

# Pregnancy Calendar

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Based on your due date of **September 08, 2017**, here is your calendar:  
Calendar months are based on 4 week lunar months. [View all months](#)

Month 1						
<b>Day 1</b> 0 wks 1 day	<b>Day 2</b> 0 wks 2 days	<b>Day 3</b> 0 wks 3 days	<b>Day 4</b> 0 wks 4 days	<b>Day 5</b> 0 wks 5 days	<b>Day 6</b> 0 wks 6 days	<b>Day 7</b> 1 week
Sat, Dec 03	Sun, Dec 04	Mon, Dec 05	Tue, Dec 06	Wed, Dec 07	Thu, Dec 08	Fri, Dec 09
Approximate day of your last menstrual cycle.	If you smoke, this is the time to quit. Speak to your doctor about smoking cessation program.	Speak to your health care provider about any current medications and their health risks to developing fetus.	Look at your work and home environment for potential environmental hazards.	Schedule a dental exam prior to pregnancy to take care of any necessary dental work to avoid unnecessary exposure to x-rays.	Taking prenatal vitamins now with extra folic acid helps promote maternal and fetal health and prevent neural tube defects.	Alcohol and drugs are a serious threat fetal development. They should be avoided during pregnancy.
<b>Day 8</b> 1 week 1 day	<b>Day 9</b> 1 week 2 days	<b>Day 10</b> 1 week 3 days	<b>Day 11</b> 1 week 4 days	<b>Day 12</b> 1 week 5 days	<b>Day 13</b> 1 week 6 days	<b>Day 14</b> 2 wks
Sat, Dec 10	Sun, Dec 11	Mon, Dec 12	Tue, Dec 13	Wed, Dec 14	Thu, Dec 15	Fri, Dec 16
Getting a health physical for you and your partner prior to conception is helpful to avoid potential medical problems.	Now is the time to talk with your partner about parenting and pregnancy.	Ovulation should be occurring within the next several days. Look for increased mucus in vaginal secretions.	Caffeine's effect on developing baby is unknown. It is best to avoid caffeine during pregnancy.	If you have a regular exercise routine, usually there is no reason to stop.	If you haven't found a doctor or midwife, now is a good time to start looking for one.	Based on a 28 day cycle, today is the approximate date of conception.
<b>Day 15</b> 2 wks 1 day	<b>Day 16</b> 2 wks 2 days	<b>Day 17</b> 2 wks 3 days	<b>Day 18</b> 2 wks 4 days	<b>Day 19</b> 2 wks 5 days	<b>Day 20</b> 2 wks 6 days	<b>Day 21</b> 3 wks
Sat, Dec 17	Sun, Dec 18	Mon, Dec 19	Tue, Dec 20	Wed, Dec 21	Thu, Dec 22	Fri, Dec 23

Once sperm enters egg, the egg splits and forms nuclei of ovum. Sperm nuclei and ovum nuclei join and this is fertilization.	Until day 15 baby is considered a zygote.	Sex of your baby is determined at the moment of fertilization.	Zygote is rapidly dividing and is surrounded by the zona pellucida The zona pellucida holds the cells together.	The inner solid ball of cells is called the blastocyst.	The zona pellucida is replaced by the trophoblast.	The zygote is fed by uterine "milk" (or secretions from uterine glands) at this time.
<b>Day 22</b> 3 wks 1 day	<b>Day 23</b> 3 wks 2 days	<b>Day 24</b> 3 wks 3 days	<b>Day 25</b> 3 wks 4 days	<b>Day 26</b> 3 wks 5 days	<b>Day 27</b> 3 wks 6 days	<b>Day 28</b> 4 wks
Sat, Dec 24	Sun, Dec 25	Mon, Dec 26	Tue, Dec 27	Wed, Dec 28	Thu, Dec 29	Fri, Dec 30
Between days 7-10 from fertilization implantation usually occurs.	The amniotic sac begins to form at the time of implantation.	The yolk sac and umbilical cord also begin to form.	It is possible to receive positive results from a home pregnancy test at this time, but they are more accurate if taken after a missed period.	You may be feeling <a href="#">symptoms of pregnancy</a> now such as nausea, fatigue, and breast tenderness.	You may be noticing more frequent urination and increased vaginal discharge.	If you have a 28 day cycle, you should note an absence of your menstrual cycle today.

Month 2						
<b>Day 29</b> 4 wks 1 day	<b>Day 30</b> 4 wks 2 days	<b>Day 31</b> 4 wks 3 days	<b>Day 32</b> 4 wks 4 days	<b>Day 33</b> 4 wks 5 days	<b>Day 34</b> 4 wks 6 days	<b>Day 35</b> 5 wks
Sat, Dec 31	Sun, Jan 01	Mon, Jan 02	Tue, Jan 03	Wed, Jan 04	Thu, Jan 05	Fri, Jan 06
Baby is approximately 1 mm long.	Your baby is now called an embryo.	Baby's neural tube forms, heart begins to form, and blood begins to circulate.	Moms may notice nasal congestion and nosebleeds during pregnancy.	Mom's blood volume begins to increase. Mom's will have 45% more blood by the third trimester.	Baby's liver begins to function.	Mom's feelings about pregnancy range from ambivalence, excitement, to nervousness. All are normal.
<b>Day 36</b> 5 wks 1 day	<b>Day 37</b> 5 wks 2 days	<b>Day 38</b> 5 wks 3 days	<b>Day 39</b> 5 wks 4 days	<b>Day 40</b> 5 wks 5 days	<b>Day 41</b> 5 wks 6 days	<b>Day 42</b> 6 wks
Sat, Jan 07	Sun, Jan 08	Mon, Jan 09	Tue, Jan 10	Wed, Jan 11	Thu, Jan 12	Fri, Jan 13

Baby is approximately 2 mm long.	Eating dry crackers may help with morning sickness.	Mom's should plan rest periods throughout the day to help with fatigue.	Normal weight gain during pregnancy is 25 - 35 pounds. During the 1st trimester expect a 3 1/2 - 5 pound gain.	Baby's limb buds are noticeable now.	Baby's mouth, jaw, and esophagus are forming.	Baby's heart begins to beat, although only visible through ultrasound
<b>Day 43</b> 6 wks 1 day	<b>Day 44</b> 6 wks 2 days	<b>Day 45</b> 6 wks 3 days	<b>Day 46</b> 6 wks 4 days	<b>Day 47</b> 6 wks 5 days	<b>Day 48</b> 6 wks 6 days	<b>Day 49</b> 7 wks
Sat, Jan 14	Sun, Jan 15	Mon, Jan 16	Tue, Jan 17	Wed, Jan 18	Thu, Jan 19	Fri, Jan 20
Baby's crown to rump length is 4-6 mm. Baby weighs about 0.4 grams	Baby's brain begins to form and cranial nerves are formed.	Baby is C shaped now and has a tail.	Moms may be experiencing mood swings and/or irritability.	Baby's placenta development begins.	Baby's eyes, ears, mouth, nose, lip, tongue, and teeth are forming.	Moms should expect to have blood work done or scheduled at first prenatal appointment.
<b>Day 50</b> 7 wks 1 day	<b>Day 51</b> 7 wks 2 days	<b>Day 52</b> 7 wks 3 days	<b>Day 53</b> 7 wks 4 days	<b>Day 54</b> 7 wks 5 days	<b>Day 55</b> 7 wks 6 days	<b>Day 56</b> 8 wks
Sat, Jan 21	Sun, Jan 22	Mon, Jan 23	Tue, Jan 24	Wed, Jan 25	Thu, Jan 26	Fri, Jan 27
Baby's crown to rump length is 8 mm or 0.30 inches. Baby weighs about 0.8 grams.	Mom may notice changes in skin pigmentation during pregnancy.	Baby's bones begin to form.	Baby's mouth, nose, and lips are recognizable.	Baby's sex glands appear.	Moms may find acupuncture helps with morning sickness.	Baby's fingers and toes are present, although they may still be webbed.

Month 3						
<b>Day 57</b> 8 wks 1 day	<b>Day 58</b> 8 wks 2 days	<b>Day 59</b> 8 wks 3 days	<b>Day 60</b> 8 wks 4 days	<b>Day 61</b> 8 wks 5 days	<b>Day 62</b> 8 wks 6 days	<b>Day 63</b> 9 wks
Sat, Jan 28	Sun, Jan 29	Mon, Jan 30	Tue, Jan 31	Wed, Feb 01	Thu, Feb 02	Fri, Feb 03
Baby's crown to rump length is 12 mm or 0.50 inches. Baby weighs about 1 gram.	Baby's external ears are developing	Mom's clothing is probably getting tight now.	Washing your face several times a day may help with skin breakouts.	Baby's optic nerve and eyelids are developing.	Baby's arms and legs are moving now. This would be visible on ultrasound.	You may be able to hear your baby's heartbeat via doppler.

<b>Day 64</b> 9 wks 1 day	<b>Day 65</b> 9 wks 2 days	<b>Day 66</b> 9 wks 3 days	<b>Day 67</b> 9 wks 4 days	<b>Day 68</b> 9 wks 5 days	<b>Day 69</b> 9 wks 6 days	<b>Day 70</b> 10 wks
Sat, Feb 04	Sun, Feb 05	Mon, Feb 06	Tue, Feb 07	Wed, Feb 08	Thu, Feb 09	Fri, Feb 10
Baby's crown to rump length is 20 mm or 0.75 inches. Baby weighs about 2 grams.	Baby's muscles in trunk, limbs, and head are developing.	Male and female genitalia still look very similar.	Development of heart is complete.	Warm or cold compresses may help with headaches.	Your baby very clearly looks like a baby now.	Some women experience only mild pregnancy symptoms.
<b>Day 71</b> 10 wks 1 day	<b>Day 72</b> 10 wks 2 days	<b>Day 73</b> 10 wks 3 days	<b>Day 74</b> 10 wks 4 days	<b>Day 75</b> 10 wks 5 days	<b>Day 76</b> 10 wks 6 days	<b>Day 77</b> 11 wks
Sat, Feb 11	Sun, Feb 12	Mon, Feb 13	Tue, Feb 14	Wed, Feb 15	Thu, Feb 16	Fri, Feb 17
Baby's crown to rump length is 2.5-3.0 cm or 1.2 inches. Baby weighs about 3-5 grams or .25 ounces.	All organ systems and external structures are present now.	Baby's head is almost half of your baby's size.	Your baby's face is well formed.	Skipping meals because of morning sickness will likely make nausea worse. Eat small meals instead.	You might start wearing some maternity clothes now.	Pregnant moms require more oxygen. They may feel short of breath.
<b>Day 78</b> 11 wks 1 day	<b>Day 79</b> 11 wks 2 days	<b>Day 80</b> 11 wks 3 days	<b>Day 81</b> 11 wks 4 days	<b>Day 82</b> 11 wks 5 days	<b>Day 83</b> 11 wks 6 days	<b>Day 84</b> 12 wks
Sat, Feb 18	Sun, Feb 19	Mon, Feb 20	Tue, Feb 21	Wed, Feb 22	Thu, Feb 23	Fri, Feb 24
Baby's crown to rump length is 3-5 cm or 1.2-2.0 inches. Baby weighs about 8 grams.	Baby's fingers and toes begin growing soft nails.	Baby's intestines are developing.	Baby's bladder sac is formed.	Kegel exercises can help curb urinary incontinence.	Boy babies begin producing testosterone.	Congratulations! You have completed your first trimester.

#### Month 4

<b>Day 85</b> 12 wks 1 day	<b>Day 86</b> 12 wks 2 days	<b>Day 87</b> 12 wks 3 days	<b>Day 88</b> 12 wks 4 days	<b>Day 89</b> 12 wks 5 days	<b>Day 90</b> 12 wks 6 days	<b>Day 91</b> 13 wks
Sat, Feb 25	Sun, Feb 26	Mon, Feb 27	Tue, Feb 28	Wed, Mar 01	Thu, Mar 02	Fri, Mar 03

Baby's crown to rump length is 5-6 cm or 2.0-2.4 inches. Baby weighs about 14 grams or 0.5 ounces.	Baby's skin is pink and delicate.	Baby is making hormones such as insulin now.	Baby's liver is producing bile.	Pregnancy amnesia kicks in. You may find yourself more forgetful.	Sleeping on your belly is likely impossible. Try sleeping on your side.	Using a body pillow at night may help with discomfort.
<b>Day 92</b> 13 wks 1 day	<b>Day 93</b> 13 wks 2 days	<b>Day 94</b> 13 wks 3 days	<b>Day 95</b> 13 wks 4 days	<b>Day 96</b> 13 wks 5 days	<b>Day 97</b> 13 wks 6 days	<b>Day 98</b> 14 wks
Sat, Mar 04	Sun, Mar 05	Mon, Mar 06	Tue, Mar 07	Wed, Mar 08	Thu, Mar 09	Fri, Mar 10
Baby's crown to rump length is 7-9 cm or 3.0-3.5 inches. Baby weighs about 35 grams or 1.25 ounces.	Baby's tooth sockets are forming.	Baby's hair follicles develop.	Sleeping with your head elevated may help with night time heartburn.	Exercises performed laying flat on your back should be avoided now.	Lamaze, Bradley, Dick-Read, and hypnobirthing are childbirth methods to consider.	If you haven't picked one already, you are probably looking for <a href="#">baby names</a> .
<b>Day 99</b> 14 wks 1 day	<b>Day 100</b> 14 wks 2 days	<b>Day 101</b> 14 wks 3 days	<b>Day 102</b> 14 wks 4 days	<b>Day 103</b> 14 wks 5 days	<b>Day 104</b> 14 wks 6 days	<b>Day 105</b> 15 wks
Sat, Mar 11	Sun, Mar 12	Mon, Mar 13	Tue, Mar 14	Wed, Mar 15	Thu, Mar 16	Fri, Mar 17
Baby's crown to rump length is 9-10 cm or 3.5-4.0 inches. Baby weighs about 50 grams or 1.75 ounces.	Baby begins to inhale and exhale amniotic fluid (practicing breathing).	Morning sickness has hopefully disappeared.	Baby has meconium present in the intestines now.	Mom may find her skin drier during pregnancy. Lotions may help.	Moms may experience leg cramps. Make sure to stretch legs when they occur.	Some women experience carpal tunnel syndrome during pregnancy. Talk to your doctor if you experience muscle aches in your hands and wrist.
<b>Day 106</b> 15 wks 1 day	<b>Day 107</b> 15 wks 2 days	<b>Day 108</b> 15 wks 3 days	<b>Day 109</b> 15 wks 4 days	<b>Day 110</b> 15 wks 5 days	<b>Day 111</b> 15 wks 6 days	<b>Day 112</b> 16 wks
Sat, Mar 18	Sun, Mar 19	Mon, Mar 20	Tue, Mar 21	Wed, Mar 22	Thu, Mar 23	Fri, Mar 24

Baby's crown to rump length is 10-11 cm or 4-4.3 inches. Baby weighs about 100 grams or 3.5 ounces.	Baby may be sucking its thumb.	You may be starting to feel baby move now. First time moms may not feel baby move till closer to 20 wks.	Baby's sex is distinguishable now. If you have an ultrasound it is possible to detect the baby's gender this early.	You'll probably be asked if you want blood work done for alpha fetoprotein testing done (a screening for neural tube defects or Down's Syndrome).	Moms may feel frustrated that you are too big for your regular clothes, but don't quite fit into maternity clothes.	There are many old wives tales predicting baby's gender. Try our <a href="#">gender prediction quiz</a> .
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Month 5						
<b>Day 113</b> 16 wks 1 day	<b>Day 114</b> 16 wks 2 days	<b>Day 115</b> 16 wks 3 days	<b>Day 116</b> 16 wks 4 days	<b>Day 117</b> 16 wks 5 days	<b>Day 118</b> 16 wks 6 days	<b>Day 119</b> 17 wks
Sat, Mar 25	Sun, Mar 26	Mon, Mar 27	Tue, Mar 28	Wed, Mar 29	Thu, Mar 30	Fri, Mar 31
Baby's crown to rump length is 11 or 12 cm or 5 inches. Baby weighs about 100-150 grams or 3.5-5.3 ounces.	Baby's eyes and ears are in their proper place now.	Baby's circulatory system is completely functional.	Baby's sweat glands are developing.	Moms may have back pain during pregnancy. Try wearing a pregnancy support belt.	If you have other children, try having them sit on your lap instead of carrying or lifting them.	Eating high fiber foods such as fruits, veggies, and bran cereal may help with constipation.
<b>Day 120</b> 17 wks 1 day	<b>Day 121</b> 17 wks 2 days	<b>Day 122</b> 17 wks 3 days	<b>Day 123</b> 17 wks 4 days	<b>Day 124</b> 17 wks 5 days	<b>Day 125</b> 17 wks 6 days	<b>Day 126</b> 18 wks
Sat, Apr 01	Sun, Apr 02	Mon, Apr 03	Tue, Apr 04	Wed, Apr 05	Thu, Apr 06	Fri, Apr 07
Baby's crown to rump length is 13.5 cm or 5.3 inches. Baby weighs about 150-200 grams or 5.3-7.0 ounces.	Fine hair called lanugo is starting to appear.	Baby's fingerprints and toeprints are forming.	Baby's teeth beginning to form enamel.	Mom may be experiencing round ligament pains - pain or discomfort on one or both sides of abdomen.	Ask your doctor or midwife for safe over the counter medications to take for heartburn.	You probably have begun shopping for baby clothes and baby furniture.
<b>Day 127</b> 18 wks 1 day	<b>Day 128</b> 18 wks 2 days	<b>Day 129</b> 18 wks 3 days	<b>Day 130</b> 18 wks 4 days	<b>Day 131</b> 18 wks 5 days	<b>Day 132</b> 18 wks 6 days	<b>Day 133</b> 19 wks
Sat, Apr 08	Sun, Apr 09	Mon, Apr 10	Tue, Apr 11	Wed, Apr 12	Thu, Apr 13	Fri, Apr 14

Baby's crown to rump length is 15 cm or 6 inches. Baby weighs about 250 grams or 8.5 ounces.	Baby is sucking and swallowing.	Try talking to your baby. Baby can hear you.	Baby may assume favorite positions.	Moms may have a white vaginal discharge known as leukorrhea.	Moms may experience bleeding gums when brushing teeth.	You may have to be creative and try different positions during sexual intercourse.
<b>Day 134</b> 19 wks 1 day	<b>Day 135</b> 19 wks 2 days	<b>Day 136</b> 19 wks 3 days	<b>Day 137</b> 19 wks 4 days	<b>Day 138</b> 19 wks 5 days	<b>Day 139</b> 19 wks 6 days	<b>Day 140</b> 20 wks
Sat, Apr 15	Sun, Apr 16	Mon, Apr 17	Tue, Apr 18	Wed, Apr 19	Thu, Apr 20	Fri, Apr 21
Baby's crown to rump length is 16 cm or 6.3 inches. Baby weighs about 300 grams or 10.5 ounces.	Fetal heartbeat can be heard with fetoscope.	Baby's skin becomes less transparent.	Baby can grasp things.	Moms should elevate their feet and legs when resting or sitting to help with swelling.	If mom has developed hemorrhoids ice packs or topical ointments may help.	Now is a good time to register for childbirth preparations class.

Month 6						
<b>Day 141</b> 20 wks 1 days	<b>Day 142</b> 20 wks 2 days	<b>Day 143</b> 20 wks 3 days	<b>Day 144</b> 20 wks 4 days	<b>Day 145</b> 20 wks 5 days	<b>Day 146</b> 20 wks 6 days	<b>Day 147</b> 21 wks
Sat, Apr 22	Sun, Apr 23	Mon, Apr 24	Tue, Apr 25	Wed, Apr 26	Thu, Apr 27	Fri, Apr 28
Baby's crown to rump length is 18 cm or 7 inches. Baby weighs about 300-350 grams or 10.5-12.3 ounces.	Vernix, a white lanolin-like covering, appears on baby to protect its skin.	You may have had an ultrasound and know your baby's gender.	Baby's nipples now appear on mammary glands.	Dad may become more involved in pregnancy.	Moms might have more vivid dreams or nightmares.	If you are planning to breastfeed, a breastfeeding class is recommended.
<b>Day 148</b> 21 wks 1 day	<b>Day 149</b> 21 wks 2 days	<b>Day 150</b> 21 wks 3 days	<b>Day 151</b> 21 wks 4 days	<b>Day 152</b> 21 wks 5 days	<b>Day 153</b> 21 wks 6 days	<b>Day 154</b> 22 wks
Sat, Apr 29	Sun, Apr 30	Mon, May 01	Tue, May 02	Wed, May 03	Thu, May 04	Fri, May 05
Baby's crown to rump length is 19 cm or 7.5 inches. Baby weighs about 350-425 grams or 12.3-15 ounces.	Baby's eyelashes and eyebrows are growing.	Baby's total length (head to toe) is approximately 10 inches.	Baby now sleeps and wakes on a somewhat regular schedule.	A <a href="#">birth plan</a> is something you might be working on.	Some moms will hire a doula or labor assistant for support during labor.	During the second trimester, moms feel less fatigue and more energy.

<b>Day 155</b> 22 wks 1 day	<b>Day 156</b> 22 wks 2 days	<b>Day 157</b> 22 wks 3 days	<b>Day 158</b> 22 wks 4 days	<b>Day 159</b> 22 wks 5 days	<b>Day 160</b> 22 wks 6 days	<b>Day 161</b> 23 wks
Sat, May 06	Sun, May 07	Mon, May 08	Tue, May 09	Wed, May 10	Thu, May 11	Fri, May 12
Baby's crown to rump length is 20 cm or 7.9 inches. Baby weighs about 425-500 grams or 15 ounces -1.1 pounds.	Baby is starting to make antibodies.	Dad may be able to see or feel baby's movements.	Baby's heartbeat is getting stronger.	Some moms have difficulty wearing contacts during pregnancy. This usually resolves 6 wks postpartum.	Moms may start to worry about weight gain. <a href="#">Nutrition during pregnancy</a> is vital for proper development.	Sex life may be affected. Dad may have fears of hurting your or baby. You may desire sex more or sex drive may go down during pregnancy.
<b>Day 162</b> 23 wks 1 day	<b>Day 163</b> 23 wks 2 days	<b>Day 164</b> 23 wks 3 days	<b>Day 165</b> 23 wks 4 days	<b>Day 166</b> 23 wks 5 days	<b>Day 167</b> 23 wks 6 days	<b>Day 168</b> 24 wks
Sat, May 13	Sun, May 14	Mon, May 15	Tue, May 16	Wed, May 17	Thu, May 18	Fri, May 19
Baby's crown to rump length is 21 cm or 8.3 inches. Baby weighs about 500-600 grams or 1.1-1.3 pounds	Bleeding and blurred vision are some <a href="#">danger signs in pregnancy</a> .	Baby's lungs are developing. Alveoli are forming.	Baby has developed a hand grip reflex and startle reflex.	Baby is getting bigger and has less space to move around.	Mom may be experiencing Braxton Hicks Contractions.	<a href="#">Dizziness during pregnancy</a> sometimes occurs. Sleeping on your side is one thing you can do to help.

Month 7						
<b>Day 169</b> 24 wks 1 day	<b>Day 170</b> 24 wks 2 days	<b>Day 171</b> 24 wks 3 days	<b>Day 172</b> 24 wks 4 days	<b>Day 173</b> 24 wks 5 days	<b>Day 174</b> 24 wks 6 days	<b>Day 175</b> 25 wks
Sat, May 20	Sun, May 21	Mon, May 22	Tue, May 23	Wed, May 24	Thu, May 25	Fri, May 26
Baby's crown to rump length is 22 cm or 8.7 inches. Baby weighs about 600-700 grams or 1.3-1.5 pounds	Baby's eye is completely developed and will open soon.	Baby's skin is red and wrinkled.	More than half of baby's born now will survive.	Mom may worry about having <a href="#">signs of preterm labor</a> .	Mom is probably looking forward to baby shower soon.	If your having problems with leg cramps, try using heat.
<b>Day 176</b> 25 wks 1 day	<b>Day 177</b> 25 wks 2 days	<b>Day 178</b> 25 wks 3 days	<b>Day 179</b> 25 wks 4 days	<b>Day 180</b> 25 wks 5 days	<b>Day 181</b> 25 wks 6 days	<b>Day 182</b> 26 wks



Sat, May 27	Sun, May 28	Mon, May 29	Tue, May 30	Wed, May 31	Thu, Jun 01	Fri, Jun 02
Baby's crown to rump length is 23 cm or 9 inches. Baby weighs about 700-800 grams or 1.5-1.75 pounds.	Baby's total length (head to toe) is approximately 11 inches.	Baby's brain looks like a mature brain now.	Alveoli appear in the lungs and begin producing surfactant.	If you've had a prior cesarean birth you may be considering a VBAC, <a href="#">vaginal birth after cesarean</a> .	Mom may notice increased shortness of breath.	More and more mothers are considering storing their baby's cord blood.
<b>Day 183</b> <b>26 wks 1 day</b>	<b>Day 184</b> <b>26 wks 2 days</b>	<b>Day 185</b> <b>26 wks 3 days</b>	<b>Day 186</b> <b>26 wks 4 days</b>	<b>Day 187</b> <b>26 wks 5 days</b>	<b>Day 188</b> <b>26 wks 6 days</b>	<b>Day 189</b> <b>27 wks</b>
Sat, Jun 03	Sun, Jun 04	Mon, Jun 05	Tue, Jun 06	Wed, Jun 07	Thu, Jun 08	Fri, Jun 09
Baby's crown to rump length is 24 cm or 9.4 inches. Baby weighs about 850-1000 grams or 1.8-2.2 pounds.	Baby's eyes open.	Baby has a strong grip.	Baby is able to cry.	Moms are averaging a 1/2-1 pound weight gain per week now.	Moms may be experiencing groin pains.	Congratulations you have finished your second trimester!
<b>Day 190</b> <b>27 wks 1 day</b>	<b>Day 191</b> <b>27 wks 2 days</b>	<b>Day 192</b> <b>27 wks 3 days</b>	<b>Day 193</b> <b>27 wks 4 days</b>	<b>Day 194</b> <b>27 wks 5 days</b>	<b>Day 195</b> <b>27 wks 6 days</b>	<b>Day 196</b> <b>28 wks</b>
Sat, Jun 10	Sun, Jun 11	Mon, Jun 12	Tue, Jun 13	Wed, Jun 14	Thu, Jun 15	Fri, Jun 16
Baby's crown to rump length is 25 cm or 9.8 inches. Baby weighs about 1000-1100 grams or 2.2-2.4 pounds.	Mom should start monitoring fetal movements through daily kick counts.	Baby starts to recognize mom's voice in third trimester.	If baby is a boy, testes are descending.	You should be tested for gestational diabetes now.	Braxton Hicks contractions may be increasing.	You will probably begin seeing your health care provider every 2 wks now.

Month 8						
<b>Day 197</b> <b>28 wks 1 days</b>	<b>Day 198</b> <b>28 wks 2 days</b>	<b>Day 199</b> <b>28 wks 3 days</b>	<b>Day 200</b> <b>28 wks 4 days</b>	<b>Day 201</b> <b>28 wks 5 days</b>	<b>Day 202</b> <b>28 wks 6 days</b>	<b>Day 203</b> <b>29 wks</b>
Sat, Jun 17	Sun, Jun 18	Mon, Jun 19	Tue, Jun 20	Wed, Jun 21	Thu, Jun 22	Fri, Jun 23

Baby's crown to rump length is 26 cm or 10.2 inches. Baby weighs about 1100-1250 grams or 2.4-2.75 pounds	Baby is 2/3 it's final size.	Baby is picking up body fat and filling out.	Baby is able to partially control it's own body temperature now.	Mom may be experiencing increased urination again.	Talk to your health care provider about guidelines to call when having contractions.	Mom may be trying to decide whether or not to circumcise if baby is a boy.
<b>Day 204</b> 29 wks 1 day	<b>Day 205</b> 29 wks 2 days	<b>Day 206</b> 29 wks 3 days	<b>Day 207</b> 29 wks 4 days	<b>Day 208</b> 29 wks 5 days	<b>Day 209</b> 29 wks 6 days	<b>Day 210</b> 30 wks
Sat, Jun 24	Sun, Jun 25	Mon, Jun 26	Tue, Jun 27	Wed, Jun 28	Thu, Jun 29	Fri, Jun 30
Baby's crown to rump length is 27 cm or 10.6 inches. Baby weighs about 1300-1400 grams or 2.8-3.1 pounds	Baby's total length (head to toe) is approximately 15.5 inches.	Baby's has rhythmic breathing, but lungs are still not fully mature.	Baby's eyes respond to light. Baby's bones are fully developed.	Now is a good time to practice relaxation exercises.	Mom should discuss options available to her if she should need a cesarean section.	<a href="#">La Leche League</a> is a non-profit organization that provides support for breastfeeding moms.
<b>Day 211</b> 30 wks 1 day	<b>Day 212</b> 30 wks 2 days	<b>Day 213</b> 30 wks 3 days	<b>Day 214</b> 30 wks 4 days	<b>Day 215</b> 30 wks 5 days	<b>Day 216</b> 30 wks 6 days	<b>Day 217</b> 31 wks
Sat, Jul 01	Sun, Jul 02	Mon, Jul 03	Tue, Jul 04	Wed, Jul 05	Thu, Jul 06	Fri, Jul 07
Baby's crown to rump length is 28 cm or 11 inches. Baby weighs about 1500-1600 grams or 3.3-3.5 pounds	Baby's kicking may be stronger and more vigorous.	Baby's heart rate is about 120-160 beats per minute.	Baby sleeps most of the time now and has period of REM sleep.	You may notice leaking colostrum.	You should report lack of fetal movement to your health care provider immediately.	You may be experiencing leaking urine or stress incontinence.
<b>Day 218</b> 31 wks 1 day	<b>Day 219</b> 31 wks 2 days	<b>Day 220</b> 31 wks 3 days	<b>Day 221</b> 31 wks 4 days	<b>Day 222</b> 31 wks 5 days	<b>Day 223</b> 31 wks 6 days	<b>Day 224</b> 32 wks
Sat, Jul 08	Sun, Jul 09	Mon, Jul 10	Tue, Jul 11	Wed, Jul 12	Thu, Jul 13	Fri, Jul 14
Baby's crown to rump length is 29 cm or 11.4 inches. Baby weighs about 1700-1800 grams or 3.75-4 pounds	Baby begins storing iron, phosphorous, and calcium.	Baby's testicles (if a boy) may be located in the scrotal sac now.	Baby is gaining weight more rapidly now.	You may be anxious and restless about labor.	Now is a good time to discuss with your health care provider birth control options.	You may be put on bedrest if there are <a href="#">signs of preterm labor</a> .

**Month 9**

<b>Day 225</b> 32 wks 1 day	<b>Day 226</b> 32 wks 2 days	<b>Day 227</b> 32 wks 3 days	<b>Day 228</b> 32 wks 4 days	<b>Day 229</b> 32 wks 5 days	<b>Day 230</b> 32 wks 6 days	<b>Day 231</b> 33 wks
Sat, Jul 15	Sun, Jul 16	Mon, Jul 17	Tue, Jul 18	Wed, Jul 19	Thu, Jul 20	Fri, Jul 21
Baby's crown to rump length is 30 cm or 11.8 inches. Baby weighs about 1900-2000 grams or 4.2-4.4 pounds	Baby appears less red and wrinkled now.	Babies born at this time have a good chance of survival, but will require extra care.	Baby's kidneys are fully developed.	Headaches, blurred vision and excessive swelling are signs of preeclampsia.	Moms may experience increased shortness of breath.	It's a good idea to take rings off during the third trimester if you are having problems with swelling.
<b>Day 232</b> 33 wks 1 day	<b>Day 233</b> 33 wks 2 days	<b>Day 234</b> 33 wks 3 days	<b>Day 235</b> 33 wks 4 days	<b>Day 236</b> 33 wks 5 days	<b>Day 237</b> 33 wks 6 days	<b>Day 238</b> 34 wks
Sat, Jul 22	Sun, Jul 23	Mon, Jul 24	Tue, Jul 25	Wed, Jul 26	Thu, Jul 27	Fri, Jul 28
Baby's crown to rump length is 31 cm or 12.2 inches. Baby weighs about 2100-2250 grams or 4.6-5 pounds	Baby is becoming increasingly cramped for space, but is still very active.	Many baby's eyes are blue at birth, but change colors later.	Dress in layers if you find yourself feeling hotter than usual.	Your sex drive may decrease during the third trimester.	Drinking more water will help with swelling.	Witch hazel compresses may help with hemorrhoids.
<b>Day 239</b> 34 wks 1 day	<b>Day 240</b> 34 wks 2 days	<b>Day 241</b> 34 wks 3 days	<b>Day 242</b> 34 wks 4 days	<b>Day 243</b> 34 wks 5 days	<b>Day 244</b> 34 wks 6 days	<b>Day 245</b> 35 wks
Sat, Jul 29	Sun, Jul 30	Mon, Jul 31	Tue, Aug 01	Wed, Aug 02	Thu, Aug 03	Fri, Aug 04
Baby's crown to rump length is 33 cm or 13 inches. Baby weighs about 2350-2550 grams or 5.2-5.6 pounds	Baby should be turned head down and preparing for birth.	Baby's lanugo hair is starting to disappear.	During the last wks of pregnancy it would be best not to do any lengthy travels.	Babies need a rear facing carseat to travel home from the hospital.	If you're still having difficulty coming up with a name try our <a href="#">baby name database</a> .	Talk to your health care provider about pain relief options during labor.
<b>Day 246</b> 35 wks 1 day	<b>Day 247</b> 35 wks 2 days	<b>Day 248</b> 35 wks 3 days	<b>Day 249</b> 35 wks 4 days	<b>Day 250</b> 35 wks 5 days	<b>Day 251</b> 35 wks 6 days	<b>Day 252</b> 36 wks
Sat, Aug 05	Sun, Aug 06	Mon, Aug 07	Tue, Aug 08	Wed, Aug 09	Thu, Aug 10	Fri, Aug 11
Baby's crown to rump length is 34 cm or 13.4 inches. Baby weighs about 2600-2750 grams or 5.7-6 pounds	Baby's fingernails reach the end of fingers.	Now is a good time to pack your bag for the hospital.	Don't forget to have a camera packed.	Baby's total length (head to toe) is approximately 18.5 inches.	Group B strep is a lab test that is commonly done between 35-37 wks.	You will start having once a week appointments now.

**Month 10**

<b>Day 253 36 wks 1 day</b>	<b>Day 254 36 wks 2 days</b>	<b>Day 255 36 wks 3 days</b>	<b>Day 256 36 wks 4 days</b>	<b>Day 257 36 wks 5 days</b>	<b>Day 258 36 wks 6 days</b>	<b>Day 259 37 wks</b>
Sat, Aug 12	Sun, Aug 13	Mon, Aug 14	Tue, Aug 15	Wed, Aug 16	Thu, Aug 17	Fri, Aug 18
Baby's crown to rump length is 35 cm or 13.8 inches. Baby weighs about 2850-2950 grams or 6.3-6.5 pounds	Both boy and girl babies may have swollen breasts when born.	Increased mucousy vaginal discharge is common in the last few wks of pregnancy.	Bloody show is one sign of labor.	False labor is fairly common. It is always safer to go in and be checked.	You may have a vaginal exam to check for dilation and effacement.	Babies born now are considered full term.
<b>Day 260 37 wks 1 day</b>	<b>Day 261 37 wks 2 days</b>	<b>Day 262 37 wks 3 days</b>	<b>Day 263 37 wks 4 days</b>	<b>Day 264 37 wks 5 days</b>	<b>Day 265 37 wks 6 days</b>	<b>Day 266 38 wks</b>
Sat, Aug 19	Sun, Aug 20	Mon, Aug 21	Tue, Aug 22	Wed, Aug 23	Thu, Aug 24	Fri, Aug 25
Baby's crown to rump length is 35-36 cm or 13.8-14.2 inches. Baby weighs about 3000-3100 grams or 6.6-6.8 pounds	Baby girls will have a pink or mucousy vaginal discharge during the first few days after birth.	You are cleaning like your mother in law is coming for a visit (other wise known as nesting).	Backaches and menstrual type cramps may be early signs of labor.	Increased pelvic pressure is another sign of early labor.	Make a phone list of everyone that needs to be called after birth. Better yet, set up a phone tree with family and friends.	If you don't have someone to help after baby is born, freeze up some meals ahead of time so you won't have to cook right away.
<b>Day 267 38 wks 1 day</b>	<b>Day 268 38 wks 2 days</b>	<b>Day 269 38 wks 3 days</b>	<b>Day 270 38 wks 4 days</b>	<b>Day 271 38 wks 5 days</b>	<b>Day 272 38 wks 6 days</b>	<b>Day 273 39 wks</b>
Sat, Aug 26	Sun, Aug 27	Mon, Aug 28	Tue, Aug 29	Wed, Aug 30	Thu, Aug 31	Fri, Sep 01
Baby's crown to rump length is 36-37 cm or 14.2-14.6 inches. Baby weighs about 3200-3250 grams or 7-7.2 pounds.	Baby's skin is pink and smooth now.	If baby's head is not downward, you may have a cesarean birth.	Walking may help to encourage labor.	A list of positive affirmations may be helpful during labor.	It's a good idea to put baby's carseat in the car now so it doesn't get forgotten.	Diarrhea, nausea, and indigestion are all possible signs of early labor.
<b>Day 274 39 wks 1 day</b>	<b>Day 275 39 wks 2 days</b>	<b>Day 276 39 wks 3 days</b>	<b>Day 277 39 wks 4 days</b>	<b>Day 278 39 wks 5 days</b>	<b>Day 279 39 wks 6 days</b>	<b>Day 280 40 wks</b>

Sat, Sep 02	Sun, Sep 03	Mon, Sep 04	Tue, Sep 05	Wed, Sep 06	Thu, Sep 07	Fri, Sep 08
Baby's crown to rump length is 37-38 cm or 14.6-15 inches. Baby weighs about 3400-3450 grams or 7.5-7.6 pounds	You may have a sudden burst of energy.	Only a little more than 10% of women's water breaks before the onset of labor.	Non stress tests are usually done if baby goes past its due date.	Baby's total length (head to toe) is approximately 21.5 inches.	Your doctor will likely schedule an induction if you go past 41-42 wks.	Congratulations you have reached your due date!