a week-by-week Guide to pregnancy

MONTH 1

WEEK 1: Your body is changing, it's time to prepare.

- Take supplements like Folic Acid
- Your baby's growth is at its fastest in week 1
- Your baby's sex is decided

WEEK 3: Your baby is now at the Blatocyst Stage

- Your little one is still a small bundle of cells
- The Bliatocyst travels from the falloplan tube to the uterus
- You may expenence sore breasts and cramps

WEEK 2: More rapid changes are on the way this week.

- Eat plenty of fruit and veg
- Your body is already producing hormones for pregnancy
- Your baby's major organs begin to form

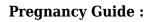
WEEK 4: You may start to feel pregnant - time to take a test!

- Brain and heart develop
- Central nervous / drulatory systems develop
- Your baby is the size of a sesame seed



Pregnancy Guide

Mila Jogovick



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