 **Second Trimester – 16 Weeks**

**How your baby is growing:**

Baby measures about 4.5 inches long and weighs around 3.5 ounces, about the size of an orange. Baby’s arms and legs are completely developed. Baby’s joints and bones are getting stronger. He can now bend, flex, and twist his hands, fingers, legs, feet, and toes. His nervous system is operating, and muscles are responding to stimulation from his brain, making movements more coordinated and less jerky. You may be able to feel baby moving at this point, or it may take a few more weeks! Baby starts to practice the movements of breathing. Your placenta is also now completely formed. The risk of miscarriage also reduces by 65% after week 12.

**Common pregnancy symptoms at 16 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:**