

## Alternatives to Termination of Pregnancy

Health care services are available in Florida for pregnant women during pregnancy and delivery. Help is also available for infant care. All services are confidential.

### FLORIDA PREGNANCY SUPPORT SERVICES PROGRAM

Pregnancy support centers provide information, education, counseling, and services solely to promote and encourage childbirth to pregnant women. Centers provide these services during the pregnancy and for up to one (1) year after childbirth, if desired by the mother. The hours of operation vary among centers but most are open from 8 a.m.–5 p.m. There is also a 24-hour hotline that pregnant women can call for help: **1-866-673-4673 (HOPE)**; [www.floridapregnancysupportservices.com](http://www.floridapregnancysupportservices.com).

**FAMILY HEALTH LINE** Any pregnant woman who has problems getting health care for herself or her infant can call the Family Health Line (formerly the Healthy Baby Hotline). This is a statewide toll-free number: **1-800-451-BABY (2229)**, Monday–Friday, 8:00 a.m.–11:00 p.m., EST; Saturday and Sunday, 10:30 a.m.–6:30 p.m., EST.

**MEDICAID** Women who need financial help getting prenatal care can contact their local health department for a Medicaid eligibility screening and application: [www.doh.state.fl.us/chdsitelist.htm](http://www.doh.state.fl.us/chdsitelist.htm).

Medicaid pays for prenatal care and delivery, infant care, after-delivery care and family planning services for women living in families with limited income. For more information visit ACCESS Florida at [www.dcf.state.fl.us/ess/](http://www.dcf.state.fl.us/ess/), or contact your local

Department of Children and Families  
Economic Services Office:  
[www.dcf.state.fl.us/programs/access/medicaid.shtml](http://www.dcf.state.fl.us/programs/access/medicaid.shtml).

### FLORIDA'S ADOPTION PROGRAM

The Florida Adoption Information Center provides the names of licensed local adoption agencies, support groups, counseling services and maternity homes. For more information, contact Florida's Adoption Information Center: **1-800-96-ADOPT (1-800-962-3678)** or outside Florida, **1-904-353-0679**: Monday–Friday, 8:00 a.m.–5:00 p.m., EST; [www.adoptflorida.com](http://www.adoptflorida.com).

**HEALTHY START** Pregnant women and infants who are at-risk for potential problems are eligible for Healthy Start, a program that helps pregnant women and infants receive needed services and support that may include:

- Prenatal care and family planning
- Mental health counseling
- Childbirth and parenting education
- Smoking cessation
- Substance abuse counseling/referral
- Referral for specialized and other services on an individual basis

For information on Healthy Start go to [www.healthystartflorida.com/directory.asp](http://www.healthystartflorida.com/directory.asp).

Illustrations courtesy of the Pennsylvania Department of Health.

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# Understanding Fetal Development & Alternatives to Terminating a Pregnancy

[www.healthy-people-and-families/womens-health/pregnancy/index](http://www.healthy-people-and-families/womens-health/pregnancy/index)



## Typical Fetal Development

**GESTATION WEEKS:** The length of time that has elapsed since the last menstrual period.

**CONCEPTION (FERTILIZATION):** When a woman's egg is fertilized by a man's sperm.

**OVUM:** Period from fertilization up to 3 weeks.

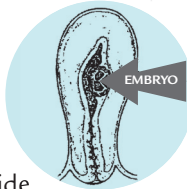
**EMBRYO:** Period from three weeks after fertilization to 8 weeks.

**FETUS:** Period from 8 weeks after fertilization to delivery.

### 4-5 WEEKS GESTATION

Up to 3 weeks after fertilization.

- Within 1 day of fertilization, the egg (ovum) begins to divide and develops rapidly.
- The normal ovum contains 46 chromosomes (23 from each parent).
- The ovum implants into the mother's uterus within 7-9 days after fertilization.
- By day 17, blood circulates between the embryo's blood vessels and the placenta.



### 6 WEEKS GESTATION

4 weeks after fertilization.

- The embryo is about ¼ inch long.
- Arm and leg buds are developing.
- The neural tube begins to form; this becomes the brain and spinal cord.
- The heart and lungs begin to form.
- The heart starts to beat by day 22.



### 8 WEEKS GESTATION

6 weeks after fertilization.

- The embryo is 1 inch long and weighs less than 1 ounce.
- The heart is completely formed.
- Fingers, toes, ears, eyelids and an upper lip are established.



### 12 WEEKS GESTATION

10 weeks after fertilization.

- The now-called fetus is 2½-3 inches long and weighs about one ounce.
- The fetus has developed skin, fingernails, toenails and early tooth buds.
- Fetal bones have begun to appear and spontaneous movements now occur.
- The fetal kidneys begin to produce urine.
- Local stimuli can produce squinting, opening of mouth and flexion of toes.



### 16 WEEKS GESTATION

14 weeks after fertilization.

- The fetus is now about 5 inches long and weighs between 4-5 ounces.
- The fetus now can kick and swallow.
- Fetal skin is pink and see-through.
- Breathing is evident.



### 20 WEEKS GESTATION

18 weeks after fertilization.

- The fetus is about 6 inches long and weighs ½-1 pound.
- The fetal skin is less see-through and fine hair now covers the body and the head.
- The fetus is able to turn and flip over and experience periods of activity and sleep.



### 24 WEEKS GESTATION

22 weeks after fertilization.

- The fetus is 7-8 inches long and weighs 1½-2 pounds.
- The fetal skin appears wrinkled and red.
- Fetal activity increases with stronger kicking and movements.
- The eyes are almost completely formed with eyebrows and eyelashes present.



### 28 WEEKS GESTATION

26 weeks after fertilization.

- The fetus is now 10 inches long and weighs about 2½ pounds.
- The fetus can now open and close eyes, respond to light and sound and suck on thumb.
- The fetus can kick strongly and roll around.



### 32 WEEKS GESTATION

30 weeks after fertilization.

- The fetus is 11 inches long and weighs 3-4 pounds.
- The fingernails are fully developed.
- Fetal skin is now pink and smooth.



### 36 WEEKS GESTATION

34 weeks after fertilization.

- The fetus has grown to be 12-13 inches long and weighs 5-6 pounds.
- Toenails are fully formed.
- Body fat is increasing.



### 40 WEEKS GESTATION

38 weeks after fertilization.

- The fetus is now considered full term.
- The average length is 19-21 inches and weight may range from 6-9 pounds.

