



## The 1<sup>st</sup> Month

Conception to about week 8 (after your last period)

### *Your Baby*

- By the end of this period your baby has grown from about ¼ to 1 inch long inside a beginning sac of amniotic fluid (bag of waters)
- Hereditary characteristics were set from the moment the mother's egg (ovum) and the father's sperm met
- Father's sperm has already determined your baby's sex
- Brain and nervous system are forming
- Heart and lungs are beginning to form
- Tiny spots for ears, eyes, and nose are appearing
- Arm and leg buds are forming

### *Your Body*

- You were two weeks pregnant when you missed your first period, and you've already been pregnant six weeks when you missed your second period
- Your breasts now begin to feel tender and tingly
- Your pregnancy test turned positive as soon as a few days after you missed your first period (but may take up to 10 days after to become positive)
- You may feel nausea (morning sickness), but it can come any time of the day
- You haven't gained weight or changed your body size this month
- The placenta is forming and beginning to produce hormones that prepare your body for pregnancy
- You may feel unusually sleepy and tired
- Your uterus will grow larger, softer, and rounder, but it is down behind the pubic bone where you can't feel it yet

### *Your Responsibilities*

- Make an appointment to begin prenatal/pregnancy care
- Check with your health care provider (doctor or midwife) before taking any medications
- Avoid cigarettes and alcoholic drinks; limit your drinks of colas, teas and coffee that have caffeine
- Avoid having X-rays now that you are pregnant
- Start exercising – it can help keep your weight gain slow and steady (healthiest for you and baby) and prepare your body for birth (has even been shown in some studies to make labor faster overall)
- Eat a balanced diet of whole grain breads and cereals, fruits and vegetables, milk products and meat, or other sources of protein; avoid most fish and shellfish (talk to your provider) and heat all lunchmeat and hot dogs to steaming before eating
- Be sure you take care of your teeth by brushing at least twice daily and flossing once daily now and throughout pregnancy ; poor dental hygiene has been linked in research to problems like premature birth and high blood pressure during pregnancy
- Discuss with your partner any positive or negative feelings you both have about this pregnancy
- Decide how and when you want to tell your family and friends, and maybe your employer, about your pregnancy