

Bumps to Bigs



Pregnancy Trimester Milestones

First Trimester (Weeks 1–12)

Theme: Tiny beginnings, big feelings

-  Fertilization & implantation: The microscopic magic begins
-  Positive pregnancy test: Cue the celebration (and maybe a little panic)
-  First prenatal visit: Bloodwork, due date estimate, and lots of questions
-  Hormonal rollercoaster: Mood swings, fatigue, and “pregnancy brain” debut
-  Morning sickness (or all-day nausea): Welcome to the queasy club
-  Bloating, breast tenderness, and “Why don’t my pants fit already?”
-  Baby’s heartbeat detected via ultrasound (around week 6–8)
-  Neural tube development: Brain and spinal cord begin forming
-  Limb buds appear: Baby starts looking less like a jellybean
-  End of trimester: Baby graduates to “fetus” status, and you might start telling people

Second Trimester (Weeks 13–27)

Theme: The sweet spot—less nausea, more glow

-  Nausea fades (hopefully) and energy returns—hello, productivity
-  Anatomy scan (around week 20): A detailed look at baby’s development
-  Baby bump begins to show—cue unsolicited belly commentary

- 🦶 First flutters and kicks (usually between weeks 18–22)
- 🧠 Baby's brain and organs continue developing rapidly
- 💇 Hair, eyebrows, and eyelashes begin forming
- 💖 Vernix (that creamy protective coating) starts covering baby's skin
- 🙋 You may start prenatal classes, birth planning, and nesting impulses
- 🤰 Swelling, heartburn, and “I dropped something and it's gone forever” moments
- 🧸 Baby can hear your voice—time to start narrating your snack choices

🌻 Third Trimester (Weeks 28–40)

Theme: Final countdown and frequent bathroom visits

- 🧠 Baby's brain and lungs mature—every week counts
- 🧸 Baby's kicks become stronger (and occasionally aimed at your ribs)
- 🛒 Nesting intensifies: You reorganize the pantry at 2 AM
- 🩺 Weekly prenatal visits begin around week 36
- 🙋 Braxton Hicks contractions: Practice rounds for the big show
- 🤰 Swelling, waddling, and “I need a nap after putting on socks”
- 🧳 Hospital bag packed, birth plan reviewed, snacks secured
- 🧠 Baby drops lower into pelvis (lightening), breathing gets easier, walking gets harder
- 🕒 Due date arrives... and maybe passes
- 😊 Labor begins, baby arrives, and you officially level up to parenthood

Visit www.Bumpstobigs.com for more information