

Growing Together

3 months (10 to 13 weeks)

Your Baby

This is the last month of your 1st trimester. A lot of growth is taking place every day. By the end of this month, all of your baby's vital organs and nervous system will be fully formed and working. The main things that will happen in the next 6 months are that the organs will mature and grow larger and stronger.



By the end of the 3rd month, your baby will be about 3 inches long and weigh about 1 ounce.

Some of the highlights this month are:

- Fingers and toes are separated and have soft nails.
- Your baby is busy kicking and stretching, but it is still too early for you to feel it.
- His mouth has 20 buds that will become baby teeth.
- He is beginning to grow some peach-fuzzy hair on his body.
- His heart beats quickly, at about 120 to 160 beats per minute.

Changes in You

Your uterus is now the size of a grapefruit and there is a bump in the lower part of your belly. You will be rewarded at your healthcare provider visit with the thrill of hearing your baby's heartbeat for the 1st time!

- By the 10th week, you may find yourself riding pregnancy's emotional roller coaster. You might feel moody one day and joyful the next. This is partly due to hormone changes.
- You may find yourself choosing looser clothes to wear.
- You may have gained 2 to 4 pounds by now and are feeling more hungry.
- Constipation can be a problem for some.

Things You Can Do

- Ask about any changes in your body that concern you.
- Allow yourself and your partner time to adjust to the many feelings about this pregnancy.
- Take good care of yourself in both body and mind.

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.