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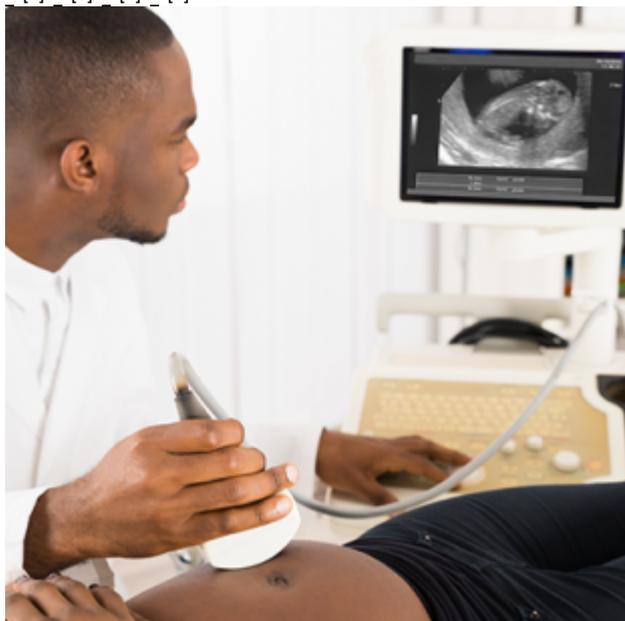
Week 05

Though only around the size of a pea, your baby is growing by leaps and bounds. Relatively speaking!

Read more about this week.

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Monday, October 15th, 2018

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BABY DEVELOPMENT

You can't tell by looking, but your baby's brain is developing rapidly with the emergence of the two cerebral hemispheres, the two sides of what will make up his brain. The "sense organs" are coming along too, with the outline of his eyes and ears, and the beginnings of his nose and mouth. His face as well. Excitingly, his pulmonary and digestive systems are also taking shape little by little. The heart of your baby has now developed enough that it is becoming more prominent - if you do an ultrasound at this stage, you will clearly see his heart beating! There in your womb, this little being is starting to form slowly but surely.

YOUR BODY

Now in the 5th week of your pregnancy, you might feel like something has changed. Many women can sense it, even at this early stage. Perhaps you're feeling more tense or irritable than usual. This is caused by hormonal changes that can affect not just your mental state but also produce certain physical signs. Breasts can feel fuller, and some women feel a pulling, or even a little pain, in the pelvic region, which is caused by the intensified blood flow. All of it is normal, it is all part of the process.

NUTRITION

Chances are you've been feeling nauseous. Yes, sadly morning sickness isn't limited to the morning. Unfortunately, the nausea is an almost necessary step while your body gets used to all the changes going on inside it. There are some things you can do. First of all, try not to skip breakfast. It will give you the necessary carbohydrates to start your day in good shape and might help with the nausea. You can also try splitting up your meals. Plan small snacks mid-morning and afternoon in addition to your 3 meals. And don't worry if you lose some weight in early pregnancy due to vomiting. It's only temporary. One last thing to remember - drink enough water to stay hydrated.

TIPS

How can you know for sure if you're really pregnant? One of the first classic signs of pregnancy is when a period doesn't arrive on time. In week 5, a pregnancy test can now reliably tell you whether there really is a baby on the way. But to be absolutely certain, you need to visit your doctor. The earlier, the better! Not just because it will give you certainty, but also because it can reduce the risk of complications. Your doctor can, for example, determine whether the fertilised egg cell has implanted correctly in the uterus wall. Also, the expected date of birth is calculated, which is quite important for future planning!

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