**Second Trimester – 21 Weeks**

**How your baby is growing:**

Baby measures about 10.5 inches long and weighs around 12.5 ounces, about the size of a pomegranate. Your baby now looks like a miniature newborn. Her lips are becoming more distinct and her eyes have developed. Baby’s eyebrows and eyelids are in place. Her pancreas, essential for hormone production, is developing steadily. The first signs of teeth are even showing below her gum line. Baby is probably sleeping in cycles -- about 12 to 14 hours per day.

**Common pregnancy symptoms at 21 weeks include:**

* Your breasts may start to produce colostrum, the rich first milk, full of protein and antibodies, which your baby will need in her [first few days](http://www.babycentre.co.uk/x553873/how-much-milk-does-my-baby-need-in-the-first-few-days).
* Increased vaginal discharge due to hormones.
* Round ligament pain or spasms. This is the ligament that supports your uterus, and it may hurt as it stretches to accommodate your growing belly. A heating pad, bending at the knees instead of the waist when lifting heavy items, use of a belly support band, and chiropractic care will help.

**What you should do:**

Make sure you're getting enough iron. Your baby needs it to make red blood cells, among other things. Iron-rich foods include lean red meat, poultry, fish, lentils, leafy green vegetables and iron-fortified cereals.

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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 day & time:**