

A WEEK-BY-WEEK GUIDE TO PREGNANCY

MONTH 1 WEEKS 1-4

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 Blastocyst Stage*

- ✔ Your little one is still a small bundle of cells
- ✔ The Blastocyst travels from the fallopian tube to the uterus
- ✔ You may experience 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 / circulatory systems develop
- ✔ Your baby is the size of a sesame seed



Pregnancy A Weekbyweek Guide

WJ Hussar



Pregnancy A Weekbyweek Guide:

Enjoying the Melody of Phrase: An Psychological Symphony within **Pregnancy A Weekbyweek Guide**

In some sort of used by displays and the ceaseless chatter of instant transmission, the melodic splendor and psychological symphony created by the prepared word frequently disappear into the background, eclipsed by the constant noise and disturbances that permeate our lives. But, located within the pages of **Pregnancy A Weekbyweek Guide** a marvelous literary treasure overflowing with fresh thoughts, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, that interesting masterpiece conducts visitors on an emotional journey, well unraveling the hidden tunes and profound influence resonating within each carefully crafted phrase. Within the depths of this touching assessment, we shall explore the book is key harmonies, analyze their enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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