

9 Pregnancy Milestones You Need to Know

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From the moment I see those two tiny lines on a pregnancy test, I start a mental countdown in my head.

Nine months until baby. How many weeks until morning sickness ends? How many minutes until labor?

It's a journey that can seem to last forever and yet fly by in the blink of an eye. Here are the milestones that you need to know about along the way.

4 Weeks

By the time you miss your period and take your pregnancy test, you are already considered four weeks pregnant, but your baby is actually only 2 weeks old. Confusing, I know.

13 Weeks

The majority of miscarriages — occurring in about 25 to 50% of all pregnancies — will occur during the first trimester, or by thirteen weeks of pregnancy. After the 12-13 week mark, your risk of having a miscarriage drops to less than 10% in the second trimester.

15 Weeks

Morning sickness usually peaks between 8 and 18 weeks of pregnancy, but there is a scientific reason behind it. One study theorizes that morning sickness is actually a way to protect the fetus when it is most susceptible to changes that would affect its development. Look for some relief around week 15!

24 Weeks

The age of viability (the age that your baby could successfully survive outside of the womb) varies between week 22 and 26 of pregnancy, depending on how accurate your dates are and how developed your baby is. Twenty-four weeks is considered the milestone for the age of viability by the American College of Obstetricians and Gynecologists, with survival rates increasing drastically after for each additional week.

28 Weeks

Your baby's chance of survival jumps up to 85% by the 26-28 week mark.

36 Weeks

If you're having multiples, get ready — most twins are born around week 36, or a month early.

37 Weeks

You may be thinking that I'm going to tell you that the 37-week mark means that you're full term, but nope — sorry, ladies. The American College of Obstetricians has changed up their guidelines, and 37 weeks is now considered *early term*, not full term.

40 Weeks

You're so close, but remember, 40 weeks is just an average. You're not “officially” considered overdue until you're at least 41 weeks, and even then, inducing labor may not be in your or your baby's best interest. Unless there's a medical reason, wait for that baby to come on his or her own, ladies!

Which milestone are you currently closest to?

Author



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