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SP441-A-Smart Choices...How Your Baby Grows - The First Trimester

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The Expanded Food and Nutrition Education Program

Agricultural Extension Service
The University of Tennessee

SP441-A

Smart Choices...

How Your Baby Grows

The First Trimester

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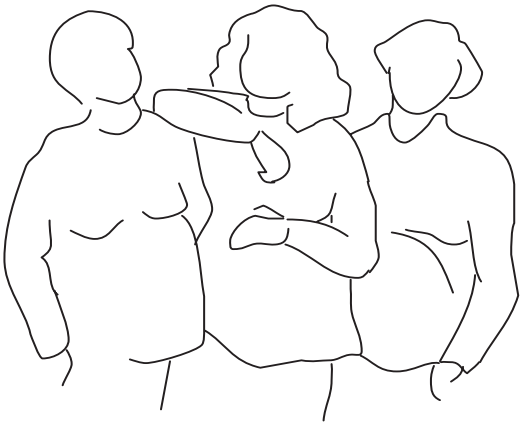

The first three months are a very important time for you and your baby. Most of your baby's organs are forming early in pregnancy. Alcohol, drugs and tobacco can cause birth defects and miscarriages.

Month 1

Your baby:

- is about 1/4 inch long
- weighs about 1/30 ounce
- has a heart, brain and lungs that are beginning to form

Month 1

You:

- may have tender breasts
- may have an upset stomach

You should:

- try to eat several small meals and snacks each day
- not drink alcohol or smoke cigarettes
- not take any drugs until you see a doctor or nurse

Month 2

Your baby:

- is about 1 inch long
- weighs about 1/3 ounce
- is beginning to form arms, legs (including knees, ankles and toes), hands and fingers
- is beginning to form a face, muscles and skin
- is beginning to form organs, like the brain, stomach and liver

You:

- will have little if any weight gain
- will probably need to go to the bathroom more often
- may have an upset stomach and feel tired

You should:

- try to eat several small meals or snacks each day
- call a clinic or doctor for a check-up

Month 2

Month 3

Month 3

Your baby:

- is about 2 to 3 inches long
- weighs about 1 ounce
- can open and close the mouth and swallow
- can move hands, kick legs and turn the head
- will close eyes and open them again in the seventh month

You:

- may gain 2 to 4 pounds
- may have a poor appetite

You should:

- continue to eat several small meals and snacks a day
- call a clinic or doctor for a check-up if you have not done so

Please remember, your baby is depending on you to make smart choices like:

- The right kinds and amounts of foods to eat.
- Not using tobacco, drugs or alcohol.
- Making and keeping your appointments with the clinic or doctor.
- Avoiding sexually transmitted diseases.

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Charles L. Norman, Dean.