

# Pregnancy Planner & Journal



Compliments of:

**BUMP, BABY**  
& **Toddler** expo<sup>®</sup>





# 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 ?

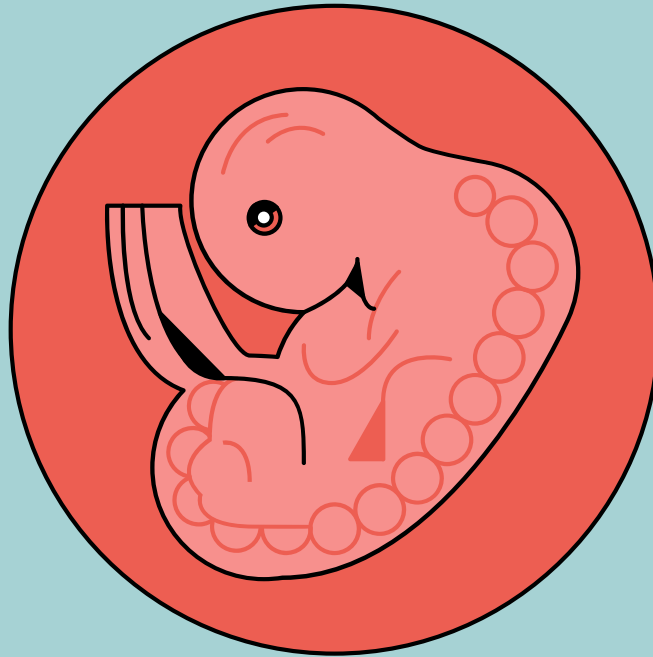
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## NOTES..

*"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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MY GOAL

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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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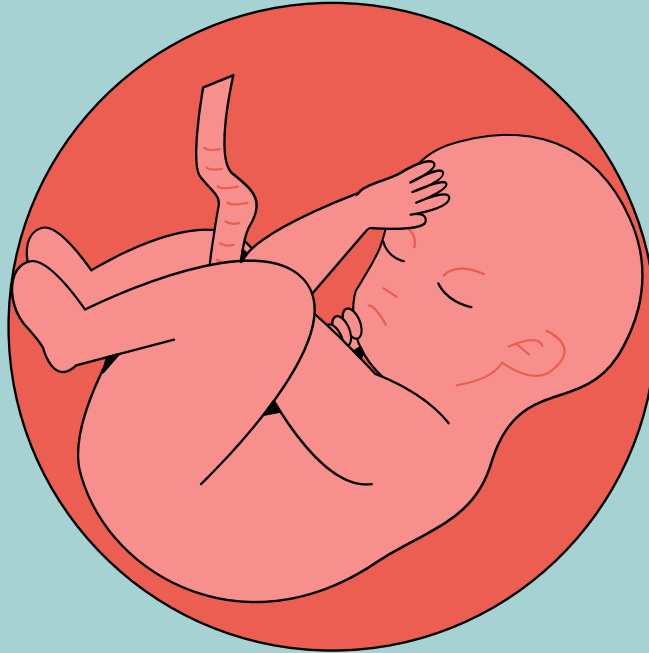
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HIGHLIGHTS OF THE WEEK

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

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# 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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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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HIGHLIGHTS OF THE WEEK

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# WEEKS 39+40

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HIGHLIGHTS OF THE WEEK

NOTES..



# MY BIRTH STORY

DATE

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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



**BUMP, BABY**  
& *Toddler* expo<sup>®</sup>



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*BABY & TODDLER EXPO*

*JUNE 1 & 2, 2024 & NOVEMBER 9 & 10, 2024*  
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