

### First Trimester (Weeks 1–12)

- Baby starts as tiny as a poppy seed and grows to about the size of a plum by week 12.
- Early movements are spontaneous twitches of arms and legs.
- Baby begins to touch their face and explore their surroundings in the womb.

### Second Trimester (Weeks 13–26)

- Baby learns to swallow and can taste flavors from what the mother eats.
- Hearing develops, allowing baby to recognize and respond to sounds, such as the mother's singing.
- Movements become intentional—baby practices body mapping (feeling and moving around in the womb).
- By the end of the trimester, baby is about the size of a papaya.

### Third Trimester (Weeks 27–40)

- Baby can sense light and dark, even with eyes closed.
- Hearing is fully developed; baby can recognize familiar songs and voices.
- Baby continues to grow until birth, reaching about the size of a watermelon at full term.
- After birth, baby can recognize their mother's voice and face, strengthening the bond formed before birth.

### Bonding Tips During Pregnancy

- Talk and sing to your baby—your voice will become familiar and comforting.
- Touch and gently press on your belly; your baby can feel it.
- Cherish each stage of growth, from the earliest weeks to full term.

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