**First Trimester – 10 Weeks**

**How your baby is growing:**

Baby measures about 1.2 inches long and weighs around 0.14 ounce, about the size of a prune. Baby starts opening and closing her fingers and curling her toes. Most of her critical systems are fully formed, and is about to enter the growth and maturation stage, in which her organs and tissues will grow and develop rapidly. Baby’s kidneys begin to create urine, the liver begins to secret bile, and the pancreas begins to produce insulin. Tooth buds, hair follicles and nail beds are forming, and the brain is rapidly developing. Her body length will almost double in the next three weeks.

**Common pregnancy symptoms at 10 weeks include:**

* Fatigue, morning sickness, nausea, and. Remedies for morning sickness and nausea include: supplement 50mg of Vitamin B6 daily, magnesium supplementation, lemon water, eating crackers or toast before getting out of bed in the morning, and peppermint or ginger tea.
* The need to urinate frequently. Your uterus has not risen above the pubic bone, and puts pressure on the bladder. This will get better in a few weeks.
* Mood swings, due to hormonal changes. These will even out in the next few weeks.
* A dark line appearing down the center of your belly, called the linea nigra

**What you should do:**

Eat small portions frequently, with a protein source with each meal and snack, in order to keep blood sugar more stable. Blood sugar swings and waiting too long between eating can aggravate nausea. Nausea will get better in the next few weeks.

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| **Date** | **Weeks** | **Hgb** | **Blood pressure** | **Fundal height** | **Baby's heart rate** |
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| **Notes:** |  |  |  |  |  |  |  |  |
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**Next appointment date & time:**