



Linda Sewell M.D.

Excellence in Women's Healthcare **Your Baby and Your Body During Pregnancy**

12-16 Weeks

- **Baby:** Your fully formed fetus, now in about its 11th week of development, measures 2.6 to 3.1 inches from crown to rump and weighs between half an ounce and seven-tenths of an ounce—about the size of a peach. The head is still disproportionately bigger than the body, but the rest of the body is starting to catch up. In fact, your baby is growing rapidly these days. The face is starting to look more human, with eyes moving closer together. Toes and fingers are clearly separate, and ankles and wrists have formed. External genitalia are becoming visible. Intestines are shifting into their proper place, too. Around 14 weeks your baby measures about 3.2 to 4.1 inches from crown to rump now and weighs almost an ounces. The ears are shifting from the neck to the sides of the head, and the neck is getting longer and chin more prominent. Facial features and unique fingerprints are all there. Your baby is beginning to respond to outside stimuli. If your abdomen is poked, the fetus will try to wriggle away.
- **Mom to be:** Your uterus has grown a lot. It's filling your pelvis now and starting to grow upward into your abdomen. It probably feels like a soft, smooth ball. If you haven't put on any weight yet because of morning sickness, you'll begin to now as you start to feel better. You're probably wearing maternity clothes now. Your skin and muscles are starting stretch to accommodate your growing baby. You may notice some constipation because pregnancy hormones relax the bowel.
- **Tips for the week:** Try to alleviate constipation with moderate exercise, and by drinking plenty of fluids and eating lots of fruit and vegetables, preferably raw.
- **Your baby:** The baby is still too tiny for you to feel movement.
 - ❖ Ears, arms, hands, finger, legs, feet, and toes are completely formed.
 - ❖ The taste buds are forming.

- ❖ 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 heartbeat is 120 to 160 beats a minute.
- ❖ Blood goes through the cord to the baby.
- ❖ About 1 cup of amniotic fluid swallowed by the baby back into the amniotic sac.
- ❖ Baby will weigh about ¼ lb and is about 2 ¼ inches long.

➤ **Your Body:**

- ❖ You will usually begin to feel better by week 16.
- ❖ You generally will be less sick to your stomach and usually will have more energy.
- ❖ You may have gained a total of about 2 to 3 lbs.
- ❖ You may begin to feel hungrier.
- ❖ The placenta is formed and hormones are keeping your pregnancy healthy. You may be able to feel your uterus above the pubic bone, and your uterus may harden from contractions.
- ❖ You may have trouble with constipation.
- ❖ You may sweat more.
- ❖ You may have mood swings such as being happy or sad for no reason.