**First Trimester – 13 Weeks**

**How your baby is growing:**

Baby measures about 3 inches long and weighs around ½-2/3 ounce, about the size of a peach. He is developing vocal chords and teeth and already has fingerprints. Baby’s neck is fully formed and can support head movements. Her eyes and ears are moving into their normal positions on her head. Although her ears won’t be fully developed until about 24 weeks, it is believed that babies can sense sounds at this point through vibration receptors on their skin. Baby starts to suck his thumb and wiggle his toes. Baby’s kidneys begin to create urine, the liver begins to secret bile, and the pancreas begins to produce insulin. Baby’s skin starts to grow lanugo, a thin, peach-fuzz-like hair, all over his body. Lanugo helps with temperature control and also protects the skin. The risk of miscarriage also reduces by 65% after week 12 and baby is at less risk for congenital abnormalities at this point.

**Common pregnancy symptoms at 13 weeks include:**

* Cravings for certain kinds of food or food combinations
* Constipation, due to increased levels of progesterone which cause muscles of the intestines to slow. Pressure of uterus also can affects or inhibit bowel function. Drink enough water and focus on a fiber rich diet of whole grains and fresh fruits and vegetables.

**What you should do:**

Now that morning sickness has likely subsided, focus on maintaining a good diet of around 2200 calories, with about 80g of protein per day. Eat a variety of different kinds and colors of vegetables and leafy greens. Be certain you are getting enough calcium, as your babies bones are developing and hardening at this point.

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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:**