



Fourth Month

Weeks Sixteen to Twenty

YOUR BABY

- ♥ Your baby will be about 10 inches long and will weigh about $\frac{3}{4}$ pound by the end of this month.
- ♥ Your baby starts a growth spurt in length and weight.
- ♥ Hair begins to grow.
 - Hair appears on its head.
 - Downy hair called lanugo [luh-Noo-goh] covers its body.
 - Eyebrows and eyelashes start to grow.
- ♥ The skin is pink and transparent and starts to fill out with fat.
- ♥ The kidneys make urine.
- ♥ Your baby can swallow and hear your voice.
- ♥ Your baby enjoys moving and kicking about in the amniotic sac.
 - The amniotic fluid increases a lot this month.
 - You may feel its movements this month.

- ♥ The umbilical cord continues to grow and thicken to carry enough nourishment from you to your baby. But it also can pass along hazards like tobacco, alcohol and other drugs.
- ♥ This month marks the midpoint in pregnancy.
 - The heartbeat will be heard.
 - A special stethoscope called fetoscope [FEE-toh-skohp] will be used.

YOUR BODY

- ♥ Your pregnancy is beginning to show. You probably need maternity clothes and bigger bras this month.
 - You gain $\frac{3}{4}$ to 1 pound a week for 3 to 4 pounds this month.
 - Your nipples, the area around them, and the line on your abdomen (linea negra [LIN-ee-uh NAY-gruh]) darken.
 - Your placenta releases hormones that help to soften some of your joints and muscles to make labor and delivery easier.

- ♥ You are less tired.
- ♥ You may begin to find you enjoy being pregnant.
- ♥ You may be hungry more often.
 - You may feel cravings for some foods.
- ♥ Your uterus will be just below your navel by the end of this month.

YOUR RESPONSIBILITY

- ♥ Get your prenatal checkup with your doctor this month.
- ♥ 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 alcoholic drinks, tobacco, caffeine and other drugs unless prescribed by your doctor.
- ♥ Take your prenatal vitamins and iron.
- ♥ Get daily exercise.
 - Walking is a good choice.
 - Learn and practice the Kegel and pelvic rock exercises.

- ♥ Lie down and get your feet up at least 30 minutes a day.
- ♥ Choose comfortable clothes to fit your changing size.
- ♥ You will probably gain about 1 pound a week or 12 pounds during the second trimester.
- ♥ Talk about what the baby will be like and about your new responsibilities with your partner.
- ♥ Use seat belt properly. Place the lap belt under your abdomen as low on your hips as possible and across your upper thighs. Position the shoulder belt between the breasts.



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