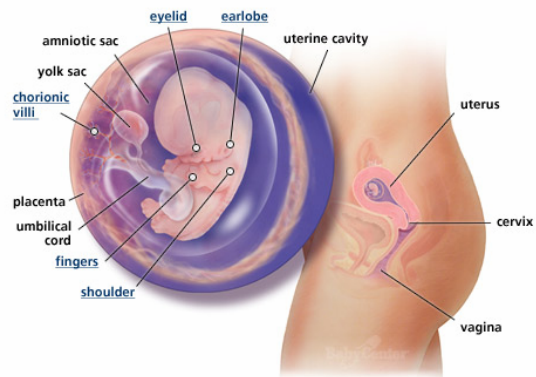


## Our TTC Journey Week 9 – January 11<sup>th</sup> – 17<sup>th</sup> 2008



I'm very excited to see the changes in Beanlette after the last ultrasound. Every day that I am blessed with this pregnancy, I am more amazed at how many miraculous changes happen to both myself and to Beanlette. I cannot believe I am almost finished with my first trimester. It really is very amazing to me, still, that we are able to get this far.

Your new resident is nearly an inch long — about the size of a grape — and weighs just a fraction of an ounce. She's starting to look more and more human. Her essential body parts are accounted for, though they'll go through plenty of fine-tuning in the coming months. Other changes abound: Your baby's heart finishes dividing into four chambers, and the valves start to form — as do her tiny teeth. The embryonic "tail" is completely gone. Your baby's organs, muscles, and nerves are kicking into gear.



The external sex organs are there but won't be distinguishable as male or female for another few weeks. Her eyes are fully formed, but her eyelids are fused shut and won't open until 27 weeks. She has tiny earlobes, and her mouth, nose, and nostrils are more distinct. The placenta is developed enough now to take over most of the critical job of producing hormones. Now that your baby's basic physiology is in place, she's poised for rapid weight gain.

January 11<sup>th</sup> – We had a great u/s !



I wasn't as famished today. I weighted in at the docs office and had gained 2 lbs since last week. So hopefully that famished part was just a phase. During the appointment we were excited to see that Beanlette now looked more like a baby than a tadpole. The tail was gone and now there was a cute little bottom starting to form!



Beanlette's Corner

We were able to see blood going through the umbilical cord, and when we held the u/s steady for a second, Beanlette danced! She was wiggling and moving and fluttering back and forth! Her hearbeat was at 160 bpm, which is great. Everything looked great, she measured right on schedule, and it was just so amazing to watch her wiggle and move although I still can't feel anything yet. My blood pressure was still ok. During the u/s my doc applied lots of pressure on the vaginal region, and now I have mild cramping. I'm still fatigued really easily, but thankfully not as famished. Today was a great day!

January 12<sup>th</sup> – I am sleeping through the night now. I go to bed and fall asleep right away. No more calming myself down or telling myself to stop thinking and just fall asleep. I wasn't famished today either. We went furniture shopping and I got thirsty very easily and tired. We had Chinese for lunch, and possibly the salt in the food made me thirsty. I'm so glad we finally got our chair. I was tired of furniture shopping!

Before Pregnancy – Sept 6, 07



My first belly picture at 9 weeks – Jan 12 08.



January 13<sup>th</sup> – We went to our friends house to watch the football game and play some Wii. I had some hunger nausea, but that went away after I ate. I kept snacking and that helped the mild tummy nausea. Naren's beer did NOT taste or smell good. I had a sharp cramp while we were playing Taboo. But it went away. I just tried not to think about it.

January 14<sup>th</sup> – I again slept through the night. It is wonderful to be fresh and awake first thing in the morning cause you slept all night long. I wasn't famished or nauseated today. My nips are still so sensitive. I have a pimple taking over my cheek. My nails are so long (well my pinky, ring and middle fingers) that I've to cut them as they're slowing down my typing.

January 15<sup>th</sup> – I had some sharp cramping pain today. I relaxed and it went away. I didn't have much of an appetite. Lately I haven't had an appetite. I guess the gorging myself the last week or so has finally subsided. I hope to have lost some weight by the time I go to the docs this Friday.

January 16<sup>th</sup> – I was a little hungrier today. I didn't sleep as well though the night last night. Naren still has a bit of a cold and I missed his presence. So I've been fatigued, and cold, for most of the day. I had a taco salad for lunch and the thought of the meat afterward doesn't sit so well with me. No major cramping today, but my nips are sure sore. Oh and I need some Monistat again. The hormones have brought back the itch.

January 17<sup>th</sup> – I went to sleep early slept through the night. I was well rested for today. I had a craving for Olive Garden, and my friends went there for lunch, so that was great. The fettuccini alfredo did not taste as good as I remembered it. The salad was great and the olives were so intense in flavor. I didn't have nausea today. I still have tender nips and am fatigued.