

Growing Together

2 months (6 to 9 weeks)

Your Baby

The 8th week is the beginning of a very busy stage of development. From now on, your baby will be growing quickly. Body parts that formed in the first few weeks (such as the heart and brain) will become more complex and specialized.

- All major body organs and systems are formed, but they are not fully formed.
- Early stages of the *placenta* are visible and working. The placenta connects your baby to your uterus. Nutrients from your body pass through the placenta to your baby. Waste products from your baby pass through the placenta to your body and are excreted through your urine.
- Eyelids form and grow, but they are sealed shut. The ears, teeth, and palate are also forming.
- Ankles and wrists form. Fingers and toes develop.
- The fetus' skin is paper-thin and the veins are easy to see.



By the end of the 2nd month, your baby is about 1 inch long and weighs less than 1/3 ounce.

Changes in You

You are in the middle of your 1st trimester. This is a time when many women complain of pregnancy aches and pains.

- You may feel sick to your stomach. This feeling may be worse in the morning.
- You may also need to urinate a lot more often than usual. This is because your growing uterus is pressing on your bladder.
- You may feel more tired than usual and need to rest more as your body adjusts to being pregnant.
- Your breasts may still be sore. They may grow large enough to need bigger bras with better support. The area around your nipples may darken.

- Your waistline may be expanding. Your regular clothes may feel tight.

Things You Can Do

- Begin prenatal care, and set up your visit schedule with your healthcare provider.
- Take your prenatal vitamins. Be sure they have at least 800 mcg (micrograms) of folic acid.
- Drink at least 6 to 8 glasses of water, juice, or milk every day.
- Share with your partner, or those close to you, your ideas and worries about being pregnant. Many parents-to-be are worried about being parents.
- Avoid alcohol and drugs, even over-the-counter medicines (medicines you can buy without a prescription) such as ibuprofen.

Questions?

Your questions are important. If you have questions about your baby's growth and your changing body, talk with your healthcare provider at your next clinic visit.