

## First Trimester: Month Three

### Baby's Growth and Development

Your baby's arms, legs, muscles, and bones continue to grow. Your baby can move their arms and legs. You won't be able to feel your baby move yet.

Your baby's eyes and ears are growing.

Your baby's heart, brain, lungs, and stomach are growing.

The placenta, umbilical cord, and amniotic sac are fully formed. They keep your baby safe and healthy.

#### Can hot temperatures hurt your baby?

Your baby can be affected by hot temperatures. Your baby cannot grow properly if they feel too hot. If you get overheated, so will your baby. Avoid hot baths, saunas, and hot tubs during your pregnancy.

#### What is the amniotic sac?

The amniotic sac surrounds your baby. It is filled with fluid. It is attached to the placenta. When labour starts, the amniotic sac breaks and releases the fluid inside. This is referred to as your "water breaking".

## **What is the placenta and umbilical cord?**

The placenta and umbilical cord carry oxygen to your baby. They also carry whatever you eat or drink. Some things, such as nutrients, are healthy. Some things, such as alcohol, are harmful.

After you have your baby, the placenta is no longer needed. You will deliver the placenta after your baby is born. This is called the “afterbirth”.

The umbilical cord is cut off and tied after birth. This becomes the belly button.



## **When does my baby's brain develop?**

Your baby's brain has been growing throughout your whole pregnancy.

## Changes to Your Body

### Are there other stomach symptoms associated with pregnancy?

There may be smells or foods that make you feel sick or vomit. You may have indigestion, bloating, or heartburn.

Avoid going without food for long periods of time. Eating small amounts often can help you to feel better.

Remember to drink lots of water.

### How will your body change?

You may not look pregnant (be showing) yet. Your pants may feel a little tighter.