

# IN THE WOMB

*from head to toe*



**DID YOU KNOW**  
about a third of baby's brain growth  
occurs in the last 6 weeks of pregnancy?<sup>1</sup>



**The goal of a healthy pregnancy** is to deliver full term—between 39 and 40 weeks of gestation.<sup>2</sup> Length of pregnancy is one of the most important factors in a newborn's overall health.<sup>3,4</sup>

**Let's go INSIDE THE WOMB**  
to discover the growth you can't  
see and what baby has to gain  
by reaching full term!

# How to go **INSIDE THE WOMB**



## Download YouTube from the App Store or Google Play:

Search for [youtube.com/InTheWombFromHeadToToe](https://www.youtube.com/InTheWombFromHeadToToe)



## Enhance quality:

Tap the menu icon, choose the highest quality available (higher the number, the better), then press the play icon.



## View via phone or computer:

Use your fingers on the screen or your mouse to explore the environment. Turn up the volume and enjoy!

OR



## View via virtual reality glasses:

Tap the VR glasses icon\* in the lower right corner and insert your phone into the glasses. Turn up the volume, explore, and enjoy!

\*If icon is not there, download the Google Cardboard App.



## *The Growth You Can't See*

For more information about preterm birth, visit [www.growthyoucantsee.com](http://www.growthyoucantsee.com)

1. Kinney HC. The near-term (late preterm) human brain and risk for periventricular leukomalacia: a review. *Semin Perinatol.* 2006;30(2):81-88.  
2. Long-term health effects of premature birth. March of Dimes website. <https://www.marchofdimes.org/complications/long-term-health-effects-of-premature-birth.aspx>. Last reviewed October 2013. Accessed November 14, 2018. 3. American College of Obstetricians and Gynecologists Committee on Obstetric Practice, Society for Maternal-Fetal Medicine. Definition of term pregnancy. Committee opinion no. 579. *Obstet Gynecol.* 2013;122(5):1139-1140. 4. Moster D, Lie R, Markestad T. Long-term medical and social consequences of preterm birth. *N Engl J Med.* 2008;359(3):262-273.