

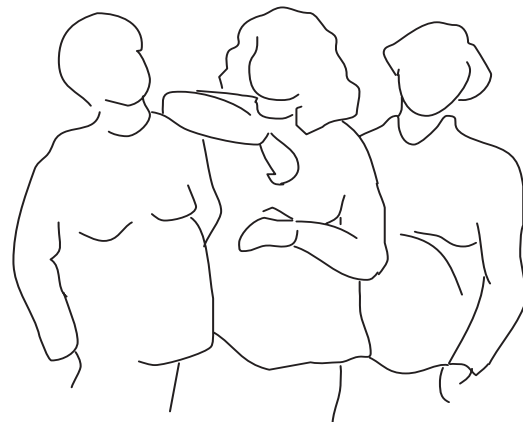


Smart Choices...

How Your Baby Grows

The Second Trimester

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Your body goes through many changes in the 4th, 5th and 6th months of pregnancy. For example, you will make a lot of blood. Your uterus (womb) and breasts grow larger. You will store extra body fat.

Month 4

Your baby:

- is about 8 to 10 inches long
- weighs about 6 ounces
- can move feet and wiggle toes
- makes smacking movements with lips and may suck thumb
- has eyelids that are shut to protect the eyes while they are forming

You:

- will probably have a better appetite and gain 3 to 4 pounds this month
- may have a slightly larger belly and need maternity clothes
- may begin to feel the baby move a little

You should:

- eat plenty of foods with iron and folic acid/folate because you are making blood for you and your baby (some foods high in folic acid/folate and iron are: lean meats, liver, legumes, dark green vegetables, fortified cereals, whole grain breads)
- eat enough calories so your baby will grow
- see a doctor or nurse if you have not done so already



Month 4

Month 5

Your baby:

- is about 12 inches long
- weighs about 1 pound
- has eyelashes and is growing nails
- has a heartbeat that can be heard through a stethoscope
- has vocal cords

You:

- should gain about 3 to 4 pounds this month
- may feel short of breath at times
- may feel the baby move as the baby stretches; this movement feels like "butterflies"

You should:

- eat foods from all food groups
- quit smoking or reduce smoking to less than 10 cigarettes a day
- try some light exercise like walking



Month 5

Month 6

Your baby:

- is about 14 inches long
- weighs about 1 1/2 pounds
- can cry, kick and hiccup
- grip with hands
- has a brain that is developing rapidly
- may have hair on the top of the head and little eyebrows

You:

- can expect to gain 3 to 4 pounds this month
- may feel the baby's movements more strongly (Your baby will probably be active while you are resting and rest while you are active. The movement of your body rocks the baby to sleep.)
- may have some constipation or heartburn

You should:

- continue to eat a variety of foods
- continue to exercise moderately



Month 6

Please remember, your baby is depending on you to make smart choices like:

- The right kinds and amounts of foods to eat.
- Making and keeping your appointments with the clinic or doctor.
- Not using tobacco, drugs or alcohol.
- Avoiding sexually transmitted diseases.