



First Month

Conception to About Week Eight
(after your last period)

YOUR BABY

- ♥ Your baby will be about ¼ to 1 inch long at the end of this month and will weigh less than 1 ounce.
- ♥ For the first eight weeks, your developing baby is called an "embryo."
- ♥ Hereditary characteristics were set when the sperm met the egg (ovum).
- ♥ The father's sperm determined your baby's sex.
- ♥ The brain and the nervous system are forming.
- ♥ The heart and lungs are forming, too.
- ♥ Tiny spots for ears, eyes and nose are showing.
- ♥ Arm and leg buds are forming.
- ♥ The baby is growing inside a sac of amniotic [am-nee-ot-ic] fluid (bag of waters).

YOUR BODY

- ♥ You were two weeks pregnant when you missed your first period.
- ♥ Your pregnancy test turned positive about 10 days later.
- ♥ You were six weeks pregnant when you missed your second period.
- ♥ The placenta [pluh-SEN-tuh] is forming and making hormones that prepare you for pregnancy.
- ♥ You may feel nausea ("morning sickness") any time of the day.
- ♥ You may feel tired.
- ♥ Your breasts may begin to feel tender.
- ♥ Your uterus is growing larger, but you can't feel it.
- ♥ You may urinate more often.
- ♥ You haven't gained weight or changed body size this month.

YOUR RESPONSIBILITY

- ♥ Make an appointment to start prenatal care with your doctor as soon as you think you are pregnant.
- ♥ Check with your doctor or clinic before taking any medicine.
- ♥ Avoid x-rays while you are pregnant.
- ♥ Avoid tobacco, alcoholic drinks and other drugs unless prescribed by your doctor.
- ♥ Limit drinks that have caffeine (colas, teas, coffee).
- ♥ Take your prescribed vitamins.
- ♥ Eat a balanced diet, including cereals and grains, fruits, vegetables, dairy products and meat and beans.
- ♥ Drink six to eight glasses of water, juice, and/or milk every day.
- ♥ Talk with your partner about feelings you both have for this pregnancy.
- ♥ Decide how you will tell your family, friends and employer about your pregnancy.



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