



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 2¼ 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 [am-nee-OT-ik] 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.