



# The Journey Through Pregnancy



## Your Baby's Growth & Diary



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# Diary

*This diary will accompany you throughout your pregnancy. In it, you can write things you intake, how you are feeling, extra notes, and any questions you have!*

## Important Information

Name: \_\_\_\_\_

Last menstrual period: \_\_\_\_\_

Due date: \_\_\_\_\_

Habits I will start: \_\_\_\_\_  
\_\_\_\_\_

Habits I will ditch: \_\_\_\_\_  
\_\_\_\_\_

Possible Baby Names:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Diving into Pregnancy

Congratulations on becoming a new mother! Whether it's your first baby or third, the journey through pregnancy is quite different than your everyday living. You will be experiencing new changes both physically and emotionally which is completely normal. Every pregnancy is different but if you have any questions or concerns, don't hesitate in asking your doctor!



**First Trimester: Week 1 - 13**

**Month 1 - 3**

**2nd Trimester: Week 14 - 26**

**Month 4 - 6**

**3rd Trimester: Week 27 - 40**

**Month 7 - 9**



Your baby will be going through a lot of changes these next nine months. This time frame is split into three trimesters which are each 3 months long.

With this guide, you will be able to see how exactly your baby is growing and compare your baby's growth with objects you see around everyday!

# Symptoms

Even though every woman is unique, there are some symptoms that can signal pregnancy. Usually they won't start until around the end of the 4th week which is when you would have had your missed period. A missed period is one of the first signs of pregnancy which can be accompanied by cramping and a little bleeding.

Breasts can start to change as early as the first two weeks. They might feel sore and tender, start to get bigger and darker around the nipple, increase in breast size, and feel heavier.

One common symptom that most people are familiar with is morning sickness. Morning sickness includes nausea and vomiting which usually occurs in the morning but can happen at any time throughout the day. This can start 2 or up to 8 weeks after conception and is caused by rising hormone levels in preparation for pregnancy.

Other symptoms include bloating, gas, frequent urination, fatigue, and mood swings. Some women may feel all of these symptoms and others may not experience any.



Image: babycenter.co.uk

# Exposures Serving

Throughout this guide, you will be asked to keep track of different exposures during your pregnancy. Below, is a table of how much one serving of the most common drinks is. The more you limit these drinks, the more you and your baby will benefit!

## Caffeine

	Ounces	Caffeine Amount
Soda	8	29 mg
Coffee	6	95 mg
Tea	6	26 mg

## Alcohol

	Ounces	Alcohol Percentage (by volume)
Beer	12	5%
Wine	4	12%
Shot	1	40%

# Trimester One

The first trimester is when most of your baby's critical development will occur. During this time, all of your baby's organs and features will start forming and developing. It's important to be conscious of what you put in your body, because your baby has a direct connection to you.

In addition, throughout this trimester, your doctor will be conducting multiple tests to check in on your health and to see how your baby is developing. If any concerns pop up, they will inform you and provide extra guidance. Make sure you write your results down throughout the diary!



## Things to Do This Trimester:

- ◇ Schedule prenatal visits with doctor
- ◇ Start taking prenatal vitamins (make sure it includes 400 mcg of folic acid)
- ◇ Eat healthy!
- ◇ Confirm conception and due date with ultrasound
- ◇ Find out about maternity leave

## Things to Avoid:

- ◇ Alcohol/ Drugs
- ◇ Caffeine
- ◇ Certain Foods:
  - Soft Cheese
  - Deli Meat
  - Raw fish, eggs, meat

images: babycenter.com

# Week 1 - 4

Pregnancy occurs when the sperm and egg fuse together to make one single cell. The cell continues to divide and forms a ball of cells, called a "blastocyst" which is split into two sections. The inner part will become the embryo (which will be your baby) and the outer part will become the cells that nourish and protect your baby.

This ball of cells travels down into the uterus and implants itself onto the uterine wall where your baby will continue to grow!



*Throughout the guide, you will be able to see not only how the baby compares in size with other objects, but also the approximate measurements.*

## Baby Size (Actual Ruler)



## Week 1 - 4

### Vitamins

Name	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

### Caffeine

	# of cups	Frequency (circle one)
Coffee		Per day/week/month
Soda		Per day/week/month
Tea		Per day/week/month

### Alcohol

	# of servings	Frequency (circle one)
Beer		Per day/week/month
Wine		Per day/week/month
Shots		Per day/week/month

### Prescriptions/ Over the Counters

Name & Reason	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

Mood: \_\_\_\_\_

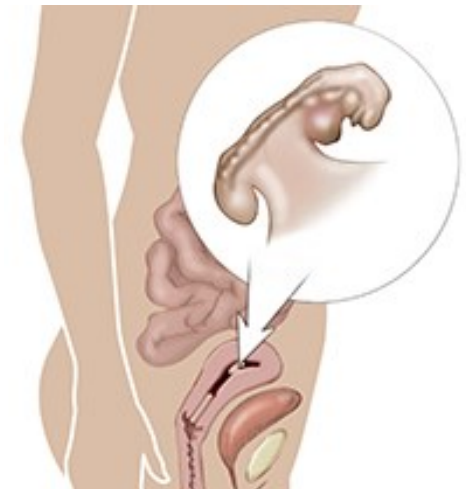
Test Date & Results: \_\_\_\_\_

Questions: \_\_\_\_\_

## Week 5

At this stage, your baby is called an embryo. The embryo will develop three layers from the ball of cells which starts the process in creating the organs. The outer layer will help in making the skin, nails, hair, brain, and spinal cord. The middle layer will make up the bones and muscles including the heart. The inner layer will make up the organs including lungs, liver, and pancreas.

This is the time frame most women realize they are pregnant since symptoms associated with pregnancy will start such as a missed period, tender and swollen breasts, nausea and vomiting, and tiredness.



### Baby Size (Actual Ruler)



## Week 5

### Vitamins

Name	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

### Caffeine

	# of cups	Frequency (circle one)
Coffee		Per day/week/month
Soda		Per day/week/month
Tea		Per day/week/month

### Alcohol

	# of servings	Frequency (circle one)
Beer		Per day/week/month
Wine		Per day/week/month
Shots		Per day/week/month

### Prescriptions/ Over the Counters

Name & Reason	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

Mood: \_\_\_\_\_

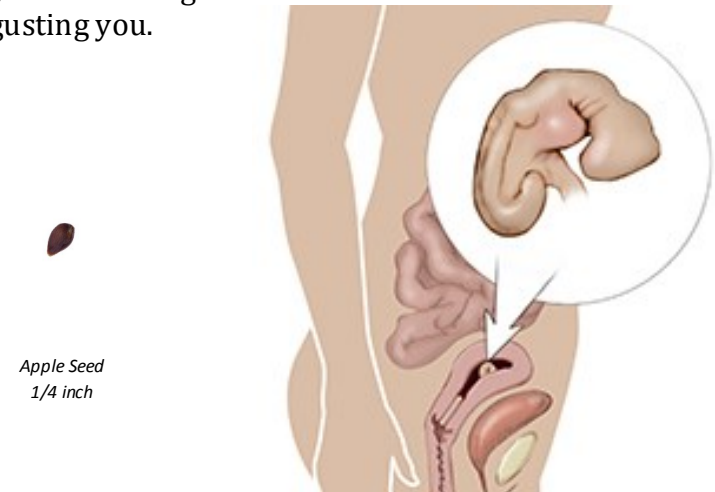
Test Date & Results: \_\_\_\_\_

Questions: \_\_\_\_\_

## Week 6

During this week, the embryo will start to develop its facial features such as its eyes, nose, and mouth. Its heartbeat is starting to beat incredibly fast taking blood throughout the body to its new organs!

Carrying a tiny human is a lot of work! Your baby will need lots of blood as its heart starts working. Your heart will start pumping up more blood to meet the increasing demand so you might feel your **heart beating faster!** In addition, **food cravings or aversions** might start. Food you regularly wouldn't have wanted before start to seem really appealing or foods you enjoyed before might start disgusting you.



### Baby Size (Actual Ruler)



## Week 6

### Vitamins

Name	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

### Caffeine

	# of cups	Frequency (circle one)
Coffee		Per day/week/month
Soda		Per day/week/month
Tea		Per day/week/month

### Alcohol

	# of servings	Frequency (circle one)
Beer		Per day/week/month
Wine		Per day/week/month
Shots		Per day/week/month

### Prescriptions/ Over the Counters

Name & Reason	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

Mood: \_\_\_\_\_

Test Date & Results: \_\_\_\_\_

Questions: \_\_\_\_\_

## Week 7

Your baby is definitely growing now! It will start sprouting buds for arms and legs. Other small features on its face will start to form such as its eyelids, ears, and teeth underneath its gums.

Your bra will start feeling a little tight as your **breasts continue to grow** and your jeans will become snug due to **bloating**. You may start feeling extra tired so try to get some extra sleep or do some light exercises to increase your energy!



Dime  
1/2 inch



### Baby Size (Actual Ruler)



## Week 7

### Vitamins

Name	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

### Caffeine

	# of cups	Frequency (circle one)
Coffee		Per day/week/month
Soda		Per day/week/month
Tea		Per day/week/month

### Alcohol

	# of servings	Frequency (circle one)
Beer		Per day/week/month
Wine		Per day/week/month
Shots		Per day/week/month

### Prescriptions/ Over the Counters

Name & Reason	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

Mood: \_\_\_\_\_

Test Date & Results: \_\_\_\_\_

Questions: \_\_\_\_\_

## Week 8

The baby's fingers are slowly starting to develop. In addition, its brain cells will start making connections between parts so the baby will definitely start squirming! You won't be able to feel it quite yet considering the baby is still pretty small.

As your uterus continues to grow, it will push against your bladder causing you to want to **urinate more**. All of the symptoms you have been experiencing will now peak! Don't worry, by the start of the second trimester, these symptoms will start to diminish.



Penny  
3/4 inch



### Baby Size (Actual Ruler)





## Week 8

### Vitamins

Name	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

### Caffeine

	# of cups	Frequency (circle one)
Coffee		Per day/week/month
Soda		Per day/week/month
Tea		Per day/week/month

### Alcohol

	# of servings	Frequency (circle one)
Beer		Per day/week/month
Wine		Per day/week/month
Shots		Per day/week/month

### Prescriptions/ Over the Counters

Name & Reason	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

Mood: \_\_\_\_\_

Test Date & Results: \_\_\_\_\_

Questions: \_\_\_\_\_

## Week 9

Your baby is now referred to as a fetus rather than an embryo. All of the organs' structures have developed and will just continue to grow throughout the next few months. The sex organs, however, will continue forming. All of the facial features are now fully distinguishable!

Starting this week, your doctor will perform a noninvasive prenatal test. This is done by drawing blood from you and using it to analyze your baby's DNA. (Yes, your baby's DNA can be found in your blood!)



Nickle  
1 inch



### Baby Size (Actual Ruler)



## Week 9

### Vitamins

Name	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

### Caffeine

	# of cups	Frequency (circle one)
Coffee		Per day/week/month
Soda		Per day/week/month
Tea		Per day/week/month

### Alcohol

	# of servings	Frequency (circle one)
Beer		Per day/week/month
Wine		Per day/week/month
Shots		Per day/week/month

### Prescriptions/ Over the Counters

Name & Reason	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

Mood: \_\_\_\_\_

Test Date & Results: \_\_\_\_\_

Questions: \_\_\_\_\_

## Week 10

Your baby's limbs are starting to become more flexible, bending and stretching. You will now be able to hear your baby's heartbeat with an ultrasound! However, it is still too early to determine the sex of your baby.

Between now and the 12th week your doctor will conduct a common serum screening with a blood test to check for Down Syndrome, Edward Syndrome, or any neural tube defects. If any concerns are brought up, your doctor may perform a chorionic villus sampling to further check if the baby has a genetic condition.



Paperclip  
1 1/8 inch



### Baby Size (Actual Ruler)



## Week 10

### Vitamins

Name	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

### Caffeine

	# of cups	Frequency (circle one)
Coffee		Per day/week/month
Soda		Per day/week/month
Tea		Per day/week/month

### Alcohol

	# of servings	Frequency (circle one)
Beer		Per day/week/month
Wine		Per day/week/month
Shots		Per day/week/month

### Prescriptions/ Over the Counters

Name & Reason	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

Mood: \_\_\_\_\_

Test Date & Results: \_\_\_\_\_

Questions: \_\_\_\_\_

## Week 11 & 12

Your baby's hands and feet are now fully formed and its bones are starting to harden. They are growing fast and are gaining reflexes. It now has the ability to move its fingers and toes. Interestingly enough, the head of your baby is what makes up half of its body!

Between now and the 14th week, your doctor may conduct a nuchal translucency test which is a noninvasive test to check for possible heart conditions or any genetic abnormalities.



Quarter  
1 1/4 inch



### Baby Size (Actual Ruler)



## Week 11 & 12

### Vitamins

Name	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

### Caffeine

	# of cups	Frequency (circle one)
Coffee		Per day/week/month
Soda		Per day/week/month
Tea		Per day/week/month

### Alcohol

	# of servings	Frequency (circle one)
Beer		Per day/week/month
Wine		Per day/week/month
Shots		Per day/week/month

### Prescriptions/ Over the Counters

Name & Reason	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

Mood: \_\_\_\_\_

Test Date & Results: \_\_\_\_\_

Questions: \_\_\_\_\_

## Week 13

This is the last week of the first trimester. All of your baby's organs are clearly visible through the transparent skin!

This week you may start to experience pain in the lower abdomen which is caused by standing up or moving too quickly. This is known as pelvic pain and is completely normal. However, if you start experiencing bleeding or fever, call your doctor as soon as possible.



Mandarin  
2 1/2 inch



### Baby Size (Actual Ruler)



# Week 13

## Vitamins

Name	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

## Caffeine

	# of cups	Frequency (circle one)
Coffee		Per day/week/month
Soda		Per day/week/month
Tea		Per day/week/month

## Alcohol

	# of servings	Frequency (circle one)
Beer		Per day/week/month
Wine		Per day/week/month
Shots		Per day/week/month

## Prescriptions/ Over the Counters

Name & Reason	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

Mood: \_\_\_\_\_

\_\_\_\_\_

Test Date & Results: \_\_\_\_\_

\_\_\_\_\_

Questions: \_\_\_\_\_

\_\_\_\_\_

# Trimester Two

Now that your first trimester is over, the chances of a spontaneous abortion starts to decrease. However, that does not mean you should stop taking proper care of your body! Your baby's brain is still developing and your baby's organs are growing and starting to gain function so it is essential they continue in receiving proper nutrition!



## Things to Do:

- ◇ Plan a baby moon!
- ◇ Shop for maternity clothes
- ◇ Find out the sex of your baby (unless it's a surprise)!
- ◇ Start planning how you want your labor
- ◇ Sign up for childbirth classes
- ◇ Look into babysitters and child care
- ◇ Set up space for your baby
- ◇ Take prenatal yoga

## Things to Avoid :

- ◇ Alcohol/ Drugs
- ◇ Caffeine
- ◇ Certain Foods:
  - Soft Cheese
  - Deli Meat
  - Raw fish, eggs, meat
- ◇ High impact sports
- ◇ Stress!

Image: magic4wells.com

# Month 4

The baby will start to shuffle around more whether it be with its facial features or sucking its thumb! The kidneys and bladder are fully functioning and your baby will start to pee. Its limbs are now proportional to the body.

This month your doctor will conduct a quad screen which tests your blood to see if the baby has any genetic risks. If any concerns are brought up, your doctor may perform an amniocentesis test to analyze fetal tissue by sampling the fluid around your baby.



Avocado  
4 inches



## Baby Size (Actual Ruler)



# Month 4

## Vitamins

Name	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

## Caffeine

	# of cups	Frequency (circle one)
Coffee		Per day/week/month
Soda		Per day/week/month
Tea		Per day/week/month

## Alcohol

	# of servings	Frequency (circle one)
Beer		Per day/week/month
Wine		Per day/week/month
Shots		Per day/week/month

## Prescriptions/ Over the Counters

Name & Reason	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

Mood: \_\_\_\_\_

Test Date & Results: \_\_\_\_\_

Questions: \_\_\_\_\_

# Month 5

By now, you'll start to feel the baby moving, making it feel like you have little butterflies in your stomach! Your baby will now be able to sleep and wake up as they start to accustom their sleeping cycle. Your baby will weigh about a pound and will continue to gain lots of baby fat as it starts to mature!

This month, you will receive a more detailed ultrasound. The doctor will look at all of the baby's developing organs and if you wish, reveal whether your baby is a girl or a boy!



Banana  
6 inches



Baby Size (1 inch = 3 inches)



# Month 5

## Vitamins

Name	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

## Caffeine

	# of cups	Frequency (circle one)
Coffee		Per day/week/month
Soda		Per day/week/month
Tea		Per day/week/month

## Alcohol

	# of servings	Frequency (circle one)
Beer		Per day/week/month
Wine		Per day/week/month
Shots		Per day/week/month

## Prescriptions/ Over the Counters

Name & Reason	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

Mood: \_\_\_\_\_

Test Date & Results: \_\_\_\_\_

Questions: \_\_\_\_\_

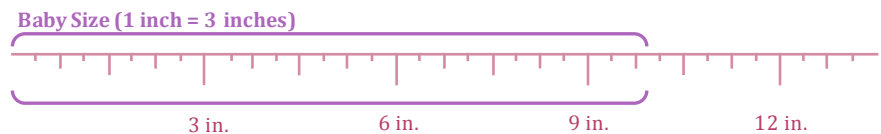
# Month 6

The baby's wrinkles are starting to unfold and its hair is starting to grow! It starts to inhale the fluid surrounding it, which helps develop its lungs in preparation to breathe on its own when it is born. Your baby's brain will keep drastically developing so make sure you are still eating healthy and taking your vitamins.

This month your doctor will run a glucose screen to check for gestational diabetes which can occur to some women during pregnancy.



Celery  
10 inches





# Month 6

## Vitamins

Name	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

## Caffeine

	# of cups	Frequency (circle one)
Coffee		Per day/week/month
Soda		Per day/week/month
Tea		Per day/week/month

## Alcohol

	# of servings	Frequency (circle one)
Beer		Per day/week/month
Wine		Per day/week/month
Shots		Per day/week/month

## Prescriptions/ Over the Counters

Name & Reason	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

Mood: \_\_\_\_\_

\_\_\_\_\_

Test Date & Results: \_\_\_\_\_

\_\_\_\_\_

Questions: \_\_\_\_\_

\_\_\_\_\_

# Trimester Three

You're so close to giving birth! These last three months might make you feel anxious as you anticipate holding your precious baby! It may feel like the baby is performing karate inside of you as it continues to grow and grow!

Most of the organs have finished developing. Your baby will continue to gain weight which you will definitely be able to see as your stomach gets bigger!



## Things to Do:

- ◇ Start gathering items needed for hospital
- ◇ Attend childbirth classes
- ◇ Safeguard your home (smoke alarms, hazardous objects)
- ◇ Choose a pediatrician
- ◇ Inform yourself on breastfeeding
- ◇ Install car seat and pack bags for hospital

## Things to Avoid:

- ◇ Alcohol/ Drugs
- ◇ Caffeine
- ◇ Certain Foods:
  - Soft Cheese
  - Deli Meat
  - Raw fish, eggs, meat
- ◇ High impact sports
- ◇ Stress!
- ◇ Airplanes

itsbaby.com

# Month 7

During this month, your baby will start gaining conscious of the world around them! Don't be shy to talk to your baby since it will start becoming familiar with your voice! With its eyes starting to gain function, it will start being able to detect some light coming in. And of course, it will continue to gain plenty of baby fat.

**Constipation** may occur as your uterus continues to expand which is totally normal. You may also start feeling some shortness of breath as your uterus also pushes into your chest cavity.



Coconut  
12 inches



## Baby Size (1 inch = 5 inches)



# Month 7

## Vitamins

Name	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

## Caffeine

	# of cups	Frequency (circle one)
Coffee		Per day/week/month
Soda		Per day/week/month
Tea		Per day/week/month

## Alcohol

	# of servings	Frequency (circle one)
Beer		Per day/week/month
Wine		Per day/week/month
Shots		Per day/week/month

## Prescriptions/ Over the Counters

Name & Reason	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

Mood: \_\_\_\_\_

Test Date & Results: \_\_\_\_\_

Questions: \_\_\_\_\_

# Month 8

Your baby's skin is starting to get pink, opaque, and smooth. Its bones are hardening which the baby will start to use as it performs karate inside! There isn't much room left since the baby has gotten so big!

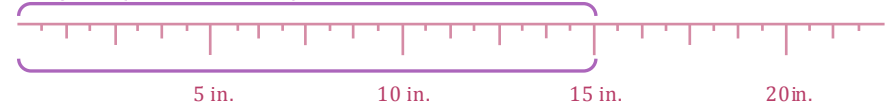
This month, you may get **headaches, backaches, and heartburn**. If you are still feeling constipated you could get **hemorrhoids** which are swollen blood vessels around your rectum that may cause pain to sit.



Melon  
15 inches



Baby Size (1 inch = 5 inches)



# Month 8

## Vitamins

Name	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

## Caffeine

	# of cups	Frequency (circle one)
Coffee		Per day/week/month
Soda		Per day/week/month
Tea		Per day/week/month

## Alcohol

	# of servings	Frequency (circle one)
Beer		Per day/week/month
Wine		Per day/week/month
Shots		Per day/week/month

## Prescriptions/ Over the Counters

Name & Reason	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

Mood: \_\_\_\_\_

Test Date & Results: \_\_\_\_\_

Questions: \_\_\_\_\_

# Month 9



## First Signs of Labor

- \* Pain in lower back to belly.
- \* Contractions are occurring in a pattern and the pain is felt longer.
- \* Water breaking.
- \* Blood/discharge from vagina.

All of the organs are fully matured and ready to work on their own. The baby starts to position itself in preparation for birth!

This month, your doctor will start scheduling prenatal visits on a weekly basis.



Watermelon  
20 inches



Baby Size (1 inch = 5 inches)



# Month 9

## Vitamins

Name	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

## Caffeine

	# of cups	Frequency (circle one)
Coffee		Per day/week/month
Soda		Per day/week/month
Tea		Per day/week/month

## Alcohol

	# of servings	Frequency (circle one)
Beer		Per day/week/month
Wine		Per day/week/month
Shots		Per day/week/month

## Prescriptions/ Over the Counters

Name & Reason	# of pills / dosage	Frequency (circle one)
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month
	___ / ___ mg/mcg/mL/IU	Per day/week/month

Mood: \_\_\_\_\_

\_\_\_\_\_

Test Date & Results: \_\_\_\_\_

\_\_\_\_\_

Questions: \_\_\_\_\_

\_\_\_\_\_

# Keepsakes

Baby's Name: \_\_\_\_\_

Baby's Birth date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Baby's Height: \_\_\_\_\_ in/cm

Baby's Weight: \_\_\_\_\_ lbs/kg

Baby's Head Circumference: \_\_\_\_\_ in/cm



*Insert Photo  
here*



Thoughts: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Prescriptions & Medications

Preg ID: \_\_\_\_\_

Product	Indication	Dose	Time



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Ask The Experts

QUESTIONS?

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