

Trimester Information

The changes that you and your baby will experience during pregnancy are truly amazing. You can refer to this simple trimester outline to help you keep track of your progress, and your baby's development, throughout this magical time.



First Trimester • Weeks 1-12

- Fatigue
- Urinary frequency
- Breast tenderness
- Nausea and vomiting
- Nasal congestion
- Dizziness
- Decrease in sexual desire
- Placenta, amniotic sac, cord form
- Organs, skeleton and muscles form
- External ears, hands, fingers, toes are present
- About 3" long, weighing about 1 ounce
- Heartbeat can be seen with ultrasound

Second Trimester • Weeks 13-27

- Increased energy
- Feeling of well-being
- Increased skin pigmentation
- Quickening - noticeable fetal movement
- Weight gain (1/2 to 1 lb per week)
- Increase of white, non-irritating vaginal discharge
- Increase or decrease in sexual desire
- Active fetal movements
- Strong heartbeat
- Bones are calcifying
- Vernix and lanugo present
- 11-14" in length, weighing average of 1 1/2 lbs
- Can hear sounds
- Can suck thumb

Third Trimester • Weeks 28-40

- Great anticipation, excitement and eagerness for birth
- Fatigue
- Backache
- Ligament pain
- Stretch marks
- Ankle swelling
- Braxton Hicks contractions
- Increase or decrease in sexual desire
- Urinary frequency
- Leg cramps
- Shortness of breath
- Heartburn
- Gains weight rapidly (approx. 1/2 lb per week)
- All organs and systems continue to mature
- Brain growth accelerates
- Lanugo and vernix begin to disappear
- Usually assumes a head-down position
- Length at birth 17-22", weighing 6-9 lbs