



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.

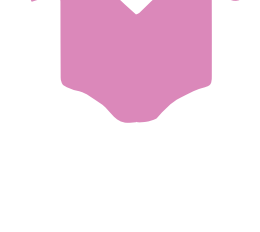


Brought to you by:

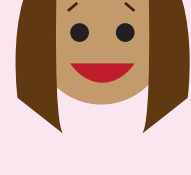


A Pregnancy Checklist

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

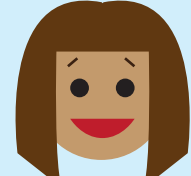


Baby is about the size of a large grape by week 8



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

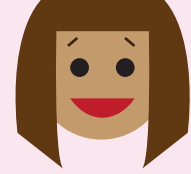


Baby's major organs have started to form



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

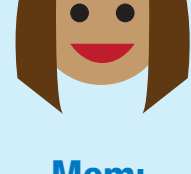


Baby begins to make facial expressions



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

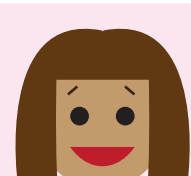


Baby's gender is now visible in ultrasound

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

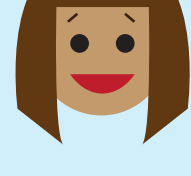


Start talking. Baby now hears your voice



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?



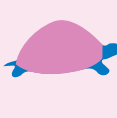
Twins represent only 3.31% of births. That's an increase of 60% since the 1980s.



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

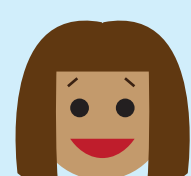


Keep calm. Baby now reacts to loud music & fast movements

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

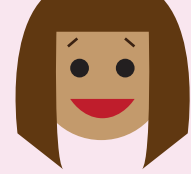


With less room, Baby may start to squirm to get more comfortable

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
facts.randomhistory.com

