

# The History of You



34 DAYS



43 DAYS



12 WEEKS



20 WEEKS



30 WEEKS

Our lives begin, of course, long before birth. Not open to dispute is the fact that our lives began at the moment of fertilization. The following is a description of the first months of life, starting from the point of fertilization. These facts are recognized in medical and biology texts. But how much do you know about your own beginnings?

## CONCEPTION (FERTILIZATION)

- Sperm fertilizes egg
- The new life, starting as just one cell, eventually implants in lining of uterus

## 2 WEEKS

- Heart beats at 21 days
- Foundation laid for brain and spinal cord

## 4 WEEKS

- Brain and spinal cord begin to form
- Length is less than 1 inch

## 6 WEEKS

- Lungs are beginning to form
- Eyes and nostrils are visible
- Taste buds and teeth are beginning to develop

## 8 WEEKS

- Fingers have grown and separated, toes are now visible
- Facial features—eyes, nose, lips, and tongue—continue to develop
- Each minute the brain develops as many as 250,000 new neurons
- Unborn child is now called a fetus (Latin for offspring), rather than an embryo

## 10 WEEKS

- Fingernails are beginning to form
- Kidneys are developing and can produce urine

## 12 WEEKS

- All major body parts and organs are present
- Heartbeat can be heard with electronic devices
- Bones are beginning to harden

## 14 WEEKS

- Mouth makes sucking motions
- Spleen begins producing red blood cells
- Hair pattern on head develops

## 16 WEEKS

- Movement may be felt by the mother
- The unborn child can suck her thumb
- Taste buds are present and functioning

## 18 WEEKS

- Arms and legs begin to punch and kick
- Fingernails are well formed
- Uterus begins to form if it's a girl
- Length is about 10 inches head to heel

## 20 WEEKS

- Experts say she can feel pain
- Swallowing begins
- Can turn body side to side and front to back
- Babies born at this time may be able to survive (21+ weeks gestation)

## 22 WEEKS

- Rapid brain growth continues
- Weight is about one pound

## 24 WEEKS

- Outside sounds can be heard
- Actions such as hiccuping, squinting, smiling, and frowning may be seen through ultrasound

## 26 WEEKS

- Sleep patterns exist and rapid eye movement indicates dreaming may occur
- Eyelids reopen after being closed for months
- Muscles exercise by kicking and stretching

## 28 WEEKS

- Central nervous system is developed enough to control some major body functions
- Another person might hear a heartbeat by listening to the pregnant woman's abdomen

## 30 WEEKS

- Rhythmic breathing movements start to occur
- Mom's voice and other familiar sounds may be recognized
- Bones are fully developed, but still soft and pliable

## 32 WEEKS

- Pupils can dilate and constrict in dim or bright light
- Connections between the nerve cells in the brain have increased

## 34 WEEKS

- Weight is about 4 to 4½ pounds

## 36 WEEKS

- Body fat increasing rapidly
- Head may soon start repositioning down in preparation for birth

## 38 WEEKS

- A newborn is considered full-term 38 weeks after fertilization (40 weeks of pregnancy)
- The unborn child can grasp firmly