

Fetal Development

Age:	Length:	Weight:	Developmental Changes	Nutritional Needs
4 weeks	1/5 inch		The body is bent forward because the back grows faster. It is not yet easy to tell where the trunk ends and the head begins. There are no clearly marked extremities, but a beginning circulatory system and heart starts beating.	Protein, Iron, Calcium, Phosphorus, Ascorbic Acid
5 weeks			Limb buds appear, spinal cord, brain are difficult to recognize as human form.	
6 weeks			Umbilical cord forms, beginning of the placenta. Skeletal system is cartilage	
12 weeks		1 oz	Sex is readily determined, eyes are about to close, ears are moving into proper position, arms and legs are approaching final form.	Protein, Iron, Folic acid
16 weeks	8-10 inches	6 oz	Face Looks human, hair on head, meconium collecting, muscles become spontaneously active	Protein, Ascorbic acid, B vitamins
20 weeks	12 inches	1 lb	Nails, enamel, amniotic sac is rooms and with every vigorous kick the baby turns around, floating. You may feel this movement.	Protein, Vitamin D, Calcium, Phosphorus, B vitamins, Ascorbic acid, iron
24 weeks	14 inches	1.25lbs	Body proportions better, eyebrow and eyelashes are growing, eyelids separate. Calcification of teeth begins	
28 weeks		2.5lbs	Skin looks wrinkled, lungs and intestines still developing, sucking is immature	
32 weeks	16.5-17.5 inches		Subcutaneous Fat is deposited, testes descend into scrotum	
36-40 weeks	19-20 inches	5.25-7.5lbs	Skin wrinkles have smoothed out, body is more rounded. All organs have developed. More fat is deposited. Hair begins to shed	Protein, Vitamin D, Calcium, Phosphorus, Ascorbic Acid, Vitamin B