Congratulations on your pregnancy!
As part of your enrollment in Horizon Blue Cross Blue Shield of New Jersey’s PRECIOUS ADDITIONS program, we’ve provided you this pregnancy journal containing a week-by-week guide to your baby’s development and the changes you’ll experience during this special time in your life.

You can also use this pregnancy journal to keep track of your doctors’ appointments, write down important information and store the keepsakes and memories of your time as a mother-to-be, all in one place.

We hope you find this pregnancy journal and the PRECIOUS ADDITIONS program valuable.

First Trimester

During the first couple of weeks of pregnancy, conception has not even occurred yet. You will likely not experience any hormonal changes at this point, but that shouldn’t stop you from taking important steps for a healthy pregnancy, such as:

- Take 400 micrograms of folic acid each day to help prevent birth defects. If possible, you should begin taking 400 micrograms of folic acid daily at least one month before becoming pregnant.
- Stop smoking and drinking alcohol.
- Talk to your health care professional about any over-the-counter medications, including herbal and dietary supplements, you are taking.
- Maintain control of any chronic condition, such as asthma, diabetes or obesity.
- Check with your health care professional to make sure that you are up-to-date on all of your vaccinations.
**WEEK 2**

Whether or not you have begun to notice symptoms such as weight gain, mood swings or constipation for a few weeks, you should know that discomfort may decrease as you get further along in your pregnancy. Some women have no discomfort during pregnancy.

**WEEK 3**

Although you will not notice any big changes in yourself at this point, your egg and your partner’s sperm have joined to form the embryo. Though it’s still only about the size of the head of a pin, the embryo will begin growing rapidly as its cells multiply. It’s important for you to keep brushing and flossing each day to support good oral health. Hormonal changes you have while pregnant may cause your gums to bleed. It’s also recommended that you see your dentist during pregnancy.

**WEEK 4**

Be ready to make changes to your daily routine to manage your pregnancy and some of the symptoms that accompany it. You may find it necessary to eat smaller and more frequent meals, as well as, go to bed earlier. Gaining weight gradually is healthier for your pregnancy. Although some women develop stretch marks during this time, slow and steady weight gain may reduce their appearance.

**WEEK 5**

You will have already missed your period by week five, confirming that you are pregnant. You should make an appointment to see your health care professional as soon as you suspect that you are pregnant. At the appointment, be sure to ask about nutrition, exercise and any recommendations your health care professional may have for your pregnancy. A number of the embryo’s vital parts, such as the heart, brain, spinal cord, muscles and bones, are now developing.
**Week 6**

Around this time, you begin having early symptoms of pregnancy, such as nausea (“morning sickness”), a more frequent need to urinate, and a tingling or sore feeling in your breasts. Your baby’s brain, spinal cord, bones and muscles are growing more and the heart has started pumping blood. If your stomach is feeling uneasy, try to avoid having an empty stomach. You can break up your daily meals into a number of smaller ones and keep a few snacks with you to prevent feeling queasy.

**Week 7**

While you’re still not visibly pregnant, you may begin feeling other changes to your body, such as weight gain in your legs and breasts. Your baby remains about the size of a pencil’s eraser this week. It has begun developing a recognizable face with distinct nostrils and eye lenses, and paddle-shaped arms are emerging.

**Week 8**

By now, your baby is about the size of a grape. Its face is developing more features, including a nose and the skin that will eventually make up the external part of the ears. Even if you’ve been pregnant before, you may have a different experience this time around. You’ll likely begin “showing” earlier and the symptoms that occur – if there are any – can be completely different from your previous pregnancy.

**Week 9**

Although you won’t feel it yet, your baby has begun to move. At about the size of a strawberry, your baby is still too small for you to sense its movement. However, an ultrasound will be able to pick them up.

During the first trimester, many women have indigestion and heartburn, because pregnancy slows the movement of swallowed food from the esophagus into the stomach. Eating smaller, more frequent meals, as well as, avoiding fried foods, carbonated drinks, and citrus fruit, and engaging in regular exercise can all help relieve these issues.
**Week 10**

As your baby’s development continues, you need to make sure to follow your health care professional’s advice on eating and living healthy during pregnancy. Be sure to eat lots of calcium-rich foods, such as cheeses and dark, leafy green vegetables, to provide plenty of the nutrients for your baby’s bone and teeth development.

**Week 11**

At more than half of your baby’s total weight, your baby’s head is still much larger than its body. However, around week 11, your baby’s body will begin growing and will soon catch up with the growth of the head. Your baby’s heartbeat can now be heard, when your health care professional uses a Doppler sound-wave stethoscope.

**Week 12**

Hormonal changes in your body could be causing occasional dizziness, headaches or other symptoms, as you reach the end of your first trimester. After the first three months of pregnancy, your baby is fully formed. Distinguishable features, such as arms, hands, feet and toes, are formed, and the circulatory and urinary systems are now working. The baby is about 4 inches long and weighs around an ounce.

**Week 13**

For many women, the second trimester is easier than the first. Certain symptoms that you had during the earlier part of your pregnancy, such as nausea and fatigue, may go away.

But, you will likely have new changes to your body during this trimester. As your baby continues to grow, you’ll notice that your abdomen will expand significantly to make room for your developing child.
Second Trimester

Week 14

It will become increasingly apparent that you are pregnant from here on out so, if you haven’t already, now might be a good time to begin telling your family and friends that you are expecting a child.

You may have already started wearing maternity clothing around this time. Your skin and muscles are beginning to stretch to make room for your growing child.

Week 15

Constipation can become an issue for pregnant women at this stage. By exercising, drinking lots of fluids and eating fruits and vegetables (raw whenever possible) you can help relieve any constipation.

Week 16

During your second trimester, your baby is getting ready for a growth spurt and you may begin feeling your baby’s first movements, called quickening, over the next several weeks. These first movements can be described as a fluttering feeling or gas bubbles. Also, soon after the fourth month of pregnancy, uterine contractions can be felt through the abdominal wall. These contractions are called Braxton Hicks contractions. Braxton Hicks contractions are irregular, painless contractions that occur occasionally throughout pregnancy.

Week 17

The swelling in your lower abdomen will be more obvious at this point. Weight gain of between five and 10 pounds is typical now, as is a noticeable increase in your appetite. Your baby’s weight has doubled to about 3.5 ounces.
**Week 18**

Your baby’s rapid growth will slow down now, but some basic reflexes have already developed. For example, your baby can yawn, stretch, and make facial expressions, and will close its eyes when a light shines on your abdomen.

You may begin feeling the baby move. It’s a good time to visit your health care professional between now and week 22 for a mid-pregnancy ultrasound. The ultrasound may even be able to determine your baby’s gender, if he or she is in a favorable position during your visit.

**Week 19**

As your baby grows to around five to six inches from crown to rump, his or her ears are also developing further. Although the skin that will eventually become the ears has been present for weeks, your baby’s ears will now be clearly sticking out of the sides of its head. Your baby will also be able to hear around this time so try reading a book or singing a lullaby.

**Week 20**

You’re halfway through your pregnancy and your baby is now longer than six inches from crown to rump. Your body will continue to change to make room for your growing baby. Being uncomfortable can be normal but if you notice any sudden or extreme swelling of your ankles, fingers or face, or if you gain weight quickly, call your health care professional right away. Drinking plenty of fluids, elevating your feet and limiting the amount of salty foods and caffeine in your diet can treat normal swelling.

**Week 21**

As your baby continues to grow, he or she is also steadily gaining fat to keep warm. Buds for permanent teeth are also forming in your baby’s mouth and his or her eyelids have finished forming.
Many women may get urinary tract infections during their pregnancies due to the added pressure of the growing uterus. Drinking six to eight glasses of water a day can help to ward off infection ... and it’s healthy for your baby too!

**Week 22**

Your baby is getting stronger and his or her features are becoming more distinct as time goes on. This week the eyelids and eyebrows are in place. In fact your baby may now have the form of a newborn baby, but will be much smaller. If you have leg cramps, eat more calcium – and potassium-rich foods such as milk, grapefruits and bananas. And, remember to stay hydrated.

You and your partner should sign up for a childbirth class if you have not yet done so. Class types range from an overview of labor and new parent tips to childbirth relaxation techniques and tours of the hospital and/or birthing center. Check with your health care professional or the facility where you plan to deliver to see what classes they offer or suggest.

**Week 23**

As your baby continues to grow, he or she may weigh almost a pound. Your baby’s lanugo (fine hair that covers his or her body) may darken at this point. You may even be able to see the lanugo during an ultrasound.

Vaginal secretions that are usually clear-to-yellowish with a faint smell increase during pregnancy. Check with your health care professional if the color or odor changes significantly since it could be a sign of an infection. You may still have aches in the lower part of your back. Lying down, massages and applying a heating pad to the area can help.

**Week 24**

If you haven’t already, you may begin to feel your baby’s hiccups. He or she may also respond to your touch. Your baby’s brain development is speeding up and the main branches of his or her lungs are beginning to form.
You may have dry or itchy skin as your belly grows and the skin stretches. Try using a good moisturizer or lotion to help with your skin irritation. Glucose screenings for detecting gestational diabetes are given between this week and 28 weeks.

**WEEK 25**

Your baby may weigh about 1.5 pounds now. Your health care professional may be able to hear your baby’s heartbeat with a stethoscope. Depending on the baby’s position, others may be able to hear the heartbeats by putting their ear against your belly.

You may have hemorrhoids, which are dilated blood vessels in the rectal area caused by increased blood flow, constipation, indigestion and heartburn. To soothe hemorrhoids, apply an ice pack or witch hazel, or try a sitz bath (soaking your bottom in shallow warm water) or over-the-counter suppositories and/or medicated wipes such as Tucks. Don’t take laxatives or mineral oil.

**WEEK 26**

The nerves in your baby’s ears are developing, allowing them to respond to the sounds in your baby’s surroundings. His or her eyes may also begin to slowly open in reaction to noise or bright light.

If you have insomnia, try doing some health care professional-approved daytime exercise, getting fresh air and reducing your fluid intake before bedtime. You may also have some bloating and indigestion due to the pressure on your stomach and intestines. Try eating five or six small meals a day instead of three larger meals.
Week 27

Around this time, your baby’s length can be up to 15 inches long. Your baby is developing hand-eye coordination and may even be sucking his or her thumb.

If you haven’t begun already, now would be a good time to start looking for an infant car seat. Talk with a pediatrician or other moms for recommendations, or research seats’ safety ratings.

Week 28

Your baby will now be experiencing the REM sleep cycle, which means your baby may be dreaming. Your baby may also begin settling into the proper position for birth. While this is good news as far as baby and labor is concerned, it also means that your baby’s head can be putting pressure on your sciatic nerve. This condition, known as sciatica, can cause pain or a tingling sensation in your rear end and can radiate down one or both of your legs. Stretches, applying heat or rest may help the condition.

Week 29

Your baby is continuing to gain weight and weighs about 2.7 pounds now. At this stage, there is less room for your baby to move around, so you will feel a lot of jabs from elbows and knees. In fact your health care professional may ask you to do a “kick count” twice a day. It’s best to lay or sit down in a quiet place and count any movement you feel until you get to ten. If you aren’t feeling anything, have a small snack and try again. Its best to give your health care professional a call if you feel less than ten moves in two hours.
**WEEK 30**

Your baby is getting bigger. In fact, your three-pound baby will now be gaining weight at the rate of half a pound per week for the next seven weeks. And with ten weeks left in your pregnancy, now is the time to think about birthing options. Are you planning for a natural childbirth? Are you OK taking medications such as local anesthesia and/or narcotics? Talk through all the options with your health care professional and partner and see what works best for you.

**WEEK 31**

As your baby’s brain continues to develop at a rapid pace, he or she will now be able to process information and understand signals from all five senses. Fat cells are developing and filling out your baby’s body while smoothing his or her wrinkles.

While your uterus and your baby continue to grow, you may find that you are not able to take in deep breaths. Don’t worry – your baby is getting all the oxygen he or she needs from the placenta.

**WEEK 32**

Your baby weighs almost four pounds now. Your baby’s fingernails and toenails have formed and your baby is practicing opening his or her eyes and breathing.

Your health care professional may want you to come in every two weeks to check on you and your baby’s progress. During this time you may also have Braxton Hicks contractions. While Braxton Hicks contractions (sometimes known as practice contractions) are perfectly normal, you may want to talk to your health care professional about how to tell the difference between practice and the real thing. Usually Braxton Hicks contractions don’t last long, are irregular and stop if you change positions.
**Week 33**

Your baby may grow up to another full inch this week. Your baby is also developing his or her own immune systems using the antibodies that are being passed from you to him or her.

**Week 34**

Over the last few weeks of your pregnancy, your baby has continued to gain weight and weighs about five pounds now. Fingernails reach the ends of fingers, but toenails are not yet fully grown. You baby’s movements are less frequent because of the tight fit.

If you have noticed that your eyesight has started to change, know that this is another side effect of pregnancy hormones. Not only may your eyesight not be as sharp as it once was, but with decreased tear production, your eyes may be more irritated than usual. These changes to your eyesight usually clear up after delivery, but be sure to mention any changes to your health care professional.

**Week 35**

At 35 weeks, your baby weighs more than five and a half pounds and has nearly completed most of his or her development. Your baby’s kidneys are fully developed and his or her liver is beginning to process waste.

If you haven’t already done so, now is the time to choose a pediatrician for your baby. Your health care professional, neighbors, family or friends may have recommendations for you. If possible, it’s best to meet with some of the pediatricians you are interested in too.
If you haven’t yet packed a bag for your hospital stay, get a list together and start gathering the things you need. Some of the items you may want to bring include:

- Health insurance card.
- Cord blood banking kit.
- Camera.
- A watch with a second hand.
- A going home outfit for you (choose one that fit when you were 6 months pregnant) and for baby.
- If you plan to breastfeed, bring nursing bras, nursing tops and a breast-feeding support pillow.
- Any objects you may like to have during labor. Some women like to have music or an exercise ball.
- Snacks you may want to have during your hospital stay.
- Sanitary pads.
- Infant car seat and infant head support.
- Toiletries such as toothbrush, toothpaste, face wash, lip balm, deodorant, a brush or comb, hair ties, and make-up. Hospitals may have some of these toiletries, but you may want to use your own.

Don’t forget to put the things you would like to bring in a place where you or your partner will remember to grab it once you are in labor. Be sure to also pack a few things for your partner as well!
**Week 37**

By the end of this week, your baby will be considered full-term! Just remember that in most situations, it’s best for your baby to stay in your womb until he or she is ready to meet you. As you go to your weekly checkups, your health care professional will be checking for the following signs of labor:

- **Engagement** – the baby’s position in relation to your pelvis.
- **Effacement** – the thinning of your cervix.
- **Dilation** – the opening of your cervix.

Don’t get discouraged if your Ob/Gyn exam shows no signs of labor. For some women, the process can be gradual, while for others it can happen overnight.

**Week 38**

The majority of your baby’s organs are fully developed at this point. While the brain and lungs can now work outside of the womb, they continue to develop throughout your baby’s childhood.

If your baby is not in the head-down position, this means that they are breech. Your health care professional may order a sonogram for confirmation. Some health care professionals may recommend an external version to try to turn the baby. Your health care professional will discuss this procedure with you if he or she feels it is a good option for you or baby. Otherwise your health care professional may talk to you about the possibility of a cesarean section.

**Week 39**

Your baby may weigh around seven to eight pounds and measure anywhere from 18 to 21 inches long. You should continue to count your baby’s movement as described in week 29 and call your health care professional with any concerns. Otherwise try to rest in preparation of what’s to come.
WEEK 40

If your baby has not yet made his or her appearance, don’t worry. Most health care professionals will not let you go past 42 weeks. As labor nears, you may notice some of the following:

- Change in energy level. Some mothers experience “nesting” or a spurt of energy, while others face a lot of fatigue. Some may even go back and forth between the two.
- You may have a feeling that your baby has “dropped” lower into position.
- Loss of mucous plug. The mucous plug that was covering the cervical opening is released when your cervix begins to thin and relax. It can be a clear pink or blood tinged discharge (bloody show).
- Diarrhea or nausea.

Congratulations on your new precious addition!

This is a very exciting time for you and your family. Keep in mind that it’s important for you to see your health care professional within three to eight weeks after your delivery so he or she can check on how your body is recovering and how you’re adjusting overall. If you delivered by cesarean section, it is still important to schedule your postpartum visit no later than six weeks after you have had your incision checked.
Precious Keepsakes