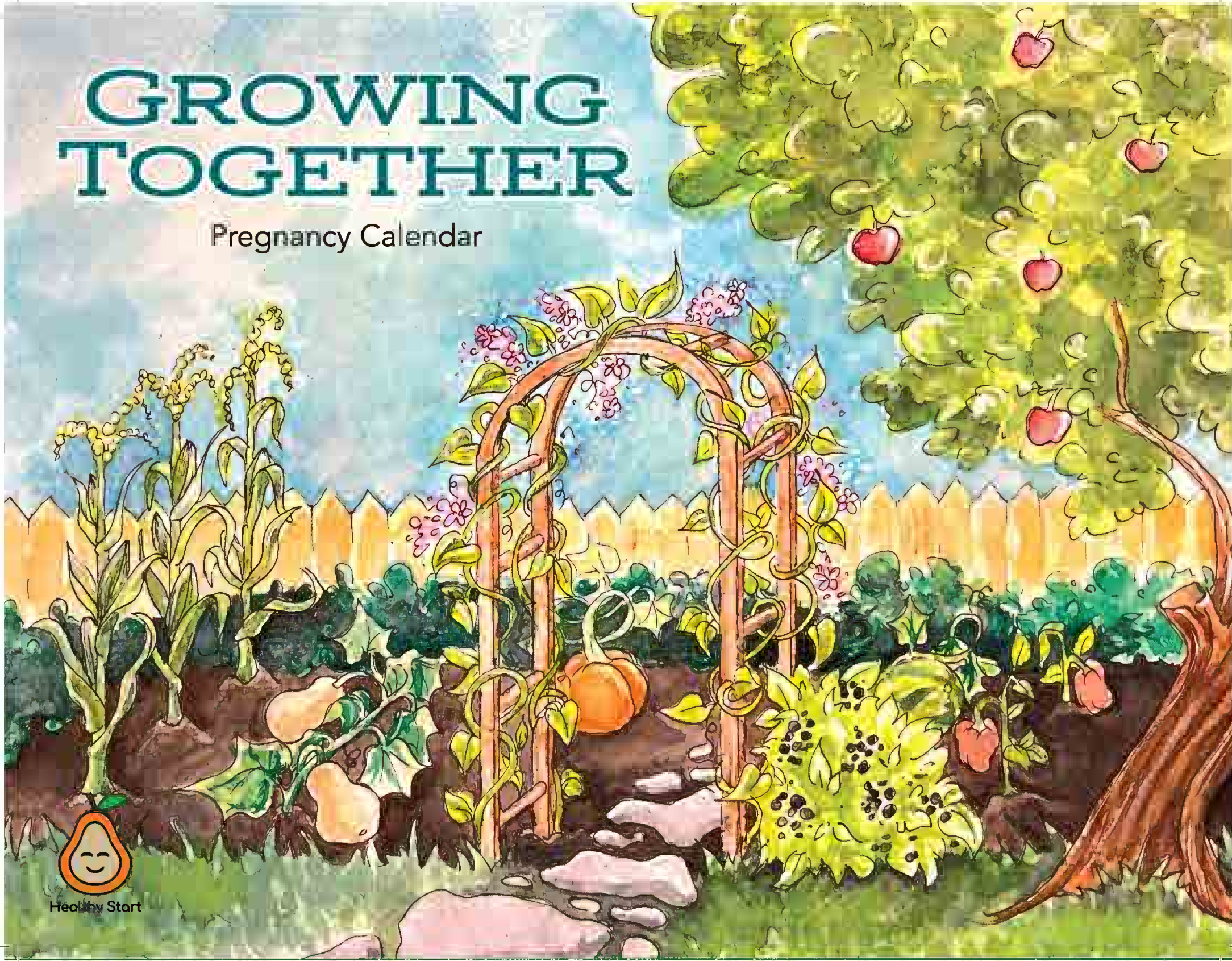


GROWING TOGETHER

Pregnancy Calendar



Healthy Start

This calendar is a keepsake to help you remember the important appointments and moments during your pregnancy.

Use an online due date calculator to find the month you became pregnant. Put this date into month one of this calendar, and fill in the remaining months.

Each month shares a nutrition tip or information about your baby's growth and development.

The last page welcomes your new baby and has a place to include a baby foot print.

Stickers:

Use stickers to mark important pregnancy moments and appointments.

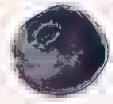
Use the blank stickers to create personal moments that were important in your pregnancy.



MONTH ONE • 4 to 7 weeks



Baby's heart is developing, and it starts beating.



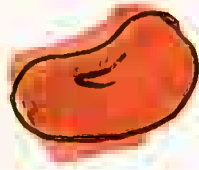
At **7 weeks** your baby is about the size of a **small blueberry**.

MONTH:

YEAR:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
							Week:
							Week:
							Week:
							Week:
							Week:

MONTH TWO • 8 to 11 weeks



At **8 weeks** your baby is about the size of a **kidney bean**.



Prenatal vitamins help your baby's brain, spine and skull form. Start taking them as soon as you know you're pregnant.

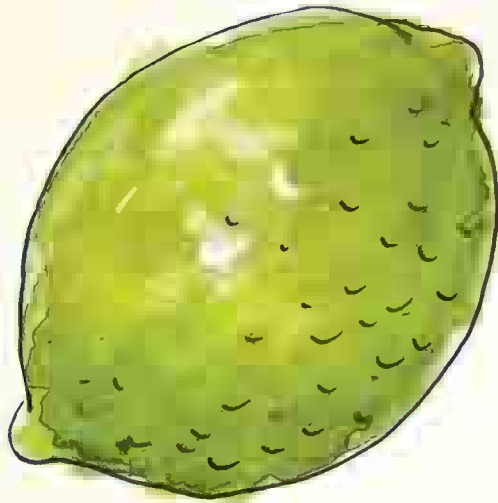


MONTH:

YEAR:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Week:
							Week:
							Week:
							Week:
							Week:

MONTH THREE • 12 to 15 weeks



At **12 weeks**
your baby is about
the size of a **lime**.



Many people experience
food cravings in their
pregnancy.

Some people crave
non-food items, which
might be a sign that you
are low in certain nutrients.
Please talk to your
doctor or midwife.

MONTH:

YEAR:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
							Week:
							Week:
							Week:
							Week:
							Week:

MONTH FOUR • 16 to 19 weeks



At 18 weeks your baby starts hearing sounds. You can read and sing to your baby while you are pregnant!



At **16 weeks** your baby is about the size of a **small apple**.

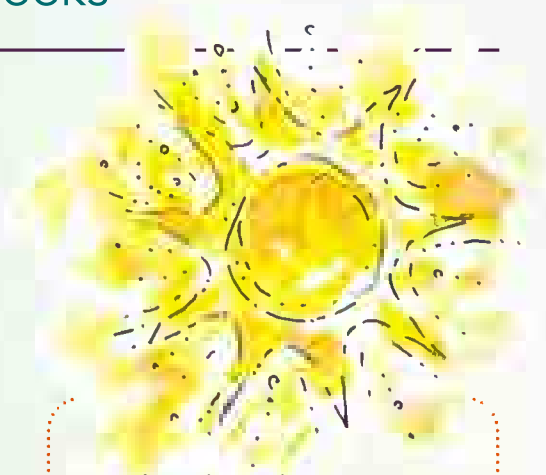
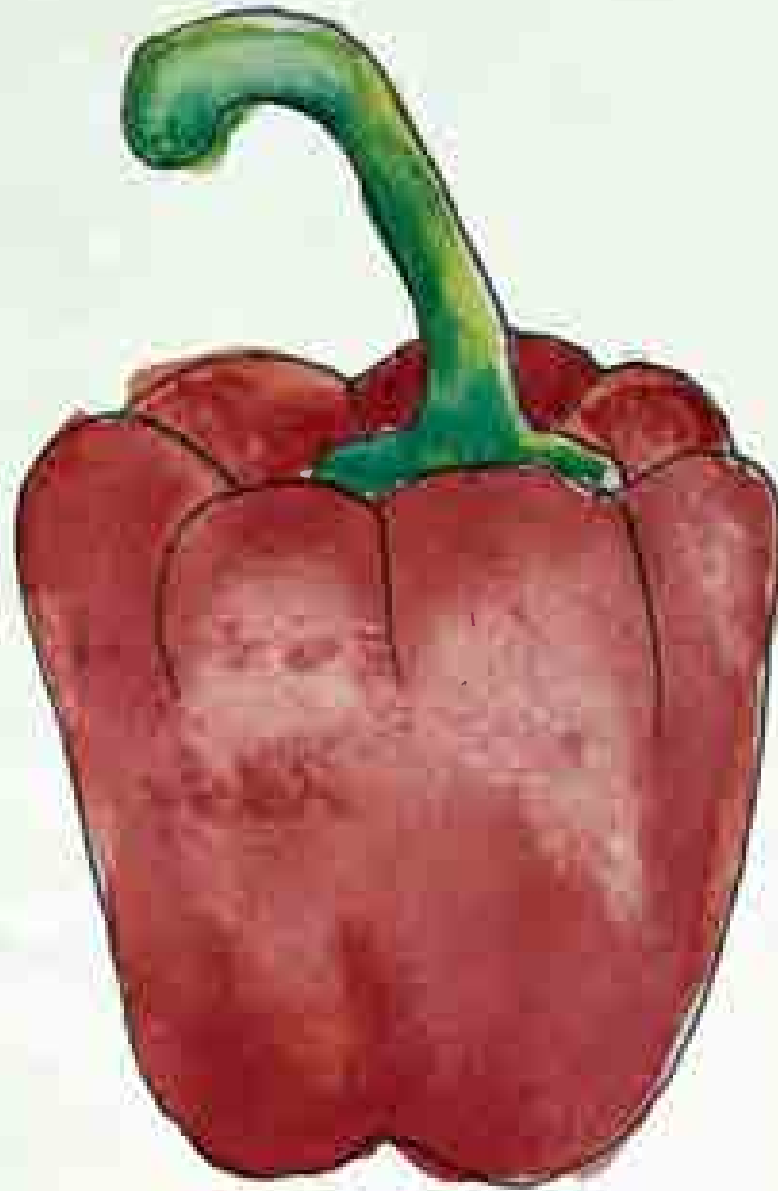
MONTH:

YEAR:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
							Week:
							Week:
							Week:
							Week:
							Week:

MONTH FIVE • 20 to 23 weeks

At **20 weeks** your baby is about the size of a **red bell pepper**.



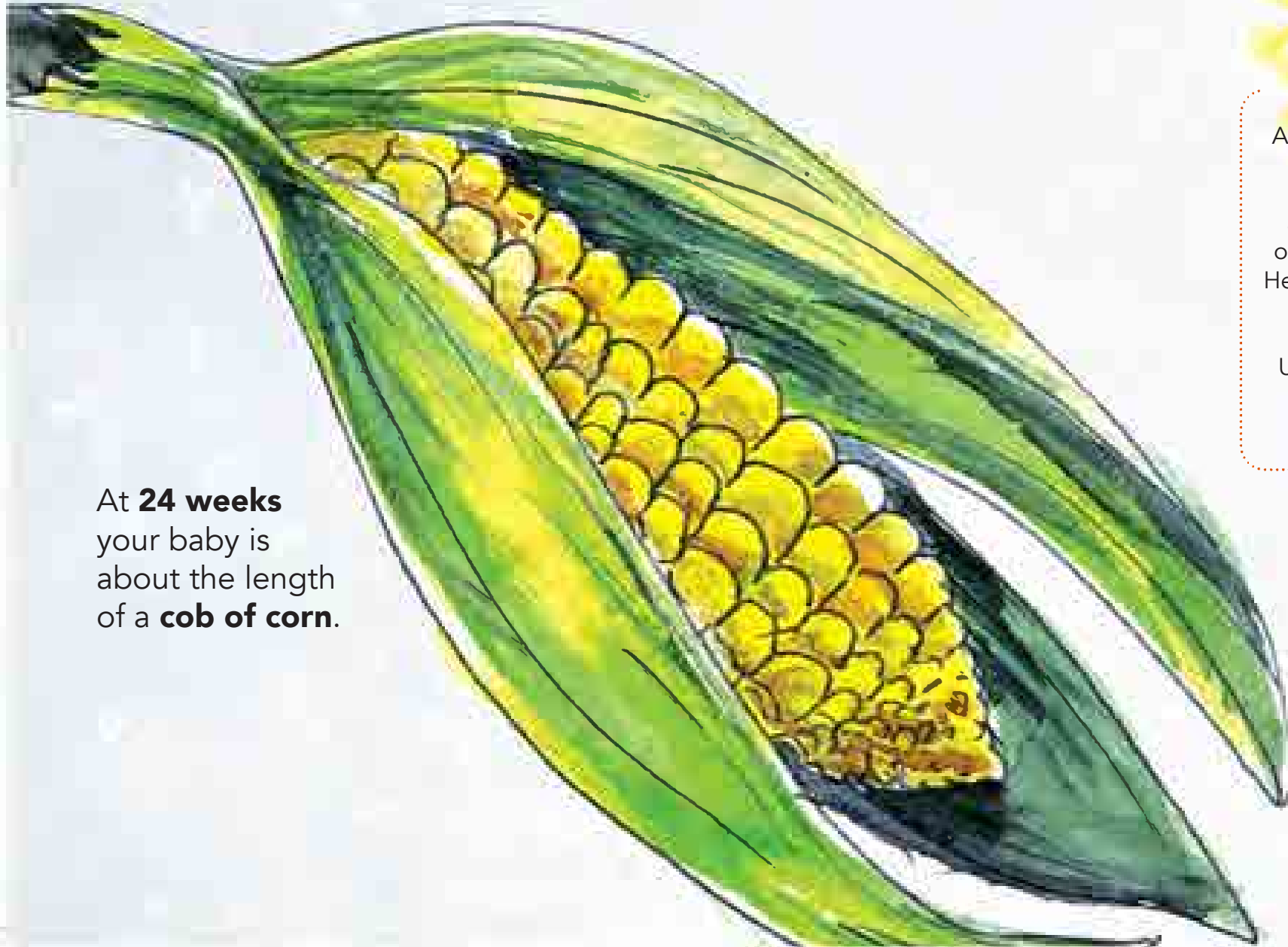
Iron is an important nutrient to help your baby grow. It helps carry oxygen in your body. Talk to a Healthy Start Dietitian for ideas about iron-rich foods and foods that can help your body absorb more iron (like a red pepper!).

MONTH:

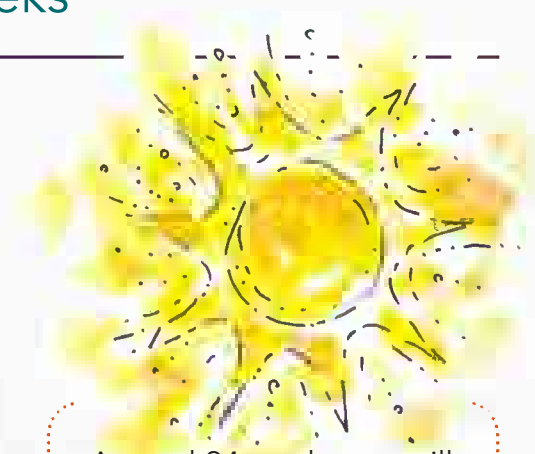
YEAR:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
							Week:
							Week:
							Week:
							Week:
							Week:

MONTH SIX • 24 to 27 weeks



At **24 weeks**
your baby is
about the length
of a **cob of corn**.



Around 24 weeks you will have a blood test for gestational diabetes – a type of diabetes that occurs during pregnancy. Healthy foods and exercise can help to manage gestational diabetes. Uncontrolled diabetes is not good for you or your baby.

MONTH:

YEAR:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
							Week:
							Week:
							Week:
							Week:
							Week:

MONTH SEVEN • 28 to 31 weeks



Your baby can kick and stretch. You should feel movements every day.



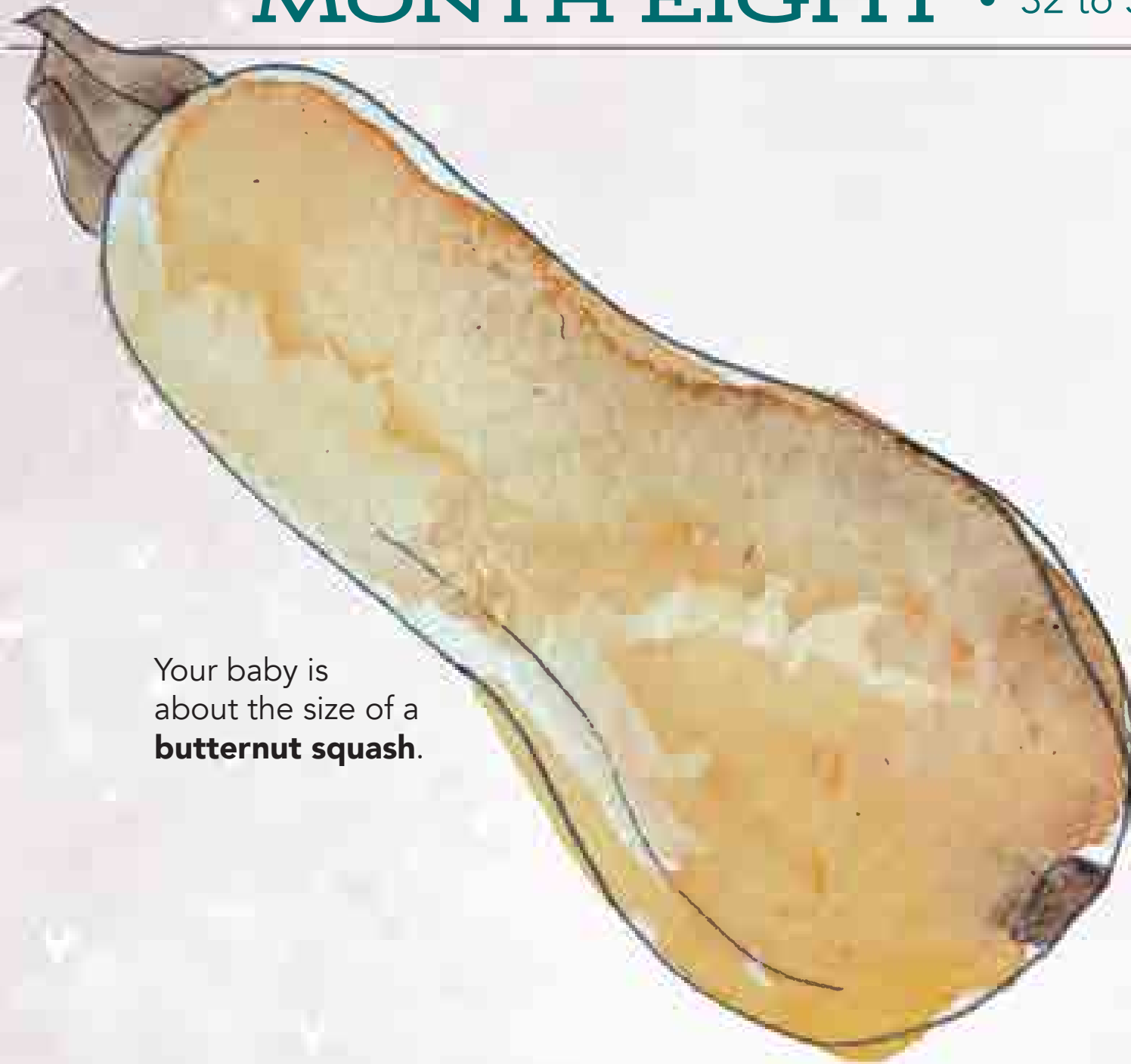
When you are **28 weeks** pregnant your baby is about the size of a **coconut**.

MONTH:

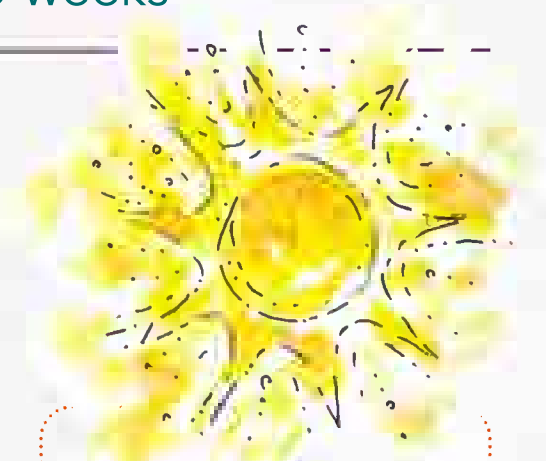
YEAR:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
							Week:
							Week:
							Week:
							Week:
							Week:

MONTH EIGHT • 32 to 35 weeks



Your baby is about the size of a **butternut squash**.



Finding it hard to poop? Constipation is a common issue in pregnancy. Food passes through your body slowly to help absorb the extra nutrients your body needs. Talk to a Healthy Start Dietitian about high fiber foods to help with constipation (like butternut squash!).

MONTH:

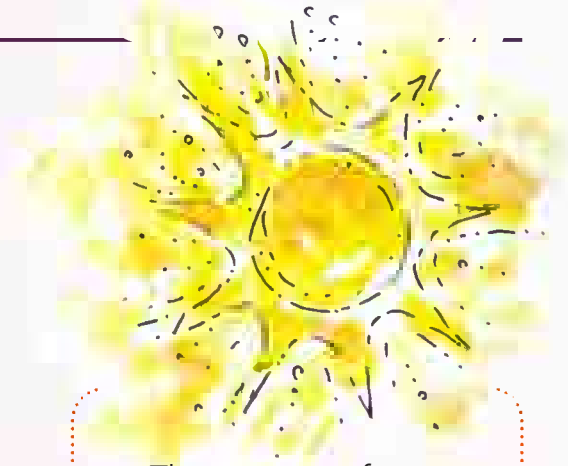
YEAR:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
							Week:
							Week:
							Week:
							Week:
							Week:

MONTH NINE • 36 to 39 weeks



Your baby is about the size of a **small pumpkin**.



The pressure of your growing baby can cause stomach acid to move up into your throat. This is called heartburn.

Heartburn is not dangerous to you or your baby, but it can be uncomfortable for you. Visit the Healthy Start website for helpful tips: www.hsmm.ca/information-for-parents/



MONTH:

YEAR:

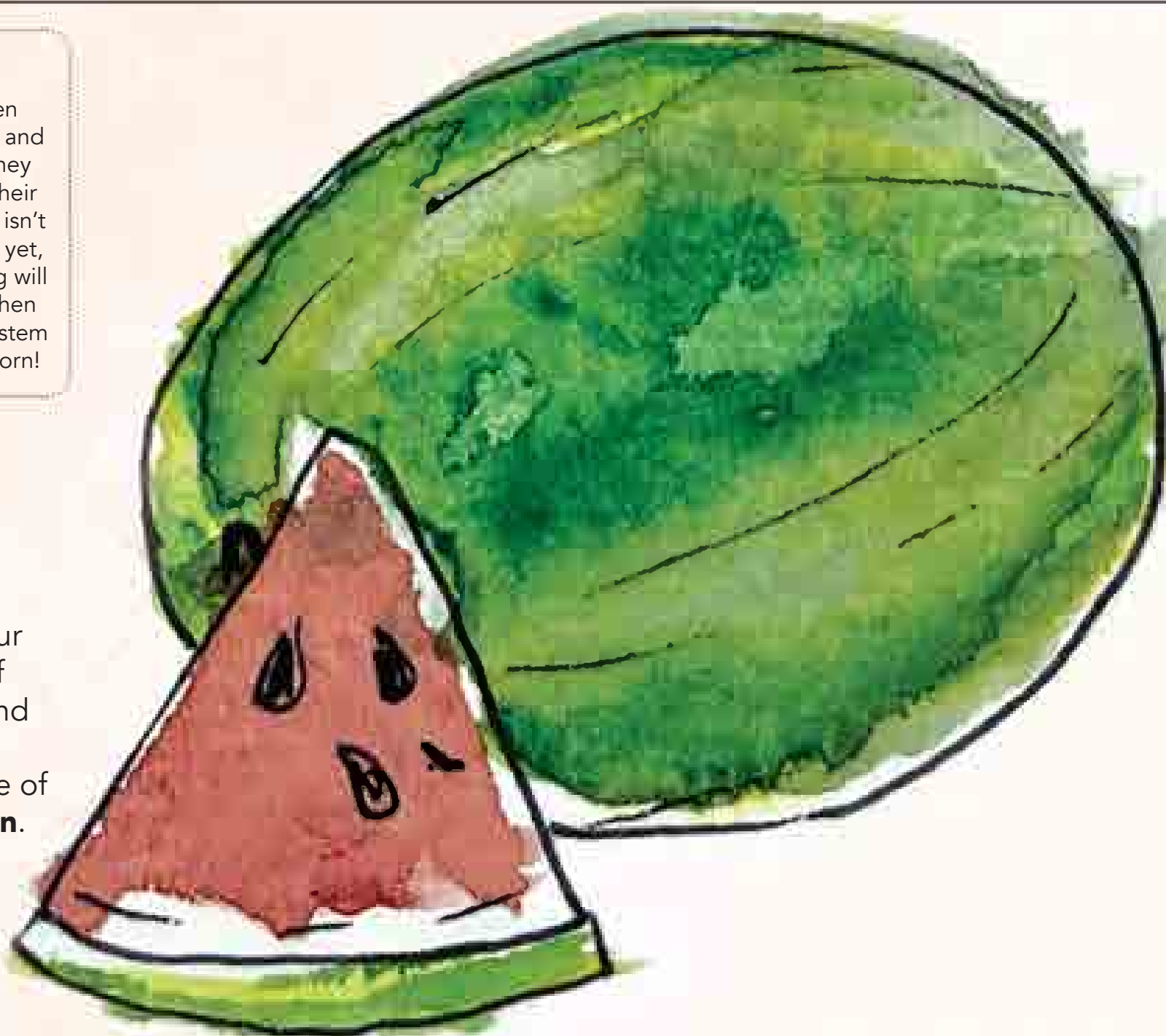
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
							Week:
							Week:
							Week:
							Week:
							Week:

40+ weeks



Your baby's eyes are open when they are awake and closed when they are sleeping. Their immune system isn't fully developed yet, so breastfeeding will help to strengthen their immune system after they are born!

You are in your final weeks of pregnancy, and your baby is about the size of a **watermelon**.



MONTH:

YEAR:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
							Week:
							Week:
							Week:
							Week:
							Week:



WELCOME
BABY!

Baby's Foot Print

Here are the details of your birth day!

Name: _____

Birth date: _____

Time of birth: _____

Weight: _____

Length: _____

Date: _____



Healthy Start

  **@HealthyStartWpg** | **www.hsmm.ca** | **204.949.5350**

Healthy Start is a pregnancy and parenting support program in Winnipeg, Canada.

We are funded by the Canada Prenatal Nutrition Program (Public Health Agency of Canada); the Healthy Baby Program (Government of Manitoba), and by donations.

Graphic design/illustration by Cyndi Wiebe, smallcreekstudio.com

2024

