

# Congratulations! You are going to be parents!

Welcome to parenthood! This year we are going to explore the miracle of life. Throughout the year we will follow pregnancy from fertilization to delivery. It is important for you to understand the stages both you and your baby are going through. Each week you will document changes in your baby, your body, and pregnancy symptoms. This pregnancy log will be turned in after each trimester for a lab grade. The entire pregnancy project will be completed during our pregnancy unit for a project grade. Congratulations. You are going to be great parents!



## FIRST TRIMESTER

### Weeks 1-2

Your Baby: \_\_\_\_\_

\_\_\_\_\_

Your Body: \_\_\_\_\_

\_\_\_\_\_

Pregnancy Symptoms: (week 1) \_\_\_\_\_

(Week 2) \_\_\_\_\_

\_\_\_\_\_

### Week 3

Your Baby: \_\_\_\_\_

\_\_\_\_\_

Your Body/Pregnancy Symptoms:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Week 4

Your Baby: \_\_\_\_\_

\_\_\_\_\_

Your Body/Pregnancy Symptoms:

\_\_\_\_\_

\_\_\_\_\_

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Calculate your due date. When is your baby due? \_\_\_\_\_

**Week 5**

Your Baby: \_\_\_\_\_

Your Body/Pregnancy Symptoms:

What are you craving? \_\_\_\_\_

**Week 6**

Your Baby: \_\_\_\_\_

Your Body/Pregnancy Symptoms:

What tests will you have at your first prenatal visit? \_\_\_\_\_

**Week 7**

Your Baby: \_\_\_\_\_

Your Body/Pregnancy Symptoms:

**Week 8**

Your Baby: \_\_\_\_\_

Your Body/Pregnancy Symptoms:

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**Week 9**

Your Baby: \_\_\_\_\_

Your Body/Pregnancy Symptoms:

**Week 10**

Your Baby: \_\_\_\_\_

Your Body/Pregnancy Symptoms:

**Week 11**

Your Baby: \_\_\_\_\_

Your Body/Pregnancy Symptoms:

**Week 12**

Your Baby: \_\_\_\_\_

Your Body/Pregnancy Symptoms:

**Week 13**

Your Baby: \_\_\_\_\_

\_\_\_\_\_

Your Body/Pregnancy Symptoms:

\_\_\_\_\_

\_\_\_\_\_

Are you pregnant with multiples?    single pregnancy    twins    triplets

**SECOND TRIMESTER**

**Week 14**

Your Baby: \_\_\_\_\_

\_\_\_\_\_

Your Body/Pregnancy Symptoms:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Week 15**

Your Baby: \_\_\_\_\_

\_\_\_\_\_

Your Body/Pregnancy Symptoms:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Week 16**

Your Baby: \_\_\_\_\_

\_\_\_\_\_

Your Body/Pregnancy Symptoms:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Week 17**

Your Baby: \_\_\_\_\_

\_\_\_\_\_

Your Body/Pregnancy Symptoms:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Week 18**

Your Baby: \_\_\_\_\_

\_\_\_\_\_

Your Body/Pregnancy Symptoms:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Week 19**

Your Baby: \_\_\_\_\_

\_\_\_\_\_

Your Body/Pregnancy Symptoms:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Week 20**

Your Baby: \_\_\_\_\_

\_\_\_\_\_

Your Body/Pregnancy Symptoms:

\_\_\_\_\_

\_\_\_\_\_

Determine your baby's gender. It's a BOY or GIRL? \_\_\_\_\_

**Week 21**

Your Baby: \_\_\_\_\_

\_\_\_\_\_

Your Body/Pregnancy Symptoms:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Week 22**

Your Baby: \_\_\_\_\_

\_\_\_\_\_

Your Body/Pregnancy Symptoms:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Week 23**

Your Baby: \_\_\_\_\_

\_\_\_\_\_

Your Body/Pregnancy Symptoms:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Week 24**

Your Baby: \_\_\_\_\_

\_\_\_\_\_

Your Body/Pregnancy Symptoms:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Week 25**

Your Baby: \_\_\_\_\_

\_\_\_\_\_

Your Body/Pregnancy Symptoms:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Week 26**

Your Baby: \_\_\_\_\_

\_\_\_\_\_

Your Body/Pregnancy Symptoms:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Week 27**

Your Baby: \_\_\_\_\_

\_\_\_\_\_

Your Body/Pregnancy Symptoms:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**THIRD TRIMESTER**

**Week 28**

Your Baby: \_\_\_\_\_

\_\_\_\_\_

Your Body/Pregnancy Symptoms:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Week 29**

Your Baby: \_\_\_\_\_

Your Body/Pregnancy Symptoms:

**Week 30**

Your Baby: \_\_\_\_\_

Your Body/Pregnancy Symptoms:

Name your baby. \_\_\_\_\_

**Week 31**

Your Baby: \_\_\_\_\_

Your Body/Pregnancy Symptoms:

**Week 32**

Your Baby: \_\_\_\_\_

Your Body/Pregnancy Symptoms:

What are Braxton Hicks? \_\_\_\_\_



Attach an ultrasound picture of your 32 week fetus here.



**Week 33**

Your Baby: \_\_\_\_\_

\_\_\_\_\_

Your Body/Pregnancy Symptoms:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Week 34**

Your Baby: \_\_\_\_\_

\_\_\_\_\_

Your Body/Pregnancy Symptoms:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Week 35**

Your Baby: \_\_\_\_\_

\_\_\_\_\_

Your Body/Pregnancy Symptoms:

\_\_\_\_\_

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**Week 36**

Your Baby: \_\_\_\_\_

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Your Body/Pregnancy Symptoms:

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**Week 37**

Your Baby: \_\_\_\_\_

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Your Body/Pregnancy Symptoms:

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**Week 38**

Your Baby: \_\_\_\_\_

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Your Body/Pregnancy Symptoms:

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**Week 39**

Your Baby: \_\_\_\_\_

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Your Body/Pregnancy Symptoms:

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**Week 40**

Your Baby: \_\_\_\_\_

\_\_\_\_\_

Your Body/Pregnancy Symptoms:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Complete the following additional tasks for a final PROJECT GRADE. Be sure to include your ENTIRE COMPLETED pregnancy packet (5 points). The project is due on \_\_\_\_\_. Type (5 points) all additional information and attach it with the weekly update in a folder/binder. Be sure you have a cover page. (5 points) Your project will also be graded on neatness & creativity. (5 points)

Diagnostic Tests - List the diagnostic tests that should be performed during pregnancy for appropriate prenatal care. You should have a minimum of 10. Be sure to explain during what stage of pregnancy each test should be performed and what each test is for. (20 points)

What is your nursery theme? How will you decorate your child's nursery? Attach pictures of nursery ideas in your folder/binder. (10 points)

Research parenting classes you should attend. Attach a calendar with your scheduled parenting and childbirth class dates (a minimum of 3 different types of classes). (15 points)

Complete and print out a birth plan from my webpage. (15 points)

Create a birth announcement for your baby. Be sure to include the baby's full name, both parent names, date of birth, place of birth, time of birth, baby's weight, and baby's length. (10 points)

Create a parent's monthly budget worksheet. Research how much it would cost each month to live with a child. Be sure to include the monthly cost for each of the following: (10 points)

- Rent
- Utilities
  - Gas
  - Electricity
  - Garbage
  - Water/sewage
  - Phone
- Auto
  - Car payment
  - Gasoline
- Baby
  - Daycare
  - Diapers
- General
  - Groceries
  - Restaurant/entertainment
  - Healthcare
  - Cell-phone
  - Cable/satellite TV
  - Home/Renters insurance
  - Internet
  - Car repairs/maintenance
  - Insurance
  - Formula/breast pump
  - Clothing
  - Savings/college fund
  - Misc. gifts/toys/etc

**TOTALS:**

- Rent
- Utilities
- Auto
- Baby
- General

TOTAL MONTHLY EXPENSES = \$