



## ***Respect Life Office of the Diocese of Fort Worth Parish Spiritual Adoption Campaign***

### **Spiritual Adoption - Conception 2 WEEKS**

Although only the size of a grain of sugar, the unborn baby's genetic features, including eye color, hair color, dimples and gender, are already set. The baby, known as a blastocyst, grows rapidly as cells continue to divide, and by day 14, he will burrow into mom's womb. Mom, however, most likely does not realize the baby is there at this very early stage.

### **Spiritual Adoption - 3 WEEKS**

A hormone that only exists during pregnancy, hCG, is being produced and will let mom and doctor know she is indeed housing a tiny, unique person in her womb. Amniotic fluid is also developing around the baby in order to provide nourishment in the coming days, weeks, and months. The foundations for the baby's brain, spinal cord, and nervous system are laid out by the 20th day. Within 18-24 days, the tiny heart has started beating.

### **Spiritual Adoption - 4 WEEKS**

By this stage, mom will most likely be able to find out she is pregnant. However, many women do not know for a few more weeks. Now called an embryo, the baby is most vulnerable to anything that might interfere with growth and development. By the 28th day, arms and legs are budding.

### **Spiritual Adoption - 5 WEEKS**

The unborn child has grown to 10,000 times her original size! The tiny heart is dividing into chambers, and her blood, which remains separate from mom's and is often a different blood type, is now pumping. The placenta and umbilical cord are working hard to bring nourishment to the growing baby. Many moms are experiencing morning sickness by now.

### **Spiritual Adoption - 6 WEEKS**

Within 42 days, the skeleton has formed. Brain waves can be detected and measured by day 43. About the size of a small lentil bean (4 to 5 millimeters), the eyes, ears, and nostrils are beginning to form. Vocal cords and tongue are also developing. The heart beats at approximately 100-130 beats per minute, almost twice as fast as mom's! Baby is now starting to move his tiny limbs.

### **Spiritual Adoption - 7 WEEKS**

Now about the size of a raspberry, the baby has elbow joints and distinctive fingers and toes. Eyelids partially cover little eyes, which have already developed color. Although mom does not feel movements yet, the little one jumps around performing somersaults and flips in his comfortable home. Lips are sensitive to touch and the baby's ears may resemble a family pattern.

### **Spiritual Adoption - 8 WEEKS**

The unborn child now weighs about a gram and is approximately three centimeters in length. Every organ is present as the heart beats strongly, the stomach produces digestive juices, the liver makes blood cells, the kidneys begin to function, and taste buds are forming.



## ***Respect Life Office of the Diocese of Fort Worth Parish Spiritual Adoption Campaign***

### **Spiritual Adoption - 9 WEEKS**

If an object were to be placed in the baby's tiny hand, she would bend her fingers around it. The little one now begins to suck on her thumb, and the fingernails are forming. Just about an inch long, the baby's eyelids are now completely closed and will not open again until week 27. The heart has divided into four chambers and the valves are developing. All of the baby's joints have formed and she can move limbs freely.

### **Spiritual Adoption - 10 WEEKS**

The fingerprints begin to develop and the body is sensitive to touch. Now called a fetus, which is Latin for "little one", the baby is able to squint, swallow, and frown. Weighing less than a quarter of an ounce, his vital organs — the liver, kidney, intestines, brain, and lungs — are now in place and starting to function. Tiny fingernails, toenails, and even peach-fuzz hair are visible. The outline of the spine is also clearly visible. The yolk sac is no longer needed and begins to disappear.

### **Spiritual Adoption - 11 WEEKS**

Now fully formed, the baby is 1 ½ inches long and his bones are beginning to harden. The little one may even be getting the hiccups now that his diaphragm is beginning to develop. Tooth buds are forming within his gums, and he's doing a lot of kicking and stretching.

### **Spiritual Adoption - 12 WEEKS**

The baby can kick, turn her feet, curl her toes, make a fist, move her thumbs, and press her lips together tightly. All of her movements show her individuality. Now about the length of a lime, or two inches long, she will even squirm if mom presses on her abdomen.

### **Spiritual Adoption - 13 WEEKS**

The baby's face now resembles his parents'. Although mom still cannot feel his movements, baby moves around gracefully. Mom's belly may be protruding a bit now, although the baby is just about three inches long. Now entering into the 2nd trimester, he has completed the crucial stages of early development. He simply needs time to grow and mature.

### **Spiritual Adoption - 14 WEEKS**

About 3 ½ inches long and 1 ½ ounces, her liver is properly functioning while her spleen begins to contribute to the production of red blood cells. Her hands and feet are about ½ an inch long, and they are active and flexible.

### **Spiritual Adoption - 15 WEEKS**

He inhales and exhales amniotic fluid, which lends to the further development of his lungs. The baby can sense light even though his eyelids are fused shut. He will even move away from a beam of light if mom shines a flashlight on her belly. By now, mom is probably starting to feel a little better physically, although she may experience an occasional symptom again, such as nausea.



## ***Respect Life Office of the Diocese of Fort Worth Parish Spiritual Adoption Campaign***

### **Spiritual Adoption - 16 WEEKS**

Even her advanced body systems, such as the circulatory system, are functioning. About 25 quarts of blood are being pumped by her heart every day. Her eyes are slowly moving, yet they remain closed. She is now 4 ½ inches long and beginning to grow toenails.

### **Spiritual Adoption - 17 WEEKS**

His bones are starting to harden and his hearing is developing. Now about 5 inches long, he can move his joints and bones. Although mom is most likely feeling better as the pregnancy hormones stabilize, she may also be a bit off-balance when walking around. This is because of the extra weight she is carrying up high and out front.

### **Spiritual Adoption - 18 WEEKS**

Her blood vessels are visible through her skin, and her body is beginning to form myelin, a protective covering around the nerves. This process will continue until about a year after birth. Mom may be feeling her unborn child's movements now, and she could find out the baby's gender during an ultrasound.

### **Spiritual Adoption - 19 WEEKS**

His little arms and legs are in proportion to the rest of his body, which is now about 6 inches long. The brain is assigning specific areas to control smell, taste, hearing, vision, and touch. During this period of time, the hair on his head is beginning to sprout.

### **Spiritual Adoption - 20 WEEKS**

From head to heel, she is now about 10 inches long. A protective coating called vernix caseosa now covers her body. She is also swallowing more, enabling her digestive system to get some pre-birth practice. Mom has reached the half-way mark with the pregnancy, and she's probably gained about 10 pounds at this point.

### **Spiritual Adoption - 21 WEEKS**

His eyelids and eyebrows are fully formed, and mom is certainly feeling his movements by now. Weighing in at about ¾ of a pound, this little guy will not pay attention to mom's schedule and will get a lot of exercise while she's trying to sleep. Sadly, even though it is possible for a baby to survive if he were to be born this early, his life in the womb is still not protected by law.

### **Spiritual Adoption - 22 WEEKS**

The first signs of teeth are forming beneath her gums. Her pancreas, which will produce vital hormones, is developing. Mom's belly button, which may have always been an "innie" has probably popped out, but will return to usual after the baby is born.



## ***Respect Life Office of the Diocese of Fort Worth Parish Spiritual Adoption Campaign***

### **Spiritual Adoption - 23 WEEKS**

Now weighing a little more than a pound, he is about 11 inches long. Blood vessels are forming in the lungs in order to prepare him for breathing. Once he's born, the baby will probably not be phased by loud noises, such as the dog barking or the vacuum. This is because his hearing is already well-developed.

### **Spiritual Adoption - 24 WEEKS**

Although pretty lean right now, the child will start to gain more baby fat. Even her taste buds are forming. Mom's uterus is now about the size of a soccer ball, and her skin is growing and stretching quickly, which may cause her belly to feel itchy.

### **Spiritual Adoption - 25 WEEKS**

Now about 13 ½ inches long and weighing about 1 ½ pounds, he is starting to look more and more like a newborn baby. Mom's hair is probably looking fuller since she loses less hair during pregnancy.

**Spiritual Adoption - 26 WEEKS**The baby's responses to external sounds will increase as the nerve pathways in her ears develop. Her lungs are continuing to develop while she takes small breaths of amniotic fluid. Mom's blood pressure is starting to return to its normal pre-pregnancy rate. Mom's back may be aching more as her joints and ligaments adjust. She will also experience a shift in her center of gravity.

### **Spiritual Adoption - 27 WEEKS**

The baby can now open and close his eyes, and his sleep schedule has become more regular. His brain is very active now and he may also experience an occasional bout of hiccups. If he were to be born at this early stage, his lungs would be able to function.

### **Spiritual Adoption - 28 WEEKS**

Now almost 15 inches in length and weighing a little more than 2 pounds, she can blink her eyes. Her brain is developing billions of neurons, and she can likely see light that shines from outside the womb. This is the beginning of the 3rd trimester, so mom's doctor appointments will increase to every two weeks, and she'll gain about 11 pounds from now until the baby is born.

### **Spiritual Adoption - 29 WEEKS**

The little one's muscles and lungs continue to mature. His head is growing bigger in order to make room for his developing brain. Mom will need plenty of good nutrition in order to meet his needs as well as hers. He is very active now, and the doctor may ask mom to "count kicks" to make sure the baby is continuing to thrive.

### **Spiritual Adoption - 30 WEEKS**

Now weighing almost 3 pounds and measuring about 15 ½ inches long, her eyesight continues to develop. Even at birth, her vision will not be very strong, and her eyes will stay closed for most of the day. Mom may be feeling pretty tired at this point because of trouble sleeping and other factors.



## ***Respect Life Office of the Diocese of Fort Worth Parish Spiritual Adoption Campaign***

### **Spiritual Adoption - 31 WEEKS**

The baby is heading into a major growth spurt and adding more baby fat. He now can turn his head from side to side. The little guy's kicks and flips may be keeping mom up at night, but all of his movements are a sign he is active and healthy. Mom may also be feeling "practice contractions" at this stage.

### **Spiritual Adoption - 32 WEEKS**

The little one will gain 1/3 to half of her birth weight in these last weeks before delivery. She now has fingernails, toenails, and real hair. Mom's blood volume has increased 40 to 50 percent since the beginning of the pregnancy.

### **Spiritual Adoption - 33 WEEKS**

The baby has now passed 17 inches in length and weighs more than 4 pounds. Although his bones have been hardening, those in his skull have not fused together, which will make birth a little easier. In order to make room for his growing brain in the early years of life, the bones in his skull will not be completely fused together until he reaches adulthood.

### **Spiritual Adoption - 34 WEEKS**

The baby's skin is now very smooth. The extra layers of fat will help regulate her body temperature after birth. Although considered premature, babies who are born between 34 and 37 weeks generally do just as well as those who are born at full-term. Mom may be feeling very tired and even dizzy due to temporary drops in blood pressure.

### **Spiritual Adoption - 35 WEEKS**

Now around five pounds and 18 inches long, the baby is limited to kicks and "punches" because he is taking up most of the space in mom's womb. His kidneys are now fully functioning, and he'll spend the next few weeks putting on weight. Mom will start seeing the doctor every week from now until her baby's birthday.

### **Spiritual Adoption - 36 WEEKS**

The baby has shed most of the waxy and downy covering of hair that protected her skin for most of the pregnancy. By the end of this week, she will most likely be in a "head-down" position, which gets her ready for delivery. Mom may choose to eat smaller meals now because eating more can be uncomfortable.

### **Spiritual Adoption - 37 WEEKS**

About 6 pounds and 20 inches long, he is now considered "full-term"! The little one's lungs are working properly and could function outside of the womb. Mom is probably having a lot of trouble sleeping through the night, so hopefully she is allowing time to rest during the day. She'll need her strength on "labor day".

### **Spiritual Adoption - 38 WEEKS**

Now ready for life outside of mom's comfortable womb, baby weighs between 6 and 7 ½ pounds, is over 20 inches long, and has a strong grasp. Mom and dad are probably taking time to prepare her nursery if they have not already.



## ***Respect Life Office of the Diocese of Fort Worth Parish Spiritual Adoption Campaign***

### **Spiritual Adoption - 39 WEEKS**

Now both waiting for the big day, mom and baby are not experiencing many changes at this point. Although he will continue to build a layer of fat that will be helpful after birth, his development is complete and he probably weighs over 7 pounds. During this time, it continues to be important for mom to keep track of baby's movements.

### **Spiritual Adoption - 40 WEEKS**

**YOUR SPIRITUALLY ADOPTED CHILD IS BORN!** The child in danger of abortion that you spiritually adopted last September is born. Although every baby is different, on average a newborn will weigh more than 7 pounds and be about 20 inches long. Mom will usually go into labor by week 42 and eagerly awaits the birth of the child she has been nourishing in her womb for so many months.