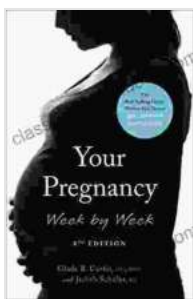


Your Pregnancy Week By Week

Congratulations on your pregnancy! This is an exciting and transformative time in your life. Your body is going through incredible changes as it prepares to bring a new life into the world. And your baby is growing and developing rapidly, week by week.



Your Pregnancy Week by Week by Glade B. Curtis

★★★★☆ 4.6 out of 5

Language	: English
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Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 475 pages



This guide will take you through your pregnancy week by week, providing you with information on your baby's development, your own physical and emotional changes, and what to expect at each prenatal appointment.

First Trimester

Week 1

Your pregnancy begins on the first day of your last menstrual period (LMP). However, you won't actually conceive until about two weeks later, when your egg is fertilized by sperm.

During week 1, the fertilized egg implants into the lining of your uterus. This process is called implantation.

Your baby's development: The fertilized egg is a tiny ball of cells called a blastocyst. It will continue to divide and grow as it implants into the uterine lining.

Your physical changes: You may not notice any physical changes during week 1. However, some women experience light spotting or cramping around the time of implantation.

Your emotional changes: You may feel a range of emotions during week 1, including excitement, nervousness, and anxiety. It's important to talk to your partner, family, or friends about your feelings and to seek support if needed.

Week 2

During week 2, the blastocyst continues to grow and develop. The inner cells of the blastocyst will eventually form your baby's embryo, while the outer cells will form the placenta.

Your baby's development: The embryo is now made up of three layers of cells: the ectoderm, the mesoderm, and the endoderm. These layers will eventually form all of your baby's organs and tissues.

Your physical changes: You may still not notice any physical changes during week 2. However, some women experience breast tenderness or nausea.

Your emotional changes: You may continue to feel a range of emotions during week 2. It's important to talk to your partner, family, or friends about your feelings and to seek support if needed.

Week 3

During week 3, the embryo begins to take on a more recognizable human form. The head and body start to develop, and the heart begins to beat.

Your baby's development: The embryo is now about the size of a poppy seed. The head is beginning to take shape, and the eyes, nose, and mouth are starting to form.

Your physical changes: You may start to experience some pregnancy symptoms during week 3, such as fatigue, nausea, and breast tenderness.

Your emotional changes: You may continue to feel a range of emotions during week 3. It's important to talk to your partner, family, or friends about your feelings and to seek support if needed.

Week 4

During week 4, the embryo continues to grow and develop rapidly. The arms and legs begin to develop, and the heart becomes fully formed.

Your baby's development: The embryo is now about the size of a lentil. The arms and legs are beginning to grow, and the hands and feet are starting to form.

Your physical changes: You may experience more pregnancy symptoms during week 4, such as fatigue, nausea, and breast tenderness. You may

also start to notice a slight bulge in your abdomen.

Your emotional changes: You may continue to feel a range of emotions during week 4. It's important to talk to your partner, family, or friends about your feelings and to seek support if needed.

Week 5

During week 5, the embryo continues to grow and develop rapidly. The fingers and toes start to form, and the external genitalia begin to develop.

Your baby's development: The embryo is now about the size of a kidney bean. The fingers and toes are beginning to form, and the external genitalia are starting to develop.

Your physical changes: You may experience more pregnancy symptoms during week 5, such as fatigue, nausea, and breast tenderness. You may also start to notice a slight bulge in your abdomen.

Your emotional changes: You may continue to feel a range of emotions during week 5. It's important to talk to your partner, family, or friends about your feelings and to seek support if needed.

Week 6

During week 6, the embryo continues to grow and develop rapidly. The eyes start to form, and the brain begins to develop rapidly.

Your baby's development: The embryo is now about the size of a pea. The eyes are starting to form, and the brain is beginning to develop rapidly.

Your physical changes: You may experience more pregnancy symptoms during week 6, such as fatigue, nausea, and breast tenderness. You may also start to notice a slight bulge in your abdomen.

Your emotional changes: You may continue to feel a range of emotions during week 6. It's important to talk to your partner, family, or friends about your feelings and to seek support if needed.

Week 7

During week 7, the embryo continues to grow and develop rapidly. The arms and legs continue to grow, and the fingers and toes are fully formed.

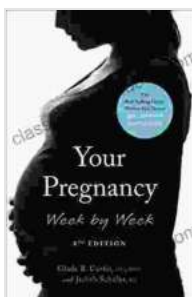
Your baby's development: The embryo is now about the size of a blueberry. The arms and legs are continuing to grow, and the fingers and toes are fully formed.

Your physical changes: You may experience more pregnancy symptoms during week 7, such as fatigue, nausea, and breast tenderness. You may also start to notice a slight bulge in your abdomen.

Your emotional changes: You may continue to feel a range of emotions during week 7. It's important to talk to your partner, family, or friends about your feelings and to seek support if needed.

Week 8

During week 8, the embryo continues to grow and develop rapidly. The head is now in proportion to the body, and the ears and nose are starting to form.



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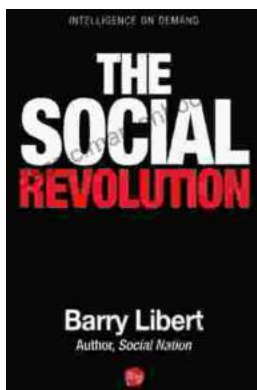
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