

My 5-6 Week Pregnancy

Total Women's Health of Baltimore



Development

The gestational sac first appears at around 4 weeks and grows at a rate of around 1 mm/day. Usually an embryo and heartbeat are first detectable at 5 weeks and 5 days. The baby's first blood cells are already being produced in the yolk sac. At 5 weeks pregnant, baby is the size of an apple seed. Yep, your embryo is now measurable- though at week five of pregnancy, it's a wee 0.13 inches from crown to rump (a.k.a. head to bum)- and baby's gearing up for much more growth. In fact, in the next week he or she will almost double in size.

The amniotic sac now houses the embryo, which floats in a sea of fluid. The neural tube will develop into your baby's brain, spinal cord and nerves. The heart is now a single tube with a few uncoordinated beats. At 6 weeks the baby has tiny webbed hands and feet shaped like paddles.

Even though your just 5 or 6 weeks pregnant, lots of changes are taking place. The placenta and the beginnings of the umbilical cord are already working hard to channel nutrients from your body to the embryo. Oxygen, amino acids, fats, and sugars all play a vital role in healthy development.

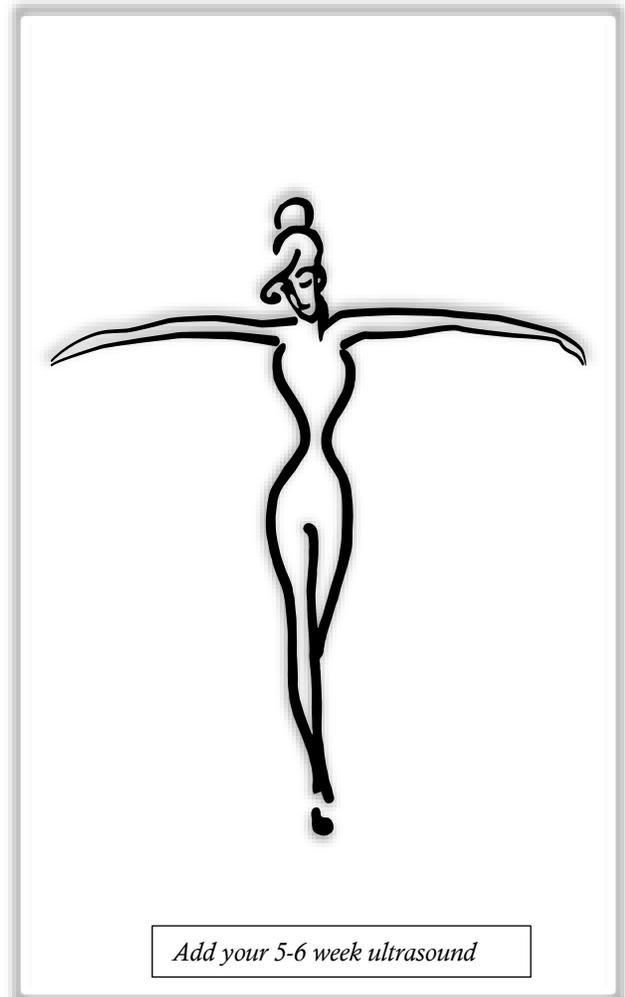
My Body & My Symptoms

It is completely normal for you to feel a wide range of emotions. Symptoms such as backaches and menstrual like cramps can be common. Soak in a warm bath, listen to soothing music, indulge in naps. Water and plenty of fruits and vegetables are important.

Morning sickness, light bleeding or spotting, breast tenderness, frequent urination, fatigue, mood swings can occur.

Things To Consider

Prenatal vitamins with at least 400 micrograms of folic acid every day are a great way to support neural tube development. Women who are normal weight should gain 25 to 35 pounds the whole pregnancy. Underweight women should gain at least 35 and those overweight should gain no more than 20 pounds. Fish high in mercury and undercooked meats should be avoided. Ginger and B6 may help with nausea. Have a cat? Now is the time to get someone else to take care of the litter box to avoid transmission of toxoplasmosis, an infection that can harm the baby. Thinking of telling other's this early? Tell a select few. Some people prefer waiting until after the first trimester when the risk of miscarriage is less.





My To-Do List

- Begin taking prenatal vitamins
- Quit smoking (if applicable)
- Quit drinking (if applicable)
- Cut down on caffeine
- Start eating well
- Check out health insurance and maternity leave coverage

Date of Visit:

Weight:

Memories & Milestones

My thoughts on becoming a parent:

I suspected I might be pregnant because:

I'm nervous about:

I'm excited about: