

Pregnancy: Second Trimester

Good news! You are now in the second trimester of your pregnancy. This stage lasts from weeks 14 through 27.

During this time, your baby will continue to grow in your uterus. And your baby bump may start to show! You may also feel better overall. Some of the symptoms you had in the first trimester, like nausea and fatigue, may ease up or go away.

At the same time, you may notice some new changes in your body. You may have pain in your back or lower stomach as your uterus continues to expand. Ongoing hormonal changes may also cause other common symptoms, such as: Skin changes, like dark patches on your face and stretch marks on your belly; Tingling or numbness in your hands; Swelling of your hands and feet; Itchy skin and a line on your belly; Nasal congestion and nosebleeds; Varicose veins; And hemorrhoids.

While you go through these changes, your baby is changing, too. Between 14 and 20 weeks of pregnancy, your baby's bones start to harden. And their muscles and skin form. To protect their fragile skin, a soft, downy hair called lanugo starts to grow on their body.

By 20 weeks, your baby is now more active. They may suck, swallow, and turn from side to side. You may even feel them kick! Your baby is now the size of a banana. Around this same time, you may be able to learn your baby's sex during an ultrasound.

By 24 weeks, your baby is about the size of an ear of corn. They may respond to sounds. Their major organs like the lungs and brain continue to develop. And they may now have hair on their head. Plus, finger- and toeprints!

At the end of the second trimester, you and your baby are more than halfway through the pregnancy. You are both getting ready for the final stretch.