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Pregnancy Newborn

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## 5 weeks pregnant



You are now five weeks pregnant (or in your sixth week if that's how you prefer to count it).

### How your baby's growing

You may not look pregnant yet (you may not even have any symptoms) but your baby is growing rapidly. This week the heart - no bigger than a poppy seed - begins to beat though at this point the embryo still looks more like a tadpole than a human. Major organs, including the kidneys and heart, have begun to develop, and the neural tube, which connects the brain and spinal cord, closes. Read [more information on your baby's development this week.](#)

#### Want to know what happens next week?

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### How your life's changing

Pregnancy symptoms continue or start this week. If you're like most women, you'll notice nausea (and [not just in the morning](#)), [fatigue](#), the discomfort of [sore breasts](#), and a need to [urinate more often](#). All are normal, all are annoying, but the good thing is that they're simply a part of being pregnant so they won't last forever. Some women also get headaches in the first trimester of pregnancy - follow our [self-help tips](#) if you're one of them.

However, there are some pregnancy symptoms that you should never ignore. If you experience any of the [danger signs](#) of early pregnancy, seek medical help immediately. Your doctor or ob/gyn are there to help you in these circumstances.

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It's important to [eat well](#) at every stage of pregnancy so that your baby gets all the nutrients she needs to develop. Small regular meals and regular drinks can help to prevent [indigestion](#) and to [combat nausea](#) and fatigue. It helps to eat a wide variety of foods, particularly if you are [vegetarian](#).

#### Pregnancy tip

"For a [natural morning sickness remedy](#), try nibbling on cucumber soaked in water. It really helps." - Kim

- [Share your tips!](#)

#### Things to consider

If you're a first-time mum, you may be surprised by some of the symptoms and feelings you experience when you're pregnant.

Get plenty of [vitamin C](#), especially now, when your embryo's cell growth is fast and furious. Good sources include papayas, oranges, red peppers, blackcurrants and kiwi fruit. If you feel your diet could do with a boost, find out about supplements with our [vitamin buying guide](#).

If you have a job, start thinking about your maternity leave and find out how much you're entitled to.

If you're over 35 or are worried about genetic problems, you may want to think about screening or diagnostic tests. The [nuchal fold scan](#) and [CVS test](#) both check for abnormalities.

If you had a previous miscarriage you may find it hard to enjoy this pregnancy - follow our [tips for keeping positive](#).

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