

From My Conception to Birth

Insert **Date of Conception** in Date Column (also use calendar you printed out) to determine dates for events that follow. The dates are for the Sunday at the beginning of each week. This provides a general timeframe for you to view the development of your body. Add place where mother lived at the time period in the Location Column.

<i>Week #</i>	<i>Date</i>	<i>Location</i>	<i>Event</i>
Beginning			Copulation
03			Sperm and egg unite to form a one-celled entity called a zygote, which typically has 46 chromosomes — 23 from the biological mother and 23 from the biological father. It travels down fallopian tube toward uterus; begins dividing forming cluster of cells.
04			Completion of the neural tube, which will become the brain and spinal cord.
05			Embryo has three layers of cells. Top layer will become outermost layer of skin, central and peripheral nervous systems, eyes, and inner ears. Middle layer is where the heart, a primitive circulatory system, bones, ligaments, kidneys and much of the reproductive system forms. Inner layer is where lungs and intestines will develop. Early heart begins to beat.
06			Facial features began to form.
07			First neurons and synapses begin to develop in the spinal cord and allows fetus to make first movements. Brain and face growing.
08			Arms, legs, fingers, nose and upper lip began to form.
09			Eyes lids form, toes become visible and tail is lost.
10			Kidneys, intestines, brain, and liver began functioning; fingernails and toenails began forming.
11			Red blood cells appear in liver; external genitalia developing.
12			Intestines are in abdomen; just over 2 inches long and weighs about half an ounce.

Week #	Date	Location	Event
13			Bones in head and long bones beginning to harden.
14			Kidneys producing urine; making facial expressions and red blood cells forming in spleen.
15			Eyes are seeing light that filters in from outside womb; scalp hair pattern forming.
16			Head erect, eyes can slowly move, limb movements becoming coordinated, gender is detectable.
18			Ears begin standing out on sides of head; can hear mother's heartbeat and sounds from outside her body; digestive system starting to work.
19			For female, uterus and vaginal canal forming; skin is wrinkly and covered by protective, waxy coating; about 6 inches long and weighs about 8 1/2 ounces.
20			Movements quickening, regular sleeping and waking periods; may be awakened by noises or mother's movements.
21			Sucking thumb.
22			Eyebrows and hair visible; in males testes now descending.
23			Rapid eye movements; hiccupping.
24			Taste buds developing; brain growing very quickly; almost a foot long and weighs just over a pound.
25			May be able to respond to familiar sounds, such as mother's voice with movement.
26			Lungs beginning to produce surfactant which allows them to inflate and keeps them from collapsing and sticking together when they deflate.
28			Eyelids partially open; eyelashes formed; eyesight improving; central nervous system directs rhythmic breathing movements and controls body temperature; dreaming now; billions of neurons developing in brain; 15 inches long and weighs about 2 1/4 pounds.

Week #	Date	Location	Event
29			Kicking, stretching and make grasping movements.
30			Eyes can open wide; hair on head; red blood cells forming in bone marrow.
32			Fingernails and toenails developed; starting to plump up; almost 17 inches long and weighs about 3 3/4 pounds.
33			Pupils can change size in response to a stimulus caused by light.
34			Lungs and central nervous system developing; skin becoming soft and smooth; almost 18 inches long and weighs about 4 3/4 pounds.
39			Chest becoming more prominent; for males testes continue to descend into the scrotum.
40			Full-term and ready for life outside the womb. Average weight about 7 1/2 pounds and the average length about 20 inches. At birth, it knows its mother's voice and may be able to recognize the sounds of stories she read to it while still in the womb.

KE #2 – Pre-Birth Deveopment

You now have an awareness of how your body developed prior to being born. The sequence of events and the order in which they occur are controlled by your DNA. However, **external events** (trauma, exposure to chemicals, etc.) may affect how the body develops.

Journal

In your journal note **significant events** in your mother's life (things that would have been important to her like relationships, employment, moving, education, etc.) that match up to dates on the chart above, as well as **external events** that may have affected your development.