

Second Trimester: Months Five

Baby's Growth and Development

In the fifth month, your baby's growth slows down.

You can feel your baby move, stretch, and turn.

Your baby's legs and arms are getting longer.

Loud noises may startle your baby.

You may begin to notice your baby's sleep and wake patterns. These patterns may not be the same as yours.

Your baby's skin is very thin.

Very fine hair covers your baby's body.

Your baby's eyelashes and eyebrows begin to grow.

Your baby's fingerprints are developing.

Your baby's adult teeth (permanent teeth) are forming behind their baby teeth below the gum line.

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.



When does my baby's brain develop?

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

Changes to Your Body

Can you connect with your baby?

You will feel your baby moving. Connect with your baby. Talk to your baby.

Do you have discomfort or pain?

You may have pain in your back, hips, and legs. This can make it hard to sleep. Try sleeping on your side with a pillow between your legs. Massages and stretching can help. Be sure to find a massage therapist certified in prenatal massage.

Your feet, ankles, and hands may swell. Rest and put your feet up. Avoid wearing tight clothing, rings, watches, and socks with elastic tops.

How will your body change?

Dark veins may appear on your breasts. Your nipples and the area around them (areola) will get darker and bigger. You may see small bumps around your nipples. Your breasts will become larger and heavier.

A dark line may appear between your belly button and pubic hair. Your stomach may also be itchy. This is normal.

You may be short of breath while active. This is because your uterus is pressing against your lungs. Your heart rate will increase. This happens so your baby can get the blood and oxygen needed.

You may start to see stretch marks.



How can you be safe in your car?



In your car, always wear both your lap belt and shoulder strap. Buckle the belt under your stomach and over your hips. Don't place the lap belt across your stomach.

What precautions should you take if you own a cat?

Remember – if you have a cat, get someone else to clean the litter box. If you cannot find anyone to help you, wear gloves and wash your hands carefully after you clean it.

There is a parasite that can be found in cat feces (poop) that can make you sick. The illness it causes is called toxoplasmosis. Even though you may not feel sick, the illness can cause miscarriage and birth defects. Miscarriage is when a baby dies before birth.