

FIRST 12 WEEKS

- WEEK 1** Last menstrual period. Uterus is thickening to prepare for fertilized egg.
- WEEK 2** Ovulation and conception.
- WEEK 3** Sperm and egg have merged and travel down fallopian tube.
- WEEK 4** Attachment to uterus. Cells start dividing into all future organs. Amniotic and yolk sac forming.
- WEEK 5** Two tubes are formed: one for brain and spinal cord, the other for the heart which soon after begins beating.
- WEEK 6** Eyes, lungs, limb buds, and digestive system begin forming. Brain and spinal cord developed.
- WEEK 7** Limbs are sprouting out. Tongue forming. Hair growth starting.
- WEEK 8** Face taking shape with eyes, nose, ears, and upper lip. Bones forming. Webbed fingers and toes present.
- WEEK 9** Legs fully formed. Movement begins. Internal reproductive organs forming.
- WEEK 10** Profile well defined. Eyes are open. Brain connections are forming. Fingers and toes no longer webbed. Fingerprint ridges start forming from friction.
- WEEK 11** Fingernails and irises in the eyes are forming. External genitalia start forming.
- WEEK 12** Kidneys start producing urine and teeth are forming.



SELF-CARE TIPS

- 1 Eat a nutritionally balanced diet including plenty of calcium & iron.
- 2 Drink plenty of water to stay hydrated.
- 3 Dieting for weight loss is not recommended during pregnancy.
- 4 Continue exercise in a normal routine unless advised otherwise by your doctor.
- 5 Your doctor may recommend prenatal vitamins with folic acid & iron.
- 6 Do not smoke, drink alcohol, or use illegal drugs.
- 7 Give yourself time to rest.
- 8 Do not discontinue prescribed medications without consulting a doctor, but also consult with a doctor before taking any non-prescription medications.
- 9 Create a group of safe people to support you.
- 10 Follow instructions on miscarriage & ectopic brochures if necessary.