



**Parenting Genie**



**A-Z of Parenthood!**



# **Pregnancy Milestones Week by Week**

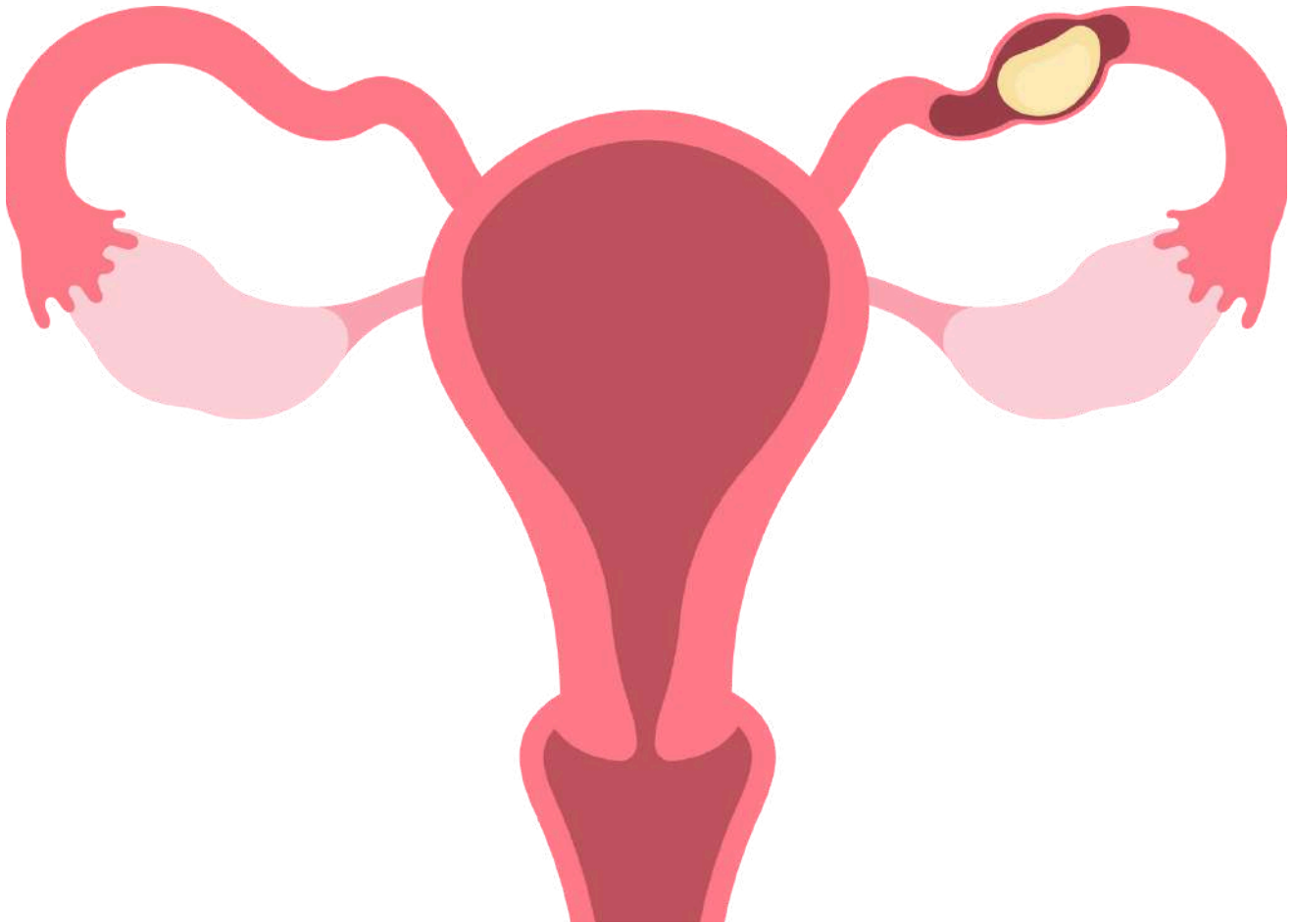
## **Your Baby's Journey Starts Here**

*Track each milestone with love, care, and expert tips — from the first flutter to full-term.*

**By Parenting Genie – Supporting You from Pregnancy to Raising 5-Year-Olds**



# 4 Weeks Pregnant - The Journey Begins



## Week 4

- Your baby is now a tiny ball of cells and implantation is happening.
- You might notice early signs of pregnancy.

*You've already started something incredible — trust your body and take it slow.*

**Week 4 of 40**

# Week 8 – Little Heartbeats



## Week 8

- Baby's heart is beating and starting to form arms and legs.
- Your bump may still be tiny.

*You're doing something incredible — one heartbeat at a time.*

**Week 8 of 40**

# Week 12 – Hello, Second Trimester!



## Week 12

- Your uterus is growing, and your baby is now the size of a lime.
- You might feel less nauseous soon!

*You've made it through the early weeks — strength lives in your softness.*

**Week 12 of 40**



# Week 16 – Your Baby Can Smile



## Week 16

- Baby's facial expressions are developing.
- Your bump starts to show more visibly.

*Your joy is contagious — your baby can feel your love.*

**Week 16 of 40**

# Week 20 – Halfway There



## Week 20

- ♥ You're halfway there!
- ♥ Baby can hear your voice now.
- ♥ Time for the anatomy scan.

*Every moment counts — you're growing a whole new world inside you.*

Week 20 of 40

# Week 24 – Kicks and Wiggles



## Week 24

- ♥ Baby's lungs are forming.
- ♥ You might feel stronger kicks.
- ♥ Bump is more prominent.

*Every tiny kick is your baby saying,  
“Hi, Mum — I’m here with you.”*

**Week 24 of 40**

# Week 28 – Listening Close



## Week 28

- ♥ Entering the third trimester.
- ♥ Baby's brain is developing rapidly — talk and sing often.

*Your voice is their comfort — keep talking, singing, and dreaming out loud.*

**Week 28 of 40**



# Week 32 – Almost Ready



## Week 32

- Baby is gaining weight and moving into position.
- Bump is noticeably larger.

*You are nesting, stretching, loving — and doing beautifully.*

**Week 32 of 40**

# Week 36 – Final Stretch



## Week 36

- ♥ Your baby is almost full-term.
- ♥ Your bump may feel heavy — rest and prep your hospital bag.

*You're almost there — rest when you can and lean into the magic.*

**Week 36 of 40**

# Week 40 – It's Time to Meet Your Baby



## Week 40

- ♥ Due date week!
- ♥ Baby is ready to meet you anytime.
- ♥ Monitor signs of labor closely.

*You've carried love this far — now it's time to hold it in your arms.*

**Week 40 of 40**



# ☀ Welcome Baby! ☀



## **You've made it — and your journey is just beginning.**

Through each flutter, kick, and heartbeat, you've carried life with love and strength. Now, your little one is here, and Parenting Genie is with you every step of the way.



## WANT MORE SUPPORT?

Join the Parenting Genie Community and get access to:

- ◆ Expert-led online courses
- ◆ Live weekly Q&As
- ◆ Genie Chat for instant answers
- ◆ Printable planners and parenting tools

Visit : [www.parentinggenie.com.au](http://www.parentinggenie.com.au) to explore everything.

For any questions, you can email us at [admin@parentinggenie.com.au](mailto:admin@parentinggenie.com.au)

<https://community-parentinggenie.com.au/>

You've got this — and we've got you.

Happy Parenting!