



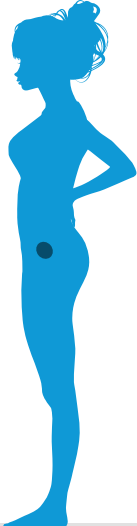
Pregnancy Calendar

Nothing is more exciting than bringing a new, precious life into this world. The moment when you first hold your newborn is sure to be one to remember. Until then, here are some tips on what to expect.

Trimester 1

Month 1

- Week 1**
This is the week of your last period. You most likely will not be feeling any differently than you normally would.
- Week 2**
You are ovulating, and your egg could get fertilized if you have unprotected sex this week.
- Week 3**
This week the cells in your fertilized egg are dividing to create many more cells, as the egg travels down to implant itself in the lining of your uterus. You are officially pregnant, although you still may not feel like it yet.
- Week 4**
The egg is continuing to implant itself in your uterine lining, as structures are beginning to develop inside. You may be spotting this week, and as the pregnancy hormone is released into your body, you may feel nauseous, achy or tired.



Month 2

- Week 5**
This week the embryo is starting to develop a heart and neural tube (which will later be the spinal cord). You could be feeling nauseous right now.
- Week 6**
There are lots of exciting developments this week! The eyes, brain, digestive system and ears are just beginning to form. However, you may feel less than fantastic, as now could be the time for fatigue, morning sickness and frequent urination.
- Week 7**
Right about now, the umbilical cord is connecting you to your little one, as his or her lungs and facial features develop. You may still feel quite a bit nauseous.
- Week 8**
This week the fingers and toes are forming and the eyes are beginning to have color. Now is usually the time to make your first prenatal visit to the doctor to confirm that you are pregnant and listen to baby's heartbeat.

Month 3

- Week 9**
The head is growing rapidly, and the nose and eyelids are starting to develop, as is the reproductive system. The area around your uterus may feel somewhat swollen.
- Week 10**
Right now, many features have formed but are still very, very small.
- Week 11**
Your baby is moving, but you won't be able to feel its movements yet. You are possibly feeling better and may even be beginning to show.
- Week 12**
Urine can be produced now and the vocal cords are formed. You may be noticing changes in your skin due to hormones.
- Week 13**
The intestines and eyelids are developed by this week. You may be experiencing heartburn and abdominal pain.



Designed to overlap

Trimester 2

Month 5

- Week 14**
Hair is growing by now, but will go away before birth. Your appetite may be increasing at this point.
- Week 15**
This week your little one can hear sounds and make movements. You may be experiencing some mood swings.
- Week 16**
By now, the head can move around and facial expressions can be made. Your breasts might be increasing in size.
- Week 17**
Your little one's bones have formed by now. You may have leg and back pain.

Month 4

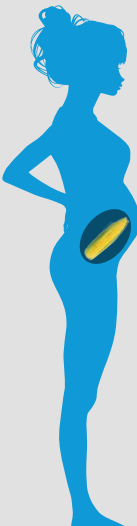


- Week 18**
Your baby is moving inside you, and you may be able to feel the movements. You may have some stretch marks.
- Week 19**
There is a protective coating on your little one at this point. You may get dizzy or lightheaded easily and have dry skin due to lack of fluids. Be sure to take care of yourself and relax as much as possible.
- Week 20**
You may already know your baby's gender or could be discovering it right about now. You could be feeling pressure from your expanding uterus and may have to urinate more often.
- Week 21**
This week the fingernails and toenails are developed. You may have swollen legs and feet, so make sure to sit down and give yourself a break when necessary.



- Week 22**
Your baby now has a sense of touch. Your weight gain continues and you may start feeling a little heavier.
- Week 23**
Your baby's skin is continuing to develop. You could be feeling more movements and some kicking this week.
- Week 24**
The inner ear is fully formed this week. You may be experiencing contraction-like sensations, but these are in all likelihood not real contractions.
- Week 25**
The fat is continuing to develop under your baby's skin. Your eyes could be drier than usual, and your hair could be growing faster than you are used to.
- Week 26**
Your baby's eyelashes are growing and the eyes may be able to blink by now. You could be experiencing some chest pain.

Month 6



Trimester 3

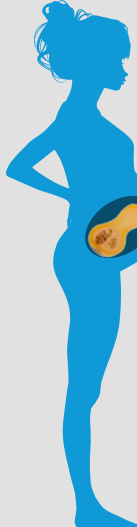
Month 7

- Week 27**
You may begin noticing baby's sleep and wake cycles by the kicking and movements you feel. You may also be feeling very swollen at this point.
- Week 28**
Your little one is growing and gaining weight more rapidly this week. You may be having trouble sleeping.
- Week 29**
Your baby is kicking and moving a lot by now. You could be feeling achy and itchy.
- Week 30**
Your little one may occasionally have the hiccups. You may be experiencing constipation at this point.



- Week 31**
This week your baby is swallowing. You may experience moderate to severe back pain.
- Week 32**
New hair grows on your baby's face and head, as the temporary hair is disappearing. You may have nausea and nosebleeds.
- Week 33**
This week your little one is asleep most of the time and may even be dreaming. You could be experiencing leg and foot pain, so try not to be on your feet too much right now.
- Week 34**
Your baby has more noticeable facial features at this point. You may be quite swollen this week.
- Week 35**
By now your little one is large enough to completely fill your uterus. You could be feeling numbness in your pelvic area.

Month 8



- Week 36**
This week, your baby is almost done growing. You may very well be increasingly exhausted at this point, but hang in there!
- Week 37**
The fingers can now grab and grasp and the eyes can recognize light. You could be experiencing severe pressure in your abdomen.
- Week 38**
The tear ducts have fully developed by now. You may feel pressure in your pelvis as your baby moves downward.
- Week 39**
The lungs are still forming this week. You may be leaking pre-milk from your breasts, and you may be stressed, but you're so close!
- Week 40**
The week you've been waiting for is finally here! From all of us at Tiny Love, congratulations!

