



Second Month

Weeks Eight to Twelve
(after your last period)

YOUR BABY

- ♥ Your baby will weigh about ½ to 1 ounce and will be about 2¼ inches long by the end of the month.
- ♥ This is a key month in your baby's growth. The baby's formation is very sensitive to hazards of the environment. All major body organs and systems are formed but not completely developed.
 - Seeing and hearing structures are in a critical time of growth.
 - Facial features are forming. (Eyelids form and grow but are sealed shut).
 - The head is large, since the brain grows faster than the other organs.
 - Cartilage, skin and muscles are starting to shape your baby's body.
 - The umbilical [um-BIL-uh-kul] cord has formed.
 - Fingers, toes, fingernails, ears, ankles and wrists are forming.
 - The stomach, liver and kidneys are developing.
 - The heart is beating.

YOUR BODY

- ♥ You may gain a pound or two during the month.
 - Your waist size is likely to start increasing.
 - Your breast size increases and the nipples begin to darken.
- ♥ The uterus may feel like a small lump above your pubic bone.
 - It is softer, rounder and larger now.
 - As it crowds the bladder, you may urinate more often.
- ♥ The placenta is growing.
 - More hormones are being produced.
 - The tissues around the vagina become bluish as an increased blood supply nourishes the baby.
 - The vaginal flow becomes thicker, whiter and stickier.
- ♥ You may feel more tired and need to rest more as your body adjusts to being pregnant.
- ♥ Nausea (morning sickness) may still occur and may be more noticeable in the morning.

YOUR RESPONSIBILITY

- ♥ Begin regular prenatal checkups with your doctor this month.
 - Ask for prenatal test results: blood type and Rh factor, anemia, blood pressure, urine, weight.
 - Ask about any drugs you are taking.
 - Get prescribed vitamins and iron.
 - ♥ Exercise: Walk, swim or bike 15 minutes daily.
 - ♥ Try to enroll in a prenatal class.
 - ♥ Discuss feelings, ideas or worries with your partner that you may have about the effects of pregnancy.
- ♥ Eat a balanced diet including cereals and grains, fruits, vegetables, dairy products and meat and beans.
 - Take your prescribed vitamins.
 - Drink six to eight glasses of water, juice, and/or milk each day.
 - Avoid alcoholic drinks, tobacco, caffeine and drugs unless prescribed by your doctor.
 - Avoid paints (except latex), pesticides and aerosol sprays.
 - ♥ Find out if you have insurance for maternity and baby benefits.



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