



# Fetal Development *How Your Baby Grows*

During the first trimester, your baby develops from a small group of cells to a fetus with a heartbeat and reproductive organs. For the first eight weeks, your baby is referred to as an embryo. At about nine weeks, she's considered a fetus. During the first four weeks, tremendous developments are taking place. Here's how your baby grows:

	WHEN	WHAT DEVELOPS	ACTIVITIES
<b>THE FIRST TRIMESTER</b>	<b>first 24 hours</b>	<ul style="list-style-type: none"> <li>■ The fertilized ovum divides, first into two cells, then four and so on.</li> </ul>	
	<b>first week</b>	<ul style="list-style-type: none"> <li>■ The dividing egg moves down the fallopian tube.</li> <li>■ By the end of the first week, the clump of cells implants in the lining of the uterus.</li> </ul>	
	<b>second week</b>	<ul style="list-style-type: none"> <li>■ The embryo is getting nourishment from the uterine lining.</li> <li>■ The placenta forms.</li> </ul>	
	<b>third week</b>	<ul style="list-style-type: none"> <li>■ The amniotic sac begins to develop.</li> <li>■ The future umbilical cord is attached to the placenta.</li> </ul>	
	<b>fourth to eighth week</b>	<ul style="list-style-type: none"> <li>■ The embryo has a head, a trunk and a tail.</li> <li>■ The heart will begin beating by the fifth week.</li> <li>■ Fingers and toes have formed.</li> <li>■ The vertebrae begin to form.</li> <li>■ The neck and face begin to take shape.</li> </ul>	
	<b>by the end of the first trimester</b>	<ul style="list-style-type: none"> <li>■ A neural tube, from which the spinal cord and brain will grow, forms.</li> <li>■ The digestive tract, the eyes and the ears form.</li> <li>■ Liver function begins.</li> <li>■ Development of the urinary tract and reproductive organs occurs.</li> </ul>	<ul style="list-style-type: none"> <li>■ turns head</li> <li>■ kicks feet</li> <li>■ opens mouth</li> <li>■ makes a fist</li> <li>■ makes faces</li> </ul>
<b>THE SECOND TRIMESTER</b>	<b>fourth month</b>	<ul style="list-style-type: none"> <li>■ The body is catching up to the head in proportion.</li> <li>■ The urinary tract is working.</li> <li>■ The circulatory system is working.</li> <li>■ Bones begin developing.</li> <li>■ The fetus is covered with thick downylike hair called lanugo.</li> </ul>	<ul style="list-style-type: none"> <li>■ She extends her arms and legs.</li> <li>■ The fetus is inhaling and exhaling amniotic fluid.</li> <li>■ She does somersaults.</li> <li>■ Your baby may be hiccuping.</li> </ul>
	<b>fifth month</b>	<ul style="list-style-type: none"> <li>■ The senses of taste and smell are formed.</li> <li>■ Nerve cells are developing in the brain.</li> <li>■ Existing nerve cells are becoming more complex.</li> <li>■ Eyebrows and eyelids are fully developed.</li> </ul>	<ul style="list-style-type: none"> <li>■ The fetus may suck her thumb.</li> <li>■ Your baby is gaining fat to keep warm.</li> <li>■ Your baby can hear and respond to noise.</li> </ul>
	<b>sixth month</b>	<ul style="list-style-type: none"> <li>■ The lips are formed.</li> <li>■ Eyes have formed except for the color of the iris.</li> <li>■ Sense of touch is developed.</li> <li>■ Blood vessels in the lungs are preparing for breathing.</li> </ul>	<ul style="list-style-type: none"> <li>■ Your baby can now feel movement.</li> <li>■ A light shown at the mother's abdomen will make the baby turn her head.</li> </ul>
<b>THE THIRD TRIMESTER</b>	<b>seventh month</b>	<ul style="list-style-type: none"> <li>■ Fat layers are appearing as the baby gains weight.</li> <li>■ Fingernails form.</li> <li>■ In boys, the testicles are moving into the scrotum.</li> <li>■ In girls, the clitoris is prominent.</li> <li>■ The lungs and digestive tract are almost fully matured.</li> </ul>	<ul style="list-style-type: none"> <li>■ Eyes open and close.</li> <li>■ Your baby sleeps and awakens at regular intervals.</li> <li>■ By midmonth, the eyes can open fully.</li> <li>■ The baby may be able to see her hand.</li> </ul>
	<b>eighth month</b>	<ul style="list-style-type: none"> <li>■ The baby is gaining about half a pound per week.</li> <li>■ Layers of fat are developing under the skin.</li> </ul>	<ul style="list-style-type: none"> <li>■ She has probably turned head-down in preparation for the coming birth.</li> <li>■ The baby is gradually dropping. This is called lightening or engagement.</li> </ul>
	<b>ninth month</b>	<ul style="list-style-type: none"> <li>■ At 36 to 38 weeks of pregnancy, the baby is surrounded by about two pints of amniotic fluid, more than at any other time.</li> <li>■ Your baby weighs 6 to 9 pounds and measures somewhere between 19 and 22 inches.</li> <li>■ All the organ systems have developed and are in place, with the lungs being the last to reach real maturity.</li> </ul>	<ul style="list-style-type: none"> <li>■ Your baby moves around less, because she's very crowded.</li> <li>■ The baby will swallow hair and her exterior coating, along with other secretions, and will store them in her bowels. (These fluids will become the infant's first bowel movement, a blackish waste called meconium.)</li> <li>■ About 5 percent of babies are born on their actual due dates. About 85 percent are born within two weeks of their due dates.</li> </ul>