

Pregnancy: Week By Week

Weeks 1-4:

By around week 3 -before many women even know they are pregnant - your baby's brain & spinal cord are quickly starting to develop and will continue to form throughout your entire pregnancy. By the end of this period your baby is about the size of a grain of rice.

Benefits of not drinking any wine, beer or liquor during the first month of pregnancy:

- brain cells get a good start growing
- your baby receives plenty of food and oxygen for healthy growth

If it is hard for you to stop using, talk to your care provider or call 1-800-660-3313 for confidential help finding the right services for your needs.

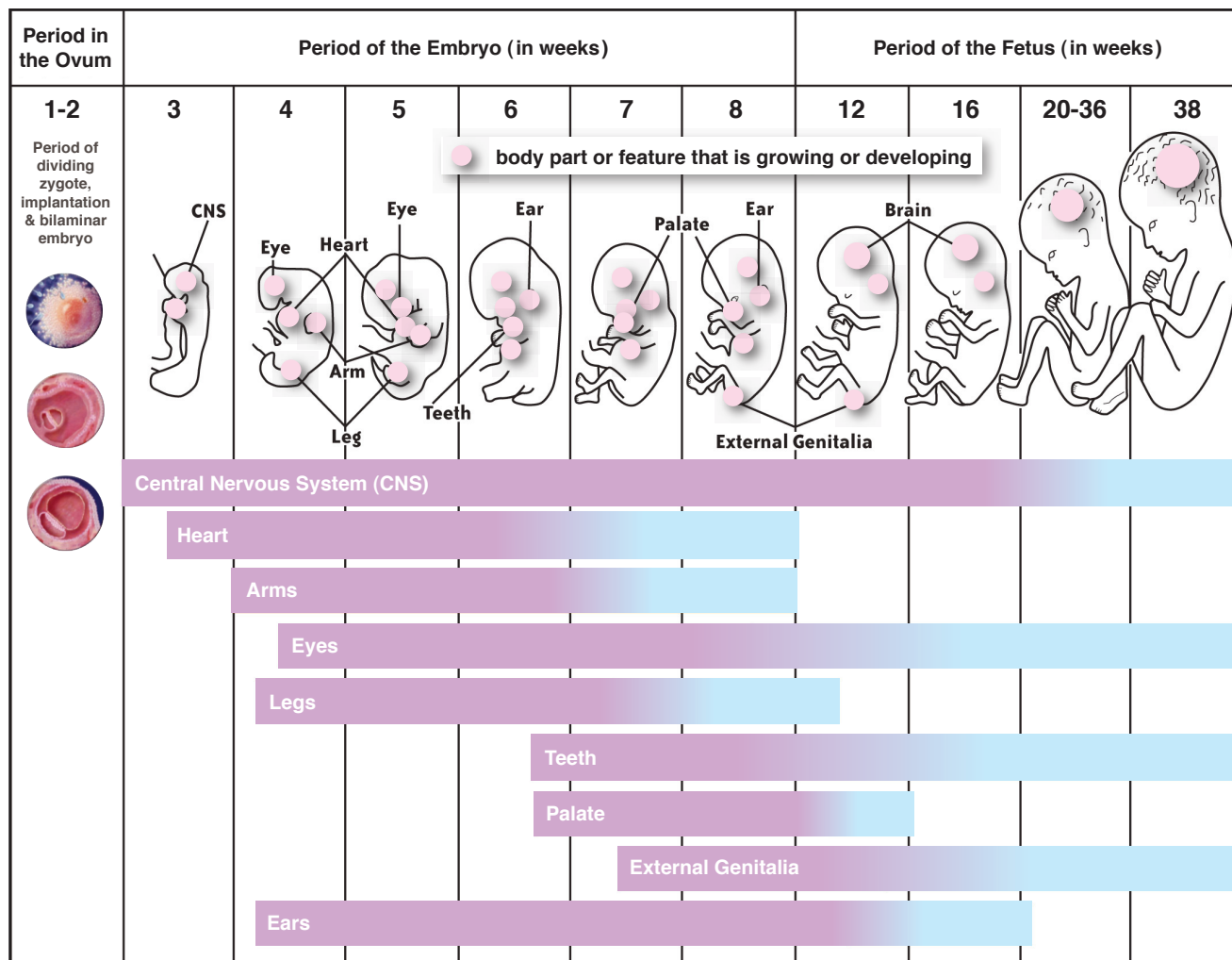
Weeks 5-8:

Your baby's heart is now beginning to beat lightly. Her eyes, mouth and ears start to form and her legs, fingers and toes appear. By the end of the month your baby will be about the size of a penny.

Benefits of not drinking any wine, beer or liquor during the second month of pregnancy:

- Baby's organs can form normally and begin to work well
- Her brain will continue to grow and increase in complexity
- He can stay securely attached to your womb

YOUR GROWING BABY



SOURCE Jacobson, 5. Assessing the impact of maternal drinking during and after pregnancy. Alcohol Health & Research World, 21 (3), 1997.

KEY: Critical Developmental Period Important Developmental Period

The above chart shows critical periods of growth for each of the major body parts (heart, brain, fingers, etc.). During these critical periods there are great advantages to avoiding alcohol, tobacco and other harmful substances so that your baby can develop in the best possible way. Because the brain is growing and increasing capacity throughout the entire pregnancy, there is no safe time to drink wine, beer or liquor.

Weeks 9-16:

During the 3rd and 4th months your baby's body starts to grow very rapidly, catching up with her head and brain. Hair and teeth start to form and her sex organs will complete their development. By now, your baby may be almost 7 inches long.

Benefits of not drinking any wine, beer or liquor during the 3rd/4th months of pregnancy:

- His organs continue to grow normally
- Your baby's brain can continue to develop and organize her eating and breathing
- His muscles can get stronger so he can move normally

Weeks 17-40:

The last half of pregnancy is all about the brain growing, becoming more complex and 'hooking up' to parts of the body like the ears and hands. Your baby's hands will be complete early on, but the nerve connections won't be finished until close to your due date. Exploring inside your uterus soon becomes baby's prime entertainment (and yours!).

Benefits of not drinking any wine, beer or liquor during the last months of pregnancy:

- Baby's brain can develop the connections for managing her breathing and senses
- Chances are very good he will have the ability to learn, make friends and be smart! Way to go mom! Almost there!

It is never too late to stop using.

Stopping at anytime during pregnancy reduces the chances of harm and damage to your baby's brain. If you need help to quit, please talk to your healthcare provider, counselor or dial 1-800-660-3313 for resources from any phone.

Information sources: Mayo Clinic, Pregnancy Week by Week. NTI Upstream.

Your baby's brain continues to develop throughout your entire pregnancy. That is why your prenatal care provider:



advises there is...

**& NO SAFE TIME
& NO SAFE AMOUNT**

of alcohol, tobacco or other harmful substances during pregnancy.



Beginnings of SLO County is a collaborative. Our mission is to build a local culture that supports women in their efforts to abstain from alcohol, tobacco or other harmful substances during pregnancy.

For more information, or to join us, contact:

info@beginningsofslo.org

www.beginningsofslo.org

OR 'like' us on [facebook.com/beginningsofslo](https://www.facebook.com/beginningsofslo)

Your Growing Baby

Pregnancy: Week By Week



Supporting healthy pregnancies, free of alcohol, tobacco or other harmful substances.