

Pregnancy



ARTICLE

5-Week pregnancy: Development and diet

Though only around the size of a pea, your child is growing by leaps and bounds. Relatively speaking! Read more about this week.

**2 mins
to read**

WEEK 5 DEVELOPMENT

Now in the 5th week of your pregnancy, you might feel like something has changed. Many women can sense it, even at this early stage. Perhaps you're feeling more tense or irritable than usual. This is caused by hormonal changes that can affect not just your mental state but also produce certain physical signs. Breasts can feel fuller, and some women feel a pulling, or even a little pain, in the pelvic region, which is caused by the intensified blood flow. All of it is normal; it is all part of the process. You can't tell by looking, but your child's brain is developing rapidly with the emergence of the two cerebral hemispheres, the two sides of what will make up his brain. The "sense organs" are coming along too, with the outline of his eyes and ears, and the beginnings of his nose and mouth. His face as well. Excitingly, his pulmonary and digestive systems are also taking shape little by little. The heart of your child has now developed enough that it is becoming more prominent - if you have an ultrasound at this stage, you will clearly see his heart beating! There in your womb, this little being is starting to form slowly but surely.

NUTRITION

You may be feeling nauseous. Yes, sadly morning sickness isn't limited to the morning. There are some things you can do. First of all, try not to skip breakfast for even small amounts of food may help with the nausea. You can also try splitting up your meals. Plan small snacks mid-morning and afternoon in addition to your 3 meals. One last thing to remember - drink enough water to stay hydrated.

TIPS

Did you know that flavours from your food can cross the placenta, to your growing child? As such, in a few weeks when your child's taste buds develop, his or her later taste preferences can be influenced by what you eat during pregnancy. If you eat strong flavours such as garlic or the spice of anise, you may be teaching your little one to find these familiar and like them as well.

Previous week [See all](#) Next week