# Third Month

## Weeks Twelve to Sixteen

### Your Baby

- By the end of the month your baby will weigh about ¼ pound and will be about 2½ inches long.
- After eight weeks, an embryo (baby) is called a "fetus."
- The baby is still too tiny for you to feel movement.
  - The ears, arms, hands, fingers, legs, feet and toes will be formed this month.
  - Your baby's vocal cords are formed.
  - The neck is well shaped.
  - The head can be held up.
  - Reflex movements allow your baby's elbows to bend, legs to kick and fingers to form a fist.
  - The sex of the baby is easy to tell now, if you could see inside the uterus.
  - The heart beat is 120 to 160 beats per minute.
  - Blood is now going through the umbilical cord to the baby.

- About one cup of amniotic fluid surrounds your baby.
  - The baby's kidneys now circulate the fluid swallowed by the baby back into the amniotic sac.

### Your Body

- You may begin to feel better by the end of this month.
  - You may be sick to your stomach less.
  - You may have more energy.
- You may have gained about 2 to 3 pounds.
  - You may begin to feel more hungry.
- The placenta is now formed. Hormones are keeping your pregnancy healthy.
  - You may be able to feel your uterus above the pubic bone.
  - Your uterus may harden from contractions.
  - You may be constipated.
  - You may sweat more.
  - You may be happy or sad for no reason.
YOUR RESPONSIBILITY

♥ Keep your prenatal checkup with your doctor this month.
  • Ask about the changes in your body that worry you.
  • Ask about your tests.

♥ Eat a balanced diet, including cereal and grains, fruits, vegetables, dairy products, and meat and beans.

♥ Drink six to eight glasses of water, juice and/or milk each day.

♥ Avoid using paints, pesticides and spray cans.

♥ You need to exercise each day.
  • Walk, swim or bike 15 minutes daily.

♥ Avoid alcoholic drinks, tobacco, caffeine and other drugs unless prescribed by your doctor.
  • Take only medicines prescribed by your doctor.

♥ Share your feelings about having the baby with friends and family.

♥ Check your budget and begin to set aside some money for baby items.

Adapted From Nine Months to Get Ready...You Can Make a Difference, the Arizona Department of Health Services.