



theFunkyStork.com

TRIMESTER CHEATSHEET

In case you are clueless, as are most first-time parents, here is a quick cheat sheet to give you an overview of the next 40 weeks. Print this out and post it on your fridge or fold it up and keep it in your pocket. It will be a great reference guide throughout the pregnancy. Enjoy.

TRIMESTERS	YOUR PARTNER	YOUR BABY	MAJOR DECISIONS
First (0-13 weeks)	<ul style="list-style-type: none">• Most of this trimester is devoted to building a home for your baby to live for the next 9 1/2 months (including the placenta and umbilical cord).• She may not look different, other than a little green from morning sickness and excessive fatigue.• She may also start to act strange (i.e., neurotic) from the flood of hormones in her system.• This is the time to start a 9 1/2 month health kick, which means:<ul style="list-style-type: none">• Good nutrition & exercise• No cigarettes, drugs or alcohol• Limit caffeine intake• No cleaning cat litter box	<ul style="list-style-type: none">• About 2 weeks after your partner's last period, your sperm successfully penetrated her egg...This is when you officially, and unknowingly, became an expectant father.• During this trimester, your baby will develop facial features, arms and legs, internal organs and a nervous system.• By week 13, the embryo will be a micro-sized human that is 3-inches long and almost 1 oz in weight.	<ul style="list-style-type: none">• If this was an unplanned pregnancy, you may be grappling with the issue of whether to continue the pregnancy or not. You and your partner should take your time and think this through. Either way, your decision is permanent.• If you decide to continue the pregnancy, you should know that the first trimester is the most tenuous part, with the greatest risk of miscarriage. Take time to decide when and who you would like to tell about your impending fatherhood.• Inquire about your health insurance coverage for prenatal care.
Second (14-26 weeks)	<ul style="list-style-type: none">• This trimester is also known as the Honeymoon Phase.• Your partner will begin to feel much better now that the placenta has taken over the task of nourishing the baby. The levels of free-flowing pregnancy hormones will reduce, thereby reducing morning sickness and fatigue.• She will outgrow her regular clothes and need to shop for maternity wear our shop.• By week 22, she will begin to feel the baby squirm inside her.	<ul style="list-style-type: none">• The growth spurt begins.• The fetus will grow from 3-inches to about 10-inches by the end of the trimester.• Sex organs begin to form and muscles begin to develop.	<ul style="list-style-type: none">• Ultrasounds and blood work will determine the health and sex of your baby.• Decide if you want to know the baby's gender.• What type of genetic testing, if any, do you want?• Enroll in prenatal and childbirth classes. They fill up fast, so register early! You do not want to be entering the labor process unprepared. For more information, check out our Intro to Prenatal Classes.
Third (27-40 weeks)	<ul style="list-style-type: none">• There's no other way to put it, but your partner will look and feel like a whale.• Everything will be a challenge for her: walking, standing, sitting and yes, even sex.• The added weight may cause hemorrhoids, varicose veins and swelling.• Her physical discomfort may result in moodiness and fatigue.• She will now be seeing her doctor more frequently, which is not exactly a day at the zoo. So, be kind and help her out as much as possible.	<ul style="list-style-type: none">• Your baby continues developing rapidly, building on all the groundwork that was laid in the first and second trimesters.• The baby will gain about 0,5 pounds per week and grow another 10-inches in length.• By the end, the average baby is 6-8 pounds and 20-inches long.• Your baby can now inhale, exhale and even cry.	<ul style="list-style-type: none">• Pack your bag for the hospital. Review our Hospital Kit Checklist.• Develop a birth plan. Check our article on Preparing a Birth Plan.• Buy your baby essentials. Read What to Buy and visit our shop.• Choose a pediatrician.• Complete paperwork for maternity and/or parental leave.• Look into childcare options and facilities in your neighborhood.