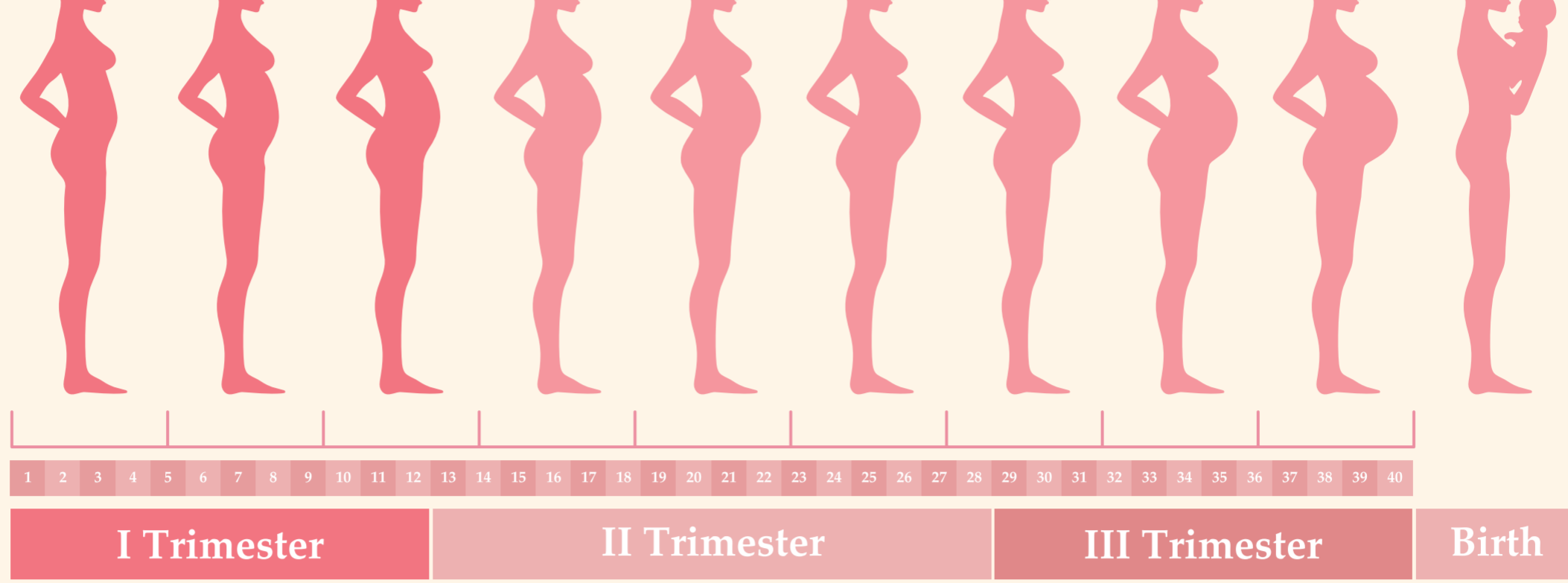


Your pregnancy week by week: weeks 11 & 12



You only have two weeks until your second trimester begins. As their hormones settle down, many women begin to "glow" and regain energy

Here's what to expect in weeks 11 and 12



Week
11

The 11th Week of Pregnancy

It's starting to feel a little more real now, isn't it?

What is happening with your baby at 11 weeks pregnant^{1,2}?



Week 11

- Both the baby and the placenta are growing quickly.
- The bones of the face are forming right now. The eyelids are still shut and won't open for a long time.
- The earbuds on the sides of your baby's head will look like ears as he develops.
- Your baby's head accounts for one-third of his or her overall length, but the body straightens out as it grows.
- The fingers and toes are starting to separate. Fingernails can be seen

How big is your baby when you are 7 weeks pregnant?



Your baby is about the size of a fig.³

Your Body^{3,4}

• As your waist thickens, you may believe your 'bump' is quite apparent, yet most people will be completely unaware that you're expecting a baby.³



• As you bulge out slightly, your muscles and ligaments will stretch, may cause pains in the area around your stomach.³

• Right now, your body is pumping up to **50% more blood than it normally would**. Blood nourishes your womb, but it can also make you feel hot, sweaty, and disoriented. **That's how your baby is asking you to relax and drink some water!**³



Week
12

The 12th Week of Your Pregnancy

Isn't this already a journey? You last had your period 12 weeks ago, and now you're pregnant with a fully formed baby in your womb.⁴

What is happening with your baby when you are 12 weeks pregnant^{4,5}?

- There's no doubt that this is a little human being in the making.
- From the tiny head to the little toes, everything is in its proper position. The muscles and internal organs have been developed.
- An ultrasound scan can reveal a heartbeat
- The skeleton is made up of tissue that hardens into bone throughout time.
- The sex organs are developing, though most scans won't reveal whether you're expecting a boy or a girl until later.

How big is your baby when you are 12 weeks pregnant?



Your baby is about the size of a plum. The weight is about 18g, which is around the same as three grapes.⁴

Your Body⁴



• As the first trimester draws to a close, you should be feeling much better.



• As your breasts grow larger, your waist is likely to thicken.

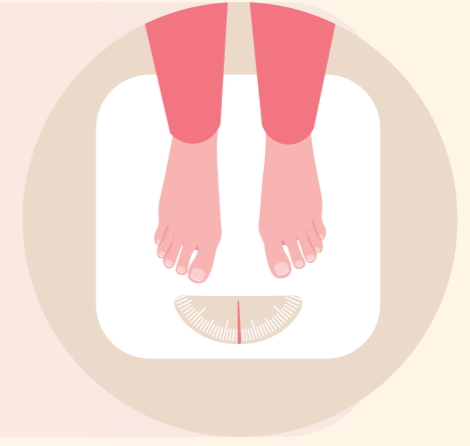


• As the sickness fades, you may become hungrier and wonder if you're eating enough for yourself and the baby.

Tips for making your pregnancy better

Weight gain in pregnancy

- Pregnancy weight growth varies widely. The majority of pregnant women acquire between 10 and 12.5 kilograms, with the majority of the weight gained after week 20.⁶



- Now is an excellent time to review your diet to ensure that you and your baby are **getting all of the nutrients you require.**⁷

- It's vital to remember that just because **you're pregnant doesn't mean you can eat whatever you want.**⁷



- Maintain a steady weight gain throughout your pregnancy. **You can avoid gaining weight** by doing the following:⁷



Staying away from late-night snacks



Staying away from fast food and junk food



Keeping fats and sugars to a minimum

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