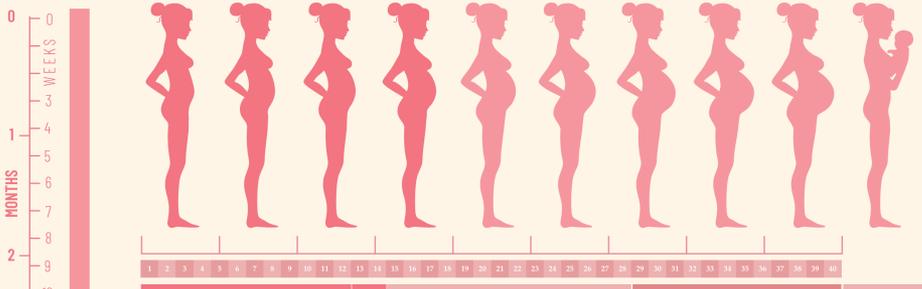


Your pregnancy week by week: weeks 13 & 14



You're a third of the way through your pregnancy, and the worst of your symptoms should be behind you now.

Here, you'll learn about your and your baby's development during weeks 13 and 14, as well as some helpful hints.



Week 13

The 13th Week of Pregnancy

Welcome to the second trimester of pregnancy!

What is happening with your baby at 13 weeks pregnant?



Week 13-14

- your baby's ovaries or testes are **fully developed inside and final tweaks are being made on the outside.**¹
- The baby is moving around, doing a strange dance. **You won't feel the kicks and punches until around week 17.**¹
- By now, the baby's eyelids have fused together to protect the eyes **as they develop.**²
- Your baby might be able to put a thumb in his or her mouth this week, although the sucking muscles aren't completely developed yet.²

How big is your baby when you are 13 weeks pregnant?

Your baby is about the size of a nice ripe peach. The weight is about 25g, which is as heavy as a toothbrush with toothpaste on it.¹



Your Body³

- If you've been feeling sick and tired with morning sickness, you'll probably start to feel better when you're around 13 or 14 weeks pregnant. 
- You'll notice a small bump developing as your womb grows and moves upwards. If you've been feeling the urge to pee more often over the last few months, it's because your womb was pressing on your bladder. This should ease off now. 
- See your doctor if you notice any pain when you pee. Urinary tract infections can happen in pregnancy, and it's important to treat them quickly to reduce the risk of kidney infection. 

Week 14

The 14th Week of Pregnancy

Welcome to week 14! You're probably feeling more like yourself again now, after the tricky first trimester.⁴

What is happening with your baby when you are 14 weeks pregnant?



Week 13-14

- By this week, some fine, soft and colorless hairs have developed on **your baby's face.**⁵
- By now, your baby's genitals have fully developed, **though they may still be difficult to detect on an ultrasound.**⁵
- Inside you, your baby is doing something quite miraculous – **having a wee!**⁴
 - Around now, the baby begins to swallow little bits of amniotic fluid, which pass into the stomach. The kidneys start to work and the swallowed fluid passes **back into the amniotic fluid as urine.**⁶

How big is your baby when you are 14 weeks pregnant?

Your baby is about the size of a kiwi fruit.⁴



Your Body⁴

- You have an extra organ in your body that wasn't there 14 weeks ago, and that's the placenta. The placenta is pancake shaped – the word placenta means 'flat cake' in Latin. It's full of blood and pumps out nutrients, oxygen and hormones, while removing waste products such as carbon dioxide.⁴ 
- You may notice some yellow stains in your bra – this is probably colostrum, which is the first milk you will produce.⁴

Tips for making your pregnancy better

- **It is important to understand you are not alone;** mood swings are just another aspect of the pregnancy experience. Knowing that what you are experiencing is normal and somewhat expected may help you cope.⁷

- The following list includes **ways to manage your stress level:**⁷



Get plenty of sleep



Spend time with your partner

Get regular physical activity

See a movie with a friend



Eat well

Take a nap.



Take a break during the day to relax

Don't be so hard on yourself



Go for a walk

Get a massage

Try pregnancy yoga class or meditation



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