

month 3: weeks 9 to 12

Your baby's growth during weeks 9 to 12

Week 9

This week your baby is becoming tinctly human in shape, looking less like a tadpole and more like a person. The embryonic tail at the bottom of your baby's spinal cord is shrinking and disappearing, and the face is more rounded.

Your baby's head is quite large compared with the rest of the body and is tucked down onto the chest. Hands and feet are continuing to form fingers and toes, and elbows are more pronounced. Nipples and hair follicles are forming.

Your baby's pancreas, bile ducts, gallbladder and anus have formed, and the intestines are growing longer. Internal reproductive organs, such as testes or ovaries, are starting to develop this week, but your baby's external genitals don't yet have noticeable male or female characteristics.

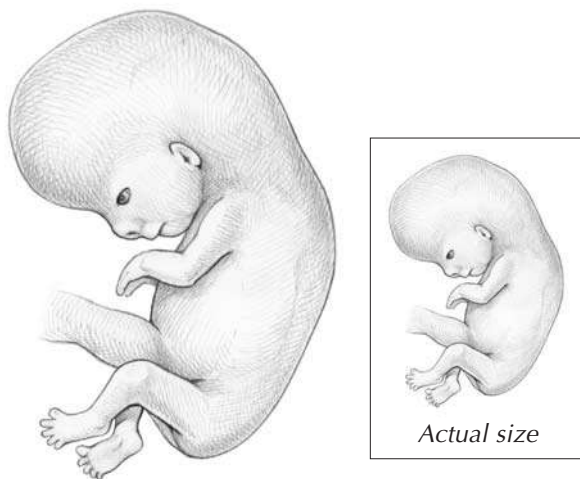
Your baby may start making some movements this week, but you won't be able to feel them for several more weeks.

At nine weeks into your pregnancy, seven weeks since conception, your baby is almost 1 inch long and weighs a bit less than $\frac{1}{8}$ of an ounce.



Week 10

By week 10 the beginnings of all of your baby's vital organs have formed. The embryonic tail has disappeared completely, and fully separated fingers and



toes have formed. The bones of the skeleton are now forming. Your baby's eyelids are more developed, and the eyes look closed. The outer ears are starting to assume their final form. Your baby is also starting to develop buds for teeth.

Your baby's brain is now starting to grow more quickly. This week almost 250,000 new neurons are being produced in his or her brain every minute.

If your baby is a boy, his testes will start producing the male hormone testosterone this week.

Week 11

At 11 weeks and one day of your pregnancy to the time your baby is full term, he or she is officially described as a fetus. With all organ systems in place, week 11 begins a time of rapid growth. From now until your 20th week of pregnancy — the halfway mark — your baby will increase his or her weight 30-fold and will about triple in length. To accommodate all this growth, blood vessels in your placenta are growing larger and more numerous to keep up the supply of nutrients to your baby.

Your baby's ears are moving up and to the side of the head this week, and his or her reproductive organs are developing quickly, too. By the end of the week, what was a tiny tissue bud of external genitalia has developed into either a recognizable penis or a clitoris and labia majora.

Week 12

Your baby's face takes on further definition this week, as the chin and nose become more refined. This week also marks the arrival of fingernails and toenails. Your baby's heart rate may speed up by a few beats per minute.



Eighty percent of actual size

By the 12th week of your pregnancy, your baby is nearing 3 inches long and weighs about $\frac{4}{5}$ of an ounce. The end of the 12th week marks the end of your first trimester.

Your body during weeks 9 to 12

The third month of pregnancy is the last month in your first trimester. Some of the first discomforts and annoyances of pregnancy, such as morning sickness and frequent urination, may be particularly troublesome this month. But the end is in sight — at least for a while. For most women, the side effects of early pregnancy greatly diminish in the second trimester.

Your hormones

Hormone production is continuing to increase this month, but a shift is going on. By the end of your 12th week of pregnancy, your baby and placenta will be producing more estrogen and progesterone than your ovaries do.

Your body's increased hormone production is likely continuing to cause unpleasant signs and symptoms, such as nausea and vomiting, breast soreness, headaches, dizziness, increased urination, insomnia and vivid dreams. Nausea and vomiting may be especially bothersome. If you have morning sickness, it may last this entire month. It will likely subside midway into next month. It almost always subsides by the end of next month.

On the upside, your increased blood volume and increased production of the hormone human chorionic gonadotropin (HCG) are working together this month to give you that pregnant "glow." Greater blood volume is bringing more blood to your blood vessels, resulting in skin that looks

slightly flushed and plump. The final part of the glow comes from the hormones HCG and progesterone, which are increasing the amount of oil secreted by the oil glands in your face, causing your skin to look smoother and slightly shinier.

One possible downside: If you commonly experienced acne breakouts during your menstrual period before you were pregnant, this extra oil may be making you more prone to acne.

Your heart and circulatory system

Your body's increased blood production will continue throughout your pregnancy, but this month marks the end of the time of greatest increase. To accommodate this change, your heart is continuing to pump harder. It's also pumping faster. These changes in your circulatory system may be continuing to cause unwelcome physical signs and symptoms, such as fatigue, dizziness and headaches.

Your eyes

While you're pregnant, your body retains extra fluid. This causes the outer layer of your eye, called the cornea, to get about 3 percent thicker. This change typically becomes obvious by about the 10th week of your pregnancy, lasting until about six weeks after your baby is born. At the same time, the pressure of fluid within your eyes, called intraocular pressure, decreases about 10 percent during pregnancy.

As a result of these two events, you may begin to have slightly blurred vision this month. If you wear contact lenses, particularly hard lenses, you may find them uncomfortable to wear. Still, there's no need to change your contact lenses. Your eyes will return to normal after you give birth.

Your breasts

Your breasts and the milk-producing glands inside them are continuing to grow, stimulated by increased production of estrogen and progesterone. The areolas, the rings of brown or reddish-brown skin around your nipples, may also be larger and darker. Your breasts may continue to feel tender or sore, though the soreness is probably easing a bit. Your breasts may feel fuller and heavier as well.

Your uterus

Up to your 12th week of pregnancy, your uterus fits inside your pelvis. It's probably hard for anyone to tell you're pregnant just by looking at you. Even so, you'll likely have pregnancy-related signs and symptoms. Throughout this month, because of your uterus' increasing size and proximity to your bladder, you'll probably continue to feel the need to urinate more often. By the end of

the month, your uterus will have expanded up out of your pelvic cavity, so the pressure on your bladder won't be as great.

Your bones, muscles and joints

You may be continuing to feel some twinges, cramps or pulling in your lower abdomen. The ligaments supporting your uterus are stretching to accommodate its growth. Early in the second trimester, it's common to have sharp pain on one side or the other, usually provoked by a sudden movement. This pain is the result of a hard stretch of the round ligament that tethers the uterus to the abdominal wall. It isn't harmful, but it can hurt.

Weight gain

When you add up your baby's weight, your placenta, the amniotic fluid, the increased amount of blood your body has produced, the fluid accumulated in your own body tissues and your bigger uterus and breasts, you'll probably have gained about 2 pounds by the end of your 12th week of pregnancy. If your pre-pregnancy weight is in the normal range, you'll probably gain about 25 to 35 pounds during your pregnancy. Most of your weight gain will occur in the second half of your pregnancy and after your 33rd or 34th week, when you'll probably gain about a pound a week.

Self-care resources

The changes in your body during the third month of pregnancy can produce some unpleasant signs and symptoms. For more information on dealing with common complaints such as abdominal pain or cramping, acne, fatigue, frequent urination, and vomiting, see Part 3, "Pregnancy Reference Guide" on page 413.

Your emotions during weeks 9 to 12

Body image

In the early months of your pregnancy, you may be preoccupied with the physical changes occurring in your body. Given the emphasis our culture puts on being slim, you may be upset about these changes. Simply put, you may feel fat and unattractive. These feelings may be especially strong this month, as you start developing a small potbelly.

Changes in your body's shape and function can affect the way you feel. You may feel less attractive in general and to your partner in particular. You may be especially bothered by body image concerns if this is your first pregnancy.

If you have a negative body image, you may be having trouble enjoying or even wanting to have sex with your partner. You may not be able to imagine why your partner would even want to make love.

If you're feeling this way, keep a couple of things in mind. For most women, interest in intercourse continues during pregnancy, but it may decrease a bit. This is normal. Also, though it may be hard for you to believe, your partner is probably proud of the physical changes in your body that come with pregnancy. Ask him about it.

There's more to a sexual relationship than intercourse. Massage can heighten sensuality and intimacy and lead comfortably to intercourse. Or it can be an enjoyable end in itself. Find the balance that works best for you and your partner.

Appointments with your health care provider

You'll likely have your second prenatal visit with your health care provider this month. Your second visit to your health care provider will probably be briefer than your first, but it will probably include many of the same things. Your health care provider may check your weight and blood pressure. Rarely will you need another pelvic exam unless something unusual was discovered at your first visit.

One thing to look forward to during your second visit: If the visit occurs around the 12th week of your pregnancy, your health care provider may use a special listening device called a Doppler, which may allow you to hear your baby's heartbeat for the first time.

When to call a health care professional during weeks 9 to 12

When in doubt, call. It's always better to be safe than sorry.

WHEN TO CALL



Here's a guide to possibly troublesome signs and symptoms and when you should notify your health care provider in the third month.

| Signs or symptoms | When to tell your health care provider |
|---|--|
| <i>Vaginal bleeding or spotting</i> | |
| Slight spotting that goes away within a day | Next visit |
| Any spotting or bleeding lasting longer than a day | Within 24 hours |
| Moderate to heavy bleeding | Immediately |
| Any amount of bleeding accompanied by pain, cramping, fever or chills | Immediately |
| Passing of tissue | Immediately |
| <i>Pain</i> | |
| Occasional pulling, twinging or pinching sensation on one or both sides of your abdomen | Next visit |
| Occasional mild headaches | Next visit |
| A moderate, bothersome headache that doesn't go away after treatment with acetaminophen (Tylenol, others) | Within 24 hours |
| A severe or persistent headache, especially with dizziness, faintness, nausea or vomiting, or visual disturbances | Immediately |
| Moderate or severe pelvic pain | Immediately |
| Any degree of pelvic pain that doesn't subside within four hours | Immediately |
| Pain with fever or bleeding | Immediately |
| <i>Vomiting</i> | |
| Occasional | Next visit |
| Once every day | Next visit |
| More than three times a day or with inability to eat or drink between vomiting episodes | Within 24 hours |
| With pain or fever | Immediately |
| <i>Other</i> | |
| Chills or fever (102 F or higher) | Immediately |
| Painful urination | Same day |
| Increased frequency of urination | Next visit |
| Inability to urinate | Same day |
| Mild constipation | Next visit |
| Severe constipation, no bowel movement for three days | Same day |