

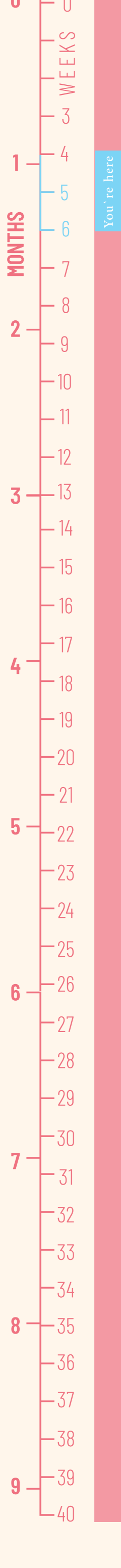
# Your pregnancy week by week: weeks 5 & 6



To the outside world, you'll appear normal **but on the inside, amazing things are happening!**

Let's know what's really going on with you and your baby, as well as useful advice during weeks 5 and 6 of your pregnancy.

## Week 5

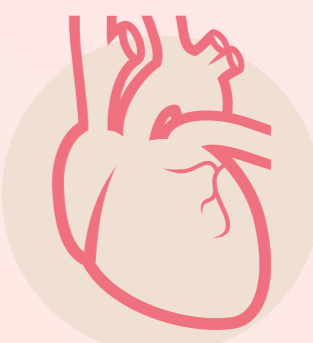


**'Hmmm, no period', you think. 'Could I be pregnant?'**



**What is happening with your baby at 5 weeks pregnant?**

- The baby's nervous system is already developing, and the foundations for its major organs are in place.<sup>1</sup>
- The heart is forming as a simple tube-like structure. The baby already has some of its own blood vessels and blood circulates.<sup>1</sup>
- A string of these blood vessels connects the baby and mother and will become the umbilical cord.
- The embryo's outer layer of cells develops a groove and folds to form a hollow tube called the neural tube. This will become the baby's brain and spinal cord.<sup>1,2</sup>



**How big is your baby when you are 5 weeks pregnant?**



Your baby is about the size of a sesame seed.<sup>3</sup>

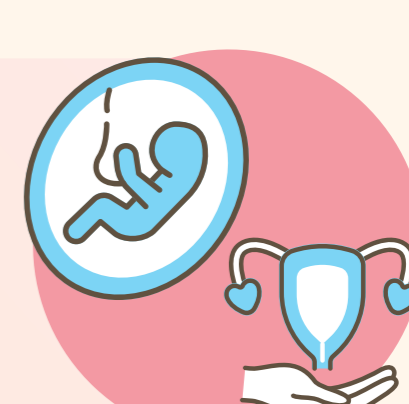
**Your Body<sup>2</sup>**

- This is the time of the first missed period, when most women are only just beginning to think they may be pregnant.<sup>1</sup>



- Pregnancy or maternity care is the care you get from doctors during your pregnancy to make sure you and your baby are as well as possible.<sup>1</sup>

- Contact your doctor promptly once you know you're pregnant, so you get care at the right time.<sup>1</sup>



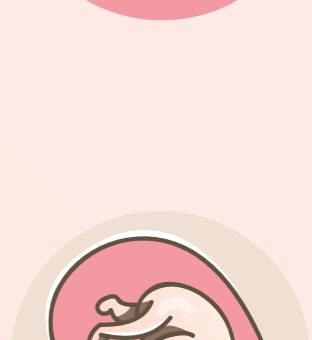
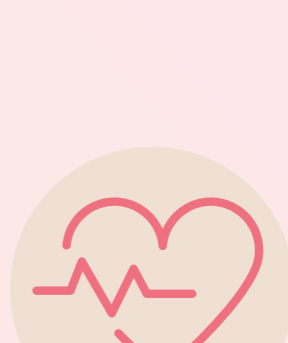
## Week 6

**Your sense of smell might be stronger, and ordinary smells might make you feel sick.** It's the same with your appetite and sense of taste. Watch out for dizzy spells – if you're feeling faint, make sure you sit down.<sup>4</sup>

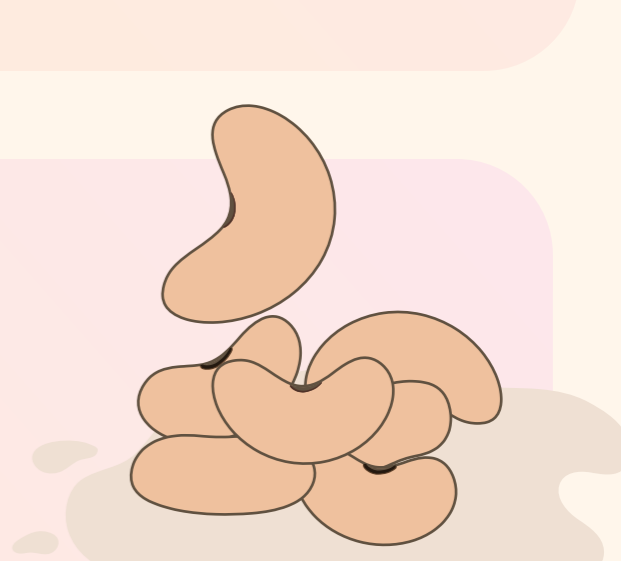


**What is happening with your baby when you are 6 weeks pregnant?**

- By week 6, your baby's brain and nervous system are developing quickly.<sup>5</sup>
- Your baby's heart will beat around this time and might even be detected on ultrasound examination.<sup>5</sup>
- The embryo is curved and has a tail and looks a bit like a small tadpole.<sup>6</sup>
- Small buds that will grow into your baby's arms and legs appear this week.<sup>5</sup>
- Little dimples on the side of the head will become the ears, and there are thickenings where the eyes will be.<sup>6</sup>
- By now, the embryo is covered with a thin layer of see-through skin.<sup>6</sup>



**How big is your baby when you are 6 weeks pregnant?**



Your baby is about the size of a baked bean.<sup>7</sup>

**Your Body<sup>6</sup>**

- Common pregnancy complaints might hit with full force this week.<sup>5</sup>



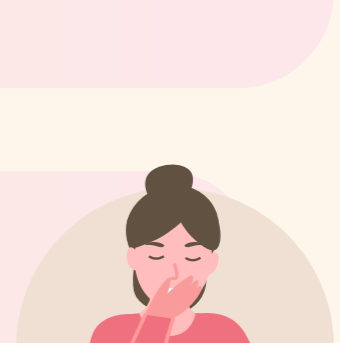
- You may feel exhausted as your body adjusts to the demands of pregnancy.<sup>5</sup>



- Tender breasts and nausea and vomiting (morning sickness) may leave you feeling less than great.<sup>5</sup>

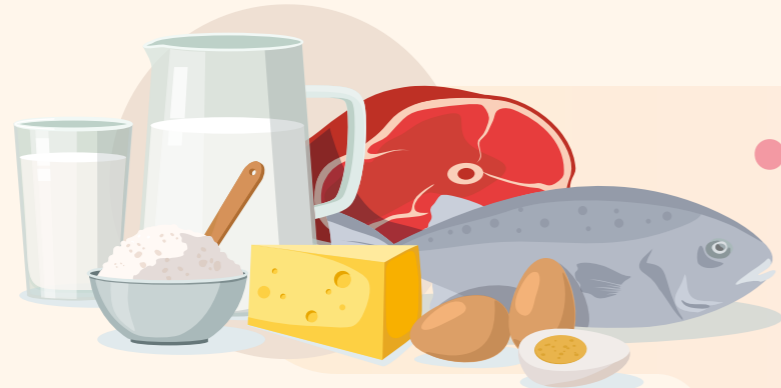


- Despite its name, morning sickness can happen at any hour or all day, so don't be surprised if your queasy stomach doesn't pass by noon.<sup>5</sup>



## Tips for making your pregnancy better

### How Can You Avoid or Treat Morning Sickness?<sup>8</sup>



- Eat foods rich in protein. Protein helps ease morning sickness.

- Drink lots of fluids. Staying hydrated during this time period may be a challenge but it's a must and will make you feel better.



- Don't get out of bed too quickly in the morning. Sitting up too quickly can wreak havoc on your equilibrium...slow and steady wins the race.

- Invest in products that contain ginger which is clinically proven to reduce morning sickness and safe for both mom and baby. Whether ginger drops, or ginger tea, ginger can help.



### How Can You Avoid or Treat Fatigue During Pregnancy?<sup>8</sup>

To reduce lack of energy and pregnancy fatigue:

- If possible, take several cat naps.

- Go to bed early, mama!

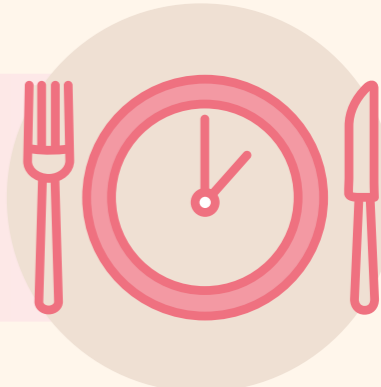
- Get up and walk around to get yourself moving!



- Reduce chances of the need to pee waking you up by drinking fluids earlier in the day and avoid drinking at least 2 hours before bed.



- Minimize nighttime heartburn by not eating right before bed (2-3 hours prior).



- Stretch your leg muscles before bedtime to avoid leg cramps and include potassium-rich foods, like bananas, peaches, kiwis, potatoes, and leafy greens in your diet.

- Exercise, unless your doctor has advised against it. It can improve your mood and energy level. 30 minutes of walking 3+ times a week can help.



- Try to eat every 3-4 hours and make sure to include carbohydrates, protein, and fat in every meal and snack.



- Stick to high-fiber carbohydrates (whole grains, starchy vegetables, fruit) and minimize sweets and refined grains.



- Avoid caffeine if possible (200 mg is considered the max each day).



- Drink plenty of fluids, ESPECIALLY water.



- Reduce stress. Ok, not so easy to do, but spend time on things that you find relaxing. Don't be afraid to ask for help if you are overstressed.

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