

Your Baby's Growth

This section describes how your baby grows during pregnancy. There is space provided for you to write your thoughts, feelings, special moments and events you experience as parents-to-be. Having a child brings many changes. There are questions and ideas provided to help you with your writing.

Your First Prenatal Visit with your Health Care Provider:

It is important to have regular prenatal care throughout your pregnancy. It is recommended to arrange for your first prenatal visit before 12 weeks have passed since your last menstrual period. When you have your first prenatal visit there are a number of tests that are usually routinely recommended. Below is information about each test. They are as follows:

Hemoglobin: This test checks your blood to make sure it is able to carry enough iron and oxygen.

Blood Group and Antibody Screen: This blood test checks your blood Rh factor and looks for any unusual antibodies in your blood.

Rubella Titre: This blood test checks to see if you have immunity to rubella (german measles).

Hepatitis B: A blood test to check if you have been exposed to Hepatitis B.

VDRL: A blood test screening possible previous exposure to syphilis (a sexually transmitted disease).

Urine Test: A test to check for sugar and protein levels in your urine and to check for any signs of a urinary tract infection.

Pap Test: This test is done to check the cervix for signs of cancer or conditions that may lead to cancer.

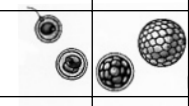

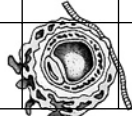
HIV: A blood test to check for possible previous exposure to HIV, the virus that can lead to AIDS. There is now treatment available that can help reduce the risk of an HIV positive woman transmitting the virus to her unborn baby.

Discuss these tests with your health care provider for further information.

There are 40 weeks in pregnancy and this is calculated from the beginning of your last menstrual period (before conception) to the time of delivery. These 40 weeks are called gestational weeks.

FIRST MONTH

Date of first day of last menstrual period

Year	Month	Day	SUN	MON	TUES	WED	THURS	FRI	SAT
WEEK 1									
WEEK 2									
WEEK 3									
WEEK 4									

You can chart your baby's growth by entering dates on the calendar provided.

*Enter the date of the first day of your last period in the box above the calendar. *Enter the date of the following day (day 2 of period) in the first box on the calendar. *Fill in the remaining dates.

Remember:

*The following information is based on gestational weeks, not your baby's growth from the time of conception.

Weeks 1 and 2:

The ovum or egg is ripening. It is usually released from the ovary 10-14 days after day one of the last period. This is called ovulation.

Weeks 3 and 4:

Conception has occurred. One sperm from the male has gone inside the egg released at ovulation by the female. It is now "fertilized" and called an embryo. The cells of the embryo divide quickly to become a cell cluster. This travels down the fallopian tube and implants in the uterine lining. The lining nourishes the embryo. The cell cluster becomes three special layers with certain cells having specific functions. These layers will generate every organ and tissue in baby's body. Some cells will become the amniotic sac and others the placenta.
