

MOTHERHOOD · PREGNANCY WEEK BY WEEK

Week by week at a glance

Your baby's size and the one thing to sort, every week. Sizes are averages and every baby grows differently.

Wk	Baby is the size of	Length · weight	This week
1-3	A tiny ball of cells	0.1mm	Start taking 400 micrograms of folic acid every day if you haven't already
4	A poppy seed	2mm	Do a pregnancy test (most are accurate from the first day of a missed period)
5	An apple pip	2mm	Contact your GP surgery or local maternity service to refer yourself to a midwife
6	A sweet pea	6mm	Eat little and often, and keep plain snacks like crackers by your bed
7	A blueberry	10mm	Make sure your midwife referral is in, so your booking appointment happens before 10 weeks
8	A raspberry	16mm · 1g	Have your booking appointment with your midwife
9	A grape	22mm · 2g	Drink plenty of water to help with constipation and headaches
10	A strawberry	3cm · 4g	Your dating scan will be booked for between 10 and 14 weeks
11	A fig	4.1cm · 7g	Book time off for your dating scan (you're entitled to paid time off for antenatal care)
12	A plum	5.4cm · 14g	Have your dating scan (between 10 and 14 weeks)
13	A pea pod	7.4cm · 23g	Tell your employer when you're ready (the legal deadline is 15 weeks before your due date)
14	A lemon	8.5cm · 43g	Book a free NHS dental check (free while pregnant and for 12 months after)
15	An apple	10.1cm · 70g	Plan your announcement, if you haven't already
16	An avocado	11.6cm · 100g	Have your 16-week appointment to go through your screening results
17	A pear	12cm · 140g	Sleep on your side if you can, it's good practice for later
18	A sweet potato	14.2cm · 190g	Have your anomaly scan (between 18 and 21 weeks)
19	A mango	15.3cm · 240g	Wear high SPF on your face, as sun makes pigmentation darker
20	A banana	25.6cm · 300g	Ask your midwife for your MATB1 form (available from 20 weeks)
21	A carrot	26.7cm · 360g	Book antenatal classes to start at around 30 to 32 weeks
22	A sweetcorn cob	27.8cm · 430g	Moisturise if your skin feels itchy (but call your midwife if the itching is severe, especially on hands and feet)
23	A grapefruit	28.9cm · 500g	Rest with your feet up
24	A cantaloupe melon	30cm · 600g	Learn your baby's movement pattern
25	A cauliflower	34.6cm · 660g	Have your 25-week appointment (first babies)
26	A lettuce	35.6cm · 760g	Try a pregnancy pillow for sleep
27	A swede	36.6cm · 875g	Stretch your calves before bed
28	An aubergine	37.6cm · 1kg	Go to sleep on your side from now (it's safer for your baby)
29	A butternut squash	38.6cm · 1.15kg	Keep tracking your baby's movements every day
30	A small cabbage	39.9cm · 1.3kg	Start antenatal classes
31	A coconut	41.1cm · 1.5kg	Have your 31-week appointment (first babies)
32	A big bunch of bananas	42.4cm · 1.7kg	Make sure your whooping cough vaccine is done (ideally by 32 weeks)
33	A pineapple	43.7cm · 1.9kg	Pre-register at your hospital if it's needed
34	A bag of potatoes	45cm · 2.1kg	Have your 34-week appointment
35	A honeydew melon	46.2cm · 2.4kg	Pack your hospital bag (see our checklist)
36	A big bag of apples	47.4cm · 2.6kg	Have your 36-week appointment
37	A winter squash	48.6cm · 2.9kg	Make sure your bag and car seat are ready
38	A pumpkin	49.8cm · 3.1kg	Have your 38-week appointment
39	A mini watermelon	50.7cm · 3.3kg	Keep active with gentle walks if you feel up to it
40	A small watermelon	51.2cm · 3.5kg	Have your 40-week appointment (first babies)
41	A watermelon	51.5cm · 3.6kg	Have your 41-week appointment
42	A big watermelon	51.7cm · 3.7kg	Attend your monitoring appointments

The one rule for every week from 24: if your baby's movements slow down, stop or change, call your maternity unit straight away, day or night.