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For most Especially first-time mothers, it's almost impossible for anyone to tell that they're pregnant during the first trimele. As a new mom, you don't show much, if anything, and the only telltale outward sign might be the smile you just can't suppress. But inside, both your baby and your body have been working at top speed, like an Apple factory before a new iPad launches. Over the next 13 weeks, your baby will: grow a tiny cluster of cells called blastocyst (roughly the size of a carpenter's fingernail head) in the third week of pregnancy about 3 inches long (think of your car key length) by week 12. Develop pigment in her eyes (still hidden behind sealed lids), create a tiny tongue with taste buds, and build a heartbeat full of four chambers at about 180 beats per minute. Create all its major organs and body systems - a critical time of structural development. The period between eight and 10 weeks of pregnancy is perhaps the most crucial time for fetal development, says Annette Perez-Delboy, M.D., professor of obstetrics and gynecology at Columbia University Medical Center and an expert in maternal-fetal medicine. Meanwhile, a lot of things are happening with you, too: your heart rerouts most of its efforts towards the baby's temporary excavation, your uterus. By the end of the first trimester, a significant amount of your heart output is going to the uterus. Your uterus expands from the size of a closed fist in conception to the size of a small hotel at 13 to 14 weeks old. You may notice some of the first physical signs of pregnancy: breasts that sores or bites with the slightest touch, drier or oilier skin than usual, and morning sickness - which may limit themselves to the morning hours. Between 70% and 80% of pregnant women have it, but not feeling morning sick doesn't mean there's anything wrong with the baby. Doctors often call it the honeymoon pay. Many women have put the nausea, sore breasts, and fatigue of the first trimele in the rearview mirror. You're big enough to proudly show off a growing belly but still not so clumsy that flipping around in bed requires help. During this third, your baby will: triple in length - more or less - from 6 inches a week to 14 or 15 to about 14 inches at 27 weeks. At the beginning of this third, it'll be about the size of a peach. By the end, she'll be more like an eggplant. Start hearing the cacophony of sounds inside your uterus - your beating heart, throbbing blood as it rushes through your veins, and the gurglers of your stomach digest lunch. Develop thin, downy hair called lanugo, which usually appears first around the upper eyebrows and lips. You also change from the inside and inside: most pregnant women begin to show during the second trimele. You've probably earned less than 2kg in your first trimele, but now the number on the scale is continually rising upwards. As your second third continues, Achieve an average of 1-2 kg per week. Your internal organs will move elsewhere to accommodate your growing uterus. Your rib cage will go up to 5 cm. During the third trimester, Perez-Delvoy says, it's all about weight gain - for a baby and a mother. As the day of birth approaches, you may feel tired, clumsy, and short of breath, but you may also be enjoying the beauty of your rounded stomach. Meanwhile, inside your stomach, your baby: becomes safer out with each passing day. In a high-level neonatal intensive care unit like Perez-Delvoy, a fetus born at 24 weeks has roughly 50-50 chances of survival. By 28 weeks - just four short weeks later - about nine out of every 10 babies born survive. Starts practicing breathing - not air, but amniotic fluid. Active enough for you to notice a hand, leg or elbow kicking you through your stomach. Grows from the size of an eggplant or a large papaya at the beginning of the third about the size of a small pumpkin until the first corsations begin. Your body is also getting ready: as your baby's head goes down, a process called engagement, you may feel more pressure on your bladder but less near your ribs. It's a mixed blessing. You'll have to go to the bathroom more often, but breathing and eating will be easier. Some women found a clear or yellowish substance known as colostrum leaking from their nipples, while others did produce a drop until after the baby was born. Your weight gain is probably slowing down, but your legs and hands might look like someone inflated them with a bicycle pump. This common condition, called edema, disappears quickly after birth - but if you notice very sudden swelling, especially in your hands or face, call your doctor. During the first few weeks of pregnancy, it would be hard to believe you'd ever reach the 40-week mark when you finally meet your baby. But after giving birth, women sometimes look back on their pregnancy with feelings of nostalgia. So enjoy these short months with your baby living under your heart while watching the moment it curls up in your arms instead. Sources: Annette Perez-Delvoy, M.D., Associate Professor of Obstetrics and Gynecology, Columbia University Medical Center, New York. Regan, L. I'm Pregnant: Week after Week Guide from Conception to Childbirth, DK Publishing Ltd., 2005. Brett, C. Ongoing Education under Anesthesia, Critical Care and Pain, 2009; Volume 9: pp. 44-47. Currency Parade: Pre-term work. American Pregnancy Association: Swelling during pregnancy. © 2011 WebMD, LLC. All rights reserved are reserved.

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