

PREGNANCY MILESTONES

Fetal Development Progress Chart

WEEK	SIZE COMPARISON	KEY DEVELOPMENT MILESTONES
First Trimester		
Week 4	Poppy Seed	Implantation occurs; the neural tube (brain and spinal cord) begins to form.
Week 8	Raspberry	Webbed fingers and toes are forming; the heart begins to beat steadily.
Week 12	Lime	Reflexes develop; kidneys begin producing urine; fingernails start to grow.
Second Trimester		
Week 16	Avocado	Eyes can move slowly behind lids; the circulatory system is fully functional.
Week 20	Banana	The halfway mark. Vernix caseosa covers the skin; movements (quickening) are felt.

WEEK	SIZE COMPARISON	KEY DEVELOPMENT MILESTONES
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Week 24	Corn Cob	Taste buds develop; lungs begin to produce surfactant for breathing.
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Third Trimester

Week 28	Eggplant	Eyes open and close; the brain undergoes rapid growth and development.
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Week 32	Squash	Practicing breathing movements; bones are fully formed but remain soft.
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Week 36	Papaya	The baby drops into the pelvic cavity; fat stores increase for temperature regulation.
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Week 40	Pumpkin	Full term; the baby is ready for birth and organs are fully mature.
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