

PREGNANCY TRIMESTERS

A pregnant woman passes through three trimesters. In each trimester, the fetus will under specific developments. However, the standard time to transform a sperm into a baby is 40 weeks but it can range from 37 weeks to 42 weeks. So, what kind of developments are made to the fetus in every trimester? Let's learn together.

The First Trimester

The time duration of the first trimester is the first 12 weeks of the pregnancy. This is a very important period for the baby. The sperm makes its way into the egg thus forming a zygote. This will implant in the uterine wall.

When the cells divide and multiply, the zygote transforms into an embryo. In addition, the major organs, as well as structures, start to form.

After 4 weeks, the size of the embryo will be 0.04 inches. The size gradually increases and by the end of the first trimester, the size of the embryo will reach 3 inches.

The fetus's heartbeat is audible on a doppler when the fetus is 8 weeks old. Furthermore, the eyelids remain closed for the eye's protection. There is a chance that the fetus can develop fist in the first trimester. Moreover, the mother can also have the ultrasound of the baby and the doctor can determine the gender of the fetus.

Mother's experience

There is a high chance that the mother will feel nausea, vomiting or morning sickness after 6 – 8 weeks. Not only that, the mother can get sick at night as well. Tiredness and feeling too much emotional is a part of pregnancy.

The Second Trimester

The second trimester starts after the 13th week and continues to 26th week of pregnancy. During this period, the fetus will go through major development. The size increases from 4 – 5 inches to 12 inches.

The weight also increases from 3 ounces to 1 pound (lb.) or sometimes even more. Furthermore, the fetus's major structures and organs start to build up. The important part includes:

- Skeleton
- Muscles tissue
- Skin
- Eyebrows
- Eyelashes
- Finger as well as toenails
- Blood cells
- Taste buds
- Foot and fingerprints

- Hair

In case the fetus is a male then its testes start to drop into the scrotum and if it's a female then the ovaries start to form eggs. In addition, the fetus is now able to listen to the sounds from the womb's outside and also have regular walking patterns and sleeping. The fetus starts to start to practice swallowing (which is a very important skill after delivery).

Mother's experience

This time, the mother will start to feel better. The fatigue and sickness start to fade away at the start of the second trimester. However, aversions and food cravings could continue. The belly starts to grow giving a clear sign of pregnancy. Moreover, she starts to feel the baby moving. Although, she might experience the following other symptoms as well.

- Nipple changes
- Round ligament pain
- Stretch marks

The Third Trimester

Last but not least, the third trimester starts from the 27th week and ends on the 40th week. In other words, it will end on the delivery day. In this trimester, the baby size increases from 12 inches and 1.5 lb. in weight to 18 – 20 inches and 7 – 8 lb. in weights. Most of the organs, as well as body systems, will be formed and they will continue growing until they get mature.

The baby will begin to practice breathing motions. In other words, it starts its preparation for after birth. The kicks will get stronger and the mother will start to feel the baby movements regularly.

Mother experience

The mother might feel uncomfortable in the third trimester because of her belly. Below are the symptoms that the mother will feel.

- Heartburn
- Swollen feet
- Insomnia
- Mood swings
- Milk leaking from the breast
- Periodic urination

When the delivery time comes closer, the baby turns in to a head-down position. This will make the birth easier.

Summary

The whole process from the sperm entering into an egg to the birth is very troubling and difficult but they are full of new emotions and experiences. The mother must get regular prenatal care. Furthermore, a doctor can ensure the growth of the baby.

Products

- The Legging Ankle Maternity Jeans
- Burt's Bees Mama Bee Belly Butter
- Nursing Bralette
- Mederma Stretch Marks Therapy
- Compression Knee High Socks