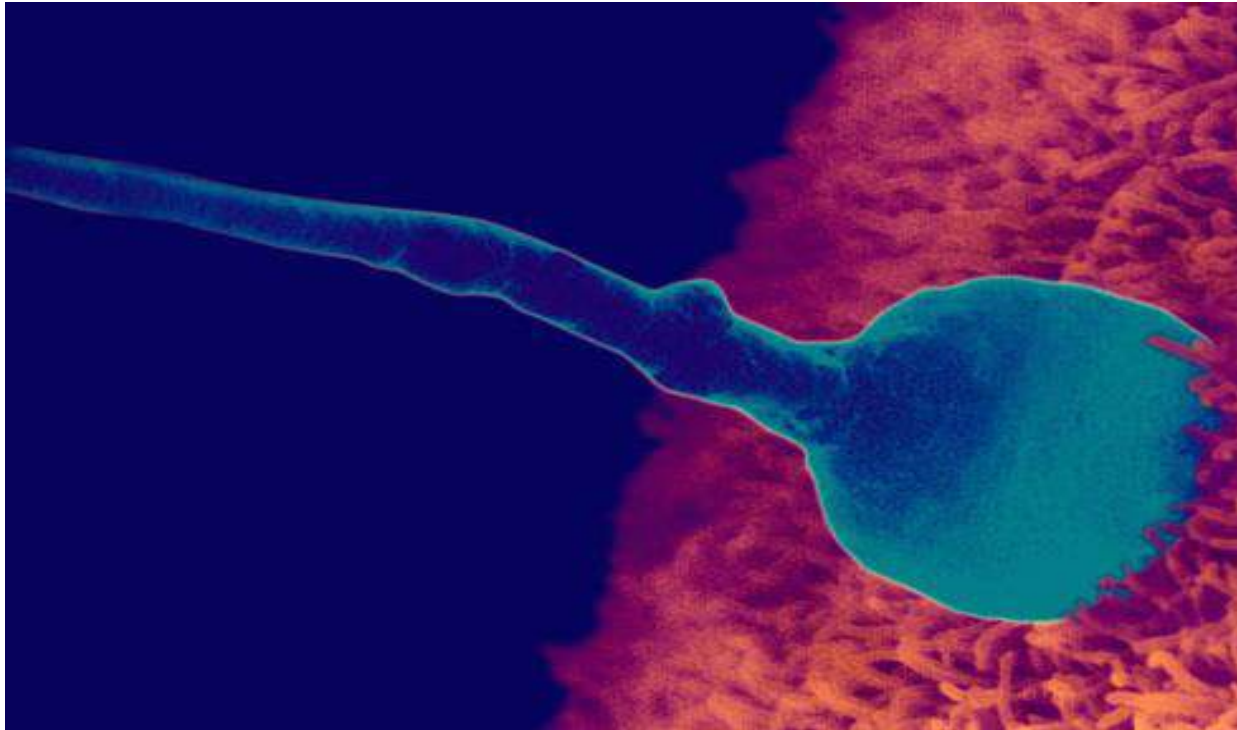




# Follow your pregnancy

Learn about your baby from  
conception to birth

## Learn about your baby: How it all starts



Your pregnancy starts when during sexual congress the man's sperm fertilises an egg in your womb. We call that conception. Once fertilised, the egg cell begins to split into many cells. We count 40 weeks from conception, but it not so precise. The placenta that feeds the baby also begins to grow immediately.

## Learn about your baby: 4 weeks



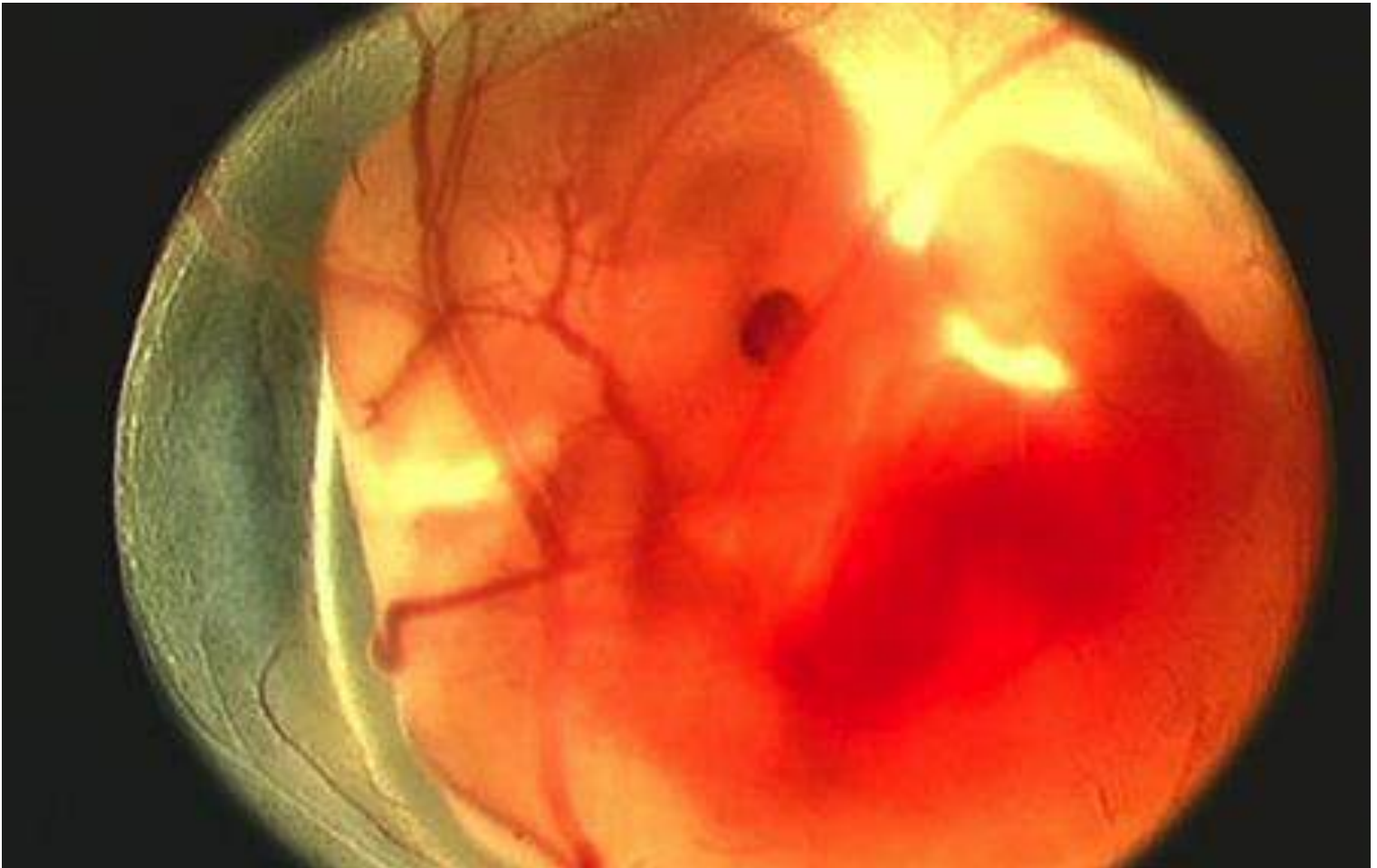
Now a start is made with his face and neck. The heart and veins continue to develop. The lungs, stomach, and liver start to develop, too.

# Learn about your baby: 8 weeks



The foetus (baby in development) is now a little over 1.27 cm in size. Eyelids, nose and ears are forming. The arms and legs are well formed. The fingers and toes separate and grow longer.

# Learn about your baby: its home during pregnancy



Your unborn baby in its home. Here you see the foetus in the amniotic sack, the bag of water in which it grows inside your belly.

# Learn about your baby: 12 weeks



It measures about 5 cm and starts to make its own movements.  
The baby's heartbeat can be heard but only with a special instrument.

# Learn about your baby: 16 weeks



It now measures about 11-12 cm and weighs about 100 grs. The top of your uterus (belly) is now about 7-8 cm below your belly button. The baby's eyes can blink and the heart and blood vessels are fully formed. Its fingers and toes have fingerprints.

# Learn about your baby: 20 weeks



Now it weighs about 284 grs and is a little more than 15,24 cm long. Your belly is at the level of your belly button. The baby can suck a thumb, yawn, stretch, and make faces. Soon -- if you talk to him, caress him, he learns to recognise you!



# Learn about your baby: ultrasound picture at week 20



If there are doubts about smooth progress, an ultrasound may be done at 20 weeks. On the ultrasound picture, the doctor can see if the placenta is healthy and attached normally and if your baby is growing properly. You can see the baby's heartbeat and movement of its body, arms, and legs on the ultrasound. The sex of the baby is usually visible at 20 weeks. In some places, ultrasound is routine, not only for doubt.

# Learn about your baby: 24 weeks



Look at that happy smile! His weight is 500- 600 grs now. He responds to sounds by moving or his heart beats faster. If you feel jerking motions he has hiccups! It may feel it is upside down in the womb. It can hear music, your voice, feel your movements, feel if you touch him...

# Foetus at 28 weeks



The baby is 35 cm long and weighs a kilo. He moves around and kicks a lot now. He is playing! If labour started too early, your baby could survive but it is really better he stays inside for 10 weeks more! Ask your doctor about preterm labor warning signs. Review your **birth plan** and prepare yourself for childbirth, learn the danger and warning signs, and how labour starts.

# Learn about your baby: 32 weeks



The baby weighs almost 2 kgs now and is moving around a lot. Skin wrinkles disappear as fat starts to form under the skin. Between now and his birth, your baby will gain up between one to two kilos more. Inside the womb, your baby is pale, no colour yet.

**Is your birthplan ready? Have you collected all you need? Go to birthplan to check!**

# Learn about your baby: 36 weeks



Babies differ in size. Boys are often bigger than girls, twins are smaller than singletons, also because the parents are bigger or smaller.. If your baby is small but growing steadily it is OK. At this stage he is about 47 cm and weighs close to 2,7 kg. The brain and lungs are nearly finished. The head is facing downwards by now, ready for the birth. Birth between 37-42 weeks is best.

# Learn about your baby: 40 weeks



There he or she is! The baby's due date for full growth is calculated for 40 weeks of gestation, but a full term birth can be from week 38 thru 42. If labour doesn't start spontaneously at 42 weeks, contractions (= labour) may be medically induced by the health provider for the baby's and your own safety. Your baby's skin colour will change to its real shade later.