

How your baby grows

(Total time: 30 minutes)

(Students will have 15 minutes to put into order followed by 10-15 minutes of classroom discussion)

Objectives:

Students will:

- Describe the process and stages of prenatal development
- Understand the changes that occur in both the baby and the mother during pregnancy

Materials:

- “How Your Baby Grows” cards (attached)

Instructions:

Divide the class into groups of 2-3. Give each group a full set of “How a Baby Grows” cards cut out and put in random order. Give students 10-15 minutes to put the cards into sequential order. Once the students have completed the task, bring the class back together as a large group. Discuss the correct sequence listed below using the following descriptions.

- 1. The baby’s neural tube begins to form which becomes the brain and spinal cord. The heart and lungs begin to form as well (22 days).**
The woman’s body is making a lot of hormones that help the baby to grow and she may start to feel sick to her stomach, this is called morning sickness. Tiny limb buds appear which will grow into the baby’s arms and legs. By the 22nd day the heart starts to beat and by the end of the first month the baby is about ¼ inch long.
- 2. The baby’s ears, ankles, wrists and toes are formed (during 2nd month).**
The baby’s major body organs, such as the brain, heart and lungs are forming. The placenta, which grows in the uterus and supplies the baby with food and oxygen via the umbilical cord, is working. The woman’s body begins to make more blood and she may have to go to the bathroom more often because the uterus is growing and pressing on the bladder.
- 3. The baby’s fingernails and toenails are formed and you can now hear the baby’s heartbeat for the first time (during 3rd month).**
The woman may have gained 2 to 4 pounds by now and may still be experiencing signs of morning sickness. The baby’s mouth has 20 buds that become baby teeth and fine hairs begin to form on the baby’s skin. By the end of the third month, the baby is about 2½ to 3 inches long and weighs about 1 ounce.
- 4. The baby weighs about 4-5 ounces and can kick and swallow (end of 4th month).**
The morning sickness usually goes away within the fourth month and the woman may become hungrier, her belly will also begin to show. The baby’s skin is pink and see-through and the placenta keeps providing food for the baby.

- 5. The baby is about 10 inches long and becomes more active (end of 5th month).**
The baby goes to sleep and wakes up and can now turn from side to side and sometimes head over heels. The baby grows a lot and by the end of the fifth month, the baby weighs about ½ to 1 pound.
- 6. The woman can now feel the baby move inside of her (during 5th month).**
The woman's heart beats faster and she may realize that she needs eight or more hours of sleep each night.
- 7. The baby's skin is covered with fine soft hair and the eyes are almost completely formed (during 6th month).**
The baby can kick strongly now and will soon be able to open and close the eyes. By the end of the sixth, the baby is about 12 inches long and weighs 1½ to 2 pounds. The woman may start to experience some back pain and she may feel pain down the sides of her belly as the uterus gets bigger. She may also begin to notice stretch marks on her belly.
- 8. The baby can suck his/her thumb and respond to sound (during 7th month).**
The baby can now open and close the eyes and will respond to light as well. By the end of the seventh month, the baby is about 15 to 16 inches long and weighs about 2½ to 3 pounds. The woman's ankles and feet may start to swell and she may have contractions (which is OK, but should be no more than five contractions per hour, she should call her health care provider if more occur).
- 9. The baby's brain and lungs are still growing and the fingernails are grown out to fingertips (during 8th month).**
The baby is getting bigger, and can kick and roll around. The woman may also notice the shape of the baby's elbow or heel against her belly. By the end of the eighth month, the baby is about 18-19 inches and weighs about 4 to 5 pounds.
- 10. The woman should gain about 1 pound per week (during 8th month).**
The woman may start to experience stronger contractions this month. Colostrum, the fluid that comes out of the breasts before breast milk comes in, may start to leak from the breasts. The woman may also experience difficulty breathing as the baby pushes on the lungs.
- 11. The baby gains about ½ pound per week (during 9th month).**
The baby's lungs are ready to work on their own and the baby moves to a head-down position and rests lower in the belly. By the end of the ninth month, the baby is 19 to 21 inches long and weighs 6 to 9 pounds.
- 12. The woman's cervix dilates (opens up) and effaces (thins out) (during 9th month).**
The woman's body is preparing for birth. She may not gain any weight this month. She should time her contractions and call her health care provider if she thinks she is in labor.

The baby's neural tube begins to form which becomes the brain and spinal cord. The heart and lungs begin to form as well.

The baby's ears, ankles, wrists and toes are formed.

The baby's fingernails and toenails are formed and you can now hear the baby's heartbeat for the first time.

The baby weighs about 4-5 ounces and can kick and swallow.

The baby is about 10 inches long and becomes more active.

The woman can now feel the baby move inside of her.

The baby's skin is covered with fine soft hair and the eyes are almost completely formed.

The baby can suck his/her thumb and can respond to sound.

The baby's brain and lungs are still growing and the fingernails are grown out to fingertips.

The woman should gain about 1 pound per week.

The baby gains about $\frac{1}{2}$ pound per week.

The woman's cervix dilates and effaces.