

# *Pregnancy Planner & Journal*



*Compliments of:  
Bump, Baby & Toddler Expo*



# Week 1-8



- *Placenta begins to form.*
- *The brain and spinal cord begin to form.*
- *The tissues that will form the heart begin to beat. The heartbeat can be detected with ultrasound at around 6 weeks of pregnancy.*
- *Buds for limbs, with paddle-like hands and feet, appear.*
- *The eyes, ears and nose begin to develop. Eyelids form but remain closed.*
- *The genitals begin to develop.*
- *By the end of the eighth week, all major organs and body systems have begun to develop.*

# WEEK 1-8

## MILESTONES

1ST DOCTOR APPT

1ST HEARTBEAT

FIRST MOVEMENT

1ST BABY KICK

FOOD I CRAVE

STRANGEST CRAVING

## MILESTONES

DATE

## LET THE PLANNING BEGIN

+ PREGNANCY TEST:

DUE DATE

HOW DID YOU KNOW ?

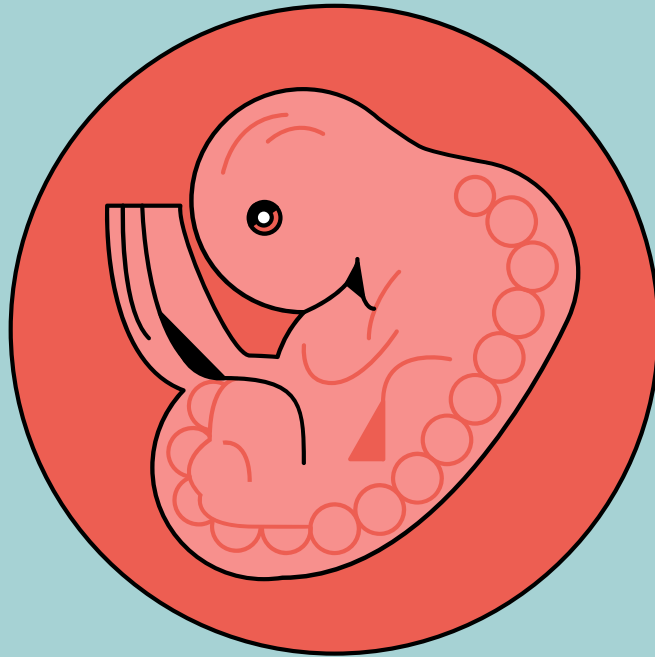
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## NOTES..

*"The moment a child is born,  
the mother is also born.  
She never existed before."*

# Week 9-12



- Buds for future teeth appear.
- Fingers and toes start to form. Soft nails begin to form.
- Bones and muscles begin to grow.
- The intestines begin to form.
- The backbone is soft and can flex.
- The skin is thin and transparent.
- The hands are more developed than the feet.
- The arms are longer than the legs.

# WEEKS 9+10

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I AM FEELING ...

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MY GOAL

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HIGHLIGHTS OF THE WEEK

NOTES..

# WEEKS 11+12

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HIGHLIGHTS OF THE WEEK

NOTES..





# Week 13-16



- *Arms and legs can flex.*
- *External sex organs are formed.*
- *The outer ear begins to develop.*
- *The fetus can swallow and hear.*
- *The neck is formed.*
- *Kidneys are functioning and begin to produce urine.*

# WEEKS 13+14

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HIGHLIGHTS OF THE WEEK

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# WEEKS 15+16

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HIGHLIGHTS OF THE WEEK

NOTES..



# Week 17-20



- *The sucking reflex develops. If the hand floats to the mouth, the baby may suck their thumb.*
- *The skin is wrinkled, and the body is covered with a waxy coating (vernix) and fine hair (lanugo).*
- *The baby is more active. You may be able to feel your baby move.*
- *The baby sleeps and wakes regularly.*
- *Nails grow to the tips of the fingers.*
- *The gallbladder begins producing bile, which is needed to digest nutrients.*
- *In females, the eggs have formed in the ovaries. In males, the testes have begun to descend.*
- *It may be possible to tell the sex of the fetus on an ultrasound exam.*

# WEEKS 17+18

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HIGHLIGHTS OF THE WEEK

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# WEEKS 19+20

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HIGHLIGHTS OF THE WEEK

NOTES..





# Week 21-24



- *The baby may hiccup.*
- *The brain is rapidly developing.*
- *Tear ducts are developing.*
- *Finger and toe prints can be seen.*
- *The lungs are fully formed but not yet ready to function outside of the uterus.*

# WEEKS 21+22

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HIGHLIGHTS OF THE WEEK

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# WEEKS 23+24

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HIGHLIGHTS OF THE WEEK

NOTES..



# Week 25-28



- *The eyes can open and close and sense changes in light.*
- *The baby kicks and stretches.*
- *The baby can make grasping motions and responds to sound.*
- *Lung cells begin to make a substance that will enable breathing.*

# WEEKS 25+26

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HIGHLIGHTS OF THE WEEK

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# WEEKS 27+28

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HIGHLIGHTS OF THE WEEK

NOTES..





# Week 28-32



- With its major development finished, the baby gains weight very quickly.
- Bones harden, but the skull remains soft and flexible for delivery.
- The different regions of the brain continue to form.
- Hair on the head starts to grow and the fine hair (lanugo) begins to disappear.

# WEEKS 29+30

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HIGHLIGHTS OF THE WEEK

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# WEEKS 31+32

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HIGHLIGHTS OF THE WEEK

NOTES..



# Week 33-36



- The baby usually turns into a head-down position for birth.
- The brain continues to develop.
- The skin is less wrinkled.
- The lungs are maturing and getting ready to work outside of the uterus.
- Sleeping patterns develop.

# WEEKS 33+34

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I AM FEELING ...

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HIGHLIGHTS OF THE WEEK

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# WEEKS 35+36

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HIGHLIGHTS OF THE WEEK

NOTES..





# Week 37-40



- *The baby drops lower into the pelvis.*
- *More fat accumulates, especially around the elbows, knees and shoulders.*
- *The baby gains about half a pound per week during this last month of pregnancy.*

# WEEKS 37+38

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I AM FEELING ...

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HIGHLIGHTS OF THE WEEK

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# WEEKS 39+40

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HIGHLIGHTS OF THE WEEK

NOTES..



# MY BIRTH STORY

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FIRST SIGN OF LABOUR

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DATE

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TIME

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MY STORY



# BABY ARRIVAL

DATE

\_\_\_\_\_  
BABY NAME

\_\_\_\_\_  
DATE

\_\_\_\_\_  
TIME

\_\_\_\_\_  
WEIGH

HOW DID YOU COME UP  
WITH NAME?

PHOTO





# HOSPITAL PACKING LIST



A large, empty yellow rounded rectangle intended for writing the hospital packing list.



BUMP, BABY & TODDLER EXPO

MEET EXPERTS AT OUR  
VIRTUAL EXPOS

JOIN US AT THE HAMILTON BUMP,  
BABY & TODDLER EXPO

FOLLOW US ON INSTAGRAM

FOLLOW US ON FACEBOOK

# BUMP BABY Toddler



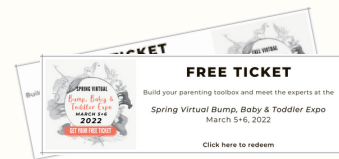
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**Nestle Baby Club** program sends you a free welcome kit that is worth up to \$130



**Huggies Diapers:** free pack of newborn Huggies® Diapers and Wipes\* when you sign up for Huggies® Brand Rewards



**Similac Baby Club:** Join the Similac Club, get up to \$175 in offers



**Enfamil My Family Beginnings** sends you up to \$160 in offers

[bumpbabyandtoddler.com/join](https://bumpbabyandtoddler.com/join)