

# Pregnancy book

1

**This book contains all sorts of important topics you should know when you are pregnant.**

**It tells you, for example, what you have to be aware of to keep yourself and your baby healthy. It also tells you all types of things that will happen to you while you are pregnant.**

**The following pages contain information about how a baby grows in its mother's belly.**

**For every month of pregnancy, there is information about what you need to be aware of and all sorts of things you have to think about.**

**At the end of every month, you can write things down that are important to you on a separate page.**

**You can also write down things you want to remember or that you want to discuss with someone.**

**It is important that you can tell your obstetrician, partner, parents, or professional care worker how you feel and how you are doing.**

# 1

**the first month**

## in the first month

During the first month of your pregnancy, you notice nothing or very little about the child that is growing in your belly. You are pregnant, but you do not know it yet.

### **How do you find out that you are pregnant?**

You do not get your period.

This may mean that you are pregnant.

To know this for sure, you take a pregnancy test.

You can buy this at the pharmacy.

You should always go to your general practitioner too.

Perhaps you might feel tired or you are nauseated.

Your breasts may also feel painful or get larger.

This all can be caused by the pregnancy.

# Pregnancy test

5





2

the second month

## in the second month

### week 5

- The length of the baby is 2 millimeters.
- The baby is now as big as a rice kernel.



### week 6

- The length of the baby is 5 millimeters.
- The baby is as big as a pea.

It does not yet look like a baby, but more like a tadpole. There is only a small head with a sort of tail attached to it. The eyes start to grow.



### week 7

- The length of the baby is 1 centimeter.

The baby will grow very much this week. The tiny heart will beat. You will not feel this. The arms and legs begin to grow. The nose and mouth are also already visible. The baby is as big as the nail on your pinky finger.



### week 8

- The length of the baby is 2 centimeters.

So far, the baby has only been a limp form.

Now it has bones in its body.

The fingers also begin to take shape.

The baby is as big as a hazelnut.



### week 9

- The length of the baby is 3 centimeters.
- The weight of the baby is 2 grams.

The baby moves with little jolts,

but you do not feel this.

There are now real fingers and a thumb on its little hands.

The legs are also growing further.

The baby now has knees, ankles and toes.

Its face is becoming more evident.

The baby is as big as a walnut.

## in the second month

**You now begin to feel that you are pregnant.  
What do you notice about your body?**

- painful breasts
- nausea
- dizziness
- tired
- an appetite for foods you normally do not like
- difficulty defecating (going to the toilet)
- excessive urination
- a small amount of blood loss  
(always tell this to your doctor)

## in the second month

You make an appointment with your obstetrician during this month. First go to your general practitioner. Take your partner or someone else with you.

### **What happens during the first visit to the obstetrician?**

- You make acquaintance.
- You have a discussion about your family, the father of the baby, and about any illnesses that people in your family may have had.
- Your blood pressure is taken and you are weighed.
- Your belly gets checked.
- You get a antenatal (pregnancy) card.  
You take this with you every time you go to the obstetrician.
- The obstetrician gives you a referral letter because you have to have your blood tested.  
This is to analyze what your blood type is and also if you have a STD (that is a sexually transmitted disease).





3

**The third month**

# The baby

## in the third month

15

### week 10

- The length of the baby is 4.5 centimeters.
- The weight of the baby is 5 grams.

The baby is completely fine. The baby is seems to have everything. It can now grow further through nourishment from the umbilical cord. The baby is as big as a small plum.



### week 11

- The length of the baby is 5.5 centimeters.
- The weight of the baby is 10 grams.

Its head is larger than its body.

Its eyes are closed. This stays this way until the 7th month.

The baby can move and it swims back and forth in the womb.

You cannot feel that yet.

The baby is as big as a peach.

# The baby

## in the third month

16

### week 12

- The length of the baby is 6.5 centimeters.
- The weight of the baby is 20 grams.

Its little heart beats very fast. At the obstetrician, you can hear the heartbeat using a special device. The baby may be sucking its thumb and sometimes grabs the umbilical cord. Sometimes it yawns. It is a shame you cannot see that.



### week 13

- The length of the baby is 7.5 centimeters.
- The weight of the baby is 30 grams.

The most important thing the baby does now is grow. If you were to fall or bump your belly against something, the amniotic fluid makes sure the baby is protected. The baby drinks amniotic fluid to learn how to swallow and drink.



# The baby

## in the third month

17

### week 14

- The length of the baby is 8.5 centimeters.
- The weight of the baby is 60 grams.

The baby kicks with its legs  
and even moves like it is taking steps.  
It waves its arms, makes fists with its hands and swims  
from one side of the womb to the other.  
But you still cannot feel that.  
It also starts growing fine hair on its entire body.



## in the third month

You might have your first ultrasound during this month. The doctor does that to see if everything is going well with your child. A sonogram shows you that there really is a baby growing in your belly.

Your body is going to change. You gain weight. Your breasts and nipples become larger and darker. They are going to look different.

You may feel happy, but you can also suddenly be confused. You also may have to cry about things that you otherwise would never have cried about. This is very normal. It is part of being pregnant. This is caused by changes in your hormones.

It is important to talk about your feelings with someone like your obstetrician, professional care worker, or general practitioner. If you have any questions about something, do not be afraid to ask!!!

Make sure that you always go to your appointments with your obstetrician. You should take someone with you too.

# Ultrasound

of the third month





4

The fourth month

## in the fourth month

### week 15

- The length of the baby is 11 centimeters.
- The weight of the baby is 90 grams.

The baby is about as big as a lollypop.



### week 16

- The length of the baby is 15 centimeters.
- The weight of the baby is 120 grams.

The baby's eyes are still closed.

However, it can possibly see light and dark.



### week 17

- The length of the baby is 18 centimeters.
- The weight of the baby is 150 grams.

The baby gets more fat on its body.

It is now a bit larger than a pencil.

### week 18

- The length of the baby is 20 centimeters.
- The weight of the baby is 200 grams.

The baby moves a lot.

You might even feel him move sometimes.

Otherwise, it will not be much longer before it does.

The baby now notices it when you stroke your belly.



## in the fourth month

If your breasts have grown very much, you can wear a pregnancy bra. It is also time to look for maternity clothes. You can buy these or borrow them from someone.

If everything is going well, you feel less tired and less nauseated this month. You may get small, brown spots on your skin. There will not be so many if you stay out of the sun and use a sunscreen with a high protection factor.

You should not do any abdominal muscle exercises now. You can participate in some forms of sport, but not very intensively. Your belly, rear end, breasts, and legs become more round. You see yourself gaining weight. This is not strange. It is part of being pregnant.



## in the fourth month

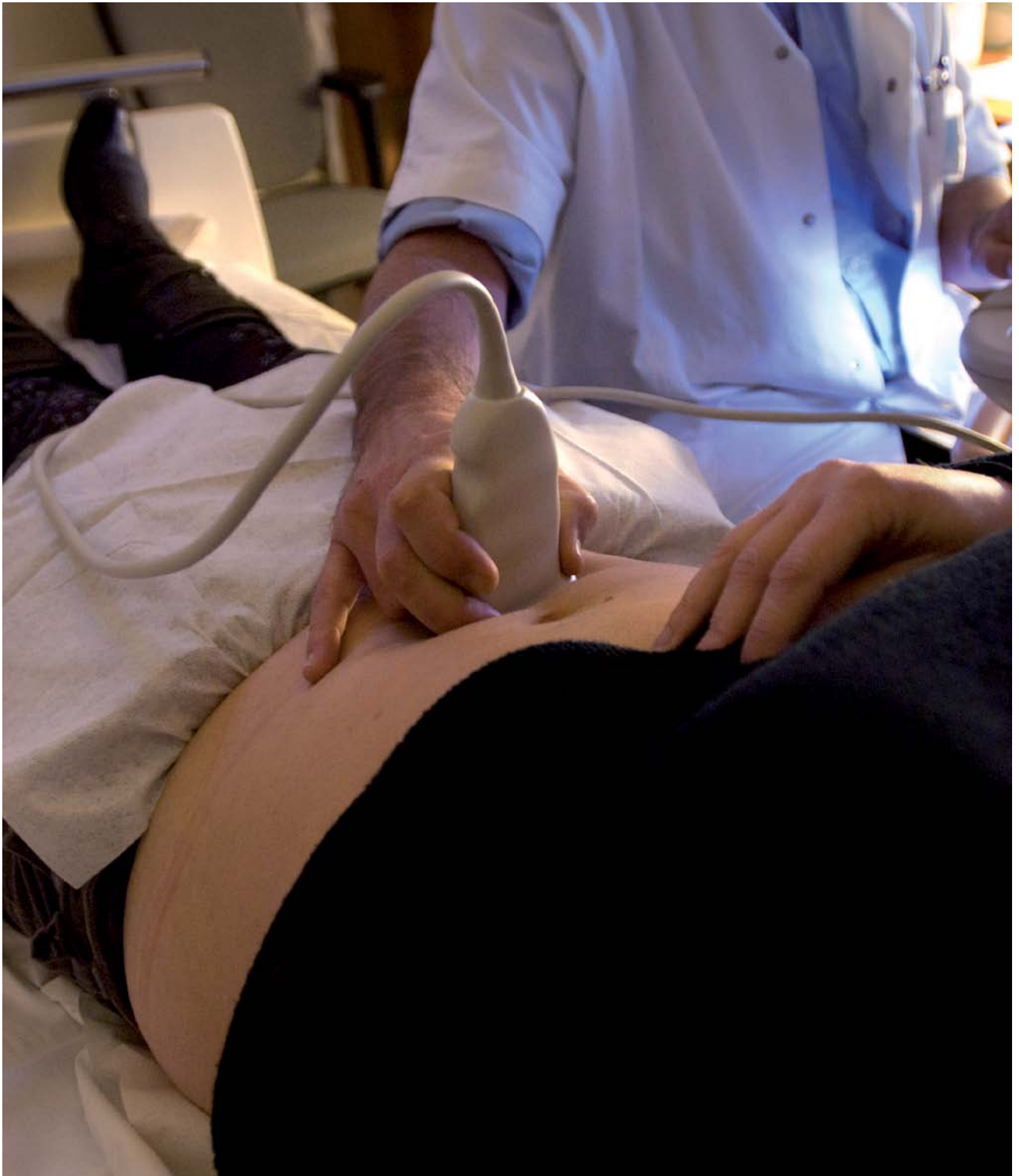
Take good care of your teeth. Brush them more than you usually do. Your gums become softer during the pregnancy. This makes it easier to get inflammation. Have your teeth checked by a dentist occasionally.

You go regularly to the obstetrician for a pregnancy check-up.

If everything is going well, you usually go:

- until the 24th week: every 4 weeks
- from 24 to 30 weeks: every 3 weeks
- from 30 to 36 weeks: every 2 weeks
- then: every week.

It is more pleasant if someone goes with you.





5

The fifth month

# The baby

## in the fifth month

### week 19

- The length of the baby is 22 centimeters.
- The weight of the baby is 250 grams.

The baby is now half its size before its birth.  
It is very flexible.  
For example, it can put its toes in its mouth.  
He now gets real hair.



### week 20

- The length of the baby is 25 centimeters.
- The weight of the baby is 320 grams.

Perhaps you feel the baby actually move this week.  
It feels like something flapping about in your belly,  
as if your intestines is unsettled.  
You do not feel this all day long,  
but only when the baby moves.

# The baby

## in the fifth month

30

### week 21

- The length of the baby is 27 centimeters.
- The weight of the baby is 380 grams.

The baby can hear you now!  
It hears your heart beating  
and it hears your voice as if it was very far away.  
Take precautions against loud noises close to you.  
The baby is swimming in all directions.  
You can feel it at different places in your belly.  
It is not going to grow so fast any more.



### week 22

- The length of the baby is 28.5 centimeters.
- The weight of the baby is 440 grams.

The baby sleeps a lot.  
But when it is awake, it is bustling about.  
The baby may move about a lot suddenly  
when you are lying down calmly for a moment.

### week 23

- The length of the baby is 30.5 centimeters.
- The weight of the baby is 500 grams.

The baby is going to practice with breathing.  
Grabbing with its hands is going increasingly better.  
It tries to grab on to everything:  
its feet or its other hands  
and sometimes also the umbilical cord.



## in the fifth month

You will have to wear other clothing because your body has changed. Maternity clothing does not put pressure on your belly. It also gives your rear end and breasts additional support.

You may start dreaming more at night. The dreams do not seem real.

Around week 20 you may have an ultrasound. This ultrasound is to examine if everything is going well with the baby. You can also see if it is a girl or a boy. You will be asked if you want to know this.



# Ultrasound of the fifth month

33





6

**The sixth month**

### week 24

- The length of the baby is 32 centimeters.
- The weight of the baby is 560 grams.

You can now clearly see its eyes.

The baby can hear increasingly better.

Talk calmly to it or sing songs to it.

This gives the baby a safe feeling.



### week 25

- The length of the baby is 32.5 centimeters.
- The weight of the baby is 650 grams.

You are going to feel the baby more.

The flapping about now changes into real pokes and kicks.

The baby is training.

Your movements usually rock your baby to sleep.

The baby wakes up when you are calm.

When you do not feel the baby, it is sleeping.

The obstetrician can now let you hear the tiny heart better.

### week 26

- The length of the baby is 33 centimeters.
- The weight of the baby is 720 grams.

At first you were only able to feel the baby when you were calm. Now you are able to feel the baby when you are busy doing something. The baby's skin gets a nice pink color.



### week 27

- The length of the baby is 34 centimeters.
- The weight of the baby is 800 grams.

You can now "play" with the baby by placing your hand on your belly. Sometimes the baby comes to where your hand is placed.

Gradually slide your hand a bit further and you will feel the baby follow.

The baby has a preference for some sounds.

Babies mainly like low volume sounds.

The baby does not like house music or dance music.

The baby likes soft sounds.

## in the sixth month

The baby is getting heavier. You notice this on your body.

### **Examples of things you may have problems with are:**

#### **Stretch marks:**

These are the red stripes on your belly.

It may lessen if you use cream on your belly every day.

#### **Protruding navel:**

Your navel may stick out a bit because the baby is pushing against it from the inside of your belly.

#### **Pain in your lower body:**

The baby's weight is hanging in your pelvis.

This can feel painful.

#### **Frequent urination:**

The baby presses against your bladder.

This will make you go to the toilet more often.

All of these complaints are part of the pregnancy.

Sometimes they are inconvenient, but they stop after the birth.

Take good care of your body and rest when necessary.

### **What things do you need when the baby is born?**

Here are convenient lists for that.  
You can get this from the obstetrician  
or in a baby store.

Do not buy everything new.  
You can often borrow something from someone  
or buy it in a second-hand store.

Start collecting things in due time.







7

**The seventh month**

### week 28

- The length of the baby is 35 centimeters.
- The weight of the baby is 900 grams.

The baby is developed, but not yet completely ready to be born. If the baby were to be born now, the doctors would have to do their best to keep it alive. One of the reasons is because the lungs do not yet work fully. That is why it is important that the baby stays inside your belly a little longer.



### week 29

- The length of the baby is 36.5 centimeters.
- The weight of the baby is 1 100 grams.

The baby can still turn completely around in your belly. You can clearly see and feel that. Your belly moves back and forth. The baby is increasingly more like a little person. It has a clear facial expression and occasionally grimaces or wrinkles its eyebrows.

### week 30

- The length of the baby is 38 centimeters.
- The weight of the baby is 1300 grams.

The baby now no longer has so much room in the womb. Do you sometimes feel little jolts in your belly? This may mean that the baby has the hiccups. The hiccups will stop on their own.



### week 31

- The length of the baby is 39 centimeters.
- The weight of the baby is 1500 grams.

Do you see your belly starting to stick out? This may be a foot or fist.

## in the seventh month

Your belly is getting larger.

People can now really see that you are pregnant.

**You may perhaps have difficulties with all sorts of complaints again. For example:**

- fluid retention in your body
- burning stomach acid
- back pain
- sleeping unsoundly
- pelvic pain

Ask your obstetrician

what you can do to counteract these complaints.

One thing is sure,

the complaints go away after the birth!

## in the seventh month

Have you already thought of a name for the baby?

It is a good idea to think of two names:

one for a boy and one for a girl.

Perhaps you have already thought about birth announcement cards?

During this time, it is sensible

to go to **pregnancy gymnastics** or **yoga**.

These teach you how to prepare yourself for the birth.

It is only two months

before your baby will be born.

This is when you should have all the baby things in house.

# Pregnancy gymnastics

47









**The eighth month**

# The baby

## in the eighth month

50

### week 32

- The length of the baby is 40 centimeters.
- The weight of the baby is 1800 grams.

The baby is now almost ready to be born. All important organs and functions have developed. Now the baby only has to gain weight and become stronger.



### week 33

- The length of the baby is 41 centimeters.
- The weight of the baby is 2000 grams.

The baby is probably already lying in the position in which it will be born.

It is best if the head is positioned pointing down.

It may also be that the rear end or legs will be positioned pointing down.

If that is so, the obstetrician will have to talk to you about it.

### week 34

- The length of the baby is 42.5 centimeters.
- The weight of the baby is 2300 grams.

The baby can now better see the difference between light and dark. It is growing very fast!

Just because your belly is large does not mean that you will have a large child. And just because your belly is small does not mean that you will have a small child. The size of your belly is also the result of other things, such as:

- the build of your body,
- the strength of your abdominal muscles,
- how much fluid or fat you have (a lot or a little),
- or how much amniotic fluid you have.

### week 35

- The length of the baby is 43.5 centimeters.
- The weight of the baby is 2500 grams.

The baby is now at its highest in the womb.

The baby is large and the space that you have is small.

The baby may be pressing against your stomach or lungs.

This can be unpleasant.

The baby is completely occupied with gaining an additional layer of fat.



## in the eighth month

The pregnancy will soon be over.  
If the baby were to be born now,  
it would have to remain in the hospital.  
If it were born after week 37,  
then in most cases, you can take it home with you.

You do not know when the baby will be born.  
This is why you should have a hospital bag ready.  
In the hospital bag are things that you will need  
if you have to go to the hospital suddenly.

### **This is in the hospital bag:**

#### **For yourself:**

- pajama and long shirt
- clean underwear
- slippers and thick socks
- robe
- toilet articles
- Nursing bra (if you are going to breast feed) or pregnancy bra
- telephone numbers of people important to you
- pregnancy card

## in the eighth month

### **For the baby:**

- 2 rompers newborn size
- 2 sets of clothing newborn size
- a cap, jacket and socks
- diapers (the smallest size)
- car seat

If you are working you will take maternity leave.

Find out what the specific agreements are in your situation.

When should you request that?

How long are you permitted to take maternity leave?

Do you get paid during your maternity leave?

Ask for someone to help you to get all the details.

In any case, it is important that you have peace of mind when the birth begins!

Four weeks before the birth,  
from week 36,

you are obligated to take maternity leave.

It is important that you are fit when the birth begins!

Also think about

who you would like to have present during the birth when the time comes.

# Hospital bag

55

packed for the hospital







9

**The ninth month**

# The baby

## in the ninth month

58

### week 36

- The length of the baby is 45 centimeters.
- The weight of the baby is 2900 grams.

During this week the baby will position more deeply with its head in your pelvis.

We call that the "head-down position".

When the child does not position itself with its head down, you may need a cesarean section.

The obstetrician will discuss this with you.



### week 37

- The length of the baby is 46.5 centimeters.
- The weight of the baby is 3100 grams.

The baby has its eyes open when it is awake and closed when it is sleeping.

Actually, the baby already

does much of what it will do when it is born.

# The baby

## in the ninth month

59

It sucks its thumb, hiccups, and can get angry.  
It reacts when it is frightened.  
It also calms down when it hears your voice.



### **week 38**

- The length of the baby is 48 centimeters.
- The weight of the baby is 3200 grams.

The baby is ready to be born!  
When the contractions come is not clear.  
Therefore, it is a matter of waiting a bit  
until the birth begins.  
It can happen this week,  
but it can also take another three weeks.

# The baby

## in the ninth month

60

### week 39

- The length of the baby is 49 centimeters.
- The weight of the baby is 3300 grams.

There is almost no more room in your belly for the baby to grow any further.

Your belly can be stretched very far.

Sometimes you feel the child kicking and poking in three places.

The heartbeat can now be heard clearly when someone places their ear to your belly.



### week 40

- The length of the baby is 49 centimeters.
- The weight of the baby is 3300 grams.

You cannot know exactly when the birth will take place. It will certainly happen within these three weeks.

You and your child have to be patient.

## in the ninth month

You are on the verge of an exciting time.  
The baby will be born during these weeks.  
When? The baby will decide that.  
Your water will break when the baby is  
ready to be born.  
This feels as if you have wet your pants.  
When you feel that,  
you have to contact your obstetrician.  
Make sure that you always have your obstetrician's  
telephone number with you.  
Store it in your mobile phone/cell phone.

Try to rest well these weeks.  
Sleeping during the night is usually difficult  
because your large belly is in the way.  
That is why you should lie down for a bit in the afternoon.

Make sure that you have all the things for the baby in the  
house, that the nursery room is ready,  
and that all the baby clothes are washed.

## in the ninth month

Your belly is now really at its largest.  
That is why you can no longer do everything on your own.  
Ask for help if you can no longer do things very well.

It is not unusual for you to look forward to the birth.  
Talk about this with your obstetrician.  
Do not take other people's opinions about their pregnancies very seriously.  
Everyone has her own story, but no one knows how the birth of your baby is going to go.  
Therefore, wait patiently and trust in the people that are going to support you.

### **And then ...**

Once the child is there, it is important that you get additional help along with the usual maternity care.

Talk about this with your professional care worker.  
Then the proper support for you and your child can be arranged in due time.



