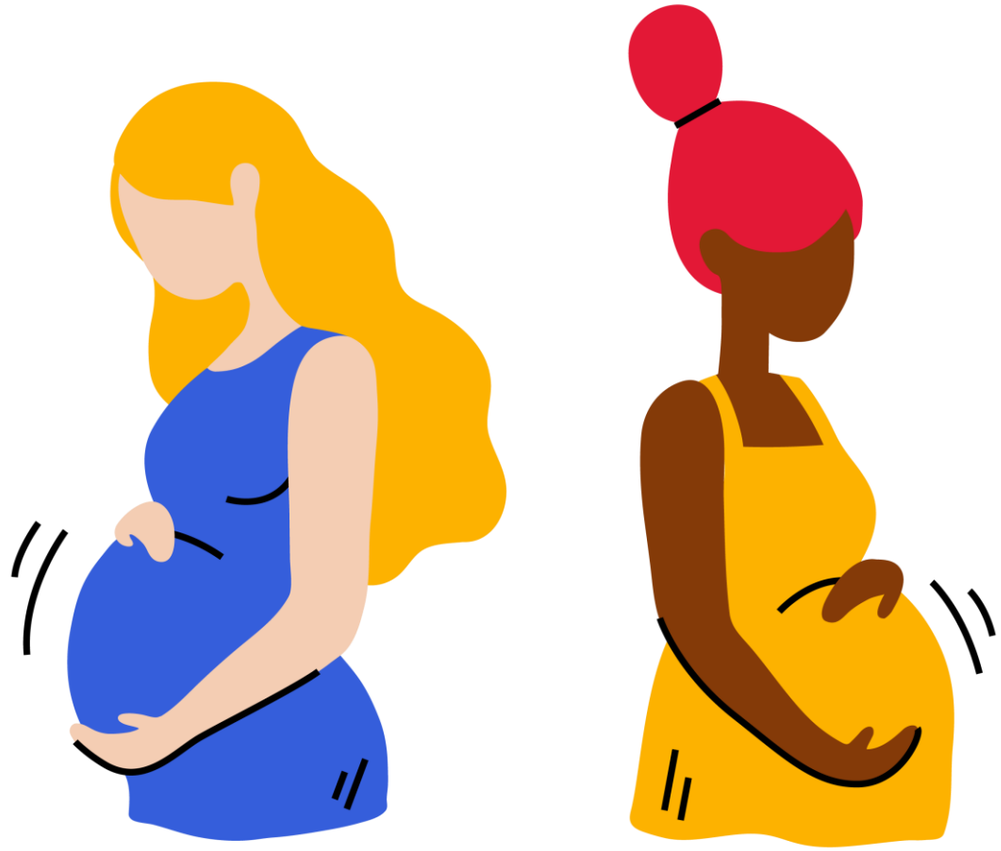
How the body changes

The body changes in many ways over the course of a pregnancy!

On the following pages you will find a presentation of the common changes expectant mothers experience from the first month of pregnancy to the last.

There are also apps you can download that give you regular updates as your pregnancy progresses. In addition, the health website Norges helseinformatikk has created a week-by-week development calendar called *Graviditetsorakel* (in Norwegian), which shows what is happening to you and your baby at every stage of your pregnancy:

Nhi.no (graviditetsorakelet)



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How the body changes

A pregnancy is divided into three trimesters:
1st trimester, weeks 1–12
2nd trimester, weeks 13–27
3rd trimester, weeks 28–42

1st month (weeks 2–5)

What happens to your body this month?

You may have just discovered that you are pregnant. You have missed your period. Most women do not have any further periods during pregnancy. Some have a little bleeding when the fertilised egg attaches to the wall of the womb. This is not harmful.

- Your breasts swell and they may feel more tender.
- Maybe you have begun to feel nauseous? Or react to new smells?
- Some women experience heartburn and feel bloated and/or gassy.
- Many feel more tired and emotionally volatile.

Have you experienced any of this?

What happens to your baby this month?

The fertilised egg undergoes many important processes. It divides into multiple cells and descends through the fallopian tube into the womb (also called the uterus).

How big is the baby now?

Towards the end of the month, it has become the size of an orange pip.

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How the body changes

2nd month (weeks 6–9)

What happens to your body this month?

- Your breasts swell and your nipples become darker in colour.
- Your uterus expands and starts to press against your bladder.
  This can make you want to pee more often.
- You may feel increasingly nauseous and prone to vomiting (often called morning sickness), as well as unusually sensitive to both smells and normal activities.
- You may feel you are becoming more forgetful and unfocused. This is due to hormonal changes and because you are starting to concentrate more on your baby.
- It is also normal to become more tired and in need of rest than before.

Have you experienced any of this?

What happens to your baby this month?

- Your baby's heart starts to beat!
- Its most important organs are forming but are not fully developed yet.
- Your baby wiggles its fingers, toes, arms and legs.
- Your baby’s face begins to take shape.

How big is the baby now?

Towards the end of the month, it is

- 2 cm long and looks more and more like a person, but the size of a raspberry and weighing 2 g.
- Your baby moves around a lot, but you cannot feel it yet.

When you try and imagine your baby, how do you feel?

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3rd month (weeks 10-13)

What happens to your body this month?

- Your midwife can just about feel your womb above your pubic bones. Your womb is growing rapidly.
- You take in 40–50 per cent more oxygen with every breath, so it is normal to feel a bit more short-winded.
- Your hormones are working overtime. Some women can feel slightly swollen, some get skin break-outs, heartburn, constipation, headaches and can feel rather dizzy. They may notice a dark stripe running vertically over the belly and down to their pubic bone. Some feel a lot of physical changes, others hardly any.
- For many women, their morning sickness is starting to disappear, and they can start to feel hungrier. Enjoy yourself and do what you can to stay healthy!
- Maybe your clothes are starting to feel a bit tight?

Have you experienced any of this?

What happens to your baby this month?

- The brain is distinct and develops steadily. It now has eyelids,
- as well as fingernails and toenails
- In your baby's mouth, there are now 20 tiny bumps that will become teeth
- Its skin is covered in tiny hairs
- Your baby swallows and pees
- You can hear your baby's heart when the midwife or doctor examines you!

How big is the baby now?

Towards the end of the month, it is

- around 5–7 cm long and weighs approx. 20 g – the size of a plum.

Have you been to see the doctor or midwife?
Have you received a personal health record? Shall we have a look at it together?

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4th month (weeks 14-17)

What happens to your body this month?

- Is your pregnancy starting to show?
- Many women feel that the discomfort of pregnancy has lessened.
- You may feel stuffiness in your ears and nose – this is because your hormones are causing the mucous membrane to swell up.
- Some women find that their nose bleeds more easily and their gums bleed when they clean their teeth.
- A white secretion from the vagina is normal.

Contact your doctor if the vaginal secretion is very heavy or discoloured, or if it has a strong smell or causes itching.

Have you experienced any of this?

What happens to your baby this month?

- Your baby doubles in weight in just two weeks.
- It now has eyebrows and eyelashes and is starting to get some hair on its head. It may also suck its thumb.
- Your baby moves about but still has plenty of room. The amniotic fluid in your womb means that you do not notice it yet! In a few weeks you will start to feel your baby inside you.

How big is the baby now?

Towards the end of the month, it is

- 12 cm long and weighs 100 g – the size of an avocado.

What do you think it will be like to feel a new life inside you? How does the wait make you feel?

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How the body changes

5th month (weeks 18–21)

What happens to your body this month?

Your womb has expanded and now reaches approximately up to your navel. Depending on where the placenta is positioned, you will probably feel some movement now. This is called quickening. Your breasts swell and feel softer. They may leak a little milk.

- Many women feel a slight ache/tightness below and around the belly. This is because the womb is expanding and the ligaments holding it in place are being stretched.
- You may find your back aches and your legs swell more than before, and you may become more easily short of breath.
- Have you noticed any varicose veins or haemorrhoids? This is normal, though it can be uncomfortable.



Most women have been for an ultrasound scan now.

- How was it?
- What did you find out?
- Did you find out where your placenta is located?
  (It is usually stated on the information sheet you received when the scan was performed.)

The placenta is the organ that channels nutrients to your baby and carries away the waste material. Your baby is connected to the placenta via the umbilical cord. The placenta grows throughout pregnancy and weighs 500–800 g at birth.

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5th month (weeks 18–21)

What happens to your baby this month?

- Your baby's skin becomes covered in a thick, white, waxy substance.
- Your baby makes faces, sucks its thumb, moves towards sounds and can distinguish between light and dark. It can hiccup, which you may feel as rhythmic thuds that come and go.
- Can you feel your baby kicking – mostly when you are trying to relax, perhaps?

How big is the baby now?

Towards the end of the month, it is

- 27 cm long and weighs about 370 g – the size of a banana.

Have you experienced any of this?

In week 20, you are halfway through your pregnancy – how does that feel?



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How the body changes

6th month (weeks 22–25)

What happens to your body this month?

- Many women experience heartburn, backache, constipation and a frequent need to pee.
- You may notice that your belly suddenly tightens from time to time. These are called Braxton-Hicks contractions and are perfectly normal. Adjusting your position can either trigger them or calm them down. If the pain increases or you are worried, contact your doctor/midwife.
- Have you noticed any cramping in your legs?
- Up to 90 per cent of women find they get stretch marks on their skin.

Have you experienced any of this?

What happens to your baby this month?

- Your baby develops a more regular cycle of waking and sleeping.
- Your baby reacts to sounds from its surroundings.
- It can kick, cry and hiccup.
- Your baby drinks the amniotic fluid, absorbs it and pees – up to half a litre a day, in fact.

How big is the baby now?

Towards the end of the month, it is

- Approx. 35–38 cm long and weighs about 600–700 g – the size of an aubergine.

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How the body changes

7th month (26–29 weeks)

What happens to your body this month?

- Pregnancy brings a certain amount of tenderness and pain in the joints, back and pelvic area. Joints and ligaments must become more flexible to accommodate childbirth. However, if things get too difficult, seek help.
- Your entire posture has changed. You may notice that you often bump into things.
- Your feet, ankles and hands can swell up, particularly at the end of the day or when it is very hot.
- Both the need to pee and a general feeling of restlessness in your body can make it harder to sleep.

Have you experienced any of this?

What happens to your baby this month?

- Your baby has developed a layer of soft, fine hair, called lanugo hair, all over its body.
- It moves about, kicks and stretches.
- It is sometimes active and sometimes quiet.
- Your baby’s brain and nervous system are now almost fully developed.
- Your baby can hear and recognises your voice!

How big is the baby now?

Towards the end of the month, it is

- Approx. 38 cm long and weighs about 1.2 kg – the size of a pineapple.

Where do you feel the baby kicking?
Can you imagine how it is lying? Where are its head and feet?

Week 27–28: Your baby opens its eyes for the first time, and its sight begins to develop.

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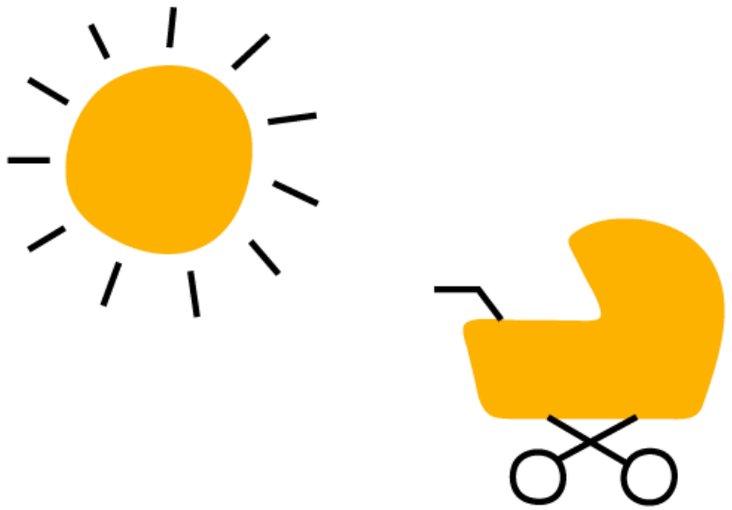
8th month (weeks 30–34)

What happens to your body this month?

- It can be a bit more difficult to breathe. The baby is pressing against your lungs. You may notice that you tire easily. It can be difficult to find a comfortable position to sleep in.
- At the end of this month, your womb reaches its highest point.
- Most babies have turned into the head-down position (though yours may not do so for a few weeks yet). Your baby still has plenty of room, though it may not feel like that to you. The amount of amniotic fluid reaches its peak at the end of this month.
- You still need to pee often. The baby is pressing against your bladder.
- The Braxton-Hicks contractions may get stronger.

Have you experienced any of this?

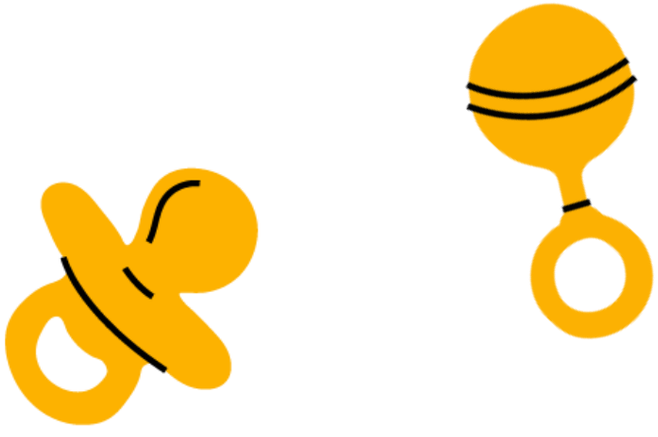
What is the hospital's phone number?



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How the body changes

8th month (weeks 30–34)



You should be able to feel your baby move around every day. Visit kjennliv.no and follow the advice given there if you have any questions about your baby's movements or speak to a medical professional. If you are still uncertain, call the hospital maternity department.

Your baby's skull is made up of several bones that make it malleable, which is crucial for its ability to pass through the birth canal and for its brain to have room to keep growing. In fact, your baby's brain will continue to grow until the child becomes a teenager.

What happens to your baby this month?

- Your baby's brain is developing extremely fast now.
- Most of your baby's organs are functional, but its lungs are still not yet fully developed.
- Your baby may not tumble around quite as much as before, but you should still be able to feel definite movements every day. (If the placenta is positioned in front, you may not feel kicking quite so strongly, but it's a good idea to find the place on your belly or a particular position where you feel the movements best.
- Your baby has now turned head-down to prepare for birth. How does that feel?

How big is the baby now?

Towards the end of the month, your baby may:

- Show signs of brain activity while it sleeps. (Maybe it is dreaming?)
- React to light and sounds. Have you noticed that it pulls its foot away if you tickle it?
- Approx. 40–45 cm long and weighs 2–2.5 kg – the size of a honeydew melon.

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How the body changes

9th month (weeks 35-40+)

What happens to your body this month?

- Your cervix stretches, thins and the mouth of the womb begins to open a little. It is preparing for childbirth.
- You may feel tired and unwell. It may also be hard to find a comfortable position to sleep in.
- Your baby drops further down into your pelvis, making it easier to breathe. But you can feel your baby pressing down, which may make you want to pee even more often than before!
- Some women start feeling nauseous again. It is a good idea to eat small, frequent meals. Your baby takes up a lot of space in your belly.

Have you experienced any of this?

What happens to your baby this month?

- Your baby's lungs are now fully formed and ready to take their first breath after birth.
- From week 37, your baby is all ready to be born.
- It is not growing so much in length, but its weight should increase from week to week in this final month.

How big is the baby now?

Towards the end of the month, it is

- Approx. 50 cm long and weighs 3.2–4-1 kg – the size of a pumpkin or watermelon.

Did you know that your baby gains around 30 g in weight per day and around 200 g per week in these final weeks? This is perfectly normal and will give your baby a good start in life.

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