

How Does Your Baby Grow?

Between 0–12 Weeks

- Baby's weight at 12 weeks is about 1½ ounces.
- Baby's length at 12 weeks is about 3½ inches.

BABY

- One of your eggs is fertilized when you become pregnant.
- This makes a new cell.
- The cell divides quickly into many more cells.
- At about 1 week, this tiny mass attaches to the wall of the uterus.
- This tiny mass is called an embryo.
- While the embryo (your baby) is growing, the placenta (that attaches the embryo to you) and amniotic sac (that holds the embryo while it grows inside of you) begin to form.
- Now your baby's organs and body parts are forming, even the fingers and toes.
- At the 8th week, the embryo is called a fetus.
- The baby is completely formed by the end of the 12th week.
- The baby can make a fist.
- The baby can turn its head, squint its eyes, and frown.

MOTHER

- If you miss a period, you may be pregnant.
- Your breasts may get full and tender.
- Your nipples and dark part around them get darker.
- Your uterus will grow and press on your bladder.
- You will need to urinate more often.
- You may have morning sickness and tire more easily.

Between 13–16 Weeks

- Baby's weight at 16 weeks is about 7 ounces.
- Baby's length at 16 weeks is about 5½ inches.



BABY

- Your baby is growing quickly now.
- Your baby's head is now about 1/3 of its total length when it is born.
- Your baby's face is getting more defined.
- The baby's hair, eyebrows, and eyelashes are forming.
- The baby's outside sex organs are now formed enough to tell if you are having a boy or a girl.

MOTHER

- At about 13 weeks, your uterus can be felt just above your pubic bone.
- You are beginning to look pregnant.
- At about 14–16 weeks, your doctor can hear the baby's heartbeat.
- At 16 – 20 weeks, you will start to feel your baby move inside of you.

Between 17–20 Weeks

- Baby's weight at 20 weeks is about 1 pound.
- Baby's length at 20 weeks is about 7½ inches.



BABY

- Your baby's head, arms, legs, and body are now fully formed.
- Soft, fine body hairs cover the baby's body.
- A cheese-like coating protects the baby's skin.
- Hair on the head and eyebrows appear.
- The baby sleeps and wakes at regular times inside of you.
- The baby can now swallow and may suck a thumb.
- The baby is moving around more inside of you.

MOTHER

- You will feel your baby move more.
- You may feel muscle cramps in your legs because your posture is changing and/or you have a poor diet.
- Your gums may swell and bleed more easily because of changes in your blood amount and hormones.
- You are halfway there to having your baby.

Between 21–24 Weeks

- Baby's weight at 24 weeks is about 1 pound, 13 ounces.
- Baby's length at 24 weeks is about 13½ inches.

BABY

- Your baby's organs continue to develop.
- The baby's skin is pink to red and wrinkled.
- The baby is thin but the movements are getting stronger.
- The baby's eyes open and close.
- The baby's unique fingerprint and footprint patterns have formed.



MOTHER

- As your baby grows, you may have heartburn.
- Now and then you may feel some contractions. This may happen more often in late pregnancy.
- You may see small dark patches on the skin of your face or a dark line down the middle of your belly (because of changes in your hormones).

Between 25–28 Weeks

- Baby's weight at 28 weeks is about 2 pounds, 14 ounces.
- Baby's length at 28 weeks is about 14½ inches.

BABY

- Your baby is growing very fast.
- A layer of fat starts to form under your baby's skin.
- The baby's lungs are getting stronger.
- The baby's hair keeps growing.
- The baby exercises by kicking and stretching.



MOTHER

- You may see red streaks or stretch marks on your belly, breasts, or thighs because of changes in your hormones and stretching of the skin.
- You may have some swelling of your legs, ankles, and feet because your uterus is pressing on large blood vessels in your body.
- You may see varicose veins beginning in your legs.
- You may develop hemorrhoids.

Between 29–32 Weeks

- Baby's weight at 32 weeks is about 4 pounds, 10 ounces.
- Baby's length at 32 weeks is about 16½ inches.

BABY

- The baby's bones harden as it is growing.
- More fat forms under the skin to keep the baby's body heat steady after birth.



- Your baby can hear noises from outside your body.
- The baby is too big to move around much.
- The baby's kicking is stronger.

MOTHER

- You may feel some shortness of breath because your uterus is pressing on your diaphragm.
- You may also have trouble sleeping.
- You may have aching pain in your hips, lower belly, and vagina.
- Hormone changes may cause pressure on blood vessels and stretching of the tissue that holds the uterus in place.

Between 33–36 Weeks

- Baby's weight at 36 weeks is about 6 pounds, 6 ounces.
- Baby's length at 36 weeks is about 18½ inches.



BABY

- Your baby is now gaining about 1/2 pound per week.
- The baby's skin is now pink to red and smooth.
- The baby is sucking and grasping harder.
- At about 34 weeks, the baby's body is making a substance that is needed for the lungs to work on their own.
- By 36 weeks, the baby will be fully developed.
- The baby begins to get in position for birth with its head facing down.

MOTHER

- You are now carrying your baby farther out in front of you.
- Some muscles of your belly are stretching to hold your growing baby.
- Your pelvis and vagina are relaxing to get ready for your baby's birth.

Between 37–40 Weeks

- Baby's weight at 40 weeks is about 7½ pounds.
- Baby's length at 40 weeks is about 19½ inches.

BABY

- Your baby is getting heavier now.
- The baby's fingernails may grow longer than the fingertips.
- The bones in the baby's head and the rest of the body keep growing.
- The baby feels and reacts to more and more things.

MOTHER

- You are now near the end of your pregnancy.
- The baby may have moved down in your body.
- If you have already had a baby, your baby may not move down until labor starts.
- You should now be able to breathe more easily because the baby has moved lower in your body.
- You will need to urinate more often.
- You may also feel contractions more often.