

What do babies do all day while in utero?

So, what do babies do all day when they are in utero (other than karate kick at 3AM and practice dance moves at 5 AM). Today we are going to go through all the things your little one does and find out exactly what they do all day!

You might be thinking there's not really much to do other than growing. And while you have antenatal check-ups and scans to check out the important things, there is a huge amount they get up to, you might be surprised?!

Let's Eat, Baby!

Once any feelings of morning sickness have passed, you may have noticed that growing a whole new person makes you very hungry! That's because your baby's eating a little bit of everything you eat via your placenta, which is delivering vitamins, fats, minerals and proteins and oxygen and eliminates fetal waste matter. By week 8 your baby has developed taste buds where their tongue will be and by week 16 your baby has developed taste pores and is able to detect subtle changes in your amniotic fluid. Interestingly enough, what you're eating during pregnancy may actually affect your baby's food preferences later on - called food memories, so heap that spinach onto your plate now!

A Womb with a View.

Those beautiful baby blues (or greens, or browns!) began developing early in your first trimester, possibly before you even knew you were pregnant. By the end of your second trimester, your baby can open their eyes! It's true that there isn't much for baby to look at in utero, but they may respond to a bright light, like a flashlight, pointed toward your tummy. In fact, it takes more than six months of meticulous development in utero before your little one's eyes are ready to process visual information from the outside world. Once your little one is here, they will be fascinated by the fun, colorful baby rattles and other toys you have waiting for them.

Do You Hear What I Hear?

Like your baby's eyes, those little ears start growing in the first weeks of your pregnancy. During the second trimester, they've developed enough to detect sound outside your uterus. And of all the things baby hears, Mum, your voice is the clearest, and this is because while the most sound is transmitted through the air — and then through your uterus, when you speak, the sound of your voice reverberates through your bones and the rest of your body, amplifying it. But don't despair Partners — babies also learn to recognize other voices (including yours!) and sounds that they hear often in utero. Researchers have discovered that newborns react differently to words and sounds that were repeated daily throughout the third trimester compared to those they never heard during pregnancy. And from inside the uterus, it turns out that deeper, lower sounds are easier to make out than high-pitched ones. So when you read or sing to your baby, they are learning your voice too! You might have heard that playing classical music to your baby in the womb can boost their IQ — but there's no proof that this is the case. That said, there's also no harm in putting on your favorite tunes — whether you listen to classical sonatas, honky-tonk country or rock and roll. Your baby might just learn to love the music you love!



Hic—Hic—Hiccup!

Do you sometimes notice movements that seem way too rhythmic and regular to be kicks or punches? It's entirely possible that you're feeling your baby hiccupping! Research does not know the reasons why babies hiccup in the uterus and not all babies will get the hiccups, and others will get them often. Some theories suggest fetal hiccups are linked to the baby's lungs developing. While it may feel a little bizarre, you can relax (mentally, at least) knowing that hiccups in utero are completely harmless and aren't causing any pain or discomfort for the baby.

Butterflies and karate kicks!

Wondering when you'll start feeling those first joyful baby kicks every pregnant mum looks forward to — and what it will be like? Most women begin to feel their babies move typically between weeks 18 and 22. That said, everyone is different, so try to relax if your pregnant colleague is feeling her tiny gymnast at week 14 and you're not. The position of your placenta can play a role too. If yours happens to be front-facing, it may stifle your little one's kicks for a bit longer. Like most things pregnancy, baby's fetal movement is bound to elicit loads of joy, a little anxiety and some discomfort. It's important to always trust your body and intuition and report any unusual changes to your LMC. And think of it this way: If you can handle a tiny foot jabbing you in the ribs at 2AM you're well on your way to becoming a parent!

Dream Big, Little One.

This is (as you can imagine!) a very difficult phenomenon to study closely, but researchers now think it's possible that your baby has their first dreams while still in your uterus!!! We can only imagine what they are dreaming about?? Just like babies after birth, they probably dream about what they know - - the sensations they feel in your uterus - warmth, swooshing and your breathing noises, maybe the taste of your yummy dinner last night? It's a pretty sweet thing to consider since you've no doubt been dreaming of the day you'll meet this amazing little person for months now.

Growing All the Time.

One of your baby's most important jobs in utero is to do lots of growing—both up and out. It's hard to imagine, but in the 38 weeks between conception and your estimated due date, your little one grows from nearly invisible to somewhere in the vicinity of 50 centimeters long and seven to eight pounds (with lots of room for variation, of course!) They have been busy growing organs, bones, features, hair, nails and nervous system, such a lot to do in a short amount of time. Amazing stuff really.

Now that you know a little more about what your baby's doing in your uterus all day (and night!), you might feel a little closer to them. You also might feel a bit reassured by what can often seem like very strange happenings in your belly. More than anything, you're probably anxious to meet your precious baby and see all of these adorable and funny behaviors for yourself, it won't be long before the big day.

