

Pregnancy: First Trimester

As a parent-to-be, you're getting ready for some big life changes. During pregnancy, your body will be going through changes, too. These changes help your body get ready for the growth and birth of your baby.

You may already know about some of these changes, like morning sickness. Others may surprise you. Here is what you can expect in the first trimester, or weeks 1 through 13, of pregnancy.

After conception, the fertilized egg has made its way from a fallopian tube to your uterus. Once there, it nestles in the lining of your uterus and begins to grow.

Your uterus starts to expand in response, making more space for the embryo. As it expands, your uterus may push against other organs like your bladder and intestines. You may need to pee more often. Or you may have constipation.

Inside your uterus, the placenta has developed. This organ passes much-needed nutrients and oxygen from you to your growing baby. It also removes waste from their body.

In the first trimester, your hormones are rapidly changing. As a result, you may have some uncomfortable symptoms, such as: Swollen, tender breasts; Fatigue; Mood swings; Nausea and vomiting, called morning sickness; Heartburn; Food cravings or dislikes; And changes in weight. But everyone is different. You may have all, a few, or none of these symptoms.

While your body goes through these changes, your baby will continue to grow. By week 4, major organs—like the heart, lungs, and liver—are starting to develop. So, are the brain and spinal cord. Your baby is now about the size of a poppy seed.

By week 8, your baby's eyes, ears, nose, and mouth start to take shape. Their arms and legs are also noticeable—along with webbed fingers and toes. Your baby is now about the size of a raspberry.

Around this time, you'll likely have your first prenatal checkup with your healthcare provider. During this visit, you can hear your baby's heartbeat with an ultrasound.

Week 13 marks the end of the first trimester. By this point, most of your baby's organs and body systems are fully formed. Over the next 6 months, they will continue to mature.

Although you may barely be showing, your baby is now about the size of a lemon! And you're about to enter the next stage of pregnancy: the second trimester.