

**FETUS DEVELOPMENT  
AND  
PRENATAL APPOINTMENT GUIDE**

Quick Guide for Pregnancy Care

# **SUGGESTED PRENATAL APPOINTMENT SCHEDULE**

## **8-28 weeks**

About 1 visit per month

## **8-12 weeks**

Pregnancy confirmation

Ultrasound to confirm

Full physical

Medical history

Fetal heartbeat

Blood work and tests

## **20 weeks**

In-depth ultrasound

Sex of fetus determined

## **26-28 weeks**

Glucose testing

## **28 weeks**

If Rh negative RhoGam shot given

## **28-36 weeks**

Appointments every 2 weeks

## **36-40 weeks**

Appointments weekly up to delivery

# **FETAL DEVELOPMENT & APPOINTMENT GUIDE WEEK 8**

***At this point the fetus:***

- is the size of a kidney bean
- has fingers and toes
- is developing facial features

***You should have your first prenatal appointment this week***

***You might also have your first ultrasound to confirm your pregnancy***

***Topics to discuss with your health care provider:***

- ◆ your due date
- ◆ things that should not be done during pregnancy
- ◆ ultrasound and/or any other testing
- ◆ any symptoms you're having or a family history of pregnancy complications and birth defects
- ◆ any questions you have
- ◆ safe and unsafe food practices

***Contact the Health Department about programs such as Nurse-Family Partnership, Bright Beginnings, WIC, and CHP+***

# **FETAL DEVELOPMENT & APPOINTMENT GUIDE WEEK 13**

- At this point the fetus:**
  - ◆ is nearly 3 inches long and weighs about  $\frac{3}{4}$  ounces
  - ◆ is about the length of a peapod
  - ◆ has fingerprints and teeth-buds
  
- You should have your second prenatal appointment between weeks 13 and 17**
  
- Topics to discuss with your health care provider:**
  - ◆ AFP test
  - ◆ amniocentesis
  - ◆ pregnancy limitations
  - ◆ medication/supplements during pregnancy

# **FETAL DEVELOPMENT & APPOINTMENT GUIDE WEEK 20**

**☐ At this point the fetus is:**

- ◆ about 6.5 inches from crown to rump, and weighs about 10 ounces
- ◆ stretching out in your uterus
- ◆ beginning to move around and be more active
- ◆ beginning to develop sex organs that you can see on ultrasound if you wish

**☐ You should have your third prenatal appointment this week**

**☐ You should have your mid-pregnancy ultrasound between weeks 18 and 22. During this detailed session:**

- ◆ the technician will measure each part of the fetus, placenta, and uterus
- ◆ they will watch for different movements such as opening and closing fists
- ◆ this should be a very special experience for you and your family
- ◆ they will photograph the ultrasound images
- ◆ ask how many family members can be in the room with you and enjoy this first photo session!

# **FETAL DEVELOPMENT & APPOINTMENT GUIDE WEEK 26**

- At this point the fetus is:**
  - ◆ the size of a head of lettuce
  - ◆ starting to open its eyes
  - ◆ strengthening its immune system
  
- You should have your fourth prenatal appointment between 26-28 weeks**
  
- Topics to discuss with your health care provider:**
  - ◆ ideas on how you can stay healthy
  - ◆ exercise routine
  - ◆ diet and weight gain
  - ◆ risks of preeclampsia
  - ◆ glucose screening test and gestational diabetes
  - ◆ kick counts
  - ◆ any questions or concerns you have

# **FETAL DEVELOPMENT & APPOINTMENT GUIDE WEEKS 28 & 30**

- At this point the fetus is:**
  - ◆ gaining body fat
  - ◆ nearing its birth length
  - ◆ undergoing rapid brain development
  - ◆ forming harder bones
  - ◆ over 3 pounds
  - ◆ strong enough to grasp your finger
  - ◆ dreaming
  
- In weeks 28 and 30 you should have your fifth and sixth prenatal appointments**
  
- Topics to discuss with your health care provider:**
  - ◆ birth plans
  - ◆ what to expect during delivery
  - ◆ birthing classes
  - ◆ request a tour of the birthing facility
  - ◆ what RH positive or negative means
  - ◆ any questions or concerns you have

# BREAST FEEDING

**Please consider breastfeeding for at least the first year of your child's life. There are many benefits for both you and your baby, including but not limited to:**

- the health of your child, especially a stronger immune system and easier digestion
- bonding between you and your baby
- the economic benefit of not needing to pay for formula
- a faster return to your pre-pregnancy weight
- freshly expressed breast milk can last in the freezer for up to three months

**If you return to work while your baby is still nursing, you can express breast milk with a breast pump so you and your baby continue to receive the benefits**

- in Colorado, employers are required to provide unpaid breaks for breastfeeding mothers to express milk for up to two years after childbirth. Employers also must provide a private room other than a bathroom stall for breastfeeding moms to pump milk
- visit the Le Leche League website, [www.llli.org](http://www.llli.org) for updates on legislation

**Pumping your milk is also a good option if you are uncomfortable or unable to breastfeed**

- this is a very common practice for mothers of NICU babies that cannot latch onto the breast and must eat through a bottle, nasal-gastric tube, or even a gastric-tube

**Breast milk provides great health benefits even if it is only part of a baby's diet**



# **FETAL DEVELOPMENT & APPOINTMENT GUIDE WEEKS 32 & 34**

- ❑ **At this point your baby is:**
  - ◆ growing stronger
  - ◆ about the size of a cantaloupe
  - ◆ getting smoother skin and more fat cells
  - ◆ hearing many noises outside womb
  - ◆ comforted by your voice talking or singing
  
- ❑ **In weeks 32 and 34 you should have your seventh and eighth prenatal appointments**
  
- ❑ **Topics to discuss with your health care provider:**
  - ◆ car seat safety
  - ◆ sleeping arrangements for baby
  - ◆ crib safety
  - ◆ how to reduce risk of SIDS (Sudden Infant Death Syndrome)
  - ◆ any questions or concerns you have

*\*Montezuma County Health Department can help with car seat issues and provide affordable car seats.\**

# **FETAL DEVELOPMENT & APPOINTMENT GUIDE WEEKS 36 & 37**

- At this point your baby is:**
  - ◆ considered full-term
  - ◆ practicing sucking, swallowing and “breathing” (amniotic fluid)
  - ◆ probably in the birth position
  
- During weeks 36 to 40 you should have one prenatal appointment per week**
  
- Topics to discuss with your health care provider:**
  - ◆ Braxton Hicks contractions
  - ◆ what to expect when water breaks
  - ◆ how to prepare for labor and delivery

# **FETAL DEVELOPMENT & APPOINTMENT GUIDE WEEK 38**

- At this point your baby:**
  - ◆ weighs anywhere from 6 to 9 pounds
  - ◆ about the size of a small pumpkin
  
- You should have your eleventh prenatal appointment around this time**
  
- Topics to discuss with your health care provider:**
  - ◆ breastfeeding at the hospital
  - ◆ the importance of skin-to-skin contact right after birth
  - ◆ cesarean section
  - ◆ cleaning and routine care of your baby after birth
  - ◆ in-hospital lactation (breastfeeding) consultants
  - ◆ “what is colostrum?”
  - ◆ any other questions or concerns you have

# **FETAL DEVELOPMENT & APPOINTMENT GUIDE WEEK 39**

- At this point your baby:**
  - ◆ has reached final birth weight and measurements
  - ◆ is ready to come into the world
  - ◆ is experiencing rapid brain development and will continue to do so into early childhood
  
- In week 39 you should have your twelfth prenatal appointment**
  
- Topics for discussion with your health care provider:**
  - ◆ resources or books to read about infant care
  - ◆ community resources such as WIC
  - ◆ when to call the office or go to the hospital
  - ◆ any symptoms you are feeling
  - ◆ any questions or concerns

# **BABY DEVELOPMENT & APPOINTMENT GUIDE WEEK 40**

- At this point your baby is:**
  - ◆ ready to meet you
  
- Week 40 should be your thirteenth prenatal appointment**
  
- Topics for discussion with your health care provider:**
  - ◆ how long you and your baby should be in the hospital
  - ◆ any concerns you have about bringing baby home
  - ◆ how to prevent or deal with baby blues and post-partum depression
  - ◆ when to be seen for a post delivery check up
  - ◆ concerns about going past your due date
  - ◆ newborn screening tests
  - ◆ when your baby should have his first well child check with the family health care provider

***\* Remember: all babies grow/mature at different rates.\****

# **IF SOMETHING UNEXPECTED HAPPENS**

**If your baby's birth did not go as planned:**

Talk first with your health care provider

You are not alone – resources and support are available

For information and resources on complications, NICU (Neonatal Intensive Care Unit), and loss contact the March of Dimes at [www.marchofdimes.com](http://www.marchofdimes.com) or call the Colorado March of Dimes at (303) 692-0011

For information about early intervention for special needs visit - <http://www.eicolorado.org/> or call 1-888-777-4041

For more information and links visit the Montelores Early Childhood Council Website:  
<http://monteloresecc.org>