

HOW YOUR BABY DEVELOPS

THE TIMING OF PREGNANCY

The timing of pregnancy does not start from when or the month you missed your period. It starts from the 1st day of your last menstrual period on this timing pregnancy last for forty weeks.

Some pregnancy are a little shorter and some a little longer that is why we always minus or add 2weeks to your expected date of delivery

HOW THE BABY DEVELOPS

1ST 3 WEEKS

Conception happens when the sperm meets a fertilized ovum. The development of the fetus starts from the fallopian tube. The fertilized egg starts dividing into small cells and stays in the ampulla of the fallopian tube for some weeks and it leaves there to continue to swim into the womb or uterus.

During this period division of the cells still continues and by the time it gets into the womb, it has divided into a mass of about 100cells and is still growing.

Once in the womb, the egg attached itself to the womb lining. This is called ***IMPLANTATION.***

4-5 WEEKS

At this stage: There are 2 parts of the cells, the outer cells which reach out like roots to link with the mothers blood supply and the water cells which forms into two and later into three. A part forms the brain, and nervous system, the skin, eyes and ears. The 2nd part forms the lungs, stomach and gut. And the 3rd layer forms the hearts, blood, muscles and bones.

At the fifth week, this is when the woman knows she has missed her period. By this time, the nervous system is beginning to develop. A groove forms from the head to the tail and this is the cell that forms the baby brain and spinal cord. At the same time, the heart is forming and the baby's is forming its own blood vessels. A string of these blood vessel forms the umbilical cord which is what connects the baby to the mother.

6-7WEEKS

At this stage, there is a bulge where the heart is and a bump for the head because the brain is developing. This period the heart begins to beat and can be seen on an ultrasound.

Dimples on the sides of the head transform into ears and there are thickening where the eyes will be.

On the body, bumps are forming which will become muscles and bones and small swelling (called lump buds) show where the arms and legs are growing.

At 7weeks the embryo is about 8mm (1/2in) long from head to bottom.

THE PLACENTA

The placenta is rooted to the lining of the womb and separates the baby's circulation from the mother's.

In the placenta, oxygen and food from the blood stream pass across into the baby's blood stream and are carried into the baby through the umbilical cord. Antibodies giving resistance to infection passes through and also can alcohol, nicotine and other drugs.

THE UMBILICAL CORD



It is the baby's life line which connects the fetus to the placenta and also helps to take away waste product.

THE AMNOTIC SAC

10-week-old human fetus surrounded by amniotic fluid within the amniotic sac



The **amniotic sac** is a bag of fluid inside a woman's womb (uterus) where the unborn baby develops and grows. It helps to prevent any strong external impact like a blow to the stomach. That is the water that breaks before or during labor.

8-9WEEKS

This stage, the eyes and its colors are formed. There is a mouth and a tongue.

The hands and feet are formed with ridges on them where the finger and toe nails are formed.

The major internal organs i.e. the heart, brain, lungs, kidneys, liver, and the guts are developing.

At 9weeks, the baby is about 17mm (3/4in) long from head to bottom.

10-14WEEKS

At this stage, the fetus is fully formed. It has all its organs, limbs, muscles and bones. From this stage, it has to grow and mature.

The sex organs are well developed but cannot be seen through scan.

The baby is already moving about but the movement cannot be felt.

The heart beat can be picked up or heard at this stage but it is twice as fast as an adults heart beat.

15-22WEEKS

The baby is growing quickly. The body and the head are more in proportion.

The face begins to look much more human and hair is beginning to grow as well as eye lashes and eyebrows. The eye lid stays closed over the eye

The lines on the skin of the finger are now formed, so the baby has its own finger prints. The toe nails are growing and the baby become covered in a very fine, soft hair called "LANUGO"

Between 18-20 weeks you can feel the baby move for the 1st time. It can be felt before this time if it is not your first baby.

23-30weeks

The baby is now moving about vigorously and responds to touch and to sound. The baby can jump at a sudden loud noise. It is swallowing small amounts of fluids in which it is floating and passing tiny amounts of urine back into the fluid. At this stage also the baby get hiccups and you can feel it jerk at each hiccups.

It can also begin to follow a pattern of waking and sleeping which will be different from the mothers.

The heart beat can now be heard through a fetoscope or stethoscope.

The baby is covered in a white greasy substance called vernix.

At around 36weeks, the baby's eyes opens for the first time.

At 28weeks, the baby is called **VIABLE**. That means, if the baby is delivered at this stage, it can survive on its own or through intensive care.

31-40WEEKS

At this stage, from the 32nd week, the baby is usually laying head downward ready for birth. Sometimes the head might become engaged into the pelvis or it engages before labor begins.