

PREGNANCY JOURNEY

Monthly Milestone Reference Guide

MONTH	DEVELOPMENT	KEY MILESTONES	SIZE COMPARISON
First Trimester			
Month 1	Conception	Fertilization; neural tube begins to form.	Poppy Seed
Month 2	Organogenesis	Heart begins to beat; limbs and facial features start.	Raspberry
Month 3	Formation	Reflexes begin; kidneys start producing urine.	Lemon
Second Trimester			
Month 4	Movement	Fine hair (lanugo) forms; gender may be visible.	Avocado
Month 5	Senses	Mother feels movement (quickening); ears develop.	Banana
Month 6	Viability	Lung surfactant starts; baby can respond to sound.	Eggplant

MONTH	DEVELOPMENT	KEY MILESTONES	SIZE COMPARISON
Third Trimester			
Month 7	Refinement	Eyes open and close; rhythmic breathing begins.	Pineapple
Month 8	Growth	Rapid brain growth; bones harden; layers of fat.	Cantaloupe
Month 9	Final Prep	Lungs fully mature; baby drops into pelvis.	Watermelon