

Growing Together

14 to 16 weeks

Your Baby

Your baby is moving around a lot. By now, she can grasp, squint, frown, and grimace. She also may be able to suck her thumb.

- Her eyebrows and eyelashes are forming, and little hairs sprout on the top of her head.
- You may start to notice “hiccups,” which are short, rhythmic movements.
- Her legs are starting to grow longer than her arms. All of her limbs and joints can move.



Your baby grows from 3 inches to 4½ inches during this time and weighs about 5 ounces. In 3 short weeks, she has increased her weight by up to 8 times!

Changes in You

Most women start to feel much better during the 2nd trimester:

- For many, the side effects of earlier months – having to urinate often, feeling very tired and sick to your stomach – lessen or go away.
- You may feel a burst of energy. Do not be surprised if you are told you look radiant!
- Your breasts are larger and may be starting to make *colostrum*, even though birth is still months away. Colostrum is sometimes called “first milk.” Your breasts make it during pregnancy and for the 1st few days after you give birth.

Questions?

Your questions are important. If you have questions about your baby's growth and your changing body, talk with your healthcare provider at your next clinic visit.

