>• Select calm and pleasant surroundings.</li> </ul>
<p data-bbox="175 1360 453 1388">During the Sixth Month</p> 	<ul data-bbox="586 1354 1008 1780" style="list-style-type: none"> <li>• Skin is thin and wrinkled.</li> <li>• Hair is soft and fine.</li> <li>• Baby touches and explores body.</li> <li>• Moves and manipulates fingers.</li> <li>• Sucks Thumb and fingers.</li> <li>• Eyelids begin to part, eyes open.</li> <li>• Baby listens to conversations.</li> <li>• Can see bright light.</li> <li>• Loud sounds startle baby.</li> <li>• Measures 11 – 14 inches</li> <li>• Weighs 1.2 pounds</li> </ul>	<ul data-bbox="1049 1354 1424 1772" style="list-style-type: none"> <li>• Vigorous exercise or bathing in hot water will cause baby's heart rate and temperature to go up.</li> <li>• Don't ignore warning signs; severe swelling, vision disturbances, headaches.</li> <li>• Recognize your baby's attempts to communicate. He waits for your response.</li> <li>• He hears your voice and responds to it.</li> </ul>

THIRD TRIMESTER	GROWTH & DEVELOPMENT	MAKE GOOD CHOICES
<p data-bbox="175 212 493 243">During the Seventh Month</p> 	<ul data-bbox="581 205 1015 674" style="list-style-type: none"> <li>• Baby is adding fat and gaining muscle control.</li> <li>• Hair is growing longer.</li> <li>• Skin is red and wrinkled.</li> <li>• Pupils dilate, adjusts to light and dark.</li> <li>• See shades of red when eyes open.</li> <li>• Recognizes voices.</li> <li>• Responds to pain.</li> <li>• Legs are bent toward chest.</li> <li>• Measures 15.75 inches</li> <li>• Weighs 2.4 pounds</li> </ul>	<ul data-bbox="1047 205 1432 663" style="list-style-type: none"> <li>• Poor nutrition can impair brain and organ growth.</li> <li>• Loud noises may cause baby's heart rate to increase and body to tremble.</li> <li>• Start preparing for baby's birth and homecoming.</li> <li>• Accurate information about labor and delivery will reduce fears.</li> <li>• Talk to baby about your movements and daily activities.</li> </ul>
<p data-bbox="183 741 482 772">During the Eighth Month</p> 	<ul data-bbox="581 714 998 1035" style="list-style-type: none"> <li>• Lungs are maturing.</li> <li>• Gaining more fat under skin.</li> <li>• Bones becoming harder.</li> <li>• Lanugo disappeared from face.</li> <li>• Fingernails reach fingertips.</li> <li>• Drinks amniotic fluid, practices swallowing.</li> <li>• Measures 18.9 inches</li> <li>• Weighs 4 – 5 pounds</li> </ul>	<ul data-bbox="1047 714 1432 1035" style="list-style-type: none"> <li>• Braxton Hicks contractions exercise your uterus.</li> <li>• Make a choice between bottle or breast feeding.</li> <li>• Don't skip meals.</li> <li>• Walking is an excellent form of exercise.</li> <li>• A warm bath or shower is a great way to relax.</li> </ul>
<p data-bbox="175 1239 461 1270">During the Ninth Month</p> 	<ul data-bbox="581 1222 1003 1690" style="list-style-type: none"> <li>• Skin is smooth. Vernix and lanugo disappear.</li> <li>• Will recognize family member's voices when born.</li> <li>• Position is head down, facing mom's back.</li> <li>• Head will engage in pelvis, enlighten.</li> <li>• Bones in head are soft for birth.</li> <li>• Movements are limited in womb.</li> <li>• Measures 19 – 21 inches</li> <li>• Weighs 6 – 9 pounds</li> </ul>	<ul data-bbox="1047 1222 1432 1713" style="list-style-type: none"> <li>• Weekly prenatal visits increase your chances of having a healthy baby.</li> <li>• Your emotions will peak as your body gets ready to give birth. Expect to feel excited, anxious, impatient, irritable.</li> <li>• Review signs of labor.</li> <li>• Count your baby's movements for one hour several times a day.</li> <li>• Relax and enjoy your unborn baby. Let baby know she is loved.</li> </ul>