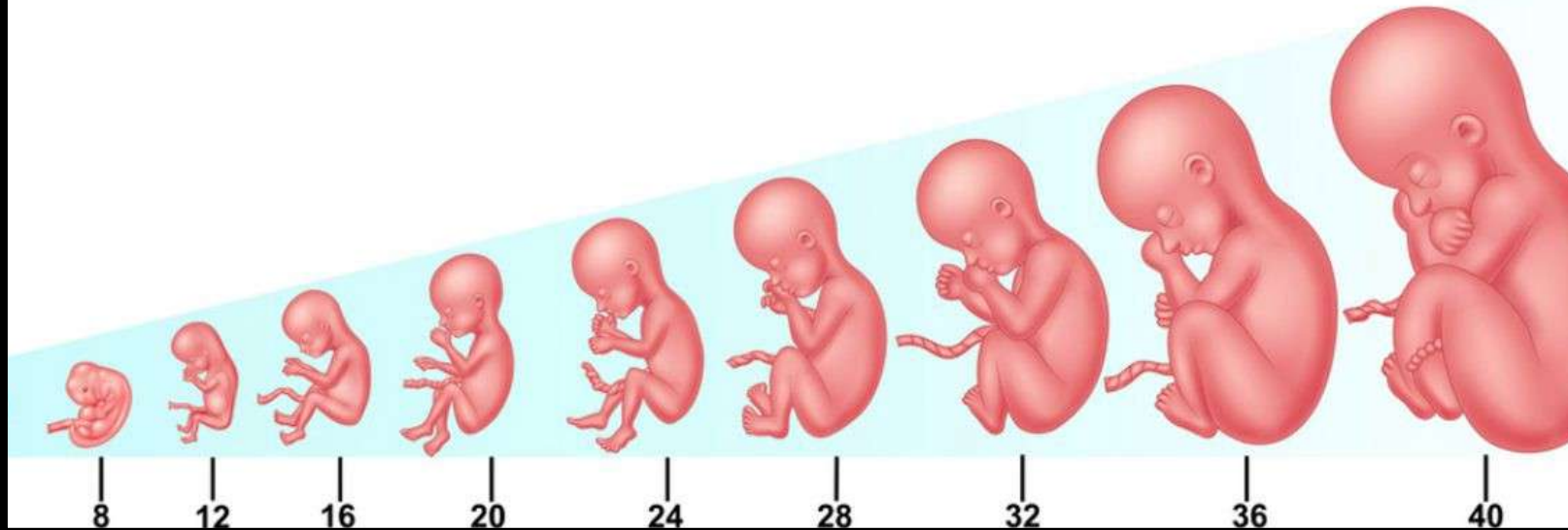


Pregnancy & Fetal Development



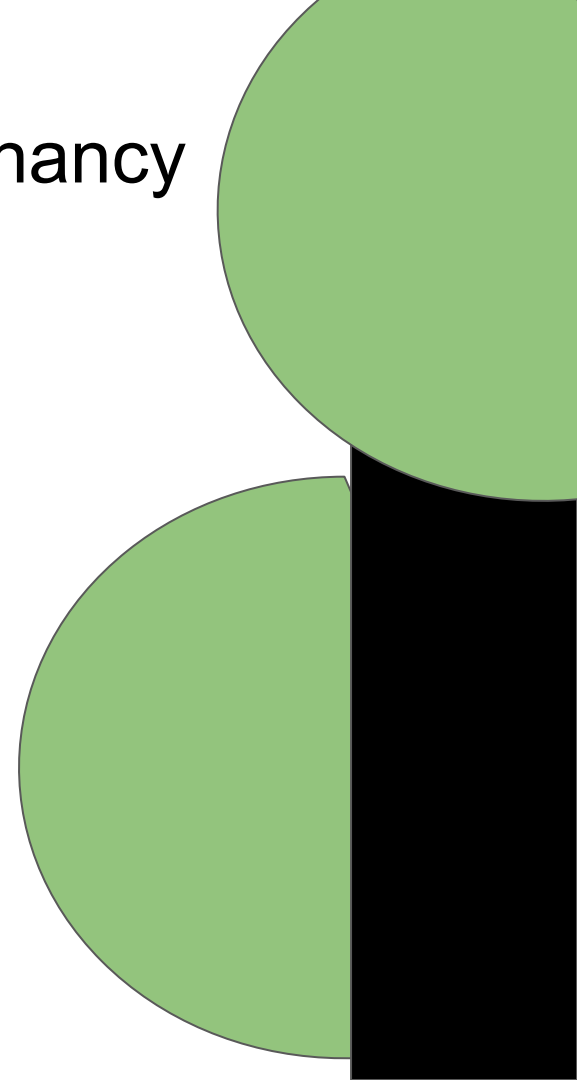
https://youtu.be/L3GIH9j8_6I

FETAL DEVELOPMENT WEEK BY WEEK



Lifestyle changes needed during pregnancy

- Avoid ETOH
- Don't smoke/ Drugs duh!
- Avoid hot baths and hot-tubs
- Limit Caffeine <200 mg
- Take a prenatal vitamin every day
- Drink lots of water!!!
- Don't take any medications without asking MD



First Trimester

MOM

- **Breast tenderness**
- **Nausea**
- **Fatigue**
- **Increase urination**
- **Food cravings/aversion**
- **Heartburn**
- **Constipation**

Week 1-2 ovulation / preparation

Week 3 fertilization

Week 4: Implantation

Week 5: hormone levels increase

Week 6: neural tube closes, heart begins to beat!

Week 7: baby's head begins to develop

Week 8: nose forms Baby ½" long

Week 9: toes appear

Week 10: elbows bend

Week 11: genitals develop

Week 12: fingernails form Baby is 2.5" long

BABY

Baby is the size of chart.... 1st Trimester

Weeks 1-12



Second Trimester

MOM

- **Growing belly / breasts**
- **Braxton Hicks contractions**
- **Skin Changes**
- **Increase urination**
- **Food cravings/aversion**
- **Heartburn**
- **Constipation**
- **Quickening**

Week 13 urine forms

Week 14 baby's sex becoming apparent

Week 15 scalp pattern develops

Week 16 baby's eyes move

Week 17 toenails develop

Week 18 baby begins to hear

Week 19 5 ¾ inches

Week 20 Half grown!!

Week 21 baby can suck his/her thumb

Week 22 hair becomes visible

Week 23 fingerprints and footprints form

Week 25 baby responds to your voice

Week 26 lungs develop

BABY

QUICKENING

Baby is the size of chart.... 2nd Trimester

13-26 weeks



Third Trimester

MOM

- **Breast tenderness**
- **Nausea**
- **Fatigue**
- **Increase urination**
- **Food cravings/aversion**
- **Heartburn**
- **Constipation**

Week 28 baby's eyes partially open

Week 29 baby kicks and stretches

Week 30 baby hair grows

Week 31 rapid weight gain

Week 32 baby practices breathing

Week 33 detects light 11" long

Week 34 fingernails grow

Week 36 baby takes up most of the amniotic sac

Week 37 baby may start to descend considered full term.

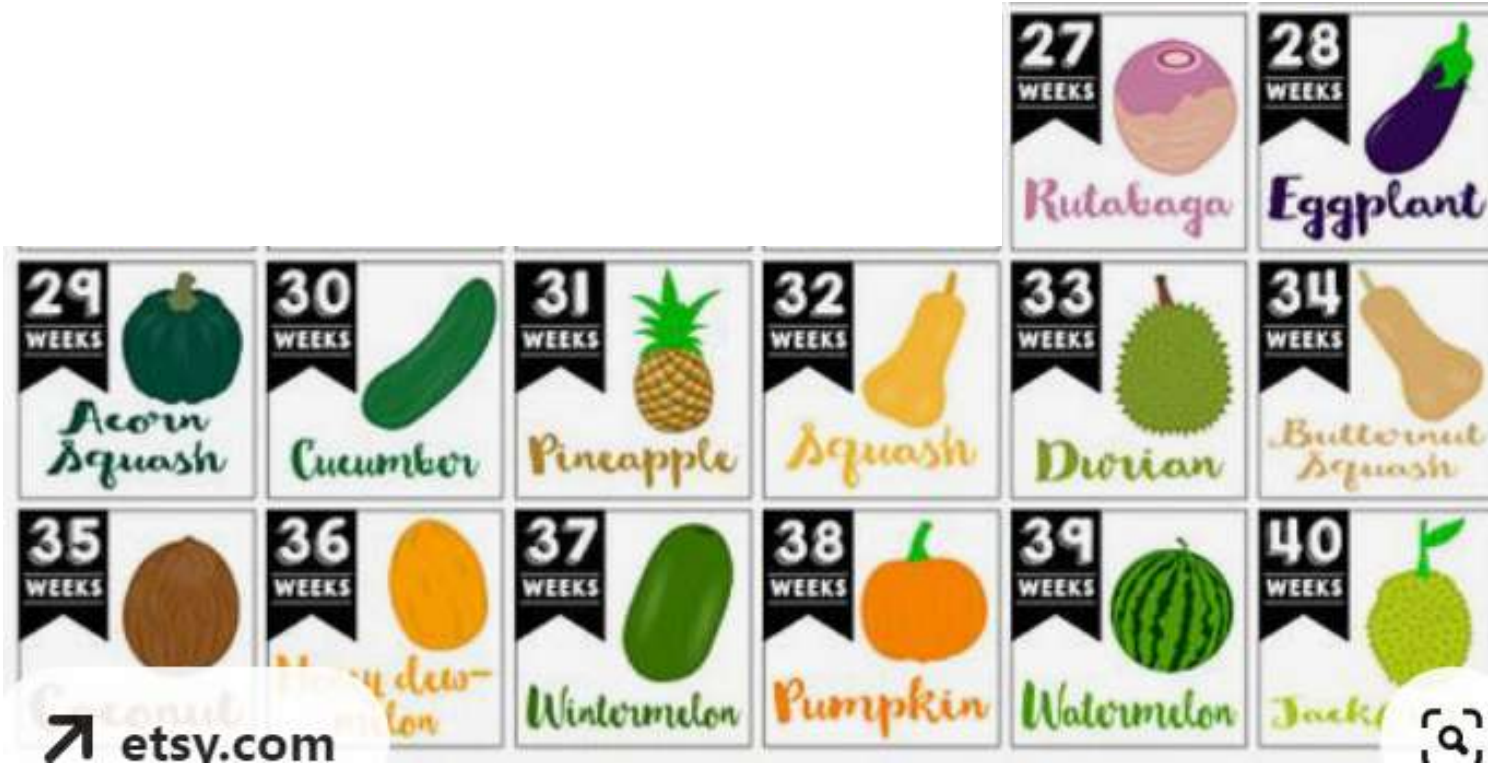
Week 38 toenails grow

Week 40 baby is due to arrive

**27-40
weeks Third
Trimester**

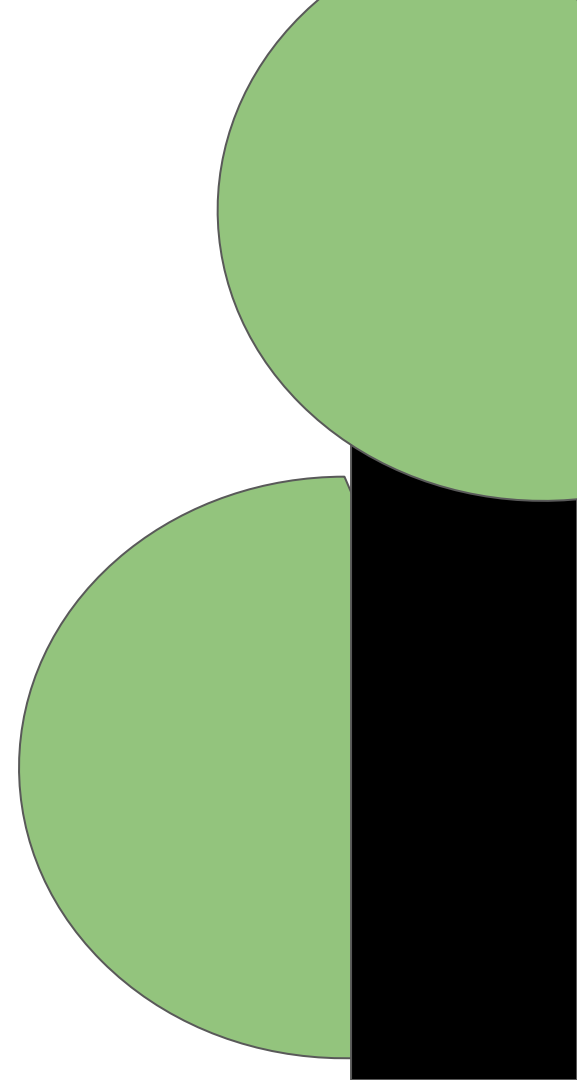
Baby is the size of chart.... 3rd Trimester

27-40 weeks



Risk Factors

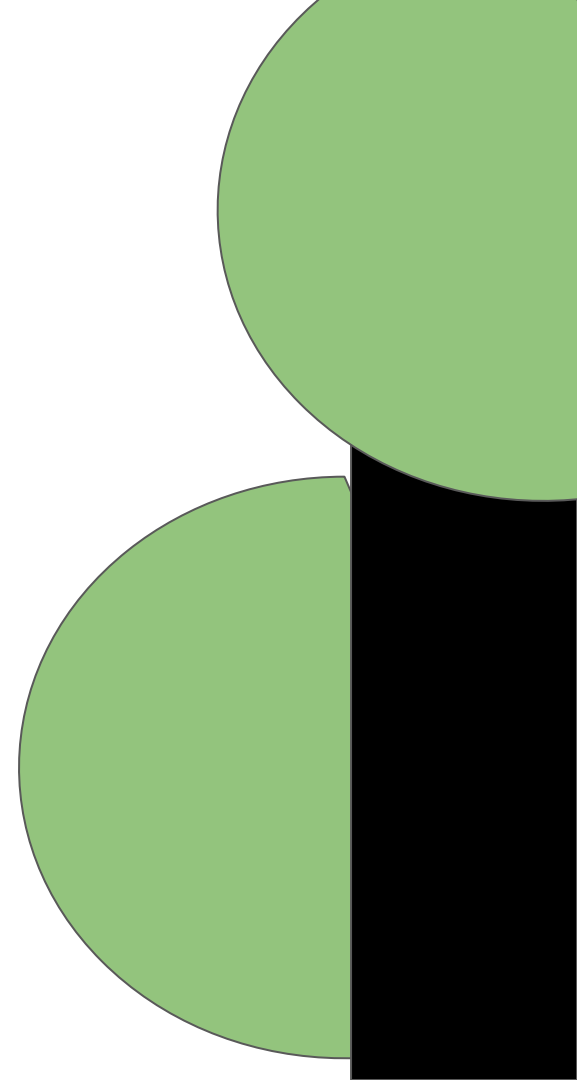
- Advanced maternal age
- Multiple birth
- Pre-existing conditions
- Gestational Diabetes
- High Blood Pressure/ Preeclampsia



Vaginal Delivery

Video

- Dilatation
- Effacement
- Station
- Presentation

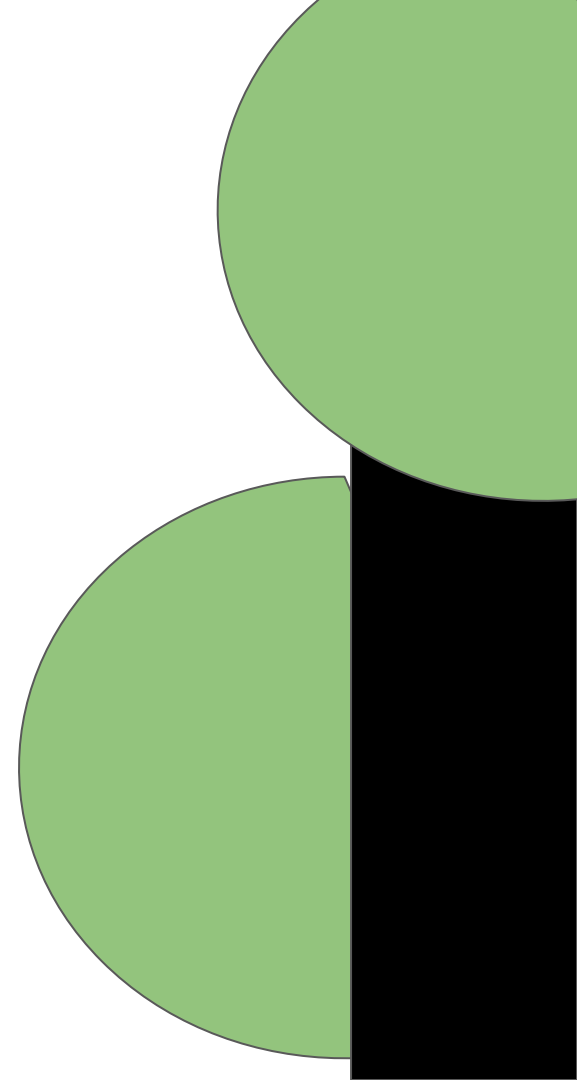


C-Section

<https://youtu.be/CqZv6bkpj24>

Common Indications:

- Dystocia
- Fetal Distress
- Previous C-Section
- Placenta Previa
- Breech
- Cephalopelvic Disproportion
- Prolapsed Cord



Bring On The Babies!!!



**Immediately
after delivery**



Premature



**Newborn day
2**



3 months



6 months



9 months



12 months



18 months



Pregnancy Protocol Begins Now:

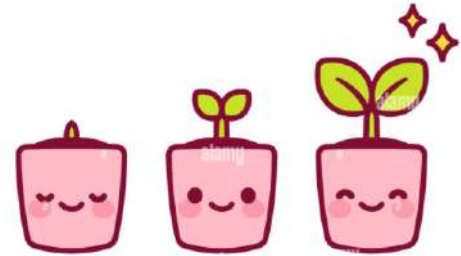
For for the next 3 days:

Limit Caffeine to 200 mg /day

No Alcohol, Nicotine, Drugs - duh! **We are growing a baby people!**

No hot tubs or hot baths

No raw or undercooked meat, limit some seafo



Drink plenty of water

Take a multivitamin (if it is ok with your parents) In real pregnancy you are most concerned that you get enough folic acid. Doctors recommend 600 micrograms per day.