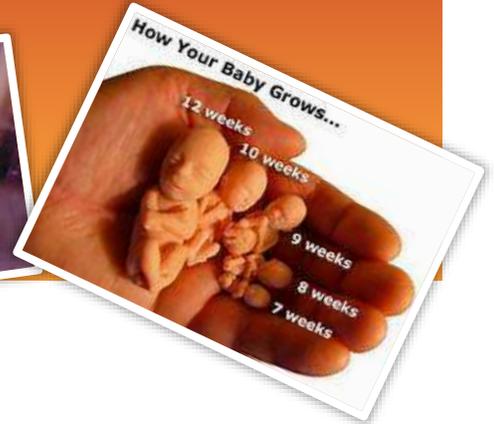


My 9-12 Week Pregnancy

Total Women's Health of Baltimore

9 Weeks Pregnant



Development

Your baby has graduated from embryo to fetus and is now about the size of a cherry at 9 weeks. By the 12th week your baby will be almost 3 inches long and about the size of a plum. Fingernails, toenail and bones are forming. The face is slowly forming and by 9 weeks there is a mouth, tongue and tiny taste buds! At 10 weeks the ears are developing and forming ear canals. If you could look at your baby's face you would be able to see upper lips and two tiny nostrils. At 10 weeks the jaw bones are developing and contain all the future milk teeth. The heart is fully formed.

At 11 weeks the fetus is growing quickly and the placenta is rapidly developing and will be fully formed at 12 weeks. Your baby's head makes up 1/3rd of its length but the body is also growing fast and straightening, and the fingers and toes are separating. At 12 weeks all the organs, muscles, limbs and bones are in place and the sex organs are well developed. From now on it just has to grow and mature. It's too early for you to be able to feel the baby's movements yet, although it's moving quite a bit.

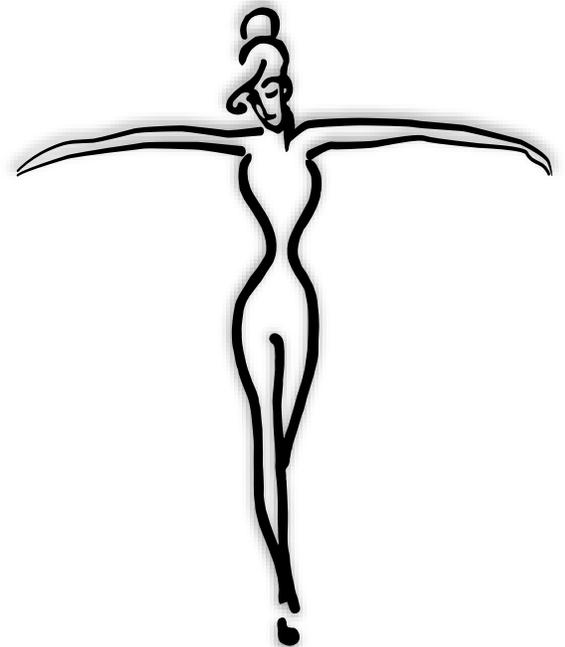
My Body & My Symptoms

Right now, the pregnancy hormone hCG is circulating through your body at its peak level. That means at 9 weeks, some pregnancy symptoms may be at their most severe! Hang in there-you're just weeks away from those hormones leveling out a bit, leaving you feeling a lot more like yourself by the end of the 12th week.

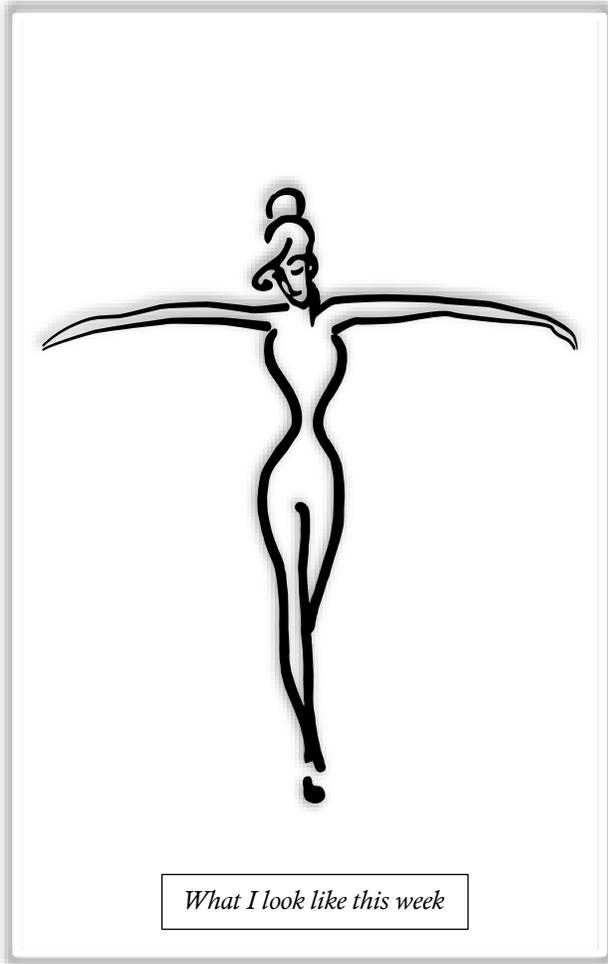
Your breasts are bigger and you feel happy one moment and sad the next! Mood swings occur because the hormones just keep raging and can be exacerbated by the nausea, vomiting and fatigue you may be experiencing, making it even more difficult to control your emotions. Remember, it's OK to slow your usual pace, to take breaks (nap), to meditate, or just veg out and binge watch Netflix! Over 80% of pregnant women experience some form of morning sickness. It really should be called all day sickness!! Eat what works for you. But remember, spicy and greasy foods can exacerbate nausea. Ginger and small, frequent meals may help, along with vitamin B6 supplements. If nausea is severe talk to me (Dr. Oliver) about it. There are treatment options. Frequent urination because of your expanding uterus and increased blood supply to the area is common. Don't let that stop you from drinking lots of water. It's important to stay hydrated. Nasal congestion- Surprise! Pregnancy causes higher mucus production. Keep tissues handy. Headaches due to surges in hormone levels. This can also be exacerbated by dehydration, caffeine withdrawal, hunger, lack of sleep and stress. Warm or cold compresses and Tylenol are OK. Stay away from aspirin and ibuprofen (Advil). Speak to me if symptoms don't resolve.

Things To Consider

Think about how life will change when baby is in the picture. Consider wearing a more supportive bra. Find out about healthy eating and which foods to avoid in pregnancy. Find out about exercises and keeping active in pregnancy.



Add 9-12 week ultrasound picture



My To-Do List

- Buy a more supportive bra
- Start looking for ways you and your partner can budget so you have extra cash when baby arrives
- Check out your company's handbook to see how maternity leave is handled
- Avoid stressful situations
- Go with the flow

Date of Visit:

Weight:

Memories & Milestones

I first hear my baby's heartbeat on:

When I heard it I felt:

My message to baby:

One pet name for baby is: