


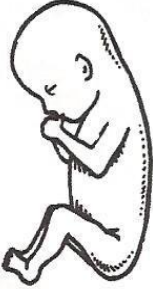
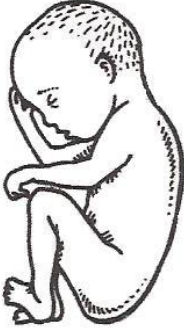






PRENATAL CHART

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

SECOND TRIMESTER	GROWTH & DEVELOPMENT	MAKE GOOD CHOICES
<p data-bbox="175 191 475 218">During the Fourth Month</p> 	<ul data-bbox="586 184 1011 646" style="list-style-type: none"> • Baby is rocked and swayed by mom's breathing & walking. • Baby kicks and wiggles toes • Makes a fist, brings hands together. • Fingernails start to grow. • Kidneys begin to make urine. • Sex organs are distinct. • Floats in a quart of amniotic fluid. • Placenta is completely formed. • Measures 6 – 7 inches, weighs about 2.8 ounces. 	<ul data-bbox="1049 184 1433 611" style="list-style-type: none"> • Tight clothing will not allow room for your baby to move and grow. • Your baby exercises daily and hopes you do too. • Depression and distress produce chemicals which may cross the placenta and affect your baby. • Stroke and pat your baby. • Play and rest with baby. • Read and sign to baby.
<p data-bbox="175 701 448 728">During the Fifth Month</p> 	<ul data-bbox="586 695 1011 1304" style="list-style-type: none"> • Mom can feel baby move, quickening. • Baby drinks and tastes amniotic fluid. • Clean fluid replaced every 3 hours. • Baby plays with umbilical cords. • Eyebrows, eyelashes are growing. • Skin is covered with yellowish substance, vernix. • Fine hair called lanugo covers body. • Layer of fat is formed around neck & shoulders to keep warm. • Measures 8 – 12 inches • Weights 9 ounces 	<ul data-bbox="1049 695 1422 1079" style="list-style-type: none"> • Your center of gravity changes as uterus grows. • Check home for hazards that might make you fall. • Just as your actions affect baby's physical development, your feelings affect her emotional development. • Select calm and pleasant surroundings.
<p data-bbox="175 1360 456 1388">During the Sixth Month</p> 	<ul data-bbox="586 1354 1011 1787" style="list-style-type: none"> • Skin is thin and wrinkled. • Hair is soft and fine. • Baby touches and explores body. • Moves and manipulates fingers. • Sucks Thumb and fingers. • Eyelids begin to part, eyes open. • Baby listens to conversations. • Can see bright light. • Loud sounds startle baby. • Measures 11 – 14 inches • Weighs 1.2 pounds 	<ul data-bbox="1049 1354 1433 1772" style="list-style-type: none"> • Vigorous exercise or bathing in hot water will cause baby's heart rate and temperature to go up. • Don't ignore warning signs; severe swelling, vision disturbances, headaches. • Recognize your baby's attempts to communicate. He waits for your response. • He hears your voice and responds to it.

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"> • Baby is adding fat and gaining muscle control. • Hair is growing longer. • Skin is red and wrinkled. • Pupils dilate, adjusts to light and dark. • See shades of red when eyes open. • Recognizes voices. • Responds to pain. • Legs are bent toward chest. • Measures 15.75 inches • Weighs 2.4 pounds 	<ul data-bbox="1047 205 1430 663" style="list-style-type: none"> • Poor nutrition can impair brain and organ growth. • Loud noises may cause baby's heart rate to increase and body to tremble. • Start preparing for baby's birth and homecoming. • Accurate information about labor and delivery will reduce fears. • Talk to baby about your movements and daily activities.
<p data-bbox="183 741 482 772">During the Eighth Month</p> 	<ul data-bbox="581 714 997 1035" style="list-style-type: none"> • Lungs are maturing. • Gaining more fat under skin. • Bones becoming harder. • Lanugo disappeared from face. • Fingernails reach fingertips. • Drinks amniotic fluid, practices swallowing. • Measures 18.9 inches • Weighs 4 – 5 pounds 	<ul data-bbox="1047 714 1430 1035" style="list-style-type: none"> • Braxton Hicks contractions exercise your uterus. • Make a choice between bottle or breast feeding. • Don't skip meals. • Walking is an excellent form of exercise. • A warm bath or shower is a great way to relax.
<p data-bbox="175 1239 461 1270">During the Ninth Month</p> 	<ul data-bbox="581 1222 1003 1690" style="list-style-type: none"> • Skin is smooth. Vernix and lanugo disappear. • Will recognize family member's voices when born. • Position is head down, facing mom's back. • Head will engage in pelvis, enlighten. • Bones in head are soft for birth. • Movements are limited in womb. • Measures 19 – 21 inches • Weighs 6 – 9 pounds 	<ul data-bbox="1047 1222 1430 1713" style="list-style-type: none"> • Weekly prenatal visits increase your chances of having a healthy baby. • Your emotions will peak as your body gets ready to give birth. Expect to feel excited, anxious, impatient, irritable. • Review signs of labor. • Count your baby's movements for one hour several times a day. • Relax and enjoy your unborn baby. Let baby know she is loved.