

# Gearing up for Motherhood

May brings flowers from all those April showers and Mother's Day, a much-deserved celebration of motherhood. With **roughly 85 million mothers in the U.S.**, there are a lot of mothers to celebrate this year. This year, we turn our attention to mothers-to-be.



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## A Pregnancy Checklist

There are approximately **4** million births in the U.S. per year.



Here are some pregnancy facts and figures and **a checklist of what to expect when you're expecting.**



### Weeks 1-8



#### Mom:

- Choose an OB/GYN & schedule first prenatal appointment
- Begin taking prenatal vitamins (if you haven't already) to help both you and Baby stay healthy
- Ensure you are up-to-date on immunizations, including tetanus booster, rubella and chicken pox

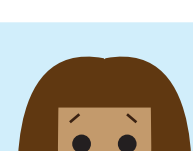
#### Baby:

- That little heart will start beating by week 4
- Baby is about the size of a large grape by week 8



#### Did you know?

You're not alone! Roughly 70% of women report some type of morning sickness in their first trimester.



### Weeks 8-12



#### Mom:

- Talk to your doctor about screenings for chromosomal or genetic disorders
- Make sure you get adequate rest and sleep; growing a baby is tough work for your body!

#### Baby:

- Baby's heart can be seen beating in an ultrasound
- Baby's major organs have started to form



#### Did you know?

Pregnant women need to eat approximately 300 additional calories per day.



### Weeks 12-16



#### Mom:

- Start telling family and friends!
- Inform your boss and start planning maternity leave
- Treat yourself to new shoes! Pregnancy often causes an increase in shoe size

#### Baby:

- Baby can now suck his or her thumb & grab the umbilical cord
- Baby begins to make facial expressions



#### Did you know?

The average size of a full-term baby in the U.S. is 8 pounds. This is an increase from an average size of 6 pounds 30 years ago.



### Weeks 16-20



#### Mom:

- Schedule your mid-pregnancy ultrasound
- Have antacids handy. Baby's growth may press on the stomach and cause heartburn
- Prepare your pets. If your dog hasn't been to obedience school, now is the right time

#### Baby:

- Baby is learning how to kick
- Baby's gender is now visible in ultrasound



#### Did you know?

56% of new moms take childbirth classes.



### Weeks 20-24



#### Mom:

- Find and enroll in a childbirth class
- Stay active with 30-45 minutes of moderate exercise every day, like walking, swimming, biking or yoga
- Hormones can increase oil production so keep your skin clear with a gentle face cleanser

#### Baby:

- Baby has unique fingerprints
- Start talking. Baby now hears your voice



#### Did you know?

The heaviest recorded birth weight of a baby was 19.2 pounds in Sumatra, Indonesia in 2009.



### Weeks 24-28

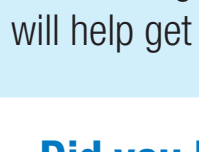


#### Mom:

- Get a blood glucose test to check for gestational diabetes
- Pick out your favorite baby names
- Moisturizing 3-4 times a day with cocoa butter lotion will help get rid of stretch marks

#### Baby:

- Baby will have a large growth spurt between weeks 26-29 and will gain more and more baby fat
- Baby's immune system develops

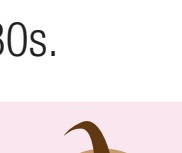


#### Did you know?

Twins represent only 3.31% of births. That's an increase of 60% since the 1980s.



### Weeks 28-32

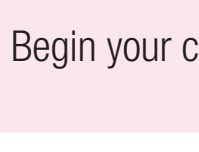


#### Mom:

- Take it slow. You may find yourself getting winded easily and feeling clumsier than usual
- Prepare your birth plan with your doctor or midwife during one of your two monthly visits
- Begin your childbirth classes

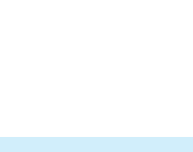
#### Baby:

- Baby only weighs 2-3 pounds and is 14-17 inches long
- Keep calm. Baby now reacts to loud music & fast movements

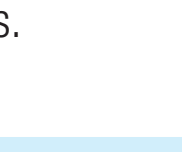


#### Did you know?

Roughly 98% of all U.S. births occur in hospitals.



### Weeks 32-36

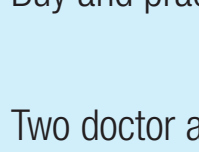


#### Mom:

- Prepare your hospital bag
- Buy and practice installing a car seat for your baby
- Two doctor appointments this month

#### Baby:

- Baby has learned how to blink
- With less room, Baby may start to squirm to get more comfortable



#### Did you know?

Only 5% of babies arrive on their due date; 80% come within 2 weeks on either side of it.



### Weeks 36-Delivery



#### Mom:

- Put the final touches on the nursery
- Begin seeing your doctor weekly
- Recognize the signs of labor - contractions, water breaking and nesting - but expect some false alarms

#### Baby:

- Baby gains half an ounce of fat per day
- Baby changes position to prepare for birth

## Sources

northshore.org  
cdc.gov  
webmd.com  
thebump.com  
askbaby.com  
babycenter.com  
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