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

9-12 Weeks

- **Baby:** The embryo measures about 0.9 inches to 1.2 inches from crown to rump, or the size of a strawberry. The arms and legs are longer, and the fingers might be a little swollen where the touch pads are forming. The head is more erect and neck is more developed. Your baby now moves its body and limbs, and this movement can be visible during an ultrasound, but you won't be able to feel it yet.
- **Mom to be:** Your uterus is continuing to grow, and you may begin to see your waistline thickening. But unless you tell people the good news, your pregnancy still won't be noticeable to others. Weight gain is still small, if at all, since you could be experiencing food aversions, cravings, heartburn, indigestion, nausea and bloating. Mood swings and weepiness similar to PMS symptoms are common, too.
- **Tip for Mom:** Eat plenty of foods that contain calcium—such as cheeses, sardines and broccoli—to provide sufficient calcium for development of your baby's teeth and bones.
- **Your body:** You may gain 1 to 2 lbs, your waist and breast size increase, and the area around your nipples (areola) and your nipples begin to darken.
 - ❖ Your clothes may begin to feel tight around your waist.
 - ❖ Uterus may feel like a small lump above your pubic bone. It is softer, rounded, and larger. It crowds the bladder, so you may urinate more often.
 - ❖ Placenta is growing and more hormones are being produced.
 - ❖ Tissues around the vagina become bluish as more blood supply nourishes the baby.
 - ❖ Vaginal discharge becomes thicker, whiter, and stickier.
 - ❖ You may be more tired and have less energy.

- ❖ Nausea (morning sickness) may still occur and it may be more noticeable in the morning.

➤ **Your Responsibility:**

- ❖ Begin regular prenatal checkups.
- ❖ Exercise by walking, swimming, or biking 15 minutes a day.
- ❖ Enroll in prenatal classes.
- ❖ Eat balance meals including whole grains, proteins, fruits, and vegetables.
- ❖ Take you prescribed vitamins
- ❖ Drink six to eight glasses of water each day.
- ❖ Avoid cigarettes, alcohol, caffeine, junk foods, and/or medicines unless prescribed. Avoid being in the same room with people who are smoking.
- ❖ Avoid paints (except latex), pesticides, and aerosol sprays.
- ❖ Check if you have insurance for maternity and baby benefits. This should be done before delivery.