



The 3rd Month

Weeks 12 to 16

Your Baby

- Your baby measures about 6 inches long and weighs about ¼ pound by the end of this month
- Amniotic fluid around your baby equals about 1 cup
- Your baby swallows amniotic fluid and its tiny kidneys return the fluid back into the amniotic sac
- The umbilical cord is well formed and blood is circulating between your infant and the placenta
- Your baby can move but it is still too tiny to be felt by the mother
- Its heart beats 120 to 180 beats per minute
- Your baby's vocal cords are formed
- The sex of your baby is easy to tell now, if you could see inside the uterus
- By the end of this month your baby's ears, arms, hands, fingers, legs, feet, and toes will be completely formed
- Reflex movements allow your baby's elbows to bend, legs to kick and fingers to form a fist
- Its taste buds are forming
- Its neck is well defined and its head (still the largest part) can be held erect

Your Body

- Your weight gain has been small so far – probably about 2 to 3 pounds
- Your appetite may begin to increase by this time
- Your nausea begins to be more infrequent
- You may notice some tendency to constipation as hormones of pregnancy cause your bowel activity to be more sluggish
- You may sweat more easily than usual
- Your uterus is now big enough to be felt above the pubic bone; you may even notice it gets hard from a contraction
- The placenta is now completely formed and hormones are produced in amounts needed to keep your pregnancy healthy
- Pregnancy may seem like a more stressful time of feeling all sorts of emotions; you may be happy and sad without any good reason that you can think of

Your Responsibilities

- Get your prenatal check-up this month
- Eat a balanced diet with plenty of protein, fresh fruits and veggies
- Drink at least 80 ounces of water each day
- Avoid cigarettes, alcohol, caffeine, and any unprescribed medication
- Get some exercise every day – like walking 20 to 30 minutes daily
- Avoid using paints (except latex), pesticides, and aerosol sprays during your pregnancy
- Examine your budget and begin to set aside some money for baby items
- Ask about any changes in your body that worry you
- Allow yourself and your partner time to adjust to both negative and positive feelings about this pregnancy; besides your partner, you may want to have someone else you can share all of your feelings with who won't laugh at or judge you