



The 4th Month

Weeks 16 to 20

Your Baby

- Baby will measure about 10 inches long and weigh about $\frac{3}{4}$ of a pound by the end of this month
- The amniotic fluid increases a lot this month and your baby enjoys moving about freely inside the amniotic sac
- Its kidneys now make urine
- Hair begins to appear on its head
- A fine downy hair (lanugo) begins to appear over your baby's body
- Its eyebrows and eyelashes begin to grow
- Its skin begins to fill out with fat
- It starts a growth spurt in both length and weight
- Baby's movements may become strong enough for some to be felt by the mother by the end of this month
- The baby's sex may be able to be seen on ultrasound this month

Your Body

- Your uterus grows to just below your navel by the end of this month
- Your weight starts to increase by about $\frac{3}{4}$ to 1 pound a week now; you may gain about 3 to 4 pounds this month
- The placenta secretes hormones into your body that help to soften some of your joints and muscles to make labor and delivery easier
- Your appetite increases so you may be hungry more often
- Cravings may start for certain foods and may continue throughout pregnancy
- Your nipples and the area around them become much darker in color
- A line down the middle of your abdomen may darken (linea nigra)
- You may have some tendency now to become more susceptible to urinary tract infections so you need to drink 80 ounces of water each day
- Your pregnancy is now beginning to show
- You are less tired and fatigued now; you may find you are beginning to enjoy being pregnant

Your Responsibilities

- Get your prenatal check-up this month
- Continue to eat a balanced diet with plenty of fruits and vegetables
- Avoid caffeine, cigarettes, alcohol and medications (unless prescribed)
- Get regular exercise – work up to walking at least one mile a day for example
- Make sure that seat belts fit low over your hips
- Learn and practice the Kegel and pelvic rock exercises every day
- Lie down and get your feet up for at least 30 minutes a day
- Continue to take your prenatal vitamins and iron
- Pick out some comfortable clothes to wear as you change sizes
- If you are employed, find out the procedures for maternity leave
- Talk with your partner about what you both think the baby will be like: its sex, hair color, eye color, personality, and also about what it will be like to be responsible for a new baby