

12 - 16 weeks pregnant

★ MILESTONE: 12 week FIRST scan!

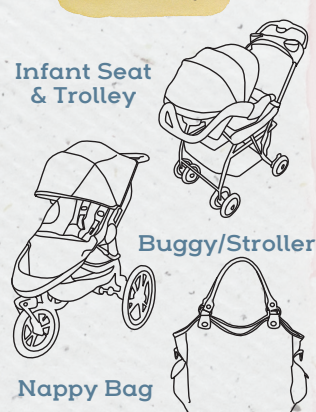
13 weeks your baby will weigh about 20g and will be about 6cm long. He or she will be able to move his hands and even suck their thumb. By week 14, baby will be about 8cm long and weigh about 40g. By week 15, baby will weigh about 70g and will be about 9cm long. He or she will be starting to grow eyebrows and head hair. By 16 weeks, baby will be about 10cm long from head to bottom and will weigh about 100g. The heart is pumping nearly 30 litres of blood a day.

- ! Have you booked your birth education class?
- ! Who will be your LCM? Click here to find a midwife.

For you.



For baby.



22 weeks pregnant

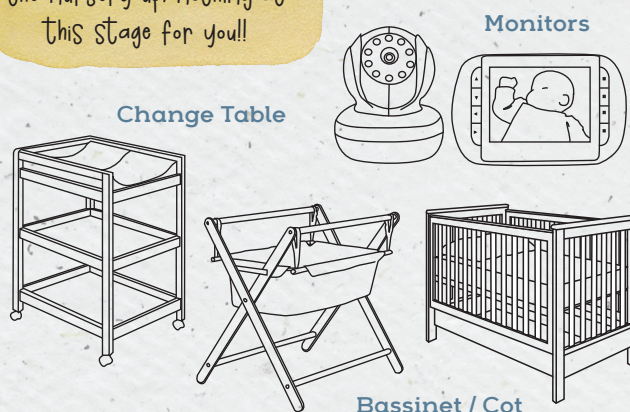
★ Your baby can now start hearing sounds! Classical music is a nice relaxing option.

Your baby now weighs almost 430g, measures about 28cm long from crown to heel, about the size of a small doll. He or she's eyelids remain fused and closed but it can still detect the difference between light and dark.

Your baby's legs aren't curled up so tightly to their tummy now. This means he or she can be measured from the top of head to heels, instead of from baby's bottom. Even this early, the first signs of teeth appear in the form of tooth buds beneath her gum line.

- ! Have you thought about hiring your bassinet - talk to us.

It's really all about setting the nursery up, nothing at this stage for you!!



32 weeks pregnant

★ Ready for hospital? Have you packed your bag? Talk to us about ideas of what to take to the hospital.

Your baby now weighs about 1.7kg and is around 42cm long from head to toe. Some babies have a head of hair already, others have only a few wisps.

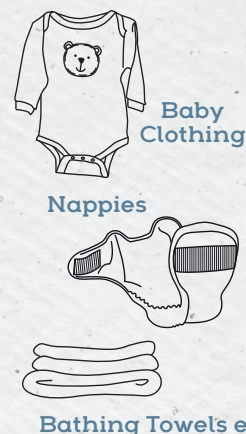
Baby is likely to gain more than half his or her birthweight during the seven weeks before birth. Make sure you are eating well in these last few weeks.

- ! Time to sort hiring your infant seat (capsule & base) - talk to us.

For you.



For baby.



Baby Checklist Guide

After the birth

★ IDEA: Buy 'You Simply Can't Spoil a Newborn', it's worth a read.

You may be surprised to see how alert your baby really is. Right after birth, his or her eyes are open quite a bit and will spend a lot of time studying faces - especially yours. Your baby may turn or react to the sound of your voices. Your baby is using all of the senses, including smell and touch, to further identify and become attached to you. Your baby can best see something (such as your face) that is about 8 to 15 inches away.

! If your baby is suffering from Colic or Reflux you may want to hire one of our hammocks - talk to us.

! Hospital Grade Breast Pump Hire - talk to us.

For you.

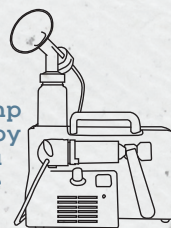
Buy your very own Breast Pump or Hire from Baby On The Move a Hospital Grade Breast Pump



Nipple Cream



Feeding Pillow

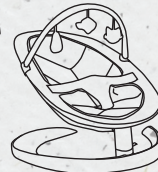


For baby.

Baby Hammock



Baby Wearing



Baby Bouncer

4 - 6 months

★ EXPLORATION: Moving and munching time.

From ages 4 to 6 months, your baby becomes more aware of his or her surroundings. Expect your baby to grow and develop at his or her own unique pace. Development milestones include evolving motor skills, improving hand-eye coordination, clearer vision, babbling and other new sounds. As your baby becomes more aware of the surrounding world, he or she will begin exploring.

! Time to purchase your next car seat - talk to us about options.

For you.



Food Storage



Baby Cookbook



Safety Gate

For baby.



Bibs



Toddler Seat



Feeding & High Chairs
Exersaucer

My notes

