



The 2nd Month

Weeks 8 to 12 (after your last period)

Your Baby

- Your baby grows to be about 2 1/4 inches long and weighs about 1/2 to 1 ounce by the end of this month
- A distinct umbilical cord has formed
- Its head is large because its brain is growing faster than its other organs
- Its heart beats
- Its stomach, liver and kidneys are forming
- This is a critical period in developing your baby's structures for seeing and hearing
- Cartilage, skin and muscles are starting to give shape to your baby's body
- Its fingers and toes are forming
- Its fingernails are beginning to appear
- Its facial features are forming

Your Body

- The placenta continues to grow and make more hormones
- Your breasts increase in size and the area around your nipples begins to darken
- Your vaginal secretions are becoming thicker, whiter, and stickier; the tissues in and around your vagina are bluish from the heavier blood supply brought in to nourish the baby
- Your growing uterus crowds into the space next to your bladder and you begin to urinate more frequently
- You may still have nausea, and it may be more noticeable in the morning
- You may still be sleepier and more tired than usual
- Your waistline may begin to get bigger
- Your uterus is still small enough to lie behind your pubic bone but it is softer, rounder, and larger now; it may feel like a small lump above your pubic bone by the end of this month
- You may gain a pound or two by the end of this month

Your Responsibilities

- Get a prenatal check-up this month and plan to have them regularly
- Ask for your prenatal test results such as your blood pressure, weight and urine each time
- Know your blood type and Rh factor
- Ask for your hemoglobin or hematocrit results to know if you are anemic
- Rest and relax; you won't need this much sleep later
- Start a daily habit of exercise – walk, swim, bike, yoga
- Avoid cigarettes, alcohol, caffeine, junk food, and any medications unless prescribed or recommended by your doctor for use during pregnancy
- Take prenatal vitamins and iron as prescribed
- Eat a balanced diet – plenty of whole grain breads and cereals and at least two servings of lean protein daily
- Try to enroll in class about pregnancy
- Share with your partner your ideas and worries about how pregnancy is affecting the both of you because everyone has some feelings of doubt
- Talk with good friends or family members who are parents about their experiences in the first few months of pregnancy
- If you have insurance, find out what maternity and baby benefits you have