

Embryonic and Fetal Development

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Prenatal Development

Prenatal development is divided into two stages.

1. **The embryonic stage:** Lasts for about two months.
2. **The Fetal Stage:** The second stage.

- The risk of miscarriage decreases and all body structures will be formed and growth and development would continue properly in the fetal stages.
- Length of the fetus is about 30 mm
- Heart beating can be identified through the scan.
- Movement of the fetus starts like bending its head.
- Fingerprint formation occurs

Electrical brain activity

Brain activity first detected in the 5th and 6th week of gestation

- Synapses begin forming at 17 weeks
- Rapid growth of the fetus starts at about week 28
- Rapid growth continuous till 4 months after birth too.
- After 23rd week only fetus can be saved outside womb for some reasons like prematurity, accident, death of mother etc. Before that the complete brain development won't occur and it won't be successful to grow a baby outside the womb.



Embryo at 4 weeks after fertilization



Fetus at 8 weeks after fertilization



Fetus at 18 weeks after fertilization



Fetus at 38 weeks after fertilization

Modern 3D ultrasound images:

The image of the baby produced by ultrasound is called as sonogram and commonly called as scan.

4D Ultrasounds take 3D sonograms. Other names are as prenatal imaging, 3D imaging, a 3D scan and 4D scan.

To understand the baby's growth and if any problem persists scan report will help doctors to decide on further treatment with this scan report.

Maternal physiological changes

Many [physiological](#) changes occur in woman's body during the pregnancy period. Generally weight gain, tiredness, swelling of legs, vomiting occurs to most women, which are entirely normal and will be stopped after the baby birth. But the [cardiovascular](#), [hematologic](#), [metabolic](#), [renal](#) and [respiratory](#) changes may lead to complications. Progesterone and oestrogens level will be different and it suppresses the menstrual cycle till child birth.

Nutrition during pregnancy

A balanced, nutritious diet is an important aspect of a healthy pregnancy. Eating a healthy diet, balancing [carbohydrates](#), [fat](#), and [proteins](#), and eating a variety of fruits and vegetables, milk, nuts, usually ensures good nutrition.

Nutrition chart during pregnancy

Consuming of DHA during pregnancy and nursing helps to improve her health and the infant health as well.

Want to know more about "Nutrition for Embryonic Development" [Click here](#) to schedule live homework help from a certified tutor!

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Reference Links:

- http://en.wikipedia.org/wiki/Pregnancy#Embryonic_and_fetal_development
- <http://www.youtube.com/watch?v=AoisqOGQIVE>
- <http://pregnancyhealthtips.info/pregnancy-5/>
- <http://healthupyourlife.blogspot.com/2008/12/prenatal-development.html>

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